



The Canadian Society of Clinical Hypnosis Ontario Division

Mission Statement: To promote the use of hypnosis in clinical practice by regulated health professionals, according to the highest ethical principles, through education and training, collegial support, and liaison with other professional hypnosis societies.

Skills and Applications

Intermediate Workshops in Clinical Hypnosis

This will be a highly interactive workshop, with more than one third of the time spent in question and answer discussions, live demonstrations, case vignettes, video and live demonstrations with practice of induction techniques

March 5 and 6, 2010

**ROYAL CANADIAN MILITARY INSTITUTE
426 University Ave.
Toronto, Ontario**

CONFERENCE COMMITTEE:

Drs. Sid Freedman, Heather Aubry, Annette Lorenz & Lynn Marshall; Mr. Eric Crowther

**COMPONENT SECTION:
AMERICAN SOCIETY OF CLINICAL HYPNOSIS**

Intermediate Hypnosis Workshop – Skills and Applications

The Intermediate Workshop is a didactic and practicum course, which builds upon the skills learned in an Introductory Course. The secondary level of instruction focuses upon refining skills of hypnotherapeutic communication and utilizing these skills to assist symptom management in specialized areas of application, such as anxiety, pain, trauma, and chronic illnesses. A number of advanced inductions will be demonstrated and participants will practice inductions in small groups. Time will be included for discussion of successful applications of hypnosis and any problems encountered in each participant's own practice.

Objectives:

At the end of the workshop, participants should be able to:

- Identify two hypnotic strategies for use in the specialized area of application (i.e. pain management, anxiety, trauma, etc);
- Cite at least two examples of metaphors that might be used with clinical problems;
- Demonstrate three types of techniques and types of suggestions that might be used with common behavioural problems

Skills and Applications

Friday, March 5, 2010

8:00 a.m. **Registration, Continental Breakfast**

8:45 a.m. Welcome, Introduction of Faculty, Overview of Workshops (Aubry, Lorenz)

There will be 15 minute refreshment breaks in the morning and in the afternoon

9:00 a.m. **Metaphors, language, storytelling, and inductions in hypnotherapy**
Dr. Sid Freedman and input from Dr. Peter DeShane

This workshop will pick up from the end of the introductory hypnosis workshop and focus on the use of inductions in therapy. Construction of direct and indirect inductions will be discussed and evaluated. Metaphors will be defined and we will construct metaphors in small groups for a variety of applications. At the end of the workshop, all participants will be provided with a handout of the metaphors that have been constructed. As well, the nuances of language in metaphors and inductions will be considered, including potential pitfalls. Finally, we will consider the use of storytelling in hypnosis, for inducing trances and for providing posthypnotic suggestions. Throughout the workshop we will include appropriate language and applications for children, adolescents, and adults.

Recommended reading: *Handbook Of Hypnotic Suggestions And Metaphors* by D.C. Hammond. This book should be on the bookshelf of all hypnotherapists. It's available for purchase for \$55.13 from CSCH-OD's online bookstore: <http://astore.amazon.ca/wwwpeterdesha-20>, along with many other wonderful books about hypnosis.

12:00 p.m. **Lunch**

1:00 p.m. **The Use of Clinical Hypnosis in the Treatment of Cancer**
Dr. Heather Aubry

Hypnosis can be used to assist cancer patients to cope with not only the emotional impact of the diagnosis of cancer and its treatment, but also the physical impact of many of the symptoms and treatments. In this workshop, participants will learn to use clinical hypnosis with patients to give them a sense of control over their illness, improve their quality of life and augment their healing. With serious illnesses such as cancer, hypnosis can be used to assist patients to manage and cope with pain, side effects, anticipatory nausea, stress, surgery preparation and end of life issues. How language can enhance or inhibit healing will also be examined. To follow up from the morning presentation, metaphors to enhance healing and instill hope will be discussed and participants will work in small groups to develop even more cancer healing metaphors. Participants will also have an opportunity to practice inductions in small groups.

4:00 p.m. Adjourn

Saturday, March 6, 2010

8:00 a.m. **Continental Breakfast**

There will be 15 minute refreshment breaks in the morning session and at 2:30pm

9:00 a.m. **Group hypnosis with medical patients: Environmental Sensitivities, Fibromyalgia, and Chronic Fatigue Syndrome**
Dr. Annette Lorenz and Dr. Lynn Marshall

Highlights of a model offering Hypnosis as part of a closed group treatment program for patients suffering from chronic symptom complexes such as MCS (Multiple Chemical Sensitivities) FM (Fibromyalgia) and CFS (Chronic Fatigue Syndrome).

