

5th Annual Clinical Hypnosis Workshop for Health Care Professionals

April 31-May 2, 2004
Duke University Medical Center
Duke Clinic Amphitheater, South Hospital



Co-sponsored by:
Wellness Consultants International, PLLC
Duke Center for Integrative Medicine
North Carolina Mental Health Counselors Association
**University of North Carolina Program on Integrative
Medicine**

Course Description

This program is intended for physicians, psychologist, dentists, counselors, social workers and professionals in related fields (see admission requirements). It is intentionally labeled a workshop since it is designed to be a “hands-on” experience. While it utilizes didactic presentations and demonstration, all participants will be given supervised training in the induction of trance and its utilization. Because of the emphasis on supervised practice, the number of workshop participants is limited.

Basic: For those who have little or no experience in formal hypnosis training and in utilizing hypnosis with patients/clients. Basic induction techniques will be taught and practiced in small groups. Principles of deepening and termination as well as utilization will be addressed. Participants will learn self-hypnosis.

Intermediate / Advanced: Designed to assist those who have some formal training including basic knowledge and skills in hypnosis and who have utilized hypnosis with patients/clients. In addition to a review of basic techniques, the advanced workshop will emphasize the importance of language, the use of metaphor, and in-depth consideration of various utilizations and applications. Participants in the intermediate/advanced track will have the opportunity to pursue special sessions of interest to physicians, dentists, and therapists.

Participants will be able to interact with faculty in a number of ways including the “conversation” times listed in the program outline. These are times for small group interaction with a faculty member centered around a special interest. Regardless of track, *all* participants will be able to choose from a number of topics during each of these conversation times. There will be a variety of conversation topics including hypnosis for habit control, healing, pain control, hypnosis with children, and medical applications.

Course Objectives

Completion of this course should give you a better understanding of:

- Myths and misconceptions about hypnosis.
- The use of formal hypnotic inductions.
- How to utilize hypnosis in your practice.
- The personal use of autohypnosis.

Course Credit

This workshop is approved by the American Society of Clinical Hypnosis (ASCH) for 20 hours of continuing education. These hours will count towards the 40 hours required for certification. North Carolina Mental Health Counselors Association is approved by the National Board for Certified Counselors to offer continuing education for nationally certified counselors. (NBCC* CEUs may be counted toward North Carolina Counselor licensure).

Registration

Workshop Eligibility

Admission to the workshop is open to persons holding doctoral degrees in medicine, dentistry, psychology and related fields. Persons holding a master’s degree in counseling, social work, nursing, or counseling/clinical psychology who are licensed by the state in which they practice are also eligible. Students and trainees actively enrolled in programs leading to these degrees are eligible and encouraged to attend.

Inquiries concerning eligibility should be addressed to Holly Forester-Miller, Ph.D., course coordinator, (919) 403-7229. The course coordinator reserves the right to make decisions concerning admission to the workshop as well as participant placement in the appropriate track.

To join us for this workshop, please complete the attached registration form and return it along with your fee (make check payable to Wellness Consultants International, PLLC)

Scholarships

A limited number of student scholarships are available. Contact **Karen Gray** with Duke Center for Integrative Medicine at (919) 660-6681.

Lodging

A limited number of 1 and 2 person rooms are being held for participants at the **Millennium Hotel**, Durham, NC. Please make your reservations early; the room block will be released **April 1st**. The room rate will be \$89.00 per night. Make your reservations directly with the hotel by calling (919) 383-8575 and reference the Hypnosis Workshop.

Faculty

Course Coordinator:

Holly Forester-Miller, Ph.D., LPC

President, Wellness Consultants International, PLLC; ASCH Approved Consultant; Past President, North Carolina Mental Health Counselors Association; Medical Center Instructor, Duke University Medical Center; Durham, NC.

Janet Foliano, Psy.D., Psychologist, Director of Behavioral Science Education, Southern Regional Area Health Education Center; Consulting Associate, Psychiatry and Behavioral Sciences, Duke University Medical Center.

S. William Friedman, M.D.; Clinical Assistant Professor, Department of Community and Family Medicine, Duke University Medical Center; Family Physician with Family Medical Associates of Durham, NC.

Marion P. Kostka, Ed.D.; Psychologist, WVU Carruth Center for Counseling & Psychological Services; Adjunct Assistant Professor, WVU Counseling Psychology Department; Private practice, Morgantown, WV.

Penny Kostka, MA, LPC.; Licensed Professional Counselor, Private practice, Morgantown, WV

Doug Mann, M.D.; Director of Medical Services, UNC Program on Integrative Medicine; Medical Director of the UNC Multidisciplinary Pain Program; Director of Outpatient Services, Department of Neurology; Professor of Neurology, UNC School of Medicine, Chapel Hill, NC.

