



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

Introductory Workshops in Clinical Hypnosis

The Fundamentals of Hypnosis

***INCLUDING MEDICAL AND PSYCHOTHERAPY STREAMS
with emphasis on medical applications***



**February 18th and 19th,
and March 24th (evening), 2011**

The Introductory Course is Part I
of a three-part spring 2011 course
qualifying participants for a

Certificate in Clinical Hypnosis

from the University of Toronto, a
total of CFPC- 45.5 Mainpro-M1
credits & RCPSC- 45.5 Section 1
credits (Part I alone: 21 credits)

**The Albany Club of Toronto
91 King Street East
Toronto, Ontario**

CONFERENCE COMMITTEE:

Dr. Heather Aubry, Dr. Sid Freedman, Stephen Kerr MSW, Dr. Annette Lorenz, & Dr. Lynn Marshall
with contributions from CSCH-OD Board Members from multiple disciplines.

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

Hypnosis in Medical & Psychotherapy practice

The CSCH-OD Fundamentals of Hypnosis Workshop provides clinical training in both the theory and application of hypnosis in the clinical practice of medicine, psychotherapy and dentistry for those who have never practiced hypnosis. A combined format of lecture, demonstration and supervision is used to develop clinical hypnosis skills. Participants will be taught how to present hypnosis to a patient, how to do a number of different hypnotic inductions, practice sessions of inductions with supervision by experienced therapists, and applications to practices in psychotherapy and medicine. Participants receive an opportunity for practice through small group sessions with individualized supervision, leading to the development of selected skills. The goal of the workshop is to provide the requisite training so attendees can begin utilizing hypnosis in clinical practice the day after the workshop.

This will be a highly interactive three days, with approximately one third of the time spent in question and answer discussions, live demonstrations, case vignettes, video and live demonstrations with practice of induction techniques.

Objectives:

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

1. Identify and demonstrate at least four ways to induce a hypnotic trance and re-alert a subject from a trance;
2. Identify and demonstrate two methods of self-hypnosis.
3. Demonstrate two methods for deepening trance; and
4. Describe four clinical conditions in which hypnotic techniques may be used.

Fundamentals of Hypnosis – Part 1

Friday, February 18th 2011

7:00 a.m. Registration, Continental Breakfast

8:00 a.m. Welcome, Introduction of Faculty, Overview of Workshops

8:15 a.m. Demonstration of induction #1, including definition of hypnosis, myths and misconceptions, and explanation of what occurred.

9:00 a.m. Theory behind hypnosis: sympathetic/parasympathetic nervous system

9:30 a.m. Assessment, presenting hypnosis to the patient, informed consent

10:00 a.m. Refreshment Break

10:15 a.m. Principles of induction, re-alerting, and debriefing

11:00 a.m. Small Group Practice #1 (separate streams: medical & psychotherapy)

12:30 p.m. Lunch

1:30 p.m. Hypnotic Phenomena

2:30 p.m. Hypnotic Susceptibility, Stages of Hypnosis, Adverse Reactions, Contra-Indications

3:30 p.m. Refreshment Break

3:45 p.m. Demonstration of Induction #2: Multisensory induction & Deepening

4:15 p.m. Small Group Practice #2 (separate streams: medical & psychotherapy)

5:30 p.m. Adjourn

Saturday, February 19th 2011

7:00 a.m. Continental Breakfast

8:00 a.m. Dealing with Resistance

9:00 a.m. Application to anxiety/phobias (psychotherapy stream)

Application to medical practice, including Preparation for Surgery, Injections, and IV's (medical stream)

10:00 a.m. Refreshment Break

10:15 a.m. Demonstration of Induction #3 Rapid inductions

11:00 a.m. Small Group Practice # 3

12:30 p.m. Lunch

1:30 p.m. Self-hypnosis

2:00 p.m. Demonstration #4 Arm Levitation

2:15 p.m. Small Group Practice #4

3:15 p.m. Refreshment Break

3:30 p.m. Viewing of selections of "Entranced", a DVD showing hypnotic anaesthesia for surgery, burn patients, and childbirth

4:00 p.m. Mentorship and hypnosis application

4:15 p.m. Practical and Ethical Issues, Professional Hypnosis, Organizations, Questions, Case Discussions

5:00 p.m. Workshop evaluation questionnaires, Adjourn

Fundamentals of Hypnosis – Part 2

between February 19th and March 24th 2011

Three hours spent with your assigned mentor by face-to-face individual or group meeting, Skype, or teleconference:

Discussion of your write-up of your application of hypnosis with a patient/client, as well as other experiences using hypnosis, and integration of hypnosis into your practice- opportunities and barriers.

