Presents:

Spring Workshops

Advanced, Intermediate & Basic Levels

May 26-28, 2017

The Banff Park Lodge

Banff, Alberta

Advanced Workshops

Friday May 26 & Saturday May 27, 2017

Hypnotic Lessons from the Neurodiverse: A Hitchhiker's Guide to Reorienting our Understanding of Mind, Trance, Hypnosis and How we Change

Laurence I. Sugarman, M.D.

Intermediate/Advanced Workshops

Friday May 26, 2017

The Re-Definition of Self-Process: A Hypnosis-Based Protocol for Trauma Therapy

Marie Wilson, M.D.

Saturday May 27, 2017

Evidence-Based Cognitive Hypnotherapy for Depression

Assen Alladin, Ph.D.

Basic Clinical Hypnosis Training, May 26-28, 2017

And Don’t Miss…

The Banquet on Friday May 26, 2017

The Canadian Federation of Clinic Hypnosis- Alberta Society Annual Meeting is a learning activity that can be used for a Personal Learning Project (Section 2) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada. Please contact the office if you would like further information and package details.
LAURENCE IRWIN SUGARMAN, MD, FAAP, ABMH
Research Professor & Director, Center for Applied Psychophysiology and Self-Regulation, Rochester Institute of Technology, New York

Laurence Irwin Sugarman is Research Professor and Director of the Center for Applied Psychophysiology and Self-Regulation (CAPS) in the College of Health Sciences and Technology at Rochester Institute of Technology; Clinical Professor in Pediatrics at the University of Rochester School of Medicine and Dentistry, and a behavioral pediatrician at the Easter Seals Diagnostic and Treatment Center in Rochester, New York. After training in pediatrics at the University of Rochester, he spent 26 years in community practice developing clinical strategies that effectively address psychobiological problems by helping children help themselves. Dr. Sugarman has achieved international recognition for his teaching and writing in the field of hypnosis and biofeedback with children. He is a Fellow, Past Vice-President, and Past Co-Director of Education with the American Society of Clinical Hypnosis and Immediate Past President and current Vice-President of the American Board of Medical Hypnosis. With William Wester, Dr. Sugarman is the co-author/editor of Therapeutic Hypnosis with Children and Adolescents. His award-winning documentary Hypnosis in Pediatric Practice has received international acclaim. His current research foci include hypnosis and autonomic regulation training for young people with autism spectrum disorder, therapeutic interactive media, and the development of innovative models of psychobiological care.

Dr. Sugarman has also been a performing musician longer than he has been a doctor. His recordings of both traditional and original compositions on the banjo and fiddle have received critical praise for both their originality and technical range. He says he would be happy just being a banjoist, but he would probably still need to keep his malpractice insurance.

ASSEN ALLADIN, Ph.D.
Clinical Psychologist & Adjunct Associate Professor
University of Calgary Medical School, Calgary, AB

Dr. Assen Alladin is a Clinical Psychologist and Adjunct Associate Professor in the Department of Psychiatry, University of Calgary Medical School. He has been practicing and teaching hypnosis and clinical psychology for over 30 years. He is the President of the American Society of Clinical Hypnosis (ASCH) and Past President and Conference Coordinator of the Canadian Federation of Clinical Hypnosis – Alberta Society (CFCH-AS). He is also a Fellow of the Royal Society of Medicine and the 2005 recipient of the Best Research Paper from Division 30 of the American Psychological Association.


Dr. Alladin is internationally recognized as an expert in the field of integrating CBT with hypnosis in the management of emotional disorders. He has presented many papers and workshops nationally and internationally and he is known to be an excellent and dynamic presenter. He comes from Mauritius, educated and trained in England, and has been in Canada since 1990.
MARIE WILSON, M.D.
Physician/Psychotherapist
Private Practice, Edmonton, Alberta

Dr. Marie Wilson is a physician who, following post-graduate training in individual, marital, and family therapy, has limited her practice to psychotherapy since 1987. At the suggestion of the consultant she was working with at the time, she pursued Ericksonian focused training in hypnosis beginning in 1991. In an effort to find more effective ways of helping her clients in their own healing, a year later she began developing the hypnosis based, trauma therapy protocol that she has since named the Re-Definition of Self Process (RDS Process). This protocol has evolved over time to be a very specific, easily taught, learned, and effective four-step protocol for trauma resolution.

