Two-Day Clinical Hypnosis Training Workshop 2015

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for traumatic experiences, relationships, stress, pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, and much more.

The faculty has extensive experience in various areas in the field of hypnotherapy and each will be present on one or both of the days of the workshop.

**DATE:**
Saturday & Sunday
February 7 & 8, 2015

**LOCATION:**
UBC Robson Square
800 Robson Street, Vancouver, BC
(HSBC Hall – Room C680)

**FACULTY:**
Dr. Lee Pulos, Clinical Psychologist (President)
Dr. Heather Fay, Integrative Medicine
Dr. Mavis Lloyd, Clinical Counsellor
Dr. Saul Pilar, General Practitioner
Dr. Bianca Rucker, Sexual & Marital Therapist
Dr. Lance Rucker, Dentist

**EXCITING TOPICS INCLUDE:**
- History & Types of Trance; How to Introduce Hypnosis; Diagnosis
- Neuroplasticity and the Use of Metaphors
- Rapid Induction Techniques for Health Professionals
- Former Personalities and Reincarnational Memories
- Acute and Chronic Pain Management
- Hypnosis for Traumatic Experiences
- Better Sex Through Hypnosis
- Age Regression and Progression
- Women’s Health - Common Conditions and Hypnotic Treatments
- Mind – Vagal Interaction in Chronic Medical Conditions: Latest Findings
- Teaching Self-Hypnosis to Clients to Improve the Outcome of Therapy
- Consolidating Hypnosis In Your Professional Practice

*Topics subject to change*

**BONUS HYPNOSIS DVD provided to all registrants:**

**Clinical Hypnosis Inductions, Deepening and Strategies for Psychological, Medical and Dental Applications**

Demonstrated by the Faculty of the Canadian Society of Clinical Hypnosis (B.C. Division)
**Introductory Sessions**

The Introductory Sessions will offer training in the basics skills of induction, theory and the integration of hypnosis into a clinical practice. Demonstrations and opportunities for practice through small group sessions are provided. Participants are given the requisite training to enable them to begin utilizing hypnosis in their clinical practice so that after further practice they can participate in the Intermediate programs.

**Saturday, February 7th**

- 8:30 Registration
- 9:00 Combined Introduction & Group Induction
- 10:15 COFFEE BREAK
- 10:30 Demonstrations of Hypnotic Inductions; Q & A

11:30 Practice #1

- 12:15 LUNCH BREAK-Presentation of the Clinical Hypnosis DVD
- 1:30 Combined – Large Group Ericksonian Hypnosis Induction
- 1:45 Useful Language Patterns for Inductions Demonstration/ Practice #2
- 3:00 COFFEE BREAK
- 3:15 Ideomotor Exploration of the Subconscious & Trance Training; Demonstration/ Practice #3; Teaching Self-Hypnosis

4:30 Combined – Q & A with Faculty

**Sunday, February 8th**

- 9:00 Combined – Large Group Induction
- 9:15 Combined – How to Set & Achieve Treatment Goals with Hypnosis; Practice #4
- 10:30 COFFEE BREAK
- 10:45 1) Hypnosis for Children & Teens
  2) Therapy Enhancement Using Client Self-Hypnosis Demonstration/ Practice #5

12:00 LUNCH BREAK – Featuring Video Presentation – “No Fears, No Tears – 13 Years Later”

- 1:15 Combined – Group Induction
- 1:30 Rapid Induction Techniques for Health Professionals (Level 1) – Iatrosedation and Hypnosis, Direct and Indirect Techniques; Demonstration/ Practice #6

2:45 COFFEE BREAK

- 3:00 Consolidating Hypnosis In Your Professional Practice Demonstration/ Practice #7

4:15 Combined – Discussions, Q & A, Group Induction & Wrap-Up

4:30 Annual General Meeting

**Intermediate / Advanced Sessions**

Advanced skills in hypnosis utilization will be presented simultaneously to intermediate and experienced therapists. Demonstrations and opportunities for practice through small group sessions are provided. It is recommended that participants complete the Introductory Sessions prior to joining the Intermediate/Advanced Sessions.

