

OUR AWESOME PRESENTORS



COURTNEY ARMSTRONG

LCP, AUTHOR, ASCH CONSULTANT & FOUNDER OF INSTITUTE OF TRAUMA INFORMED THERAPY



ALEX CHISHOLM

PHYSIOTHERAPIST, ACHS FELLOW & EXECUTIVE OF THE PAIN SCIENCE DIVISION OF THE CANADIAN PHYSIOTHERAPY ASSOCIATION



LEN MCEWEN

MSW, RSW, ACHS FELLOW, SPECIALIST IN TRAUMA, GRIEF & LOSS & MEMBER OF THE INTERNATIONAL SOCIETY FOR NEURO-REGULATION & RESEARCH

alberta.office@clinicalhypnosis.ca

MAY 5-7, 2023

BANFF SPRING CONFERENCE



ACHS

CLINICALHYPNOSIS.CA

**Three presenters, Two Workshops, One Weekend
ACHS Presents:**

Unravelling The Complexity of Pain: A Targeted Neuroplastic Approach

Presented by Alex Chisholm, PT, BScPT, PgCPain, FACHS & Leonard McEwen, RSW, MSW, FCFCH-AD
Full day Friday, May 5th & 1/2 day Saturday May 6th

Transforming Trauma with Clinical Hypnosis & Memory Consolidation

Presented by Courtney Armstrong, LCP/MHSP
1/2 day Saturday May 6th & full day Sunday, May 7th

REGISTER ON-LINE:

[HTTPS://WWW.COGNITOFIRMS.COM/CANADIANFEDERATIONOFCLINICALHYPNOSIS/BANFF2023SPRINGHYPNOSISCONFERENCE](https://www.cognitofirms.com/canadianfederationofclinicalhypnosis/banff2023springhypnosisconference)

Workshop Approval

The American Society of Clinical Hypnosis (ASCH) has approved Transforming Trauma with Clinical Hypnosis & Memory Consolidation as an Advanced Workshop for 10 credit hours.

The Alberta Clinical Hypnosis 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 or if you wish to apply for ASCH credits

Alberta.office@clinicalhypnosis.ca

Register On-Line:

<https://www.cognitofirms.com/CanadianFederationOfClinicalHypnosis/Banff2023SpringHypnosisConference>

FEATURED PRESENTERS



COURTNEY ARMSTRONG, LPC/MHSP

Chattanooga, Tennessee, USA

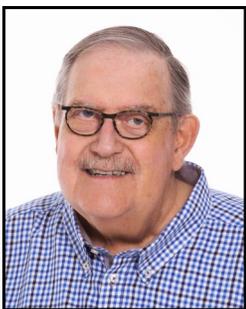
Courtney is a licensed professional counselor who specializes in grief and trauma recovery and is an Approved Consultant with the American Society of Clinical Hypnosis. She is the Founder of the Institute for Trauma Informed Hypnotherapy which has trained hundreds of clinicians worldwide and has also developed hypnosis training programs for the United States Veterans Health Administration. Courtney also enjoys writing and is the author of *Transforming Traumatic Grief* (2011), *The Therapeutic “Aha!”* (2015), *Rethinking Trauma Treatment: Attachment, Memory Reconsolidation and Resilience* (2019).



ALEXANDRA CHISHOLM, PT, BScPT, PgCPain, FACHS

Calgary, Alberta

Alex is a physiotherapist from Calgary, Alberta with over 30 years of clinical experience. Alex has her post graduate certificate in Multidisciplinary Pain Management from the University of Alberta. She is on the executive of the Pain Science division of the Canadian Physiotherapy Association and is part of the working group that helped to create the free, on-line Chronic Pain Toolkit with Physiotherapy Alberta. She is a fellow of the Alberta Clinical Hypnosis Society, (previously the Canadian Federation of Clinical Hypnosis) and a “Comfort talk” trainer with Dr Elvira Lang. She is also a member of the Alberta Pain Strategy perioperative committee, and on the planning committee for the Alberta Pain Society’s annual Pain conference. She is also involved with the on-line pain education modules for Alberta Health Services. Alex currently works on the Burns/Plastics team at the Foothills Medical center where she pursues her passion for burn survivor rehab, and has taught locally, provincially, nationally, and internationally on pain and pain management techniques. Her goal is to merge Science with the Art of Pain management.