Through life experiences, individuals come to define themselves. Some of the definitions of self that they take on are learned in a context of powerlessness and fear, trauma experiences. These definitions limit the individual over time as their contexts change. Dr. Wilson has used this protocol to treat individuals presenting with a myriad of complaints, as their symptoms arise in response to how they have come to know themselves and experience their limitations. Clients with histories of trauma (psychological, physical, sexual) or neglect may present with disorders, defined by their symptomatology, of depression, anxiety, phobias, obsessive compulsive disorder, borderline personality disorder, dissociative identity disorder, post-traumatic stress disorder, substance abuse/addiction, sexual dysfunction, and marital or family conflict. In her clinical practice, she has found this therapeutic process useful in working with all of these presentations.

Dr. Wilson has been presenting workshops on this protocol nationally, beginning in Alberta in Banff in 1994, followed by Frontiers and regional society conferences in Canada, and internationally at the meetings of ASCH, SCEH, ISH and the ISSTD trauma society. As well, she has been an annual presenter for a society in Mexico since 1999, offering conference workshops as well as more extensive weekend training courses. Dr. Wilson has published papers on this subject in the journal Hypnos, the former Journal of the Swedish Society of Clinical Hypnosis, in 1996, 1999, and 2005. The last paper also compared the structure and purpose of her protocol to that of EMDR.

Dr. Wilson has worked with others towards the advancement and promotion of professional hypnosis in Canada, both as a board member on the CFCH-AS board as well as serving as board member and president of CFCH.

LOCAL FACULTY

HARVEY BRINK, M.Ed.
Registered Psychologist, Treasurer, CFCH-AS

Mr. Brink completed his B.A. (Psychology), Diploma in Counselling Psychology, Masters (ABD) and two years Ph.D. course work (Counseling/Clinical Psychology – dissertation not completed) at the University of Alberta, under the mentorship of Dr. Harvey Zingle, Dr. John Paterson, Dr. Peter Calder and others of that era. Since being Chartered in 1975, Harvey has maintained a private practice (full-time for the past 20 years) specializing in the areas of traumatic stress, individual and couple counselling, and assessment. He has been on the board of the College of Alberta Psychologists, as well as having many years of CAP committee service. Harvey is a Life Member of the Psychologists Association of Alberta. Since it’s initiation, Mr. Brink has been a member of the Register of Health Service Providers in Psychology. Aside from clinical hypnosis, he has accreditation in NLP and EMDR. In his practice, Harvey uses hypnosis, usually in combination with other therapies; for general stress reduction, sleep problems, habit control, performance enhancement and occasionally for dissociative disorders. One of Harvey’s most satisfying experiences with hypnosis was recently going through a medical procedure using self-hypnosis, against the advice of friends and the medical team. Most of the medical team had never seen such a thing and said that he appeared more comfortable than people do under sedation.
MARTA EDGAR, PH.D.
Registered Psychologist, Educational Counsellor, Newsletter Editor, CFCH-AS
South Alberta Institute of Technology (SAIT)

Dr. Marta Edgar grew up in Poland. She studied psychology in Canada and the USA, eventually specializing in counselling with adults in educational setting. Her current interests include anxiety reduction, performance enhancement, relaxation training, pain management, self-hypnosis, adjustment, as well as career transitions. She started training in clinical hypnosis while on internship at the University of Florida, has been a member of the CFCH-AS for five years, and on board of CFCH-AS for nine years, and on board of CFCH-AS for five years. Marta is currently working as an Educational Counsellor at the SAIT Student Counselling Centre. She uses self-hypnosis regularly in preparation for medical procedures and other challenging situations.

GARTH FITCH, M.Sc., R.S.W.
Marriage & Family Therapist, Registered Social Worker, Nominations Chair, CFCH-AS
Private Practice, Red Deer, Alberta

Mr. Fitch is a Marriage & Family Therapist and Registered Social Worker who has been in full time private practice since 1997 in Red Deer, Alberta. He works with individuals, couples, and families, and has specialized in the areas of families with difficult adolescent behaviors, and addiction recovery. Garth joined the CFCH-AS in 2011, and joined the Board in 2016. Garth has also studied hypnosis with Dr. Michael Yapko, and regularly uses hypnosis in his practice for pain control, sleep issues, addiction issues, mesophonia, and anxiety or depression reduction.

