

# HYPNOSIS

Attend this 2-day Intensive Certificate Workshop and transform your practice to heal anxiety, stress and trauma, sleep, eating disorders, and addiction and pain.

Leave this high-impact certificate workshop and immediately apply the following hypnosis skills in your practice:

- Go into self-hypnosis
- Work with a partner to do a pre-trance interview to discover abilities and help for individualizing in trance
- Induce trance
- Use direct and indirect suggestion
- Deepen trance with hypnotic phenomena
- Elicit relaxation and calm
- Activate positive unconscious processes
- Successfully end trance

By working indirectly and unconsciously in hypnosis, you bypass your client's conscious limitations and enlist resources to help resolve entrenched problems.

The unconscious is a reservoir of potential, and hypnosis is the way to access that potential. Neurological pathways function automatically and can be engaged and used to help heal disorders that might be difficult to do deliberately and consciously.

This is your opportunity for personal self-transformation as you also learn about hypnotic techniques that can be applied for clients.

If you are new to hypnosis, you will gain the skills you need to start using hypnosis in your practice. And if you are an experienced hypnotherapist, you will add innovative methods to enhance your work. With the latest research, case examples, guided trance experiences, opportunities to work with trance induction, helpful handouts, protocols, and a clear understanding of hypnotic effects in the brain, this workshop will inform, uplift, and transform.

## ABOUT THE PRESENTER

**Eric K. Willmarth, Ph.D.**, has been involved with the study and application of clinical hypnosis for almost all of his almost 40 years in clinical practice. He is the past president of the Michigan Society for Clinical Hypnosis, past president of the Society for Psychological Hypnosis (APA Div. 30), and recent past president of the Society for Clinical and Experimental Hypnosis (SCEH). He is president-elect of the American Society of Clinical Hypnosis (ASCH) where he has served as a faculty member for the ASCH National and Regional basic and intermediate and advanced workshops. As the president of Michigan Behavioral Consultants ([www.michiganbehavioral.com](http://www.michiganbehavioral.com)) Dr. Willmarth has used hypnosis clinically over the past 28 years in the area of pain management and he is a Fellow of the American Society of Pain Management as well as a Fellow of the Society of Clinical and Experimental Hypnosis. For the past 9 years Dr. Willmarth has offered hypnosis courses at Saybrook University, both in the College of Integrative Medicine and Health Sciences and in the College of Social Sciences.

A presenter at numerous national and international hypnosis conferences, Dr. Willmarth has video-recorded hundreds of brief interviews with some of the world's leading hypnosis researchers and clinicians. Some of these interviews are available on his website at [www.hypnosiscentral.com](http://www.hypnosiscentral.com).

SPEAKER DISCLOSURE  
Financial: Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.  
Nonfinancial: Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.

**\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**

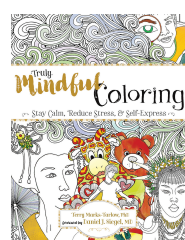


### **The Self-Compassion Deck**

By **Tim Desmond, LMFT, Mitch R. Ablett, Ph.D., & Christopher Willard, Psy.D.**

Cultivate kindness & compassion for yourself and others!

*The Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindness and gain a deeper appreciation for yourself and your life.



### **Truly Mindful Coloring: Stay Calm, Reduce Stress & Self-Express**

By **Terry Marks-Tarlow, Ph.D., Daniel J. Siegel, M.D.**

Color out the stress. Color in the calm, focus and curiosity.

Unique from other adult coloring books, this activity & coloring book is grounded in science and decades of clinical experience, and contains mindfulness exercises and imagery designed to reduce stress, find peace and discover more about yourself.

Written and illustrated by clinical psychologist, Terry Marks-Tarlow, Ph.D., with a foreword written by *New York Times* bestselling author, Daniel J. Siegel, M.D., *Truly Mindful Coloring* has 60 peaceful, fun and evocative images for creative expression and relaxation.



### **Yoga & Mindfulness Therapy Workbook for Clinicians and Clients**

By **C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.**

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook is organized with: tools to get you started, clear instructions to guide you in the practices of yoga and mindfulness, and application of the practice for anxiety, stress, depression, trauma, and substance abuse.



**A Bold New Paradigm  
For Healing Trauma**

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.....2-Day Intensive Certificate Workshop.....

## APPLYING CLINICAL HYPNOSIS WITH PSYCHOLOGICAL TREATMENTS

# HYPNOSIS

**PHOENIX, AZ**  
Thursday & Friday  
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.....2-Day Intensive Certificate Workshop.....

