



The Alberta Clinical Hypnosis Society
(formerly The Canadian Federation of Clinical Hypnosis – Alberta Society)

PRESENTS OUR:

AUTUMN WORKSHOP 2022

**Level 1 Fundamentals of Clinical Hypnosis
Virtual Workshop**

October 21 – 23, 2022

This workshop utilizes the standards of the American Society of Clinical Hypnosis- Education and Research Foundation ASCH-ERF) and is the first of a series of training workshops that are a large part of the ASCH certification Program in Clinical Hypnosis

For On-line registration click here

<https://www.cognitofirms.com/CanadianFederationOfClinicalHypnosis/ASCHLEVEL1FUNDAMENTALSOFCLINICALHYPNOSISOctober21232022>

FEATURE PRESENTERS



G. LANE WAGAMAN

Ed.D.

Hollywood, South Carolina

Dr. Lane Wagaman completed a master's degree in Rehabilitation Psychology at the University of Scranton (PA) and his doctoral degree in Counseling Psychology, with emphasis on health and rehabilitation psychology, at West Virginia University following four years of service in the U.S. Air Force. Dr. Wagaman interned at the Wilkes-Barre, PA, Veterans Affairs Medical Center where he was assigned to one inpatient psychiatric unit and an outpatient behavioral health clinic. In addition, he performed consulting and direct patient care services on several medical center services, including internal medicine, cardiology, oncology, general surgery, neurology, and physical medicine and rehabilitation. Dr. Wagaman subsequently served as a staff psychologist in the Veterans Affairs Medical Center where he was responsible for integrated behavioral health care and consultation on all inpatient services, staff training, and supervision of pre-doctoral Clinical Psychology interns. He has also served as a Chief, Psychology Services, for a U.S. Department of Justice facility.

Upon entering full time private practice in West Virginia, Dr. Wagaman was associated with a renowned medical diagnostic and treatment clinic and was a consulting psychologist for several rehabilitation and long-term care facilities, as well as for district and state courts. Additionally, he was a clinical associate professor at the West Virginia School of Osteopathic Medicine and in the Family Medicine Residency program at Greenbrier Valley Medical Center, where he also was credentialed as Allied Health Staff, Medicine Service. He maintains all these medical school and medical center appointments through the current time. Dr. Wagaman also served on the Ethics committee at Greenbrier Valley Medical Center. Upon relocation to North Carolina, Dr. Wagaman was invited to join and practiced with Carolina Rehabilitation and Surgical Associates (Cary, NC) and HRC Behavioral Health and Psychiatry, PA (Raleigh, NC) for more than ten years. Dr. Wagaman has been a member of the American Society of Clinical Hypnosis (ASCH) since 1979 and has taught clinical hypnosis for more than three and a half decades.

Along with being widely active in clinical practice, Dr. Wagaman has held, in addition to those current positions noted above, several university and medical school adjunct faculty positions. These have included West Virginia University, College of Education, Department of Counseling Psychology and Rehabilitation (WV), West Virginia University Medical Center and Hospital, Department of Psychiatry (WV), University of Scranton, Graduate Department of Rehabilitation Psychology (PA), Hahnemann Medical College and Hospital, Department of Psychiatry (PA), Indiana University of Pennsylvania, Department of Psychology, Clinical Psychology doctoral program (PA), and Allied Health Staff, Community General Osteopathic Hospital (PA).



MAGGIE DICKENS

MS, LPCS, PCDC

Houston, Texas

Maggie Dickens is a professional counselor and Confidence & Mindset Coach based in Houston, Texas. Her work, based in values identification, inner strength building, and core beliefs, is enhanced through her knowledge in clinical hypnosis. Maggie's work with supporting women as they break the glass ceilings in their lives led to the creation of her flagship program: "Transcend the expected: Rebelling against the status quo and creating the life you crave!" She holds a MS in Substance Abuse and Clinical

Counseling & a MS in Rehabilitation and Career Counseling. She earned both degrees at East Carolina University in her home state of North Carolina.