Thursday, March 24th, 2010, Albany Club

- 6:00 p.m. Registration and light refreshments
- 6:30 p.m. Welcome, Introduction of Faculty, Overview of Workshop
- 6:45 p.m. Group discussion of experiences using hypnosis in clinical practice, integration opportunities and barriers
- 7:15 p.m. Demonstration # 5
- 8:00 p.m. Practice # 5
- 8:45 p.m. Questions, Case discussions
- 9:15 p.m. Workshop evaluation questionnaires, distribution of certificates
- 9:30 p.m. 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 has served as President and Secretary and is a Fellow of the Society. She currently holds the position of Education Chair. She is an Approved Consultant with the American Society of Clinical Hypnosis and a member of OPA and CPA. She has particular interests in using hypnosis in the treatment of Cancer, PTSD, depression, anxiety/panic disorders, abuse and chronic pain.

Peter DeShane, DC, HBSc. London, Ontario

Dr. Peter DeShane, President-Elect of CSCH-OD, 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.

Jacques Gouws Ph. D., C. Psych. Hamilton, Ontario

Dr. Jacques Gouws, President of CSCH-OD, has many years' experience working in psychological trauma, including having developed models for academic, research-based assessment and treatment approaches for the military and police forces in his native country of South Africa. He also provided interventions and training sessions to the Canadian Forces and Veterans Affairs. He is the President of CSCH-OD and the owner/director of a multi-cultural clinical psychology practice, where he directs and/or supervises a team of clinicians, consisting of psychologists, social workers, psychotherapists, and psychometrists, whose work involves psychological assessment and treatment of individuals incapacitated by work accidents, motor vehicle accident and other accident events. The clinic provides Evidenced Based Treatment modalities in the areas of Mood Disorders; Anxiety Disorders, including Posttraumatic Stress Disorder; and Chronic Pain Disorder. Apart from providing extensive trauma-related psychological services, Dr. Gouws and his team also provide psychological services for individuals, families, and groups in areas of general functioning, adaptation, relationships, and emotional problems. He is a frequent speaker at conventions and workshops, and is quoted in the national media on PTSD and in particular how it manifests in soldiers. Dr. Gouws also consults to industry, in areas such as leadership, management functions, personnel development, work transition / change management and stress management.

**Stephen Kerr, MSW RSW
Windsor, Ontario**

Stephen Is a Social Worker who has been in full-time private practice in Windsor Ontario since 1986. He began his career as a Child and Youth Worker in 1974, after graduating from Fanshawe College in London. He worked In Adolescent Mental Health Centers, a Children's Aid Society Receiving and Assessment Center before completing a year of voluntary service at a L'Arche Community in Ambleteuse, France. He received his BSW from the University of Windsor in 1984, where he was awarded The Board of Governors Gold Medal. He received his MSW from Wilfrid Laurier University in 1985.

It was during his grad school studies that he became acquainted with, and intrigued by, the work of Dr. Milton Erickson through his friendship with Dr. Maurice McGarragle; who regularly used hypnotherapy in his medical practice. Due to regulatory issues of the day, Stephen was unable to use hypnotherapy in his practice. Ironically, around the time of his friend's untimely death, the profession of Social Work came to be included in the regulation of hypnotherapy in the province of Ontario. His gratitude to Dr. McGarragle and his admiration of Dr. Erickson is reflected in Steve's regular use of hypnotherapy.

He is thrilled to be on faculty and he looks forward to sharing what he has learned with others.

**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, 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 was made a Fellow of CSCH in 2010 and is currently on the Education Committee. 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 Board and 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.

**Howard Waiser, Ph. D., C. Psych.
Toronto, Ontario**

Dr. Howard Waiser completed his Doctorate in Applied Psychology at U of T and is registered with the College of Psychologists of Ontario. He first became interested in hypnosis while completing his graduate studies and has been practicing clinical hypnosis for thirty-four years. Much of his practice involves working with clients who are referred for anxiety disorders, phobias and/or smoking cessation. He also works extensively with MVA victims helping them to address their emotional distress and assisting them in returning to their pre-accident state of functioning. He has extensive experience working with clients suffering with chronic pain. He has found hypnotherapy to be a powerful and dramatic mode of intervention and is constantly being impressed by its effectiveness and intrigued by its versatility.

ATTENTION ALL REGISTRANTS

We are providing some of the didactic material **in advance** (details will be sent once your registration is complete). **Registrants are required to read the appropriate material prior to attending the workshop and you will have to confirm in writing that you have completed this task. Following the workshop, you will be required to spend up to 2 hours to complete a small assignment in which you will write up one application of hypnosis in your work with a patient / client (in the case of students, alternate arrangements can be made) and to submit this to a "mentor" (details to be provided at the workshop).**

We also need to maintain strict time limits for each session. Please plan to arrive on time and to stay for the whole programme on each of the three days. That way, you won't miss any of the didactic information or practice sessions. For the purpose of providing continuing education credits, we will have sign-in sheets to track attendance.

Certificate of Completion

We will have sign-in sheets to track attendance.

Certificates will be provided to participants at the second workshop, if all requirements have been met.

This workshop has been approved for:

The College of Family Physicians of Canada:
21 Mainpro-M1 credits;

The Royal College of Physicians and Surgeons of Canada:
21 Section 1 credits.

