PRESENTS:

SPRING WORKSHOPS
Advanced & Intermediate Levels
MAY 25 & 26, 2018
The Banff Park Lodge
Banff, Alberta

ADVANCED WORKSHOPS

Friday May 25 & Saturday May 26, 2018
Advanced Skills in Ericksonian Hypnotherapy
Stephen R. Lankton, MSW, DAHB, FASCH

INTERMEDIATE/ADVANCED WORKSHOPS

Saturday May 26, 2018
Hypnotic Treatment for People Surviving with Dementia
Ajay Hartenfeld Pandhi, MSW, President CFCH AS

AND DON’T MISS… The Banquet on Friday May 25, 2018

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.
FEATURE PRESENTERS

STEPHEN R LANKTON
MSW, DAHB, FASCH

Stephen R. Lankton, MSW, is a psychotherapist practicing in Phoenix, Arizona and is a Faculty Associate at Arizona State University, Department of Graduate Social Work. He is editor of The American Journal of Clinical Hypnosis (since 2005). He is the recipient of a “Lifetime Achievement Award for Outstanding Contribution to the Field of Psychotherapy” from the Milton H. Erickson Foundation and a “Lifetime Achievement Award for Contributions to the Field of Hypnosis” from the American Society of Clinical Hypnosis.

Stephen is a “Fellow” and “Approved Consultant” of the American Society of Clinical Hypnosis, and has been a “Fellow” and “Approved Supervisor” of the American Association for Marriage and Family Therapy, and a “Diplomate” of the American Psychotherapy Association. He is a “Diplomate in Clinical Hypnosis” and past president of American Hypnosis Board of Clinical Social Work.

He has been a keynote speaker, invited faculty, workshop and seminar leader for hundreds of conferences sponsored worldwide by major national and state professional organizations, as well as dozens of universities, and post-graduate training centers.

He studied with Dr. Milton Erickson for five years. He is internationally known for his clinical work and teaching of Ericksonian approaches to psychotherapy, brief therapy, couples therapy, and hypnosis, and has taught in over 20 countries. He has authored and co-authored several best selling professional hooks translated into languages, including: Tales of Enchantment, and The Answer Within, and Assembling Ericksonian Therapy. He also edited and co-edited 11 additional books. He is an Arizona Licensed Clinical Social Worker. Mr. Lankton can he reached at steve@lankton.com and on his web site at http://lankton.com.

AJAY HARTENFIELD PANDHI
M.S.W., MAIS, Q-Med

Ajay Hartenfeld Pandhi has worked across Canada and Internationally in the field of mental health for over twenty years now. He is experienced working with seniors with complex traumas, abuse, various phobias, palliative and non-palliative illnesses (such as Cancer) and the various forms of Dementia. A large part of Ajay’s time is spent working with Alberta Health Services as a trauma specialist and also running his private practice at Pandhi Counselling and Mediation Services. Ajay Pandhi has the unique ability to explain complex phenomenon and treatment tools in interesting and easy to understand way. He has been President of Canadian Federation of Clinical Hypnosis for 5 years and is very passionate about hypnosis and intrinsically believes in the power of hypnosis to heal.

PLANNING COMMITTEE

Sharon Meredith, R. Psych. .................................................................Conference Coordinator

Ajay Pandhi, M.S.W. ................................................................................President

Harvey Brink, R. Psych.................................................................Treasurer

Monica Wong, R. Psych.................................................................Board Member
ADVANCED WORKSHOP
ADVANCED SKILLS IN ERICKSONIAN HYPNOTHERAPY
Stephen R. Lankton
Psychotherapist,
Faculty Associate, Department of Graduate Social Work, Arizona State University
Editor, American Journal of Clinical Hypnosis

Date: Friday May 25 and Saturday May 26, 2018*
Time: 9:00 a.m. – 5:00 p.m.
Location: BLACK BEAR

Day One – Epistemology, Conscious/Unconscious Induction, & Indirection

9:00 Epistemological aspects of Erickson's therapy and the difference it makes.
10:00 The Conscious/Unconscious dissociation induction.
   • demonstration
10:30 Break.
10:45 The Conscious/Unconscious dissociation construction (C/U).
   • practice exercise: building the language pattern
   • voice tone shifts reinforcing dissociation.
   • practice induction using the conscious/unconscious induction method
12:30 Lunch break.
1:30 Formulating indirect suggestions (IS).
   • Demonstration of induction and using indirect suggestions and binds.
   • Formulae covering 6 indirect suggestions
   • Practice exercises for suggestions
3:15 Break.
3:30 Formulating therapeutic binds (TB).
   • Formulae for 4 therapeutic binds
   • Practice exercises for binds
4:15 Practice exercise: trance with indirect suggestions, direct suggestions, and binds.
5:00 Adjourn

Day Two – Affect & Attitude Metaphor Protocols, Multiple Embedded Metaphor

9:00 Adding Metaphors and Confusion to Indirect Suggestions and Binds.
   • The purpose of goals of Confusion Techniques
   • Formulating 4 Confusion Techniques
   • Practice session for using formulating confusion techniques
10:00 Therapeutic outcomes using metaphors
   • Metaphor protocols for different experiential outcomes.
   • Affect and attitude change protocols overview.
10:45 Break.
11:00 Metaphor protocol practice for facilitating attitude.
   • Three steps of the protocol.
   • Demonstration of the exercise.
   • Practice exercise with trance and the attitude metaphor.
12:30 Lunch break.
1:30 Affect change metaphor construction and practice.
   • Three steps of the affect protocol and why it works.
   • Specific formulae for four different affects.
   • Demonstration.
3:00 Practice exercise with trance and one affect metaphor.
3:30 Break.
3:45 Multiple Embedded Metaphor (MEM) Technique
   • Definitions and rationale for use.
   • Constructions using attitude, affect, and additional protocols.
   • Demonstration combining all techniques (C/U induction, IS, TB, confusion, and MEM)
5:00 Adjourn.

