



The Canadian Society of Clinical Hypnosis Ontario Division

Mission Statement: To promote the use of clinical hypnosis by regulated health professionals in the therapeutic treatment of individuals through education and training, collegial support among clinicians, and liaison with other professional hypnosis societies, in a manner consistent with the highest standards of ethical practice.

INTRODUCTORY WORKSHOPS IN CLINICAL HYPNOSIS

INCLUDING MEDICAL AND PSYCHOTHERAPY STREAMS

Nov 14th and 15th 2008

**ROYAL CANADIAN MILITARY INSTITUTE
426 University Ave.
Toronto, Ontario**

CONFERENCE COMMITTEE:

Drs. Annette Lorenz, Sid Freedman, Heather Aubry & Lynn Marshall

**COMPONENT SECTION : CANADIAN FEDERATION OF CLINICAL HYPNOSIS/
FÉDÉRATION CANADIENNE D'HYPNOSE CLINIQUE**

AMERICAN SOCIETY OF CLINICAL HYPNOSIS

HYPNOSIS in MEDICAL & PSYCHOTHERAPY PRACTICE

This workshop is a didactic and practical course, which establishes the foundations for the use of Hypnosis in Medical and Psychotherapy Practice. This workshop addresses the integration of hypnosis into a variety of patient care issues, such that participants will be able to utilize these skills in their practice the day after the workshop. The goal is to establish skills of hypnotherapeutic communication and symptom management in specialized areas of application. Handouts will be provided. Time will be included for discussion of applications of hypnosis from the clinical experience of participants, with an opportunity for supervised practice in small groups.

Friday, November 14th, 2008

- 7:00 a.m. Registration, Continental Breakfast
- 8:00 a.m. Welcome, Introduction of Faculty, Overview of Workshops (Aubry, Lorenz)
- 8:15 a.m. Demonstration of induction #1, including definition of hypnosis, myths and misconceptions, and explanation of what occurred. (Freedman)
- 9:00 a.m. More on myths and misconceptions about hypnosis (Aubry)
- 9:30 a.m. Theory behind hypnosis: sympathetic/parasympathetic nervous system (Marshall)
- 10:00 a.m. Refreshment Break

- 10:15 a.m. Principles of induction, re-alerting, and debriefing (Lorenz)
- 11:00 a.m. Small Group Practice #1 (**separate streams: medical & psychotherapy**)

- 12:30 p.m. Lunch**

- 1:30 p.m. Dealing with Resistance (Freedman and Granville)
- 2:30 p.m. Hypnotic Susceptibility, Stages of Hypnosis, Adverse Reactions, Contra-Indications (Waiser)
- 3:30 p.m. Refreshment Break

- 3:45 p.m. Viewing of selections of "Entranced", a DVD showing hypnotic anaesthesia for surgery as well as childbirth
- 4:15 p.m. Application to anxiety/phobias (Granville) (**psychotherapy stream**)
Application to medical practice, including Preparation for Surgery, Injections, and IV's (Lorenz, Marshall) (**medical stream**)

- 5:30 p.m. Adjourn

Saturday, November 15th, 2008

- 7:00 a.m. Continental Breakfast
- 8:00 a.m. Hypnotic Phenomena & Demonstration of Induction #2 (DeShane)
- 9:00 a.m. Small Group Practice #2 (**separate streams: medical & psychotherapy**)
- 10:30 a.m. Refreshment Break

- 10:45 a.m. Self-hypnosis (DeShane)
- 11:30 a.m. Chronic Pain (Waiser)

- 12:30 p.m. Lunch**

- 1:30 p.m. Demonstration of Induction #3: Rapid Induction (Lorenz)
- 2:00 p.m. Small Group Practice # 3
- 3:30 p.m. Refreshment Break

- 3:45 p.m. Practical and Ethical Issues, Mentoring Assignments, Professional Hypnosis Organizations, Questions, Case Discussions (Faculty).
- 5:00 p.m. Workshop evaluation questionnaires, Adjourn

FACULTY

Heather Aubry, Ed. D., C. Psych. North Bay, Ontario

Dr. Heather Aubry is a Clinical Psychologist in private practice at the North Bay Complementary Medicine Centre. One of the founding members of Ontario Division, she is currently President of OD. She is an Approved Consultant of ASCH, a member of OPA and CPA. She has particular interests in hypnosis in the treatment of Cancer, depression, anxiety/panic disorders, abuse and chronic pain.