Maggie has been heavily involved in and gained certification with the American Society of Clinical Hypnosis (ASCH). She currently is a core faculty member for 3-4ASCH trainings each year and serves on several committees including: Clinical Hypnosis Education and Training (CHET), Standards of Training Revision, & 2018-2021 Annual Scientific Meetings and Workshops (ASMW). Maggie was recently elected Master at Large for the 2021-2022 ASCH Executive Committee. She was also involved with the ASCH Mentoring & Outreach Taskforce in 2016-2017.

Maggie is currently on the Texas Counselor Association's By-Laws Committee and is a subject matter expert on Chronic Pain and Substance Use Disorders throughout the nation. Providing education at conferences for the Employee Assistance Professionals Association (EAPA), American Society of Addiction Medicine (ASAM), Texas Association of Addiction Professionals (TAAP), and several major hospital systems in Houston, Texas.



LINDA THOMSON

PH.D.

Vermont

Dr. Linda Thomson is an Approved Consultant in Clinical Hypnosis and is the first nurse to ever have been awarded Diplomate status on the American Board of Medical Hypnosis. She is also a Diplomate and Past President of the American Board of Hypnosis in Nursing. Dr. Thomson is a Fellow and Past-President of American Society of Clinical Hypnosis and is the current Moderator of the Board of Governors. She has also served as Past President of New England Society of Clinical Hypnosis and is the current president of Northeastern Mountain Society of Clinical Hypnosis.

Dr. Thomson was the recent recipient of the Josephine Hilgard Award for the best paper on pediatric uses of hypnosis that appeared in the April 2019 edition of the American Journal of Clinical Hypnosis. In 2018 she received the William Wester Award for her significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children. She was honored with the ASCH President's Award for leadership, creativity, and compassion while promoting clinical hypnosis and she is the two-time recipient of the Award of Merit from ASCH.

Passionate about educating health care professionals about the benefits of clinical hypnosis, she has lectured and taught workshops across the country and around the world. She is the author of dozens of journal articles, book chapters and 2 Harry Hypnototamus books of metaphorical tales for children and created "Stress Free Surgery, a self-relaxation program to help patients prepare for and recover from surgery.



MONICA WONG

MSW, RSW, HBCE

Calgary, Alberta

Monica Wong is a counselor, hypnotherapist and HypnoBirthing educator with her Masters in Clinical Social Work. She is also the president of the Alberta Clinical Hypnosis Society, a registered social worker and a certified HypnoBirthing and HypnoMothering instructor. She has devoted her career to learning, applying and utilizing hypnosis as an incredibly powerful tool for over 10 years. She has been an active member on the Alberta's board of Clinical Hypnosis for over 5 years. Her passion for utilizing self-hypnosis and hypnosis for her clients extends to her love of teaching hypnosis to medical and clinical professionals.

Besides caring for three kids, two cats and a pup, Mrs. Wong runs a dual private practice teaching and offering hypnosis for fertility and birth, as well as for overall mental health. She focuses particularly in the clinical areas of anxiety and perfectionism, although she also loves working with couples, an area of focus in her graduate degree. Monica's approach to her clinical and hypnotic work is goal driven; she enjoys weaving in humour, hypnotic language and metaphors into all of her therapeutic modalities (i.e think calm place in EMDR). Mrs. Wong has a passion for inviting compassion and empowering individuals, couples and clinicians through the amazing gift that is hypnosis.

PLANNING COMMITTEE

Sharon Meredith, R. Psych. Conference Coordinator
Brittany Meredith, R. Psych. Past President
Monica Wong, MSW, RSW, HBCE.....President

LEVEL 1 WORKSHOP FUNDAMENTALS OF CLINICAL HYPNOSIS

Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above.

Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians.