**Saturday, February 7th**

- 8:30 Registration
- 9:00 Combined Introduction & Group Induction
- 9:30 Neuroplasticity and the Use of Metaphors; Practice #1
- 10:15 COFFEE BREAK
- 10:30 OPTION A: Acute and Chronic Pain Management
  - OPTION B: Accessing Root Causes Through Hypnosis; Demonstration / Practice #2

12:15 LUNCH BREAK- Presentation of the Clinical Hypnosis DVD

- 1:30 Combined – Large Group Ericksonian Hypnotic Induction
- 1:45 OPTION A: Hypnosis for Accessing Sexual Intimacy
  - OPTION B: Building Confidence & Self-Esteem
- 3:00 COFFEE BREAK
- 3:15 OPTION A: Hypnosis for Traumatic Experiences; Demonstration/ Practice #3
  - OPTION B: Mind-Vagal Interaction in Chronic Medical Conditions: Latest Findings; Demonstration / Practice #3

4:30 Combined – Q & A with Faculty

**Sunday, February 8th**

- 9:00 Combined – Large Group Induction
- 9:15 Combined – How to Set & Achieve Treatment Goals with Hypnosis; Practice #4
- 10:30 COFFEE BREAK
- 10:45 OPTION A: Women’s Health – Common Conditions and Hypnotic Treatments
  - OPTION B: Former Personalities and Reincarnational Memories; Demonstration/ Practice #5

12:00 LUNCH BREAK– Featuring Video Presentation – “No Fears, No Tears – 13 Years Later”

- 1:15 Combined – Group Induction
- 1:30 OPTION A: Integration of Hypnosis with Energy Psychology, EFT and The Biology of Belief
  - Demonstration/ Practice #6
  - OPTION B: Age Regression & Progression using Affect, Somatic Bridging; Demonstration/ Practice #6

2:45 COFFEE BREAK

- 3:00 OPTION B: Rapid Induction Techniques for Health Professionals (Level 2) – Sutures, Injections, Scoping and Surgery: Comfort & Relaxation during Physical Interventions DVD: Use of Hypnosis in the Emergency Room; Demonstration/ Practice #7

4:00 Combined – Discussions, Q & A, Group Induction & Wrap-Up

4:30 Annual General Meeting
HEATHER FAY, MD
Secretary-Treasurer, CSCH (BC Div.). Dr. Fay was a family physician since 1973 and along with western medicine has used her training in clinical hypnosis, energy psychology and medical acupuncture to help people in a holistic way. Currently, she helps people with integrating mind, body and spirit and to clarify their relationship to disease on all levels. She has been featured on Discovery Channel as a resource for complementary medicine. Dr. Fay utilizes hypnosis, medical acupuncture and the meridian therapies in her practice of integrating western and eastern medicine for mind/body healing. For more information about Heather go to: www.drheatherfay.com

MAVIS LLOYD, PhD
Member of Executive Council, CSCH (BC Div.). Mavis uses Clinical Hypnotherapy as an integral part of her private practice in Psychological Counselling and Therapy. Her educational background includes a PhD in Counselling Psychology and a M.Ed. in Reading and Learning Disabilities. Mavis has a wide range of experience in both teaching and counseling. Her practice covers relationships, families, severe illness, grief, anxiety, depression and stress management. She was formerly a professor at the Adler School of Professional Psychology

LEE PULOS, PhD, ABPP
President, CSCH (BC Div.), Clinical Psychologist in private practice and Clinical Assistant Professor Emeritus in the Department of Psychiatry, University of British Columbia. He has also held clinical appointments at Indiana University and the University of Wisconsin medical schools and has been awarded a Diplomate (clinical) by the American Board of Professional Psychology. In addition to his clinical career, Dr. Pulos has published eight professional articles and has written two books, Beyond Hypnosis and Miracles and Other Realities. His most recent productions are the best selling The Power of Visualization, Mentally Fit Forever and The Biology of Empowerment.