Peter DeShane, DC, HBSc. London, Ontario

Dr. Peter DeShane is a Professional Coach, Seminar Leader, Clinical Hypnotherapist and Chiropractor. He has been in private practice for fourteen years. He has a background in neuro-psychology (Honours, Gold Medalist, UWO), Chiropractic (proficient in over 10 healing techniques), Hypnotherapy (a licensed trainer) and Corporate Coaching (Graduate, Corporate Coach U.). He has developed numerous programs to help his clients better their communication skills, clarify their strategic planning process and grow their sales. He has produced a number of private seminars that have been conducted in his own clinic and has lectured to numerous professionals in the private and public sectors. He has taught/lectured at University of Western Ontario (Huron College), McMaster Medical School, Fanshawe College, and D'Arcy Lane Institute. Peter's approach to speaking, teaching and coaching incorporates communication with both the conscious and subconscious aspects of his audiences' minds.

Sid Freedman, Ph. D., C. Psych. London, Ontario.

Dr. Sid Freedman is the Past-President of the Canadian Society of Clinical Hypnosis - Ontario Division. He taught at the post-secondary level for over 10 years. Following

retraining in Clinical Psychology, he was on staff at Alberta Children's Hospital in Calgary and subsequently at London Health Sciences Centre and Children's Hospital of Western Ontario in London, Ontario. Dr. Freedman is currently in full-time private practice. Since 1991, he has utilized hypnosis with patients experiencing chronic pain, anxiety, and/or depression following a motor vehicle accident or a workplace injury, driving phobia, brain injury, sleep problems, and low self-esteem. Dr. Freedman has lectured about hypnosis as part of a series on complementary and alternative medicine to the fourth year medical students at the University of Western Ontario.

Howard Granville, Ph. D., C. Psych.. London, Ontario

Dr. Howard Granville is a clinical psychologist. He worked in a Regional Mental Health Centre for 28+ years and now works 3 days a week in private practice. Dr. Granville took his first hypnosis workshop in 1975 and has since taken workshops with many of the top people in North America. He was actively involved with the London area hypnosis group from 1993 until recently when it disbanded. He was a member of the board of directors of the Canadian Society of Clinical Hypnosis-Ontario Division from 2003 until 2008. Areas of practice utilizing hypnosis include: phobias, sports, sleep, stress, anxiety, panic, depression, irritable bowel syndrome, hot-flashes, self-esteem, acute and chronic pain, smoking cessation, weight loss, fibromyalgia and chronic fatigue.

Lynn Marshall, M.D., FAAEM, FRSM, MCFP Toronto, Ontario

Dr. Lynn Marshall is a Lecturer in the Department of Family and Community Medicine at the University of Toronto, and an Assistant Professor of Family Medicine at the Northern Ontario School of Medicine, Faculties of Medicine, Lakehead and Laurentian Universities. She has been a

Research Associate in the Department of Public Health Sciences at the University of Toronto, and is a Fellow, Past President, and Member of the CME Committee of the American Academy of Environmental Medicine. She is Co-Chair of the Environmental Health Committee of the Ontario College of Family Physicians, and Medical Education Liaison and Past Medical Director of the Environmental Health Clinic at Women's College Hospital. In addition, Dr. Marshall serves on the Education Committee of the Canadian Society of Clinical Hypnosis - Ontario Division, and as Chair of the General Practice Psychotherapy Association's Professional Development Committee Guidelines Task Force. Dr. Marshall has successfully incorporated hypnotic approaches in consultations and individual psychotherapy with patients with complex, chronic, environment-linked conditions. She has worked in collaboration with Dr. Lorenz to create and expand a group treatment program for the benefit of these patients that integrates hypnotic approaches with other interventions.