This will be an experiential demonstration which will offer highlights of these interventions to a mock volunteer group and model the most crucial elements inherent in this 10 week closed program specifically designed for this challenging patient group. Workshop participants will be introduced to a variety of models and methods of integrating hypnosis with other psychological approaches that have been determined effective for these complexes in evidence-informed practice.

12:00 p.m. **Lunch**

1:00 p.m. **“Marketing” hypnosis in private practice, institutions, and agencies**
Dr. Peter DeShane

“Hypnosis” – a word that in many people’s minds embodies the mixed feelings of tremendous possibilities, possible mind control, questionable credibility and hope. Marketing hypnosis is the ability to effectively communicate and educate the people around us so that they can understand what hypnosis can do for people while addressing the concerns that some have about this modality. In this session, we’ll be taking a look at the four main groups that you will be marketing hypnosis to:

1. Yourself. Before you can talk effectively to others about hypnosis, are you coming from a place of certainty. Congruency and confidence in yourself and hypnosis is where it all starts.
2. Your Clients/Patients. What are the things that the people you care for need to understand about hypnosis and what is the best way to help them understand. What are different ways of reaching them and stimulating referrals?
3. Your Peers. What is the best way to let your peers know what you are up to and help them understand what hypnosis can and can’t do?
4. The “Administration”. If you are working in a larger organization, how do you bring these tools to the attention of your administration so that they will accept them?

In this session we will be using tools that range from relevant metaphors to evidence based research to help you effectively market hypnosis to these 4 groups.

2:45 p.m. **Care for the caregiver/Burnout prevention**
Dr. Peter DeShane

As clinicians and healers we have made a profession of giving to others so that they might lead healthier, fuller lives. All too often though, this giving can lead to a life out of balance where we seem more able to give than to receive. This coupled with the realities of modern day practice (administration, logistics, paperwork and politics) can leave us feeling exhausted and depleted if we’re not careful.

In this fun and experiential seminar we’ll be taking the time to look at where things are in and out of balance in our lives, what our ideal life would be and how to use hypnosis to get us there. So often, our limitations to feeling energized and empowered seem to be “out there” when in reality, they start “in here”. This is a wonderful opportunity for you to apply the skills of hypnosis for your own personal evolution and growth while creating and designing your ideal life.

In addition, Dr. Peter will also be covering a section on the physiology of burnout. While we are minding our psyches, we also need to be mending our bodies!

4:45 p.m. Questions and Workshop evaluation questionnaires, Adjourn

FACULTY

Heather Aubry, Ed. D., C. Psych. North Bay, Ontario

Dr. Heather Aubry is a Clinical Psychologist in private practice at the North Bay Complementary Medicine Centre. One of the founding members of Ontario Division, she is currently Past President of CSCH-OD. She is an Approved Consultant with the American Society of Clinical Hypnosis and a member of OPA and CPA. She has particular interests in hypnosis in the treatment of Cancer, PTSD, depression, anxiety/panic disorders, abuse and chronic pain.

Peter DeShane, DC, HBSc. London, Ontario

Dr. Peter DeShane is a Professional Coach, Seminar Leader, Clinical Hypnotherapist and Chiropractor. He has been in private practice for fourteen years. He has a background in neuro-psychology (Honours, Gold Medalist, UWO), Chiropractic (proficient in over 10 healing techniques), Hypnotherapy (a licensed trainer) and Corporate Coaching (Graduate, Corporate Coach U.). He has developed numerous programs to help his clients better their communication skills, clarify their strategic planning process and grow their sales. He has produced a number of private seminars that have been conducted in his own clinic and has lectured to numerous professionals in the private and public sectors. He has taught/lectured at University of Western Ontario (Huron College), McMaster Medical School, Fanshawe College, and D'Arcy Lane Institute. Peter's approach to speaking, teaching and coaching incorporates communication with both the conscious and subconscious aspects of his audiences' minds.

Sid Freedman, Ph. D., C. Psych. London, Ontario.