LEONARD MCEWEN, RSW, MSW, FCFCH-AD

Spruce Grove, Alberta

Leonard is a Registered Social Worker and a Fellow of the Canadian Federation of Clinical Hypnosis. He is in a private clinical practice with offices in Edmonton and Spruce Grove and soon to open in the Westlock area. He specializes in the psychosocial recovery from trauma and in grief and loss. Len makes extensive use of neurofeedback and hypnosis in his practice. His clients come from all walks of life and include many referred by Veteran’s Affairs, First Responder Groups or Workers Compensation. He has worked extensively with injured workers throughout Alberta and has attended injury/death caused by incidents from industrial accidents to airplane crashes, from murder/suicides to workplace downsizings. This has included COVID responses and Moral Injury related interventions in ICUs and with organizations and families. When working with those with PTSD he uses neurofeedback and hypnosis. Len is a member of International Society for Neuroregulation and Research, Association for Death Education and Counselling and he has been trained and endorsed by the B.C. Professional Fire Fighter’s Association at the Silver level.

PLANNING COMMITTEE

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

Monica Wong, RSW.....President

ATTENDANCE ELIGIBILITY FOR WORKSHOPS

Available to all Licensed/ Registered Health Care Providers who have completed Introductory Basic Training approved by ACHS or ASCH.

Students must also 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.

UNRAVELLING THE COMPLEXITY OF PAIN: A TARGETED NEUROPLASTIC APPROACH

With

Alex Chisholm, PT, BScPT, PgCPain, FACHS

&

Leonard McEwen MSW, RSW, FCFCH-AD

Date: **Friday, May 5, 2023 9:00 am—5:00 pm**
Saturday, May 6, 2023 8:30 am—12:00 noon
10 Hour Credit Workshop

Location: **Black Bear**

This 1.5-day workshop will include lecture, experiential learning, small group/partner work, patient rapport exercise to improve hypnotic outcomes, patient video and interview to include the lived experience, and technology demonstrations. This workshop will increase the participants confidence and knowledge regarding pain, improve their ability to teach clients about the pain experience, and provide therapeutic targets for the treatment of pain.

Topics will include:

- Pain neuroscience.....what do we really know about pain? Unravelling the complexity of pain using metaphors that make pain neuroscience fun.
- Fifty shades of Grey....what does it teach us about pain? How do we use it?
- The Pain Poem that helps aid in pain science retention.
- Pain assessment tools that are helpful when incorporating brain exercises and hypnosis into your practice.
- Harnessing the neuroplasticity of the brain.
- Therapeutic alliance...how to start to build this from the first moment.
- Safe place: How to compound nature's powerful effects by becoming a prescriber of a free Canada Parks pass to appropriate clients.
- Grief and pain: How to address the grief of loss that comes from persistent pain. (McEwen)
- Technology that can be used to compound the positive effects of hypnosis on pain. (McEwen)
- Hypnotic techniques and brain exercises to alleviate pain, and small group practice of these techniques.

TRANSFORMING TRAUMA WITH CLINICAL HYPNOSIS AND MEMORY RECONSOLIDATION

With

Courtney Armstrong, LPC, MHSP

Date: Saturday, May 6, 2023 1:00 pm—5:15 pm
Sunday, May 7, 2023 8:30 am—4:00 pm
10 Hour Credit Workshop

Location: Black Bear

Can traumatic memories really be changed so they no longer haunt a person emotionally? Neuroscience research suggests they can by harnessing the mechanism of memory reconsolidation-- the brain's own process of updating an emotional memory with new meanings and associations. In this presentation, Courtney Armstrong will get you up to date on this exciting discovery, explain why clinical hypnosis is a natural tool for eliciting memory reconsolidation, then demonstrate a simple five-step protocol you can use that integrates clinical hypnosis with cognitive-behavioral techniques to safely resolve traumatic memories and foster client resilience.

Educational Objectives

1/2 Day Saturday

After the first day of the workshop, participants will be better able to:

1. List three ways that knowing how emotional trauma is processed in the brain can inform your case conceptualization.
2. Describe at least two differences between implicit and explicit memory.
3. List at least two benefits of using clinical hypnosis for emotional regulation and ego-strengthening prior to trauma reprocessing.
5. State at least two recent neuroscience discoveries regarding memory reconsolidation and their clinical implications for treating trauma.

Full Day Sunday

After the second day of the workshop, participants will be better able to:

1. Describe the steps of the RECON model, an evidence-based imaginal rescripting technique to help clients reduce distress related to memories of childhood trauma. List three benefits of utilizing metaphor and symbolic imagery to help clients develop a positive post-trauma identity.
2. List three benefits of utilizing an age progression technique to instill hope and foster resilience.
3. Describe at least two ways to help clients avoid re-traumatization while reviewing traumatic memories.
4. Describe at least two strengths and two limitations of the research on memory reconsolidation and clinical hypnosis in trauma treatment.