The benefits of using clinical hypnosis in treatment situations include:

- **Clinicians are able to quickly establish rapport and a readiness to change through the hypnotic process.**
- **Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.**
- **Cost-effective, collaborative, person-centered treatment.**
- **You will learn to empower and teach your clients life-long hypnotic skills for better health.**
- **You will learn to improve both you and your clients' mental and physical health through hypnosis.**

Upon completion of this workshop, participants who meet Clinical Hypnosis Society (ACHS) membership criteria will receive a complimentary membership for the remainder of the year. Being a member gives you access to a listing on our website as well as an opportunity to connect, learn and grow your therapeutic hypnotic skills. You will gain free access to our virtual peer support/consultation groups. In these groups you will gain valuable connections and will be able to connect with various professionals, some of whom

have been using hypnosis in the medical and clinical fields for decades. Our Level One training is also approved by the American Society of Clinical Hypnosis (ASCH).

American Society of Clinical Hypnosis (ASCH) - approved Level 1 training in clinical hypnosis is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate (Level 2) and Advanced level ASCH or ASCH- approved workshops.

In addition, participants will be able to do the following in their clinical practices:

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

Day #1: October 21, 2022

FRIDAY, OCTOBER 21, 2022 9:00 am – 5:30 pm MST* All times are approximate and subject to slight changes

WELCOME, INSTRUCTIONS & INTRODUCTION TO WORKSHOP PROCESS

INTRO TO CLINICAL HYPNOSIS; History; Definitions; Misconceptions

At the conclusion of this session the participant will be able to:

- Provide at least one commonly accepted definition of clinical hypnosis;
- Explain 3 to 4 hypnosis terms and how they apply to the clinical hypnosis experience;
- Identify and explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis; -Define two commonly held misconceptions concerning hypnosis and give an accurate rebuttal for each.

A VIEW OF AN HYPNOTIC SESSION

At the conclusion of this session the participant will be able to:

- Describe the steps in a formal hypnotic encounter
- Identify 2 characteristics of trance exhibited by the subject Define 3 changes the facilitator made during the reorientation phase of trance

NEUROSCIENCE OF HYPNOSIS

At the conclusion of this session the participant will be able to:

- Describe how hypnosis affects the autonomic nervous system and the stress response;
- Detail three implications of neurophysiological research on the practice of clinical hypnosis;

-Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patient/clients.

GROUP EXPERIENCE

At the conclusion of this session the participant will be able to:

- Provide illustrative suggestions for eliciting hypnotic phenomena
- Demonstrate the concept of trance logic
- Illustrate applications of hypnotic phenomena in a trance experience

PROCESS GROUP EXPERIENCE

At the conclusion of this session the participant will be able to:

- Describe the use of hypnotic language and suggestions utilized in the group experience

RAPPORT, ELICITATION, RE-ALERTING, AND RE-ORIENTING

At the conclusion of this session the participant will be able to:

- Describe three effective ways to build and reinforce rapport
- Describe at least 4 observable physiological and 4 observable psychological signs of trance;
- Discuss the importance of removing suggestions;
- Demonstrate at least 3 methods of re-alerting, and reorienting

INTRODUCTION TO SMALL GROUP PRACTICE

DEMONSTRATION OF INDUCTION # 1 FOCUSED/ DIAPHRAGMATIC BREATHING

At the conclusion of this session the participant will be able to:

- Describe and demonstrate an elicitation using Focused/Diaphragmatic Breathing

SMALL GROUP #1 RAPPORT, ELICITATION OF TRANCE, RE-ALERTING / RE-ORIENTING

At the conclusion of this session the participant will be able to:

- Demonstrate one method to build attunement (rapport) with the subject;
- Facilitate at least one elicitation (induction) and reorientation method with a member of the group, describe his/her responses, and what they observed in the behavior of the participant;
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

HYPNOTIC PHENOMENA, WITH DEMO

At the conclusion of this session the participant will be able to:

- Explain five different hypnotic phenomena;
- Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.
- List at least three principles of eliciting phenomenon.
- Define abreaction and describe how it can be addressed therapeutically.

