

## 2 DAY Hypnosis for Trauma & PTSD Certificate Course

Your clients have endured stressful and traumatic experiences which often results in less ability to maintain health and to fully provide self-comfort. This course is designed to help you understand more fully the neurological and psychological patterns that create PTSD. The course will focus on developing strategies to change these patterns so that trauma survivors can heal more quickly and fully.

Hypnosis is a powerful tool that can move your clients from trauma to thriving. Used with the brain in mind, hypnosis provides effective interventions to help clients interrupt negative patterns, live more in joy with the ability to self-motivate, and accomplish life goals.

When the unconscious mind activates the resources within a client, recovery is accomplished. Then when hypnotic interventions are provided in deeper mental states, the nervous system provides self-comfort, and results in the ability to resolve trauma, and cultivate creative solutions to problems. Hypnosis allows the trauma memories to lose their emotional charge and move into long-term memory without intrusions into everyday living.

Special emphasis will be given to understanding how trauma affects the brain and leads to anxiety, depression, panic, insomnia, obsessive-compulsive behavior and difficulty handling anger. You will learn how to also heal these symptoms with hypnosis.

Join hypnosis experts and trainers, Carol Kershaw and Bill Wade, as they demystify and simplify hypnosis so you can start using it with your traumatized clients immediately. They will break down the cutting-edge research that supports hypnosis and teach you how to implement it into your clinical work. You will learn through demonstration, case- examples, lecture, experiential exercises and hands-on experience.

*This is a course you don't want to miss!*

## Objectives

1. Breakdown the basics of hypnosis.
2. Analyze the research on hypnosis for treating trauma.
3. Describe advances in mind/body research as it relates to trauma.
4. Incorporate hypnotic suggestion in psychotherapy.
5. Determine how symptoms change with focused attention.
6. Analyze the neurophysiology of trauma.
7. Integrate three hypnotic strategies to facilitate trauma resolution.
8. Implement deep hypnotic states to calm the sympathetic nervous system.
9. Teach how trauma symptoms act as negative hypnotic trances.
10. Develop a positive mood with three brain change tools.
11. Alter attachment patterns with limbic system desensitization.
12. Facilitate client movement with hypnotic empathy.
13. Intervene on emotional instability with three hypnotic protocols.

## Speakers

**Carol Kershaw, Ed.D.**, is a licensed psychologist and co-director of the Milton Erickson Institute of Houston and co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012 WW Norton), co-author of *The Worry Free Mind* (Career Press) and author of *The Couple's Hypnotic Dance* (Brunner/Mazel). She is board certified in Neurofeedback, a member of the American Psychological Association, and approved consultant for the American Society of Clinical Hypnosis. She is an international trainer and is a frequent presenter in the states on the most cutting edge interventions based in neuroscience and hypnosis.

Speaker Disclosures:

Financial: Carol Kershaw receives royalties as an author for W.W. Norton and Company. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.

**Bill Wade, M.Div., LPC, LMFT**, is a psychotherapist, marriage and family therapist and a professional counselor and co-director of the Milton Erickson Institute of Houston. He is co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012 WW Norton) and co-author of *The Worry Free Mind* (Career Press). Dr. Wade is a clinical member and approved supervisor with American Association for Marriage and Family Therapy and is a member and approved consultant with the American Society of Clinical Hypnosis. He is an international trainer and has taught extensively in the states on cutting edge neuroscience approaches to change. He has taught meditation and given Dharma lectures at various Buddhist temples.

Speaker Disclosures:

Financial: J. William Wade maintains a private practice. He receives royalties from W.W. Norton, Amazon Books and CDS. He receives a speaking honorarium from PESI, Inc.

Non-financial: J. William Wade is a member of the American Association for Marriage and Family Therapy; American Counseling Association; and Texas Association for Marriage and Family Therapy.

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## 2 DAY Hypnosis for Trauma & PTSD Certificate Course

A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma and PTSD

**DEDHAM, MA**  
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## 2 DAY Hypnosis for Trauma & PTSD Certificate Course

A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma and PTSD

- Take away powerful hypnotic interventions to use immediately for trauma
- The latest neuroscience research translated into hypnotic interventions that work
- Learn about simple and inexpensive biofeedback tools to enhance your practice.