Discuss ethical and legal considerations for using hypnosis in trauma treatment



Have you visited our website 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.

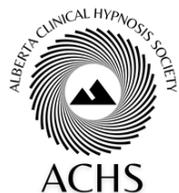
Check us out on FaceBook.....



ANNUAL GENERAL MEETING (AGM)

ACHS—ALBERTA CLINICAL HYPNOSIS SOCIETY

Members are invited to join us for a complimentary buffet lunch, share your views and hear the news!



ACHS AGM

Date: SATURDAY, MAY 6, 2023

Time: 12:00 noon – 1:00 pm

Location: BLACK BEAR

Please RSVP on your registration form to ensure appropriate quantities & indicate any dietary restrictions there

ACCOMMODATIONS

Once again, the Alberta Clinical Hypnosis 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. ACHS 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 \$165.00/night plus tax for Superior Rooms. There will be rooms reserved up until midnight April 4, 2023. After this time, rooms will be subject to availability; however, the room rate will remain the same for conference participants. To reserve your room please call the hotel directly at 1 800 661 9266 to speak to a reservation agent. Quote Alberta Clinical Hypnosis Society to get the preferred rate. A credit card will be taken at the time of booking to guarantee your reservation.

Across the street from the Banff Park Lodge, their new, upscale sister hotel, Peaks Hotel & Suites, is also offering our registrants favorable room rates starting at \$185/night plus tax for Thursday, May 4 and \$255/night plus tax for May 5 and 6, subject to availability. To reserve these rooms, call the hotel directly at 403-762-4433 or 1-800-661-9266. Quote booking ID#525427 Alberta Clinical Hypnosis preferred rate.



Banff Park Lodge Resort Hotel & Conference Centre
Website: www.banffparklodge.com
Email: info@banffparklodge.com
PH: 1-800-661-9266/403-762-4433
Address: 222 Lynx Street, Banff, AB Canada T1L 1K5



Peaks Hotel & Suites
218 Lynx Street, Banff, AB Canada
Website: www.peaksbanff.com
PH: 1-800-661-9266/403-762-4433

**ALBERTA CLINICAL HYPNOSIS SOCIETY (ACHS)
2023 SPRING WORKSHOP REGISTRATION FORM**

REGISTRATION & PAYMENT CAN NOW BE DONE ONLINE at:

<https://www.cognitofrms.com/CanadianFederationOfClinicalHypnosis/Banff2023SpringHypnosisConference>

Title (optional) _____ E-Mail: _____

Surname: _____ First Name: _____

Address: _____ City: _____

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

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

* Conference attendance and membership eligibility criteria differ. Please contact our office for further information. *Early Bird: Before April 6, 2023*

REGISTRATION	Members <small>Early Bird/After April 6/23</small>	Non-Members <small>Early Bird/After Apr 6/23</small>	Students
<input type="checkbox"/> Workshop Full day May 5 & 1/2 Day May 6, 2023 Unravelling the Complexity of Pain with Alex Chisholm & Leonard McEwen	\$375/\$425	\$450/\$475	\$225
<input type="checkbox"/> Workshop 1/2 day May 6 & and full day May 7, 2023 Transforming Trauma with Clinical Hypnosis and Memory Reconsideration With Courtney Armstrong	\$375/\$425	\$450/\$475	\$225
<input type="checkbox"/> Both Workshops	\$700/\$800	\$800/\$900	\$400
<input type="checkbox"/> I am an ACHS member and will be attending the AGM lunch May 6 at noon Dietary Restrictions: _____			
I am a member in good standing with the: _____	Regulatory Body Reg# _____		

Registration for Membership Status Annual Fee (present to January 31, 2024)

Members \$135/Year	Affiliate Members \$110/Year	Students \$85/Year
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I confirm the accuracy of the information provided. Signature: _____ Date: _____

Payment Type Cheque Visa Master Card

*Cancellations will be permitted and fully refunded if due to medical reasons,

Payment Details

otherwise will be permitted with 2 weeks' notice. A \$25 admin fee will be retained

Registration \$ _____

Card Number: _____
Expiry Date: _____ CVV _____
Postal/Zip code: _____
Signature: _____

For On-Line Registration:

<https://www.cognitofrms.com/CanadianFederationOfClinicalHypnosis/Banff2023SpringHypnosisConference>

**OR: mail your completed registration form and payment to: ACHS, PO Box 315, Red Deer, AB T4N 5E9
alberta.office@clinicalhypnosis.ca**