Dr. Sid Freedman has served as President of the Canadian Society of Clinical Hypnosis - Ontario Division and is a Fellow of the Society. Currently, he is co-chair of the Education Committee. He taught at the post-secondary level for over 10 years. Following retraining in Clinical Psychology, he was on staff at Alberta Children's Hospital in Calgary and subsequently at London Health Sciences Centre and Children's Hospital of Western Ontario in London, Ontario. He is currently in full-time private practice. Since 1991, he has utilized hypnosis with patients experiencing chronic pain, anxiety, and/or depression following a motor vehicle accident or a workplace injury, driving phobia, brain injury, sleep problems, and low self-esteem. Dr. Freedman has lectured about hypnosis to fourth year medical students at the University of Western Ontario in an elective on Complementary and Alternative Medicine.

**Annette Lorenz, Ed. D., C. Psych.
Oakville, Ontario**

Dr. Annette Lorenz began her training in clinical hypnosis during her postdoctoral internship in Health Psychology at the Toronto Hospital in 1988. She has over 20 years experience in the assessment and treatment of Disability and Health related psychological issues. She also has over 20 years of experience in the assessment of Criminal Risk, including 5 years in the assessment of federal offenders including offenders with indeterminate sentences. Her clinical practice is currently focused in the areas of Health, Rehabilitation and Forensic Psychology. In 1998, she developed a unique program for chronically ill patients, successfully integrating hypnotic procedures for symptom management and education into a group approach, which includes a combination of other therapeutic interventions to augment insight and new learning. Dr. Lorenz joined the former provincial Hypnosis Society in 1988, and became an ASCH member in 1999. She joined the Board of CSCH-OD in 2003 and is currently serving as Secretary on the Board and as faculty for CSCH-OD. She served as the Education Chair for three years, and, with the assistance of Lynn Marshall M.D., developed and implemented the medical stream of the Introductory program for CSCH-OD. She has completed over 600 hours of advanced training in hypnosis for pain, health-related issues, trauma, depression, and palliative care. Her interests include the use of metaphors and various forms of storytelling and artistic expressions during and following hypnotic states.

**Lynn Marshall, M.D., FAAEM, FRSM,
MCFP
Toronto, Ontario**

Dr. Lynn Marshall is a Lecturer in the Department of Family and Community Medicine at the University of Toronto, and an Assistant Professor in the Clinical Sciences Division at the Northern Ontario School of Medicine.

She has been a Research Associate in the Department of Public Health Sciences at the University of Toronto, and is a Fellow, Past President, and Member of the CME Committee of the American Academy of Environmental Medicine. She is also an active member of the Environmental Health Committee of the Ontario College of Family Physicians, and Staff Physician/Medical Education Liaison and Past Medical Director of the Environmental Health Clinic at Women's College Hospital.

In addition, Dr. Marshall serves on the Education Committee of the Canadian Society of Clinical Hypnosis - Ontario Division, and as Chair of the General Practice Psychotherapy Association's Guidelines Task Force that has developed Guidelines for the Practice of Psychotherapy by Physicians.

WORKSHOP VENUE

The workshop will take place at the **Royal Canadian Military Institute (RCMI)**, 426 University Ave. in Toronto. It is located on the west side, just south of Dundas St. For those taking public transportation, the closest subway stop is St. Patrick station.

Parking: There is a parkade on the north side of Dundas, one block east of University Ave at Centre St. You can park for \$5.00 for the whole day on weekends. (Fridays will be usual Toronto rates!)

Please note: We have been fortunate to be able to hold our workshops at this private club through the assistance of one of our members. The Institute has some rules we must respect: **Please do not wear jeans or running shoes.** Otherwise, casual dress is permitted. Also, please respectfully refrain from using cell phones inside the Institute meeting areas.

Accommodation: Courtyard by Marriott (800-847-5075), and Toronto Marriott Downtown, Eaton Centre (800-905-0667) are located not too far from the workshop venue. Other hotels and bed & breakfast listings may be found at: www.torontotourism.com/Visitor/WhereToStay. (The downtown locations section would be most relevant.) There are no special workshop-related rates available; however, we understand that individuals can obtain reasonable rates by mentioning their institutional and professional affiliation or CAA membership.

Certificate of Completion

We will have sign-in sheets to track attendance.

Certificates will be provided after completion of the two-day workshop.

REGISTRATION FEES

Members (CSCH, ASCH)	\$285
After Feb 19th	\$335
Non-Members	\$360
After Feb 19th	\$410
Students	\$200
After Feb 19th	\$250

Fees include continental breakfast and lunch on both days.

ELIGIBILITY

Applicants for training at any CSCH-OD workshop must be regulated by a College under the RHPA or the College of Social Workers (or their equivalents in other provinces or states) and they must have at least a Masters degree.