Annette Lorenz, Ed. D., C. Psych.
Oakville, Ontario

Dr. Annette Lorenz began her training in clinical hypnosis during her postdoctoral internship in Health Psychology at the Toronto Hospital in 1988. She has over 17 years experience in the assessment of criminal risk, including 3 years in the assessment of dangerous federal offenders. Her clinical practice is currently focused in the areas of Health, Rehabilitation and Corrections / Forensic Psychology.

In 1998, she developed a unique program for chronically ill patients, successfully integrating hypnotic procedures for symptom management and education into a group approach, which includes a combination of other therapeutic interventions to augment insight and new learning. Dr. Lorenz joined the former provincial Hypnosis Society in 1988, and became an ASCH member in 1999. She joined the Board of CSCH-OD in 2003 and is currently serving as the Education Chair and as faculty. She has completed over 400 hours of advanced training in hypnosis for pain, health-related issues, trauma, depression, and palliative care. Her interests include the use of metaphors and various forms of storytelling and artistic expressions during and following hypnotic states.

Howard Waiser, Ph. D., C. Psych.
Toronto, Ontario

Dr. Howard Waiser completed his Doctorate in Applied Psychology at U of T and is registered with the College of Psychologists of Ontario. He first became interested in hypnosis while completing his graduate studies and has been practicing clinical hypnosis for twenty-seven years. Much of his practice involves working with clients who are referred for anxiety disorders, phobias and/or the wish to quit smoking. He also works extensively with MVA victims helping them to address their emotional distress more appropriately, to deal with their pain more effectively and assisting them in returning to their pre-accident state of functioning. He has found hypnotherapy to be a powerful and dramatic mode of intervention and is constantly being impressed by its effectiveness and intrigued by its versatility.

ATTENTION ALL REGISTRANTS

In order to reduce expenses and to accommodate work schedules, we have reduced a longer workshop into a 2-day programme over a week-end. Consequently, we are providing some of the didactic material in advance (details will be sent once your registration is complete). **Registrants are required to read the appropriate material prior to attending the workshop and you will have to confirm in writing that you have completed this task. Following the workshop, you will be required to spend up to 2 hours to complete a small assignment in which you will write up one application of hypnosis in your work with a patient/client (in the case of students, alternate arrangements can be made) and to submit this to a "mentor" (details to be provided at the workshop).** Another consequence of the compressed programme is the need to maintain strict time limits for each session. Please plan to arrive on time and to stay for the whole programme on each of the two days. That way, you won't miss any of the didactic information or practice sessions. For the purpose of providing continuing education credits, we will have sign-in sheets to track attendance.

Certificates will be provided after all requirements have been completed.

REGISTRATION FEES

HYPNOSIS in MEDICAL & PSYCHOTHERAPY PRACTICE:

Members (CSCH, ASCH)	\$325.00
After Oct 20th, 2008	\$375.00
Non-Members	\$400.00
After Oct 20th, 2008	\$450.00
Students*	\$250.00
After Oct 20th, 2008	\$300.00

Fees include continental breakfast and lunch on both days and a copy of the book: *Hypnotic Induction and Suggestion* by D.C. Hammond.

*Students must submit written proof of current full-time status to be eligible to attend any workshop.

Attendance will be limited. Students and other registrants are encouraged to apply early.

We have just established a fund for students for whom financial hardship might prevent them from attending the workshop. This fund was named after Ernest and Katherine Rossi, who have made considerable contributions to hypnotherapy. Up to three small bursaries of \$50 will be provided, to help defray the cost of registration. Eligible students may send an email to Dr. Howard Granville (howard.granville@gmail.com), providing information about themselves, including their area of graduate study. All such information will be kept strictly confidential.

ELIGIBILITY

HYPNOSIS in MEDICAL & PSYCHOTHERAPY PRACTICE

Open to all licensed/registered health care providers, who are regulated by a College under RHPA, and to Social Workers with a Masters degree, registered in the College of Social Work. Students in graduate programs working towards a Masters or Doctorate in such a health care discipline or in Social Work are eligible to register.