DAVID KELNER, B.Sc., D.D.S.
Dentist & Associate Clinical Professor, University of Alberta, Education Chair, CFCH-AS

Dr. David Kelner is an Associate Clinical Professor in the Faculty of Medicine and Dentistry at the University of Alberta. Dr. Kelner lectures in Medicine, Dentistry, Pharmacy, and Interdisciplinary studies. He has also instructed at the Northern Alberta Institute of Technology (N.A.I.T). Dr. Kelner maintains a dental practice which utilizes hypnotherapy.

AJAY PANDHI, M.S.W., MAIS, Q-Med.
Social Worker & President & Federation Liaison, CFCH – Alberta

Ajay Pandhi is the president of CFCH (Alberta) and CFCH (National). He is trained as a social worker and is the Vice President of The Alberta College of Social Work (ACSW). Ajay works with Alberta Health Services clinically with various populations and uses his skills in hypnotherapy whenever there is a need. Ajay also owns and operates Pandhi Counselling and Mediation Services through which he supports individuals, couples and families.

<table>
<thead>
<tr>
<th>PLANNING COMMITTEE</th>
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<tbody>
<tr>
<td>Assen Alladin, Ph.D. ..................................................Conference Coordinator &amp; Past President</td>
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<tr>
<td>Ajay Pandhi, M.S.W. ................................................................. President</td>
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<tr>
<td>David Kelner, D.D.S.................................................................Education Chair</td>
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Advanced Workshop

HYPNOTIC LESSONS FROM THE NEURODIVERSE: A HITCHHIKER'S GUIDE TO REORIENTING AND UNDERSTANDING OF MIND, TRANCE, HYPNOSIS AND HOW WE CHANGE

Laurence Sugarman, M.D.

Date: Friday May 26 and Saturday May 27, 2017
Time: 8:30 a.m. – 4:30 p.m.
Location: BLACK BEAR

Exciting interdisciplinary inquiry across disparate fields is enriching our understanding of the processes by which we change our minds. Emerging links between genomics, neuroscience, psychophysiology, cybernetics, trauma, and attachment—to name a few—are forming new frames for therapy, and, necessarily, breaking old ones. We are also experiencing an increase in our appreciation of how different minds change differently. Since A.D.A. forged curb cuts and wheelchair ramps 27 years ago, the notion of disability has evolved towards a growing appreciation of the resources and abilities of the neurodiverse. Together, these trends present a synchronous “convergence of convergences,” pushing some paradigm shift: a move beyond categorical, diagnosis-based models of care to integrative, strength-based adaptations. In this workshop, a pediatrician who has wandered into this predicament in search of tools for helping children help themselves shares practical lessons learned about (1) how we create our embodied minds; (2) how we trance-form them; (3) lessons learned in this regard from the neurodiverse; and (4) what this means about using hypnosis, health and care across the developmental continuum from childhood, through family- hood and beyond. With lecture, video, demonstration and discussion we will change our minds together and wonder where we are headed.

Schedule Overview

Day 1 AM
• How we change our minds: the developmental neurobiology of trance and hypnosis.
• Hypnosis as a skill set: reformulating our tools.
• Finding the trance in the encounter 1: applying our tools

Day 1 PM
• Learning from the neurodiverse: hypnosis with biofeedback in people on the autism spectrum.
• Autonomic Regulation Training: putting ART into therapy.

Day 2 AM
• Hypnosis and families: helping parents change their minds
• Finding the trance in the encounter 2: Role-playing with parents

Day 2 PM
• Finding the trance in the encounter 3: role-playing utilization skills across the developmental continuum.
• Hypnotic lessons from the neurodiverse: Evolution of health and care beyond the diagnostic model
• Summary, Questions, Discussion

By the completion of this workshop, participants will be able to...

1. More skillfully recognize and apply hypnotic tools for the directing beneficial trance-formation in those who come to them for care.
2. Better divine and develop the strengths and talents of the diversely-abled in their care.
3. Help parents develop the requisite self-hypnosis for parenting efficacy and confidence.

