

2-DAY TRAINING

Clinical Hypnosis

CERTIFICATE COURSE

Transform Your Treatment of Trauma, Anxiety, Depression, Addiction and Chronic Pain

Providing hope and healing is the kind of work that makes you come alive. And you strive to help each client who's counting on you to deliver.

But sometimes a lack of focus in therapy brings progress to a screeching halt. And traditional treatment approaches can fail to create the openness to change needed to make the therapeutic experience a life-altering one.

Attend this intensive 2-day Certificate Course and get indispensable skills and tools from clinical hypnosis to create the focused, relaxed and attentive context necessary to bring about truly transformative results with your clients!!!

Dr. Eric Willmarth is a past president of the American Society for Clinical Hypnosis, the Society for Psychological Hypnosis (APA Div. 30), and the Society for Clinical and Experimental Hypnosis. Join him as he shares the skills and techniques he's found most effective during his decades of clinical work. He'll teach you the core skills of hypnosis and provide you with step-by-step instructions and demonstrations on hypnotic techniques that will amplify the effectiveness of the therapeutic modalities you already work with.

Sign up today, add valuable dimensions to your treatment toolbox, and leave feeling more capable and confident in helping your clients conquer their anxiety, depression, pains, addictive behaviors and traumatic pasts!

Course & Webcast Schedule

(For both days, times listed in eastern)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Objectives

1. Assess the clinical relevance of the relationship between hypnosis and memory.
2. Specify how clinicians can identify situations in which hypnosis could be beneficial.
3. Establish how hypnotic language can be utilized with various treatment modalities.
4. Communicate 3 techniques that can be used to elicit a constructive trance experience in therapy.
5. Present a synopsis of the three-stage skeleton of an hypnotic induction sequence.
6. Provide the names of 3 different hypnotic phenomena that can be utilized to enhance therapy.
7. Characterize how the hypnotic phenomena present in a client can help the clinician individualize treatment.
8. Establish how verbal indirect suggestions can be employed in session to move clients toward positive changes in behavior.
9. Articulate how non-verbal communication skills from clinical hypnosis can be used to help calm hyper-aroused clients.
10. Establish how metaphor and anecdotes can be used in a hypnosis session to help facilitate new patterns of thoughts, feelings and behaviors in clients.
11. Communicate how confusion techniques can be used to capture the attention of clients in sessions.
12. Connect specific hypnotic techniques to the clinical treatment of trauma, anxiety, depression and pain.

Speaker

Eric K. Willmarth, Ph.D., is a licensed clinical psychologist and the past president of the American Society of Clinical Hypnosis (ASCH), the largest U.S. organization for mental health care professionals using clinical hypnosis.

For over 35 years, Dr. Willmarth has been involved with the study and application of clinical hypnosis in clinical practice and he's appeared at numerous national and international hypnosis conferences.

His extensive involvement with hypnosis led him to serve as past president of the Michigan Society for Clinical Hypnosis, the Society for Psychological Hypnosis (APA Div. 30), and the Society for Clinical and Experimental Hypnosis (SCEH). Dr. Willmarth is a past winner of the Distinguished Contributions to Professional Hypnosis Award from APA Division 30.

Dr. Willmarth is the assistant director of Saybrook University's Department of Applied Psychology and serves as the director of training and director of the integrative Mental Health Ph.D. specialization in the College of Integrative Medicine and Health Sciences.

Speaker Disclosures:

Financial: Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.

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Transform Your Treatment of Trauma, Anxiety,
Depression, Addiction and Chronic Pain

- **The top skills and interventions from this evidence-based treatment technique**
- **Create the openness to change necessary for truly transformative results**
- **Add a valuable dimension to your existing treatment methods**
- **Safely accelerate therapy and increase clinical effectiveness**

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Outline

Discover the Core Skills of Hypnosis
Brief history of clinical/medical hypnosis
Ethics of clinical hypnosis
When should hypnosis be used in therapy?
Hypnotic change language for clinicians
Intrapersonal and interpersonal dynamics
How to disrupt patterns to encourage flexibility
Hypnosis as an adjunctive technique
The neurophysiology of Hypnosis

Methods to Elicit a Trance Experience:
Increase Focus and Relaxation to Intensify Therapy
Assess for willingness and hypnotic ability
Hypnotic phenomena
Three-stage “skeleton” of an induction sequence
Relaxation techniques
Visualization to recall positive memories
Countdown breathing

How to Structure a Hypnosis Session
How to use hypnosis across modalities
Relaxation
Rapport
Induction
Deepening
Waking
Hypnotic techniques to work with resistances
Apply hypnosis methods without a formal trance

Hypnosis Skills and Techniques for Specific Disorders and Conditions

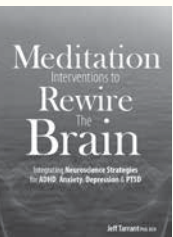
Trauma:
Restore Control and Process Traumatic Memories
How hypnosis works with exposure
Hypnosis techniques to restore control to clients
Regression for processing traumatic memories
Practices to alter distorted beliefs
Hypnotic suggestions to foster greater emotional control

Live Webcast Details and Live Webcast Continuing Education Credit Information
Join us on September 19-20, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/73732

The nation’s top speakers and authors contact PESI first.
If you are interested in becoming a speaker or have a new topic idea, please contact
Ryan Bartholomew at Bartholomew@pesi.com or call at 715-855-8225.

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Meditation Interventions to Rewire the Brain
Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD
By Jeff Tarrant, PhD, BCN

Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.



Somatic Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress
By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

More info and resources at www.pesi.com

Intended Audience

Psychologists • Counselors • Social Workers • Marriage and Family Therapists • Addiction Counselors
Nurses • Other Mental Health Professionals



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WALK-INS Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.
TUITION OPTIONS <ul style="list-style-type: none">• FREE Military Tuition: PESI Inc. is proud to offer this seminar (at these locations only) <i>free</i> of charge (on live seminar tuition) for veterans and active duty military personnel. <i>Limited seats available; advance online registration required.</i>• \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.• Groups of 5 or more: Call 800-844-8260 for discounts.• Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. Advance registration required. Cannot be combined with other discounts.

Live Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

New Jersey Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

New Jersey Social Workers: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73141.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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