Day #2: OCTOBER 22, 2022

SATURDAY, OCTOBER 22, 2022 9:00 am – 5:30 pm MST *Times are approximate and subject to slight changes

INTENSIFICATION OF HYPNOTIC EXPERIENCE, WITH DEMO

At the conclusion of this session the participant will be able to:

- Describe 3 methods of trance intensification.

-Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client -Identify how fractionation can be used to intensify trance.

EGO STRENGTHENING WITH DEMO

At the conclusion of this session the participant will be able to:

- Define what is meant by Ego strengthening and how it might be used in clinical practice;
- Identify three different types of Ego strengthening;
- Describe at least three strategies for Ego strengthening in clinical hypnosis practice.

DEMONSTRATION OF TRANCE ELICITATION # 2 - EYE FIXATION

At the conclusion of this session the participant will be able to:

- Describe an elicitation using the eye fixation technique

SMALL GROUP # 2 RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, RE-ALERTING / RE-ORIENTING

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session;
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method and reorientation method with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

FUNDAMENTALS OF HYPNOTIC LANGUAGE AND FORMULATION OF SUGGESTIONS

At the conclusion of this session the participant will be able to:

- Explain at least two ways hypnotic communication creates positive expectancy
- Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion;
- Differentiate between direct and indirect suggestion

SELF-HYPNOSIS: HOW AND WHAT TO TEACH PATIENTS, WITH DEMO

At the conclusion of this session the participant will be able to:

- Define self-hypnosis and explain the difference between self-hypnosis and hetero-hypnosis;
- Describe at least three therapeutic applications of self-hypnosis in clinical practice;
- Explain how to teach self-hypnosis to a patient

DEMONSTRATION OF INDUCTION # 3 - EYE ROLL

At the conclusion of this session the participant will be able to:

- Describe a rapid induction using eye fixation

SMALL GROUP # 3 RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, EGO-STRENGTHENING SUGGESTIONS, SELF HYPNOSIS REMINDERS, RE-ALERTING / RE-ORIENTING

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session;
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant;
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

SUNDAY, OCTOBER 23, 2022 9:00am – 5:15 pm *All times are approximate and subject to slight changes

PATIENT/CLIENT ASSESSMENT, INTRODUCING THE PATIENT/CLIENT TO CLINICAL HYPNOSIS

At the conclusion of this session the participant will be able to:

- Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client;
- Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically;
- Discuss the fallibility of memory.

TREATMENT PLANNING, STRATEGY AND TECHNIQUE SELECTION IN HYPNOTHERAPY WITH DEMO

At the conclusion of this session the participant will be able to:

- Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan;
- Design a treatment plan for a patient/client who presents with anxiety;
- List at least 4 hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.

INTEGRATING CLINICAL HYPNOSIS INTO PRACTICE

At the conclusion of this session the participant will be able to:

- Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such;
- List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training
- Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice

CLINICAL HYPNOSIS IN THE TREATMENT OF CHILDREN

At the conclusion of this session the participant will be able to:

- Identify three developmental characteristics that make children particularly hypnotizable;
- Describe how hypnotic approaches vary according to the developmental age of the child;
- Describe the therapeutic benefits and applications of using hypnosis with children.

DEMONSTRATION OF INDUCTION #4 - ARM LEVITATION (Wagaman)

At the conclusion of this session the participant will be able to:

- Describe and demonstrate an induction using levitation and/or reverse levitation

SMALL GROUP #4 RAPPORT, TRANCE ELICITATION, INTENSIFICATION OF TRANCE, SUGGESTING/ELICITING HYPNOTIC PHENOMENON, EGO-STRENGTHENING, REVIEW SELF-HYPNOSIS, SUGGESTIONS, RE-ALERTING / RE-ORIENTING

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying
- Ego strengthening suggestions of interest to subject to use in the treatment phase of the process;
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant;

- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance;
- Clarify readiness for incorporating hypnosis into practice.

