



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.

Intermediate Workshop in Clinical Hypnosis

The Evolution of Ego State Therapy Part 1 - History and Applications

Claire Frederick, M.D.

March 16th and 17th, 2012



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

CONFERENCE COMMITTEE:

Stephen Kerr MSW, Dr. Heather Aubry, Dr. Sid Freedman, Dr. John Lamont,
Dr. Lynn Marshall, Dr. Peter DeShane, Dr. Jacques Gouws
with contributions from CSCH-OD Board Members from multiple disciplines.

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

Claire Frederick, M.D.



Claire Frederick, M.D. is a Board Certified psychiatrist who specializes in psychotherapy. She lives and practices in Tahoe City, California. She is a Fellow of The Society for Clinical and Experimental Hypnosis, the American Society of Clinical Hypnosis, and the International Society for the Study of Trauma and Dissociation. She is an Honorary Member of the British Society for Medical and Dental Hypnosis/Scotland and the Canadian Federation of Hypnosis, Alberta Division. She is Distinguished Consulting Faculty in the College of Psychology and Humanistic Studies at Saybrook University where she also teaches with the College of Mind-Body Medicine.

She has received several awards for her writing, teaching, and clinical work including the Cornelia Wilbur Award for original contributions to the field of dissociation. She has been named one of America's Top Psychiatrists for 2007-2011. She is a Past Editor of the American Journal of Clinical Hypnosis, and she is the co-author of *Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Post-Traumatic and Dissociative Conditions* and *Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego-Strengthening*. Dr. Frederick is on the Board of the Ego State Foundation International and is regarded as one of the significant figures in the continuing development of Ego State Therapy.

The Evolution of Ego State Therapy Part 1: History and Applications

The CSCH-OD 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 in specialized areas of application, such as treatment of psychological trauma and personality fragmentation that impact on health and quality of life.

Goal

Apply skills in clinical hypnosis to management of health problems in clinical practice.

Objectives

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

1. Describe the origins of Ego State Therapy and clinical and experimental evidence for the existence of ego states.
2. Describe and apply three hypnotic methods for activating ego states (safe induction, ideomotor activation of a positive ego state, and management of abreaction [dramatic re-living of traumatic events]) and two "non-hypnotic" methods (ego-strengthening via utilization of resources, renegotiation and transformation of traumatic material).
3. List how the principles of Ego State Therapy can be applied to treatment planning within the safe framework of Phase Oriented Treatment.

Abstract

Ego State Therapy was created in the 1970's, and it has undergone significant development since that time. In this workshop participants will learn about the psychology, physiology, and neuroanatomy of polypsychism. They will be guided through work that scientifically supports this concept of the human mind. They will learn the history of the development of ego state therapy and become introduced to what ego states are, how they are formed, and what principles must be used of therapeutic worth with them. Participants will also learn several methods for activating ego states safely.

Attention will also be devoted to the trauma response and the dissociative spectrum as these relate to ego states. There will be recurrent integration with contemporary neurophysiology, affect theory, and psychosocial genomics. Great emphasis will be placed on the role of neuroplasticity as Phase Oriented Treatment is used in Ego State Therapy. This fundamental treatment framework will be presented, and each phase will be explicated and accompanied by class exercises. Although it is the most heavily weighted theoretically, theory will always be connected with clinical phenomena, and demonstrations and practica will accompany lecture. The second work shop in this series (June 8-9) will focus on Ego-Strengthening and developmental repair (including the creation and strengthening of boundaries, affect containment and modulation), attachment and ego states, how to prepare for and conduct hypnotic uncovering of trauma material, the transformation of ego states, and integration.

Hypnosis Skills and Applications

Friday, March 16, 2012

8:00 a.m. Registration, Continental Breakfast

8:45 a.m. Welcome, Introduction of Faculty, Overview of Workshops

9:00 a.m.

Polypsychism and the Divided Self

Introductory Videos

Introduction

- The nature of the polypsychism
- Overlooking problems of self-division
- Difficulties with definitions of "the self"
- What is personality really?

Early clinical evidence for personality division

- St Augustine, Dostoyevsky, Shelley, and friends: Is personality one entity?
- Primitive cultures, magic, and shamanism
- Pre 19th century Clinical phenomena
- Exorcism
- Late 19th and 20th centuries – more about (hysterias).
- Dissociative disorders
- The roles of Freud, Jung and Janet
- Therapeutic work with soldiers suffering from "battle fatigue"
- Ellenberger's book "The Discovery of the Unconscious" (1970)

Active Learning- Class discussion of historical material, Q&A

Experimental evidence for division of personality: The Neodissociation theory

- Experiments involving perception of sound and pain - Cognitive functioning is the result of "subordinate control systems"
- The "Hidden Observer" Phenomenon

Clinical evidence for personality division

Videos

Active Learning- Class discussion of clinical material with clinical examples from participants

The neurophysiologic bases of polypsychism

- Daniel Siegal and ego states
- The Canadian group
- Orne, Gazzaniga, and others

Active Learning- Q&A

10:15 a.m. Break

10:30 a.m.