Move beyond using the legacy reductionist, diagnosis-based model of health and care to learn to how best to beneficially evoke each person’s resources and modulate their risks.
In this Intermediate/Advanced Workshop, Dr. Wilson will describe the evolution of a hypnosis-based four-step trauma therapy protocol, the re-definition of Self Process (RDS Process), and the theory that has supported its development. As recently as 1991, trauma memories were thought to be indelible, unchangeable in terms of their psychological impact on an individual. Since that time, basic biological research has come to define how trauma memories are learned and stored in the brain and more importantly how they can be accessed and changed. Most non-emotional learning is easily modified, but the learning that is based in fear is about survival and is meant to be permanent; you don’t want to have to get burned twice! Dr. Wilson will review the specific pathway that has been identified to activate, access, update, and solidify new learning that permanently changes the biologic structure and retention of trauma memory experiences. This research has been applied to how PTSD is both treated and prevented in a handful of studies with people over the past few years. Dr. Wilson will identify this specific pathway in action in this protocol, which may be the explanation for its effectiveness with clients.

The details of the protocol will be described to the participants. Handouts will accompany all of this material, allowing the participants to have takeaways that are applicable in their own work. Dr. Wilson will show a video of this protocol used with a client, as well as do a role play demonstration with a volunteer who is willing to play the part of a client, utilizing their own clinical experiences in the creation of this pseudo client. Participants will be introduced to a rapid induction exercise that they can practice in the workshop. This is a modification of the one used in the protocol that will demonstrate how quickly clients can engage in the process.

In the final portion of the workshop, participants will be able to utilize the protocol in a role-play practicum. Participants will be required to have prepared two role-play scenarios, drawn from their clinical experience, which they will use in the practice experience. It would be useful if these clinical scenarios represented different client issues, such as anxiety, phobias, substance abuse, marital or family conflict, or various forms of trauma. Groups of three individuals will, in rotation, play the parts of client, therapist, and coach. Dr. Wilson will provide assistance and supervision of the practicum.

Finally, if time permits, participants will be offered instruction and practice in the use of an exercise that facilitates grieving, as grieving is an essential part of letting go of the losses experienced with trauma.

In summary, the course will include:
- Review of the theory supporting the development of the RDS Process
- Review of the recent research into the accessing and updating of trauma memories
- Detailed description of the trauma therapy protocol
- Video demonstration of the use of the protocol
- Role-play demonstration of the use of the protocol with a volunteer
- Participant experience in the use of the rapid induction technique of the protocol
- Practicum experience in the use of the protocol
- Participant experience in the use of a grief resolution exercise
Intermediate/Advanced Workshop
EVIDENCE-BASED COGNITIVE HYPNOTHERAPY FOR DEPRESSION
assen alladin, Ph.D.

date: Saturday May 27, 2017
time: 8:30 p.m. – 4:30 p.m.
location: DEN

This hands-on workshop will provide scientific rationale for integrating cognitive, hypnotic, mindfulness and psychodynamic strategies in the management of clinical depression. The workshop will be invaluable for therapists wishing to expand their understanding, clinical skills and expertise in the management of clinical depression. The following therapeutic strategies will be discussed, demonstrated and illustrated by case examples:

- Breaking the depressive cycle and empowering the patient.
- Expansion of awareness and positive mood induction.
- Ego-strengthening and creating positive expectancy.
- Countering rumination and negative self-hypnosis.
- Development of anti-depressive neurocircuitry.
- Accessing and restructuring unconscious cognitive distortions.
- Relapse prevention and mindfulness.

References

Objectives
(1) List the rationale for integrating CBT with hypnosis in the management of depression.
(2) Use case formulation approach for treatment planning.
(3) Integrate cognitive and hypnotic strategies to break the depressive cycle.
(4) Induce positive mood and expand emotional awareness.
(5) Access implicit meaning of depression.
(6) Facilitate healing of emotional injuries.

Attendance Eligibility for Workshops

Intermediate Workshop
Available to all Licensed/Registered Health Care Providers who have completed Introductory Training. Participants are encouraged to take the Intermediate Level before moving on to the Advanced Workshops. Intermediate level workshops provide more participation in training due to smaller group sizes and comparable levels of experience by the participants.