SAUL PILAR, MD
Vice President, CSCH (BC Div.). Dr. Pilar has been at the Canadian forefront of complementary, holistic and alternative medicine for over 20 years. His degree in chemical engineering from the University of Toronto followed by a degree in medicine from the same university enables him to choose the best of conventional and alternative modalities. He is a perennial student and clinician in the field of mind-body medicine. He has been active as a teacher, researcher, consultant, writer and editor internationally. Currently he is working as a consulting general practitioner in two Vancouver medical clinics

BIANCA RUCKER, PhD
Dr. Bianca Rucker is a marriage and family therapist who specializes in sexual and relationship therapy. She has been in private practice in Vancouver since 1986 and holds a Bachelor of Science in Nursing degree and a PhD in Counselling Psychology. Dr. Rucker incorporates clinical hypnosis in her practice with excellent results. She is an approved marriage and family therapy supervisor (AAMFT), and has taught sex therapy and clinical hypnosis to a variety of health professionals around the globe. Find out more at www.biancarucker.com

LANCE RUCKER, DDS
Dr. Lance Rucker has been a member of the Faculty of Dentistry of the University of British Columbia for 30 years, where he teaches clinical ergonomics, operative dentistry, and clinical hypnosis. In addition to his publication of many scientific articles dealing with matters as diverse as clinical ergonomics, surgical magnification, and transactional analysis, he is also a published author of three novels (find out more at www.lancerucker.com). Dr. Rucker has taught physicians, dentists, and other health care professionals in North America, Europe, and Asia how to use hypnosis (especially rapid-induction techniques) with patients of all ages.

ATTENDANCE ELIGIBILITY:
Physicians, Dentists, Psychologists, Chiropractors or those holding a Master’s degree in social work, psychology or marital/family therapy, or registered nurses, registered dental hygienists, naturopathic doctors or doctors of Traditional Chinese Medicine. Such degree shall be from a University or College accredited by its appropriate regional accrediting body. You shall also be licensed or registered by the province or state in which you practice.

STUDENT ELIGIBILITY:
A full time student enrolled in a graduate or professional program in active pursuit of a doctorate in medicine, dentistry, or psychology, or a Master’s degree in counselling psychology, social work or one of the disciplines listed above, or a diploma or degree in dental hygiene. The program must be held in a university accredited by its appropriate regional accrediting body.

CONTINUING EDUCATION CREDITS are available to applicable professional disciplines. A Certificate of Attendance evidencing 14 hours of participation will be issued to each participant at the Workshop.
ADVANCE REGISTRATION IS ENCOURAGED
Take advantage of Early Bird Rates and register before January 8th, 2015 – Registration Form on www.hypnosis.bc.ca. Credit cards are accepted.

VENUE:
The Training Workshop will be held at UBC Robson Square, located at 800 Robson Street, Vancouver. Drive south on Howe Street (one-way street) and enter Robson Square’s underground parkade at Howe at the corner of Nelson Street.

Coffee, Tea & Juice will be provided at the morning and afternoon break times. Lunch is on your own and you may either pack a lunch or use one of the restaurants within a 1 – 2 block walking distance.

ANNUAL GENERAL MEETING:
The Annual General Meeting for the Society will be held following the workshop on Sunday. All members of the Society are encouraged to attend.

FEES: Early-Bird Date is January 8, 2015

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FEE INCLUDES:
Hypnosis DVD: Clinical Hypnosis Inductions, Deepening and Strategies for Psychological, Medical and Dental Applications demonstrated by the Faculty of the Canadian Society of Clinical Hypnosis (B.C. Division)

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