The Trauma Response

- Definitions
- Neurophysiology
- Clinical consequences: The positive and negative symptoms of PTSD

[Active Learning- Q&A](#)

Dissociation

- Degrees of dissociation, the dissociative spectrum, normal and pathological dissociation, the neurophysiology of dissociation, how to diagnose the presence of dissociative disorders

[Active Learning- Q&A](#)

- Ego State Personality Theory

Definitions, the formation of ego states, the characteristics of ego states, the differentiation-dissociation continuum, malevolent ego states

[Active Learning- Q&A](#)

12:30 p.m. Lunch

1:30 p.m.

The Development of Ego State Therapy

Definitions

- goals, strategies and principles
- indications and contraindications
- similarities and differences of Ego State Therapy with Internal Family Systems Therapy

The ego state Spectrum

The activation of ego states

[Active Learning- Class Practicum I: Affective activation of ego states](#)

[Active Learning- Class Practicum II: The Dissociative Table Technique](#)

3:00 p.m. Break

3:15 p.m.

The safe ideomotor activation of ego states

[Active Learning- Demonstration and Class](#)

[Practice: Ideomotor activation of a positive ego state](#)

5:00 p.m. Adjourn

Saturday, March 17, 2012

8:00 a.m. Continental Breakfast

9:00 a.m.

Phase-Oriented Treatment and the SARI Model

Neuroplasticity and Psychosocial Genomics

[Active Learning- Q&A](#)

10:15 a.m. Break

10:30 a.m.

SARI Model "Stage One" Safety and stability

Ego-strengthening, utilization of resources, methods for activating ego states, developmental repair of ego states, how to access trauma safely and renegotiate and transform traumatic material, transference and countertransference issues

Active Learning- Q&A

SARI Model "Stage Two" Accessing Trauma material

Active Learning- Q&A

12:30 p.m. Lunch

1:30 p.m.

Renegotiating trauma

The necessity of Corrective emotional experiences

- Attachment
- Attachment styles

Active Learning- Class Practicum: The Silent Abreaction

3:00 p.m. Break

3:15 p.m.

Personality Integration and the Development of a New Identity

- Stages of integration
- Indications that integration is in process
- How to work for integration from the beginning of therapy
- Post-integration treatment

Active Learning- Q&A

Other Clinical Issues in Ego State Therapy

- Medication
- EMDR
- energy therapies
- hospitalization
- Other coordinated therapy modalities

Active Learning- Discussion, Q&A

5:00 p.m. Workshop evaluations and Adjourn

WORKSHOP 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/About-Us/Location-Map.aspx>

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 call them at 416-863-9700 and mention the Albany Club account #334119 and ask for their preferred rate of \$195, depending on availability.

Other hotels and bed & breakfast listings may be found at: www.seetorontonow.com (Follow the Stay | Hotels links, and search. The downtown area of Toronto would be most relevant.)

Certificate of Completion

We will have sign-in sheets to track attendance.

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

This workshop has been approved for:

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

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

REGISTRATION FEES

Members (CSCH, SCEH, ASCH)	\$645
After Feb 19th	\$695
Non-Members	\$695
After Feb 19th	\$745
Students	\$350
After Feb 19th	\$425

Fees include a light 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 may be 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

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

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

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: Register2012@csch-od.ca)

The Evolution of Ego State Therapy - Part 2: Healing the Divided Self
June 8th and 9th 2012

with
Claire Frederick M.D.

In Part 2, workshop participants will learn specific treatment approaches used in each of the four stages of therapy with ego states. Emphasis will be on clinical applications and practica.

In this workshop specific techniques for developmental repair will be presented. These include establishing and strengthening object permanence, object constancy, and boundaries; healing attachment disorders; affect containment and modulation. The integration of developmental repair of ego states with the rest of therapy will be emphasized.

Participants also will learn to prepare the patient for uncovering work including abreactions and will be shown how to conduct deep hypnotic explorations to access trauma safely. They will learn how to contain and fractionate abreactions so as not to destabilize the patient. Methods for the transformation of trauma material and the transformation of ego states will also be presented as will the importance of internal resources in this third phase of treatment. Finally participants will learn how to promote integration with ego states from the beginning of therapy, how to move toward integration during every phase of treatment, how to recognize the signs of integration, and how to deal with the problems associated with integration.

Brochure available at:
www.hypnosisontario.com

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



Intermediate Workshop
March 16, 17 2012

(Please print, especially the e-mail address; CSCH members need only enter name, e-mail and 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. 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/SCEH YES NO
ASCH/SCEH MEMBERSHIP #: _____

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

- 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 Intermediate 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 19th, 2012.