Certificate in Clinical Hypnosis

Participants who complete all the requirements for the Introductory, Intermediate and Advanced training in Clinical Hypnosis between November, 2010 and June 2011, as confirmed by the Faculty, are eligible for a *Certificate in Clinical Hypnosis* from the Continuing Education and Professional

Development Department of the Faculty of Medicine, University of Toronto upon submission of \$50.

REGISTRATION FEES

The Fundamentals of Hypnosis:

Members:	
(CSCH, ASCH, SCEH)	\$525.00
After Jan 18 th 2011	\$575.00
Non-Members	\$575.00
After Jan 18 th 2011	\$625.00
Students*	\$250.00
After Jan 18 th 2011	\$300.00

Fees include continental breakfast and lunch on all days **and a copy of the book:**
Hypnotic Induction and Suggestion
by D.C. Hammond.

* Students must provide a document confirming that they are currently full-time in an approved course; it must specify which course and school they are in and must be signed by their supervisor for them to be eligible to attend any workshop.

Attendance will be limited. Students and other registrants are encouraged to apply early.

Bursary

In 2007, we established a fund for students for whom financial hardship might prevent them from attending the workshop. This fund was named after Ernest and Kathryn Rossi, who have made considerable contributions to hypnotherapy. Up to three small bursaries of \$50 will be provided, to help defray the cost of registration.

Eligible students may send an email to: Questions@csch-od.ca providing information about themselves, including their area of graduate study. All such information will be kept strictly confidential.

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.

WORKSHOP VENUE

New venue

The workshop will take place at the **Albany Club of Toronto**, 91 King Street East. It is located on the south side, just west of Church St. For those taking public transportation, the closest subway stop is King station.

Parking: Parking is nearby and shown on the map on the Albany Club web site at http://www.albanyclub.ca/abt_008.php

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 Club 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 Albany Club.

Accommodation: The Le Méridien King Edward hotel is located not too far from the workshop venue. Please mention the Albany Club and ask for their preferred rate. Other hotels and bed & breakfast listings may be found at: www.torontotourism.com/Visitor/WhereToStay. (The downtown locations section would be most relevant.)

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! Workshop attendees who decide to join CSCH-OD will receive a complimentary subscription to the SCEH Journal (normally \$30 for CSCH-OD members) if they apply by the end of the workshop. For membership information and an application form, see our web site:

www.hypnosisontario.com

REGISTRATION INFORMATION

Registrations are processed in batches, to reduce administration costs. If your mail arrives just after a batch is processed, it will be a bit longer 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

CANCELLATION POLICY

Cancellations are permitted if at least two weeks' notice is provided. However, a \$25 administrative fee may be retained.

FUTURE WORKSHOPS

Intermediate Workshop

March 25th and 26th 2011

Hypnosis Skills and Applications:

Ego-State Therapy and Practical applications

Adult Survivors of Childhood Abuse

Habit Control: Smoking, Weight Control

Anxiety Disorders

Psychophysiological Problems –

Headaches, IBS, Stomach Problems, Needle Phobia

Case discussion



Advanced Techniques in Clinical Hypnosis

June 3rd and 4th 2011

Dr. Max Shapiro

Hypnotic Treatment of Insomnia

Brief Inductions in both Medical/Dental & Psychological Practice

Hypnotic Treatment of Trauma

Hypnotic Preparation for Surgery

Hypnotic Treatment of Chronic Pain

Treating Care-giver Burnout



Brochures are available on the web site:

www.hypnosisontario.com

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

Payment options

We accept payment by cheque, VISA or MasterCard by mail. Putting your credit card number in an email is probably a bad idea as electronic copies of your email are hard to control or secure.

We also accept PayPal from links on our website, www.hypnosisOntario.com. The PayPal button on the workshop page will show the early bird prices until close of business on the cut-off day. Please note that paying by PayPal is not the same as *ordering* online; unless you are already a CSCH-OD member, you will need to provide the necessary information on the form (last page) to establish eligibility. Please make sure you are eligible *before* you pay, because we could start the registration process as soon as the payment is received.

Anyone can send in a scanned form via e-mail; students can provide proof via an e-mailed scanned document. (E-mail address: Register@csch-od.ca)



**Introductory
Workshop
Feb 18-19 2011
Mar 24 (eve) 2011**

**(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: _____
 PHONE: () _____

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

This address etc. is for my Home Work

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. College of Physicians and Surgeons of Ontario, Royal
College of Dental Surgeons of Ontario, College of
Psychologists of Ontario, etc.)

Highest Degree _____

**I confirm the accuracy of the information
provided.**

Signature _____

Registration # _____

Please indicate which (one) workshop stream
you will be attending:

- Psychotherapy Applications
- Medical Hypnosis

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

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

Workshop fee \$_____

- Cheque Enclosed Already paid online
- Visa MasterCard

 Card Number Expiry: MM YY

Three digit security code (back of card)
Appears after and to the right of your
card number CSC

Unfortunately, we cannot accommodate
everyone's dietary needs; a typical lunch might
be sandwiches, soup and dessert, with
vegetarian selections available.

Accessibility needs (please specify):

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 Introductory 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,
Jan 18th 2011.**

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