



## ***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.

### **Advanced Workshop in Clinical Hypnosis**

**Dr. Jeff Zeig**

**Ericksonian Hypnosis demystified:  
bringing out the best in your clients**

**May 28 and 29, 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**

## Jeffrey K. Zeig, Ph.D.



Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered to be the most important conferences in the history of psychotherapy. He organizes the Brief Therapy Conferences, the Couples Conferences, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Dr. Zeig is on the Editorial Board of numerous journals; Fellow of the American Psychological Association (Division 29, Psychotherapy); and Fellow of the American Society of Clinical Hypnosis. He is a Distinguished Practitioner in the National Academy of Practice in Psychology of the National Academies of Practice.

Dr. Zeig is an Approved Supervisor of the American Association for Marriage and Family Therapy, was a Clinical Member of the International Transactional Analysis Association (1974-1985), and was Adjunct Assistant Professor of Clinical Psychology at Arizona State University (1988-1992).

A psychologist and marriage and family therapist, Dr. Zeig has a private practice, and conducts workshops internationally (40 countries). He has been an invited speaker at major universities and teaching hospitals including The Mayo Clinic, Menningers and MD Anderson. Dr. Zeig is president of Zeig, Tucker & Theisen behavioral sciences publishers. He has edited or authored more than 20 books that appear in eleven languages.

## Workshop Outline

Rather than exorcists casting out the hidden demons of trauma and deficits, contemporary therapists look more like treasure hunters seeking the unrecognized gems in their clients' lives and personalities. Ericksonian hypnosis is an especially powerful tool for helping clients plumb for the best in their own natures and experience directly the untapped reservoirs of determination, intelligence, optimism and love that ultimately provide healing. In this intensive workshop, dramatic advances in the enhancing of the experiential impact of therapy through trance will be presented. Participants will also learn the use of such classic hypnotic methods as the interspersal technique, the confusion technique, and anecdotes, with a range of common clinical problems including anxiety and depression. Designed for both the beginner and the more experienced practitioner, this session will feature live clinical demonstrations, as well as lecture, videotapes, and experiential exercises. No previous training in Ericksonian hypnotherapy is necessary.

# **Ericksonian Hypnosis demystified: bringing out the best in your clients**

**Friday, May 28<sup>th</sup>, 2010**

8:00 a.m. Registration, Continental Breakfast

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

## **Fundamental Concepts**

9:00 a.m. A "States" Model of Hypnosis and Psychotherapy

10:30 a.m. Morning break

10:45 a.m. The Meta Model

12:00 p.m. Lunch

12:30 p.m. CSCH-OD AGM

## **Fundamental Methods**

1:30 p.m. Using anecdotes in psychotherapy

3:00 p.m. Afternoon break

3:15 p.m. The Interspersal Method for working with Resistance

5:00 p.m. Adjourn

**Saturday, May 29<sup>th</sup>, 2010**

8:00 a.m. Continental Breakfast

## **Advanced Techniques**

9:00 a.m. The Confusion Techniques

10:15 a.m. Morning break

10:30 a.m. Video of Milton Erickson

12:00 p.m. Lunch

1:00 p.m. The Art and Science of Impact

2:15 p.m. Afternoon break

2:30 p.m. The Art and Science of Impact (continued)

3:30 p.m. Clinical demonstration

4:30 p.m. Workshop evaluation questionnaires, Adjourn

## 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](http://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.

## EDUCATION CREDITS

**For the purpose of providing continuing education credits, we will have sign-in sheets to track attendance.**

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

## REGISTRATION FEES

<b>Members (CSCH, ASCH)</b>	\$475.00
After May 4 <sup>th</sup> , 2010	\$525.00
<b>Non-Members</b>	\$525.00
After May 4 <sup>th</sup> , 2010	\$575.00
<b>Full Time Students</b>	\$295.00
After May 4 <sup>th</sup> , 2010	\$345.00

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, both in Ontario and elsewhere, pays for their membership!**

Membership is \$155 a year. Think about joining us!

To allow us time to properly evaluate your application, we must receive your membership application **prior to April 20<sup>th</sup> 2010** for you to be considered for the member workshop rate.

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

[www.hypnosisontario.com](http://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](mailto:MemberAdmin@csch-od.ca)

## WORKSHOP INFORMATION

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

[Questions@csch-od.ca](mailto: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.

## Society Meetings

The CSCH-OD AGM will be held during lunch on Day 1.

Location: Royal Canadian Military Institute (RCMI), 426 University Ave. in Toronto in the Dining Room.

Date: Friday May 28<sup>th</sup> 2010

Time: 12:30 to 1:30 p.m.

## 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](http://www.hypnosisontario.com).



**Advanced Workshop  
May 28, 29 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 \$\_\_\_\_\_

Cheque Enclosed  Already paid online

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 Advanced 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, May 4th 2010. NO EXCEPTIONS**

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