Advanced Workshop
Participants must have completed an introductory workshop approved by CFCH-AS or ASCH.

Students
Must provide written proof of current full-time status to be eligible to attend any workshop.
BANQUET

Date:  Friday May 26, 2016
Time:  6:00 p.m. - Midnight
6:00 p.m. - 7:00 p.m. - Cash Bar
7:00 p.m. - Dinner
Location: Lynx

Formal - Semi Formal Dress
$55 per person

WWW.CLINICALHYPNOSIS.CA

Have you visited www.clinicalhypnosis.ca recently?

If you have, you may have seen that we are sporting a new streamlined layout that is easy to navigate and read, full of great hypnosis information and resources.

Expand your hypnosis knowledge today! Visit our website and you will find hypnosis workshop and conference information for CFCH- Alberta, Atlantic and Quebec Societies.

You will also find access to CFCH Fellow Dr. Judy Coldoff’s, DVD set... So now I can do inductions... what next? How to Integrate Hypnosis into Your Practice DVD Set and a downloadable copy of the bi-annual CFCH/FCHC Newsletter.

Another great feature is the CFCH Members Database that was designed and built to connect clients with hypnosis specialists by location.
BASIC CLINICAL HYPNOSIS TRAINING

This 20-hour structured workshop consists of lectures, demonstrations and role-plays, videos of expert therapists, small group (4-6) practice, and written material. Each participant will have the opportunity to experience trance state, use several induction and deepening routines with fellow participants, and will be exposed to several hypnotic strategies that can be utilized with various medical and psychological problems. Successful completion of this workshop satisfies one of the membership requirements for the Canadian Federation of Clinical Hypnosis, the American Society of Clinical Hypnosis, and the International Society of Hypnosis.

Date: Friday May 26, 2017
Location: LYNX

Friday May 26, 2017
08:00-08:30 Registration
08:45-09:00 Introduction (Mr. Pandhi)
09:00-10:00 History, Definitions and Misconceptions of Hypnosis (Dr. Edgar)
10:00-10:30 COFFEE BREAK
10:30-11:15 Process of Hypnotic Induction and Re-Alerting (Dr. Alladin)
11:15-12:00 Demonstration of Induction and Re-Alerting (Dr. Alladin & Mr. Pandhi)
12:00-13:00 Lunch
13:00-14:30 Small Group Practice 1
14:30-15:15 Methods of Deepening - Stages of Hypnosis, Hypnotic Suggestibility (Mr. Pandhi)
15:15-15:30 TEA BREAK
15:30-16:30 Hypnotic Phenomena and their Therapeutic Applications (Mr. Brink)
16:30-18:00 Small Group Practice II

Saturday May 27, 2017
08:00-09:00 Treatment Planning and Technique Selection (Mr. Pandhi)
09:00-10:00 Types of Hypnotic Suggestions (Mr. Fitch)
10:00-10:30 COFFEE BREAK
10:30-11:30 DVD – Entranced (Mr. Fitch)
11:30-12:00 Presenting Hypnosis to Patient and Informed Consent (Mr. Brink)
12:00-13:00 Lunch
13:00-14:30 Applications of Hypnosis to Medicine (Dr. Kelner)
14:30-15:30 Teaching Self-Hypnosis (Mr. Pandhi)
15:30-16:00 TEA BREAK
16:00-17:30 Small Group Practice III

Sunday May 28, 2017
08:00-09:00 Exploration and Strategies for Managing Resistance (Mr. Brink)
09:00-10:30 Applications of Hypnosis to Psychiatry (Dr. Alladin)
10:30-11:00 COFFEE BREAK
11:00-12:30 Small Group Practice IV
12:30-13:15 Hypnosis and Professional Ethics (Dr. Kelner)
13:15-13:30 Certificates and Adjourn (Mr. Pandhi)

ANNUAL GENERAL MEETING (AGM)
CFCH – ALBERTA SOCIETY

Members are encouraged to attend. Come and share your views, hear the Federation. Lunch will be provided for CFCH-AS and CFCH members.