Grant Mason, DDS.; General Dentist, Private Practice, Beckley, West Virginia.

Charles Srodes, M.D.; Board certified in Internal Medicine, Hematology, and Oncology; Clinical Professor of Medicine at University of Pittsburgh.

Liz Winter, Ph.D., LSW; Licensed Social Worker; Manager of Training and Consultation for Family Links, Inc.; Private Practitioner, Pittsburgh, PA.

*NBCC approval is limited to the sponsoring organization and does not imply endorsement or approval of individual offerings.

Program

Friday, April 31, 2004

- 12:00-1:00 Registration
1:00-1:30 **Orientation and Meet the Faculty**
1:30-3:00 **Nature of Hypnosis, History, Myths and Misconceptions** (Basic track)
Review of Inductions & Practice (Intermediate/Advanced track)
3:00-3:30 Break
3:30-5:30 **Deepening, Termination and Hypnotic Phenomena** (Basic Track)
Informal Inductions & Utilizing Hypnotic Phenomena (Intermediate/Advanced track)
5:30-6:30 **Conversation Hour** (both)
6:30-7:30 Dinner with faculty (Provided)
7:30-9:00 **Small Group Practice** (Basic track)
Metaphor and Analogy (Intermediate/Advanced track)

Saturday, May 1, 2004

- 8:30-10:00 **Use of Language** (Basic)
Practice Facilitating Hypnotic Phenomena (Intermediate/Advanced track)
10:00-10:30 Break
10:30-Noon **Small Group Practice** (Basic track)
Medical, Dental & Psychological Utilizations (Intermediate/Advanced track)
Noon-1:15 Lunch with Faculty (provided)
1:15-3:15 **Pain Management and Physiological Control** (Basic track)
Hypnosis with Children (Intermediate/Advanced track)
3:15-3:30 Break
3:30-4:30 **Case conferencing/Assessment & Treatment Planning** (Basic track)
Hypnosis with Cancer Patients (Intermediate/Advanced track)
4:30-5:30 **Small Group Practice** (Basic track)
Case Studies (Intermediate/Advanced track)
5:30-6:30 **Conversation Hour** (both)

Sunday, May 2, 2004

- 8:00-8:30 **Questions and Answers** (both)
8:30-10:30 **Self-Hypnosis & Managing Resistance** (Basic)
Practice Informal Inductions (Adv/Int)
10:30-10:45 Break
10:45-Noon **Therapeutic Applications of Hypnotic Phenomena** (Basic track)
Pain Management (Adv/Int)
Noon-1:00 **Ethical Issues & Abuses of Hypnosis**
Conference Wrap-up

*** This schedule is representative of the times and topics, but the final schedule is subject to changes.

Location: Duke Clinic, Amphitheater
Trent Drive, off Erwin Rd.
Durham, NC

Directions: From RDU - Via I-40 West: Exit onto the Durham Freeway (NC 147). Take 147 to the Trent Dr/Elba St Exit, as you come off the exit make the first left onto Trent Dr. Cross Erwin Rd and the Clinic will be straight ahead and the parking garage will be on your left.
From other locations: directions can be found at <http://map.dukehealth.org>

A Clinical Hypnosis Workshop for Health Care Professionals

(Early registration is suggested as participation is limited)
Please type or print clearly:

Name: _____

Address: _____

City: _____ State: _____

County: _____ Zip: _____

E-mail address: _____

Agency/Organization: _____

Phone: _____ SS# _____

Degree & Specialty: _____

License(s) Field: _____

State & License No: _____

Program requested: [] Basic [] Intermediate* [] Advanced*

**Placement in the appropriate track is dependent on including a written description of your prior training, specifying when, where, who the faculty were and a description of the training, as well as how you currently use hypnosis in your practice*

Please specify the exact name you would like printed on your certificate.

Print or type:

Name _____

Course Fees**

Early Registration

(postmarked by March 31, 2004) \$350.00

Regular Registration \$395.00

Student (full-time) \$275.00

(documentation of full-time student status required)

On-site registration add \$25.00

** Please make check payable to: Wellness Consultants International, PLLC

Mail payment with this form to:

Wellness Consultants International, PLLC
3721-A University Dr.
Durham, NC 27707

Important: If you are unable to attend the workshop after you have registered, you must notify us in writing at least two weeks prior to the program in order to receive a refund. No refunds for workshop fees will be made after that time.

A \$50 fee will be charged for cancelled reservations

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