WORKSHOP VENUE

The workshops will take place at the **Royal Canadian Military Institute (RCMI)**, 426 University Ave. in Toronto. It is located on the west side, just south of Dundas St. For those taking public transportation, the closest subway stop is St. Patrick station.

Parking: There is a parkade on the north side of Dundas, one block east of University Ave at Centre St. You can park for \$5.00 for the whole day.

Please note: We have been fortunate to be able to hold our workshops at this private club through the assistance of one of our members. The Institute has some rules we must respect: **Please do not wear jeans or running shoes.** Otherwise, casual dress is permitted. Also, please respectfully refrain from using cell phones inside the Institute meeting areas.

Accommodations: Courtyard by Marriott (800-847-5075), and Toronto Marriott Downtown, Eaton Centre (800-905-0667) are located not too far from the workshop venue.

Other hotels and bed & breakfast listings may be found at www.torontotourism.com/Visitor/WhereToStay (The downtown locations section would be most relevant.) There are no special workshop-related rates available; however, we understand that individuals can obtain reasonable rates by mentioning their institutional and professional affiliation or CAA membership.

ATTENTION NON-MEMBERS

The discount our members get for workshops, both in Ontario and elsewhere, pays for their membership! Membership is \$150 a year. Think about joining us! Workshop attendees who decide to join CSCH-OD may apply the **\$75 discount coupon** from their registration kit toward their membership fee within 60 days following the workshop. For membership information and an application form, see our web site:

<http://www.clinicalhypnosis.ca/CFCH08/Ontario/Membership.html>

REGISTRATION INFORMATION

CSCH-OD Nov 14th and 15th, 2008

For inquiries, contact:

Dr. Jacques Gouws: (905) 312-0111 x288
jgouws@nas.net

or

Dr. Annette Lorenz: (905) 338-2195
alorenz@cogeco.ca

CANCELLATION POLICY

A \$25 administration fee will be charged for cancellations.

FUTURE WORKSHOPS

Intermediate Workshop

March 20th and 21st 2009

Advanced Workshop

June 5th and 6th 2009

As details become available they will be posted at:

<http://www.clinicalhypnosis.ca/CFCH08/Ontario/workshops.html>

Completion of an approved introductory hypnosis workshop is a prerequisite to attend intermediate and advanced workshops.



**Introductory
Workshop
November 14th
and 15th, 2008**

(Please Print)

TITLE: Dr. Mr. Mrs. Ms.
LAST NAME: _____
FIRST NAME: _____
ADDRESS: _____

POSTAL CODE: _____

BUSINESS PHONE: () _____

RES. PHONE: () _____

FAX NUMBER: () _____

E-MAIL ADDRESS: (lack of an e-mail address will delay your confirmation)

Please check one, and specify below

- licensed / registered professional
- student

(specify profession or student specialty and graduate program affiliation:)

Credentials

I am a member in good standing with the:

_____ professional regulatory body (college)

Highest Degree _____

I confirm the accuracy of the information provided.

Signature

Registration #

Please indicate which workshop you will be attending:

- Psychotherapy Applications
- Medical Hypnosis

I AM A MEMBER OF CSCH-OD YES NO
or other provincial/state hypnosis society
please specify _____

I AM A MEMBER OF ASCH YES NO
ASCH MEMBERSHIP #: _____

Workshop fee \$ _____
Membership *renewal* fee if any \$ _____
TOTAL FEES ENCLOSED \$ _____

Special dietary needs (We cannot accommodate everyone's dietary needs, so please specify if you prefer a *vegetarian diet*; otherwise, sandwiches, soup and dessert will be provided):

Accessibility needs (please specify):

Please fill in ALL SECTIONS of this form, write your cheque payable to CSCH-OD, (NO post-dated cheques please) and mail the form and cheque to:

CSCH-OD
c/o Creekwood Digital Solutions
2281 Rockingham Drive,
Oakville, Ont. L6H 7J4

Completed registration for early deadline must be postmarked no later than Oct 20th, 2008. NO EXCEPTIONS

Enrollment may be limited, so please submit your registration application as soon as possible.

For our future communications planning, it would be helpful if you would indicate how you heard about this workshop. (Please circle one.)

Email Brochure Colleague Web-Site