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# Outline

## Neurophysiology of Trauma/PTSD

Insults to the Nervous System  
Brain Shrinkage and Symptoms  
Blood Flow with Intense Stress  
Vagal Nerve Activation-Stephen Porges

## Adverse Childhood Experiences (ACES)

Intense and Prolonged Trauma  
Developmental Trauma  
Epileptiform Activity with Trauma

## Limbic Kindling and Long-Term Stress

Overarousal and Anxiety, Startle Response, Panic,  
Obsessive-compulsive Patterns, Difficulty Handling  
Anger, Insomnia  
Underarousal and Depression, Negative Thinking,  
Classic Conditioning and Stimulus Generalization

## Essentials of Hypnosis

Definition of Hypnosis as Resource Activator  
Focused Attention and Suggestion  
Hypnotic Language  
Conversational Hypnosis  
Psychotherapy as Hypnosis  
EEG Hypnosis

## How Symptoms Change with Focused Attention

The Brain and the Optical System in Symptoms and  
Trauma Resolution  
Focus on "Nothing" Eliminates Negative Thought

## Trauma and Attachment

Attachment Styles  
Trauma and Dissociation Style Attachment  
Change in Physiology Creates Change in Ability to  
Form Relationships

## Put Hypnosis to Practice

Simple Inductions  
Changing Mental States  
Strategies for Interrupting Rumination  
Strategies for Anxiety, Depression, Calming the  
Nervous System  
Experiential Exercises to Practice the Skills Learned

## Latest Neuroscience Research on Body/Mind Healing

Body/Mind as Frequency, Light and Innate Healing  
Abilities  
Discovery of Filament Structures in Body Carrying  
Information  
Cellular Biophoton Release

## How to Use Affective Brain Circuits to Resolve Trauma and Condition Calm States

Panksepp  
Turn on Competing Circuits  
Tools for Developing the Relaxation Response

## EEG Hypnosis Demonstration

Endocannabinoid System  
Deep State Hypnosis and Healing

## Memory Reconsolidation

Retrieval and Disruption  
Assimilation into Long-Term Memory  
State Dependent Memory and Learning

## Simple Biofeedback Tools to Support Post Traumatic Growth

Heartmath HRV Training  
Temperature Training  
Breath Training and Meditation  
Galvanic Skin Response Training

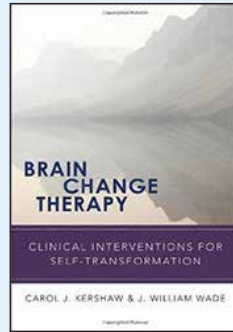
## How Talk Therapy May Make Symptoms Worse

Re-runs of the Trauma  
Conditioning the Trauma Response  
How the Unconscious Mind Works and How to  
Activate It

## Conference Designed Especially for:

Psychologists • Counselors • Social Workers • Marriage and Family Therapists • Addiction Counselors  
Nurses • Other Mental Health Professionals

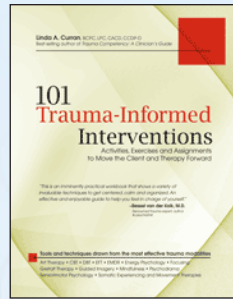
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## Brain Change Therapy: Clinical Interventions for Self-Transformation

By Carol Kershaw, Ed.D. and J. William Wade, MDIV, LPC, LMFT **YOUR SPEAKERS!**

In this groundbreaking book, Kershaw and Wade present Brain Change Therapy (BCT), a therapeutic protocol in which clients learn to manage their emotions and behaviors, and thus reduce stress and control emotional reactivity. Drawing from the latest neuroscientific research as well as integrative principles from hypnosis, biofeedback, and cognitive therapy, BCT helps clients reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive.



## 101 Trauma-Informed Interventions:

Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDP

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.



## Daily Meditations for Healing and Happiness

52 Card Deck

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.

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8:00 Program begins  
11:50-1:00 Lunch (*on your own*)  
4:00 Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com),  
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## Live Conference 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.

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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**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

**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.

**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This course has been submitted for review for continuing education approval. Credit is pending.

**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.



**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 customer service at **800-844-8260**

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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 \$60. Substitutions are permitted at any time.

#### 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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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**\$389.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together

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(video) \$299.99 (RNV053195)

— **2-Day Hypnosis for Trauma & PTSD Certificate Course CD\***  
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