

2-Day Intensive

HYPNOSIS

Certificate Workshop

Join us for this 2-day intensive certificate workshop and transform your practice to help heal trauma, anxiety, pain and addiction.

The unconscious is a reservoir of potential, and hypnosis is the way to access that potential. By working indirectly and unconsciously in hypnosis, you bypass your client's conscious limitations and enlist resources to help resolve entrenched problems.

Join hypnosis expert, Jonathan Fast, Ph.D., MSW, for this certificate workshop and immediately apply the following hypnosis skills in your practice:

- Most effective ways of inducing trance states
- How and when to use direct, indirect & post-hypnotic suggestions
- The 12 classic hypnotic phenomena as the building blocks of hypnotic treatment
- The use of stories and metaphors to help your patients
- Approaches for trauma, anxiety, addiction and pain control
- Hypnosis as a gateway to spiritual experience

Through case examples, video clips, demonstrations, practice sessions, reproducible handouts with hypnosis scripts and other resources, this workshop will inform, clarify, refresh and inspire you.

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 hypnoterapist, you can add clarity, depth and innovation to your work.

ABOUT THE PRESENTER

Jonathan Fast, PhD, MSW, is trained and certified in Ericksonian hypnosis. Dr. Fast has lectured and delivered keynotes at many conferences, and appeared on most of the major news outlets. He has been interviewed on several occasions by the BBC World News. He is the author of 12 books and numerous scholarly articles and book chapters. He is a member of the American Society for Clinical Hypnosis (ASCH).

Hypnosis is an integral part of his clinical practice. Over the years he has used it in a variety of settings with clients of all ages. Dr. Fast has been fascinated by hypnosis since he was a child.

He earned a Masters of Social Work from Columbia University, and a PhD from Yeshiva University, including post-doctoral training at NYSEPH (New York Society for Ericksonian Psychotherapy & Hypnosis). For nearly 20 years, Dr. Fast was a professor of Social Work Research & Practice at Wurzweiler School of Social Work in New York City.

Speaker Disclosure:

Financial: Jonathan Fast is a tenured associate professor at Yeshiva University. He receives a speaking honorarium from PESI, Inc.

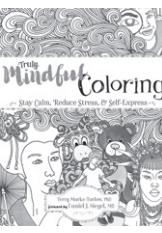
Non-financial: Jonathan Fast is a member of the National Association of Social Workers.

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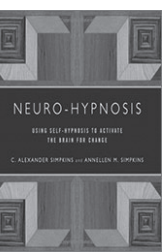


The Self-Compassion Deck
By Mitch R. Abblett, Ph.D., Tim Desmond, LMFT and Christopher Willard, Psy.D.
Cultivate kindness & compassion for yourself and others!

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.



Neuro-Hypnosis: Using Self-Hypnosis to Activate the Brain for Change
By C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.
Drawing from over 30 years of teaching, researching, and practicing hypnosis, the authors share systematic instructions, techniques, and exercises for finding your way into a hypnotic trance or deepen your trance if you've already found it. With exercises specifically tailored to address a wide range of concerns, including stress, depression, substance abuse, anxiety, weight management, fears, and sports performance, this book is a comprehensive guide for anyone interested in hypnosis. The authors synthesize and integrate the major theories of hypnosis and provide an overview of the fundamental tools used in self-hypnosis, especially attention, unconscious processing, and suggestion.

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2-Day Intensive

HYPNOSIS

CERTIFICATE WORKSHOP

Apply Clinical Hypnosis to Improve Treatment Outcomes

ORLANDO, FL
Thursday & Friday
November 16 & 17, 2017

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2-Day Intensive

HYPNOSIS

CERTIFICATE WORKSHOP

Apply Clinical Hypnosis to Improve Treatment Outcomes

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

ORLANDO, FL
Thursday & Friday
November 16 & 17, 2017

Featuring Jonathan Fast, PhD, MSW
Trained & Certified in Ericksonian Style Hypnosis

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OUTLINE

DAY ONE

Brief History of Hypnosis

The “sleep temples” of Egypt, Greece & Rome
Drumming, chanting & trance
Anton Mesmer (and Mozart!)
Charcot, Bernheim, Liebault & Freud
Milton Erickson

What is Hypnosis

Hypnosis as “state”
Hypnosis as role play
How does it differ from meditation?

The Neuroscience of Hypnosis

Difficulties in conducting research in hypnosis
Employ extreme case studies for valid data

Tests for Suggestibility

Coue’s hand-locking test
Postural sway test
Chevreul’s pendulum test
Arm levitation

Practice Session

Elements of a Hypnotic Session

Pre-talk
Relaxation
Induction
Trance deepening
Suggestion or intervention
Waking

The Classic Hypnotic Phenomena

Age regression
Age progression (time-travelling, imagination + speculation)
Amnesia
Analgesia
Anesthesia
Catalepsy
Dissociation
Hallucinations (positive & negative)
Ideodynamic responses (ideoaffective, ideomotoric, ideosensory)
Sensory alterations
Time distortion

Metaphors, Images & Story-Telling

The Ericksonian conceptualization of the unconscious & conscious mind
How metaphors & stories evoke age regression
Sample stories & metaphors

Practice Session

DAY TWO

Trauma

What is an abreaction?
How Freud coined the term
Breuer’s belief in catharsis
Remembering, repeating & working through
Watkin’s affect breach
Use abreaction to treat PTSD & trauma

Anxiety Disorders & Phobias

Increase the efficacy of CBT

Pain

Analgesia
Alter the pain site, extent & quality
Metaphors to alter the sensory aspect of pain
Experience comfortable body sensations
Create indifference toward the pain
Glove Anesthesia
Video demonstrations

Practice Session

Addictions

Smoking cessation
The role of bodily dissociation
The use of scripts

Hypnosis & Spirituality

Are many clinical issues spiritual problems?
Is hypnosis a spiritual practice?
The utility of past-life regression

Self-Hypnosis

Set the stage
Make a tape
The use of mantra

Practice Session

Group Trance



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Questions?

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OBJECTIVES

- Administer four different ways of inducing a trance.
- Employ a pre-trance discussion to maximize efficacy for clients’ behavior change.
- Critique the Ericksonian conception of the unconscious (as opposed to that of Freud’s).
- Employ three different techniques to deepen a trance.
- Exploit an abreaction to discover unresolved issues in a patient’s past.
- Determine a patient’s suggestibility through four different “tests”.
- Construct interventions by drawing from 12 classic hypnotic phenomena.
- Utilize proven techniques to help patients tolerate pain and in some cases achieve anesthesia.
- Integrate hypnosis with CBT.
- Practice self-hypnosis for self-care (stress, insomnia, self-esteem).
- Create hypnosis recordings for your clients.
- Utilize ideodynamic “anchors” for your clients so they can instantly retrieve specific memories, feelings, or behaviors.

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, find your event, and click on the seminar title.

Target Audience: Psychologists • Counselors • Social Workers • Marriage and Family Therapists
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 cepsi@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. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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.

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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.

FLORIDA NURSES: PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 12.5 contact hours.

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FLORIDA BOARD OF PSYCHOLOGY: PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number BAP #77. This course qualifies for 12.6 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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 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.

FLORIDA SOCIAL WORKERS/MARRIAGE & FAMILY THERAPISTS/MENTAL HEALTH COUNSELORS: PESI, Inc., is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number BAP #77. This course qualifies for 12.5 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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ADA needs:
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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