REQUESTED CLARIFICATIONS / DEMONSTRATIONS

ETHICS AND CLINICAL HYPNOSIS

- At the conclusion of this session the participant will be able to:
- Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis
 - Describe ethical issues and standards for professional conduct in using hypnosis clinically

ASCH CERTIFICATION, ASCH MEMBERSHIP; FUTURE TRAINING

- At the conclusion of this session the participant will be able to:
- Identify the opportunities available for further training, membership and certification

ACHS MEMBERSHIP AND FUTURE TRAINING

- At the conclusion of this session the participant will be able to:
- Identify the opportunity and requirements to qualify and apply for your complimentary ACHS membership
 - Be informed of future ACHS training opportunities
 - Our annual Spring Conference and workshops will be held in Banff, May 5 - 7, 2023. Save the date!

ATTENDANCE ELIGIBILITY FOR WORKSHOPS

Introductory/Basic Workshop Open to all Licensed/Registered Health Care Providers

Students Must provide written proof of current full-time status to be eligible to attend any workshop. Attendance may be limited so students are encouraged to apply early.

WWW.CLINICALHYPNOSIS.CA



Locate a Therapist
Trained In Hypnosis Today!

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!

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.

Check out the recording created by Chris Lefebvre and introduced by Brittany Meredith, "Hypnosis for General Wellness", which is available for purchase on the website. Listen and journey into a gentle trance at your own leisure and in your own time.



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



We are also on Facebook!

Please see the following page for prices, conditions and registration information

Register on-line – click the following link:

<https://www.cognitofrms.com/CanadianFederationOfClinicalHypnosis/ASCHLEVEL1FUNDAMENTALSOFCLINICALHYPNOSISOctober21232022>

OR

Scan & email/print & mail your completed registration form and payment cheque/info to:

ACHS, PO Box 315, Red Deer, AB T4N 5E9
1-800-386-7230

alberta.office@clinicalhypnosis.ca

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

**Please contact the office for clarification or information*

The Alberta Clinical Hypnosis Society

(FORMERLY THE CANADIAN FEDERATION OF CLINICAL HYPNOSIS - ALBERTA SOCIETY)

2022 VIRTUAL AUTUMN WORKSHOP – REGISTRATION FORM

Title: _____ E-Mail: _____

Surname: _____ First Name: _____

Address: _____ City: _____

Postal Code: _____ Bus Phone: (____) _____ Res Phone: (____) _____

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

* Level 1 Basic Introductory Workshop attendance is available to Licensed/Registered Health Care Providers or Students working towards that designation

REGISTRATION	Members <i>as a refresher</i>	Non-Members	Students
Level 1 Fundamentals of Clinical Hypnosis October 21, 22, 23, 2022 Virtual Workshop	\$650.00	\$900.00	\$500.00

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

Completion of this workshop entitles you to a complimentary membership with the Alberta Clinical Hypnosis Society for the remaining of the year, if you meet our membership requirements.

Please visit our website at www.clinicalhypnosis.ca or be in touch with us for details about membership eligibility.

Membership *Renewal for existing/lapsed members* Annual Fee (present to January 31, 2023)

<input type="checkbox"/> Members \$135/Year	<input type="checkbox"/> Affiliate Members \$110/Year	<input type="checkbox"/> Students \$85/Year
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I confirm the accuracy of the information provided. Signature: _____ Date: _____

Payment Type Cheque Visa Master Card

Payment Details

Registration \$ _____
Membership \$ _____
Other \$ _____
Total \$ _____

Card Number	_____
Expiry Date	_____ CVV Code: _____
Signature	_____

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

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