In some circumstances, students in appropriate graduate programs or regulated professionals with experience but no Masters degree may also be eligible. See the [web site](#) for the full conditions and required documentation.

Completion of an approved introductory hypnosis workshop is a prerequisite to attend this workshop.

ATTENTION NON-MEMBERS

The discount our members get for workshops, pays for their membership!

Membership is \$155 a year — think about joining us!

For membership information and an application form, see our web site:

www.hypnosisontario.com

REGISTRATION INFORMATION

Registrations are processed in batches, typically one per week, to reduce administration costs. If your mail arrives just after a batch is processed, it will be a week before you hear back, or your cheque is banked. You will receive an e-mail confirmation of your registration.

All communications are by e-mail, so please make sure your e-mail address is clearly written.

If you have any questions about *registration*, please contact:

David Powell
MemberAdmin@csch-od.ca

WORKSHOP INFORMATION

For inquiries *about the workshop*, contact one of the CSCH-OD board via:

Questions@csch-od.ca

MEMBERSHIP POLICY

Current CSCH-OD members who are in arrears in their membership must become fully paid up or include their outstanding dues with the workshop fee to receive the members' discount.

CANCELLATION POLICY

A \$25 administration fee may be charged for cancellations.

ADVANCED WORKSHOP MAY 28 AND 29, 2010

Dr. Jeff Zeig
Ericksonian hypnosis demystified: Bringing out the best in your clients

As more details become available they will be posted at:
www.hypnosisontario.com

Completion of an approved introductory hypnosis workshop is a prerequisite to attend advanced workshops.

Online Payments

While everyone is welcome to fill in the registration form on the last page, and mail it with a cheque, **only paid members** have the option of "One Button Booking" through our website. No form required! The PayPal button will show the early bird prices until close of business on the cut-off day.

If you are a member and decide to book without a form, be sure to let us know if you need vegetarian meals or have a special accessibility need we should know about.

Anyone can send a scanned form via e-mail; students can provide proof via an e-mailed scanned document.

Non-members will still need to provide the necessary information on the form to establish eligibility, but can pay online. They should mail or e-mail the form, and can pay with a cheque or through PayPal's secure server using a credit card or PayPal account. Details of online registration options are at www.hypnosisontario.com.



**Intermediate Workshop
March 5,6 2010**

(Please print, especially the e-mail address; CSCH members need only enter name, e-mail and diet / accessibility needs)

TITLE: Dr. Mr. Mrs. Ms.
LAST NAME: _____
FIRST NAME: _____
ADDRESS: _____
POSTAL CODE: _____
BUSINESS PHONE: () _____
RES. PHONE: () _____

E-MAIL ADDRESS: (lack of an e-mail address will delay your confirmation)

Please check one, and specify below

- licensed / registered professional
- student

specify profession or student specialty and graduate program affiliation:

Credentials / Licensure

I am a member in good standing of the

_____.

(e.g. Ontario College of Social Workers, College of Psychologists of Ontario, etc.)

Highest Degree _____

I confirm the accuracy of the information provided.

Signature _____ Registration # _____

I took my introductory hypnosis training at:
Organization: _____
Year: _____

I AM A MEMBER OF CSCH-OD YES NO
or other provincial/state hypnosis society
please specify _____

I AM A MEMBER OF ASCH YES NO
ASCH MEMBERSHIP #: _____

Workshop fee \$ _____
Membership *renewal* fee if any \$ _____
TOTAL FEES ENCLOSED \$ _____

Special dietary needs (We cannot accommodate everyone's dietary needs, so please specify if you prefer a *vegetarian diet*; otherwise, sandwiches, soup and dessert will be provided):

Vegetarian, please

Accessibility needs (please specify):

For our future communications planning, it would be helpful if you would indicate how you heard about this workshop. (Please check one.)

Email ListServ Colleague Web-Site

Non-members - please fill in ALL SECTIONS of this form; current CSCH-OD members need only enter name, e-mail, money, and special needs.

Cheques should be payable to CSCH-OD.
(NO post-dated cheques please)

Send mail to:

**CSCH-OD Workshop
2281 Rockingham Drive,
Oakville, Ont. L6H 7J4**

For early deadline pricing, completed registration and payment must be received no later than close of business, Feb 19 2010. NO EXCEPTIONS

Enrollment may be limited, so please submit your registration application as soon as possible.