CFCH-AS AGM
Date: Saturday May 27, 2017
Time: 12:00 - 13:00
Location: Black Bear
ACCOMMODATIONS

Once again, the Federation has decided on the Banff Park Lodge, which is in the heart of Banff, Alberta (central to all amenities) to host this year’s Annual Conference and Workshops. This setting in the Rocky Mountains of Canada and is known for its’ beauty and majesty. The Federation has found this location to be valuable in assisting registrants to relax and be productive.

The Banff Park Lodge is the only downtown full-service resort hotel and conference centre. They have offered registrants a very favorable room rate of $154 for Superior Room, $214 for Deluxe Room and Suite for $274 plus taxes per night for a single room. There will be rooms reserved up until midnight April 10, 2017. After this time, rooms will be subject to availability; however, the room rate will remain the same for conference participants. To book online use Group ID# 22867 and Password# 551. To reserve your room go to the website and select Conferences & Meetings and Group Guest Room Bookings. Deadline for online booking is Tuesday, April 27, 2017.

Banff Park Lodge Resort Hotel & Conference Centre
Website: www.banffparklodge.com
Email: info@banffparklodge.com
Toll Free: 1-800-661-9266
Telephone: (403) 762-4433
Fax: (403) 762-3553
Address: 222 Lynx Street P.O. Box 2200
Banff, Alberta, Canada T1L 1K5
THE CANADIAN FEDERATION OF CLINICAL HYPNOSIS (ALBERTA SOCIETY)

2017 SPRING WORKSHOPS – REGISTRATION FORM

Title:  □ Dr.  □ Mr.  □ Mrs.  □ Ms.  E-Mail:______________________________
Surname:________________________ First Name:________________________
Address:________________________ City:________________________
Postal Code:_____________________ Bus Phone:_________ Res Phone:_________

PLEASE CHECK ONE  □ Member  □ Non-Member  □ Student Member *  □ Student Non-Member *

* Conference attendance and membership eligibility criteria differ. Please be in touch with us for details about membership eligibility.  Early Bird: Before April 8, 2017

<table>
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<tr>
<th>REGISTRATION</th>
<th>Date</th>
<th>Members Early Bird/Regular</th>
<th>Non-Members Early Bird/Regular</th>
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<tr>
<td>Advanced Workshops</td>
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<tr>
<td>□ Day 1: Changing Minds (Dr. Sugarman)</td>
<td>May 26</td>
<td>$250/$275</td>
<td>$300 / $325</td>
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<td>May 27</td>
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<td>May 26-27</td>
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<td>□ Trauma (Dr. Wilson)</td>
<td>May 26</td>
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<td>□ Depression (Dr. Alladin)</td>
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<td>□ 2 Days Combo (Please indicate which 2 classes)</td>
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<td>$350</td>
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<tr>
<td>□ Basic Clinical Hypnosis Training*</td>
<td>May 26-28</td>
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<tr>
<td>□ Banquet Tickets</td>
<td>May 26</td>
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* Introductory Students who successfully complete this workshop, meet eligibility requirements and provide required documentation will receive free membership to CFCH-AS for the remainder of 2017!

I am a member in good standing with the _________________________ and _________________________
(Regulatory Body)  (Registration Number)

Registration for Membership Status Annual Fee (present to January 31, 2018), includes the prestigious International Journal of Clinical and Experimental Hypnosis (IJCEH) & also the online Journal of Mind-Body Regulation.

□ Members $155/Year  □ Affiliate Members $130/Year  □ Students $85/Year

I confirm the accuracy of the information provided. Signature: __________________________ Date: __________________________

Payment Type  □ Cheque  □ Visa  □ Master Card

Payment Details

Registration  $ ____________
Membership  $ ____________
Subtract $100 (If you prepaid 50/50 last conference)$ ____________
Banquet  $ ____________
Total  $ ____________

Card Number __________________________
Expiry Date __________________________
Signature ____________________________

Cancellations are permitted if at least 2 weeks of notice is provided. A $25.00 administration fee will be retained.

Please mail or fax your completed registration form and payment cheque to:

CFCH - Alberta Society, Suite 302, 3939 50A Avenue, Red Deer, AB T4N 4E5
1-800-386-7230 or 403- 341-6913 (Red Deer) Fax: 403 342 1150