## APPLYING CLINICAL HYPNOSIS WITH PSYCHOLOGICAL TREATMENTS

# HYPNOSIS

- Tap into the potential of the unconscious through hypnosis
- Improve your treatment outcomes for pain, anxiety, stress and trauma, sleep, eating disorders and addiction

**Earn your Certificate!**  
Start using hypnosis skills in your practice immediately!

**PHOENIX, AZ**  
Thursday & Friday  
August 10 & 11, 2017

Featuring  
**Eric K. Willmarth, Ph.D.**



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# DAY ONE OUTLINE

## Skill Building in Self-Hypnosis and Hetero-Hypnosis

### Working with the Unconscious

Paradigm Shift on the Unconscious  
East-West Correlation  
Neuroscience Research Support  
Research for Working Unconsciously  
Advantages of Hypnosis

### How Hypnosis Affects the Brain

Unconscious Intelligence  
Hypnosis Dual Effect  
Hypnosis and Executive Control  
Default Mode Network

### Suggestion

Direct and Indirect  
Post-hypnotic  
4-Step Method to Overcome Negative  
Self-Suggestions  
The Mind-Body Link

### Trancework

Natural Unconscious Tendencies  
Go In and Out of Self-Hypnosis  
Deepen with Hypnotic Phenomena

### Hetero-Hypnosis with a Partner

Practice Establishing Rapport and  
Discovering Hidden Abilities  
Rehearse Inducing trance in Several  
Different Ways  
Perform Trance Deepening  
Elicit Trance Phenomena and Sensitize  
to Responsiveness  
Several Different Methods for Ending  
Trance Successfully

# DAY TWO OUTLINE

## Applying Hypnosis for Common Psychological Problems and Further Training in Hypnosis

### Part I: Clinical Applications

- Trauma and Stress
- Anxiety
- Substance Abuse
- Pain
- Eating Disorders
- Sleep

The Neuroscience of These Common  
Psychological Problems  
Case Examples Utilizing Hypnosis for  
Treatment  
Application Protocols  
Experiential Exercises for Treatment



### Part II: Skills Training for Fundamental Certification in Hypnosis

#### Trance Practice

Pre-Trance Discussion  
Induction Methods  
Using Direct and Indirect Suggestion  
Trance Deepening  
Eliciting Calm and Comfort in Trance with  
Post-Hypnotic Suggestions  
Promoting Positive Use of the Unconscious  
Ending Trance Techniques

#### Skills Demonstration

Pre-Trance Discussion Techniques  
Successful Induction, Deepening and Ending  
of Trance  
Eliciting Relaxation and Calm  
Demonstrate Sensitivity to and Utilization of  
Partner's Responsiveness

#### Conclusion

Principles to Guide Your Hypnotherapy  
Final Trance

# OBJECTIVES

1. Recognize the intelligent unconscious brain pathways and how hypnosis accesses them for therapy.
2. Explain how hypnosis changes the brain.
3. Describe direct and indirect suggestion, practice each form, and learn a 4-step method to apply them therapeutically.
4. Demonstrate inducing and coming out of self-hypnotic trance.
5. Practice inducing and working with trance through partner practice.
6. Employ key trance phenomena to deepen hypnosis using sensory, motor, time and visual alterations.
7. Distinguish the role of the HPA fear/stress pathway in trauma and stress and learn hypnotic protocols to calm the pathway and return it to balance.
8. Apply hypnotic techniques to reconsolidate implicit memories to resolve trauma.
9. Define pain pathway and matrix, and practice hypnotic suggestions and trance to alter and diminish sensations and experience of pain for handling it better.
10. Recognize how the reward pathway is compromised by addiction and hypnotic methods of suggestion and trance to return the reward pathway to balance for overcoming substance abuse.
11. List brain patterns along with conscious and unconscious factors in eating disorders and learn suggestion and trance techniques to develop healthy eating habits.
12. Explain sleep cycles and sleep problems and enlist hypnotic protocols to foster healthy sleep patterns.
13. Practice and demonstrate sensitivity to a partner's experiencing through pre-trance discussion and utilize it to enhance the process.
14. Demonstrate ability to induce trance, use the different forms of suggestion to deepen it, produce a trance phenomenon alteration, and successfully end the trance.
15. Demonstrate ability to produce a state of relaxation and calm in hypnosis.

## LIVE SEMINAR SCHEDULE FOR BOTH DAYS

**7:30 a.m.** Registration/Morning Coffee & Tea  
**8:00 a.m.** Program begins  
**11:50 a.m. - 1:00 p.m.** Lunch (*on your own*)  
**4:00 p.m.** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

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Addiction Counselors • Nurses • Other Mental Health Professionals

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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

### Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.**

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

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**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ARIZONA COUNSELORS:** This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Arizona Board of Behavioral Health Examiners recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 12.5 contact hours.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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