*Please note: These workshops do stand alone as individual workshops but Dr. Lankton strongly recommends doing the 2-day workshop as day two’s demos will use the material covered in day-one.
In Canada soon the largest population demographic will be our seniors. Dementia is the most common type of neurodegenerative disorder. In 2010 an estimated 35.6 million people world-wide were living with dementia. This number is expected to double in 20 years. In 15 years we will have approximately 1 million Canadians living with dementia. For this population there are medications available to deal with some of the symptoms of dementia, however, society at large appears to be at a loss to figure out reasons and define comprehensive treatment options – that take into account standard of living and quality of life. Does hypnosis have a role here?

Ajay Pandhi believes that hypnosis definitely can play a significant part in healing by providing folks surviving with dementia and their family members with pertinent tools through trance work that target specific parts of the brain and keep into mind the condition of the person’s memory, cognitive functioning, type, resistance, etc. Ajay has been treating folks with Dementia (Alzheimer’s, Parkinson’s, and Lewy Body to name a few). Presently a close family member of Ajay’s, who is affected by dementia, is being treated with hypnosis.

This workshop comes at a critical time for Canadian as many of us are either right now dealing with family members and close friends with dementia or will soon be. This workshop explores the biology, psychology, environmental restraints and treatment options available for folks who don’t have to be debilitated by the apparent fading away of their brain functions. Ajay will demonstrate inductions that are effective and participants will have the opportunity to practice some of these inductions.
**BANQUET**

**Date:** Friday May 25, 2018  
**Time:** 7:00 p.m.  
**Location:** Local Restaurant in Banff

Pre-Registration by May 18th is required for Restaurant Booking.

Each person will be responsible for their own food and drink tab.

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**WWW.CLINICALHYPNOSIS.CA**

Have you visited [www.clinicalhypnosis.ca](http://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.

Please contact the office if your listing does not appear in the listing.
ANNUAL GENERAL MEETING (AGM)

CFCH – ALBERTA SOCIETY

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

CFCH-AS AGM

Date: Friday, May 25th, 2018
Time: 5:15 – 6:15 pm
Location: Black Bear
Light refreshments will be provided

ACCOMMODATIONS

Once again, the Canadian Federation of Clinical Hypnosis – Alberta Society 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. CFCH - AS 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 $152 for Superior Room plus taxes per night. There will be rooms reserved up until midnight April 10, 2018. 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# 26820 and Password# 551. To reserve your room, go to the website and select Conferences & Meetings and Group Guest Room Bookings. Should you wish to stay pre or post conference you must call to book your reservation, as the online won’t work for pre and post stays.

Deadline for online booking with The Banff Lodge is: April, 10, 2018

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
# Canadian Federation of Clinical Hypnosis (Alberta Society)

## 2018 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, 2018*

<table>
<thead>
<tr>
<th>Registration Details</th>
<th>Date</th>
<th>Members Early Bird/Regular</th>
<th>Non-Members Early Bird/Regular</th>
<th>Students Early Bird/Regular</th>
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<tr>
<td>Advanced Workshops w/ Stephen Lankton</td>
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<tr>
<td>Day 1: Epistemology, Induction &amp; Indirection</td>
<td>May 25</td>
<td>$250 / $275</td>
<td>$300 / $325</td>
<td>$150</td>
</tr>
<tr>
<td>Day 2: Affect &amp; Attitude Metaphor Protocols…</td>
<td>May 26</td>
<td>$250 / $275</td>
<td>$300 / $325</td>
<td>$150</td>
</tr>
<tr>
<td>2 Days Advanced - Highly recommended</td>
<td>May 25-26</td>
<td>$450 / $495</td>
<td>$525 / $550</td>
<td>$300</td>
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<tr>
<td>Intermediate Workshops w/ Ajay Pandhi</td>
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<tr>
<td>Hypnotic Treatment for Dementia</td>
<td>May 26</td>
<td>$250 / $275</td>
<td>$300 / $325</td>
<td>$150</td>
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<tr>
<td>2 Days Mixed Combo</td>
<td>May 25-26</td>
<td>$450 / $495</td>
<td>$525 / $550</td>
<td>$300</td>
</tr>
<tr>
<td>Friday: Epistemology, Induction, Indirection/Saturday: Hypnosis &amp; Dementia</td>
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<tr>
<td>Banquet (Reservation at Local Restaurant)</td>
<td>May 25</td>
<td>Each person will be responsible for their own food and drink tab.</td>
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I am a member in good standing with the ____________________ and ____________________

(Regulatory Body) (Registration Number)

**Registration for Membership Status** **Annual Fee (present to January 31, 2019), includes** the online Journal of Mind-Body Regulation.

- [ ] Members $135/Year
- [ ] Affiliate Members $110/Year
- [ ] Students $85/Year

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

**Payment Type**

- [ ] Cheque
- [ ] Visa
- [ ] Master Card

**Payment Details**

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<td>Subtract $100 (if you prepaid 50/50 last conference)</td>
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<td>Other</td>
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<td>Total</td>
<td>$_______</td>
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**Card Number** ____________________________

**Expiry Date** ____________________________

**Signature** ____________________________

*Please contact the office for clarification or information*

**Please email, mail or fax your completed registration form and payment cheque/info to:**

CFCH - Alberta Society, Commerce Court, Suite 337 4915-54 Street, Red Deer, AB, T4N 2G7
1-800-386-7230 or 403- 341-6913 (Red Deer) Fax: 403 342 1150
alberta.office@clinicalhypnosis.ca