6th Annual Clinical Hypnosis Workshop for Health Care Professionals

Wellness Consultants International, PLLC
University of North Carolina Program on Integrative Medicine
and
Duke Center for Integrative Medicine

April 29-May 1, 2005
Sarah W. Stedman Center for Nutritional Studies
on the
Duke Center for Living Campus

Guest Faculty: Betty Alice Erickson

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, psychologists, dentists, counselors, social workers and professionals in related fields (see admission requirements). It is intentionally labeled a supervised practice, the number of workshop participants is limited.

Basic: For those who have little or no experience in formal hypnosis training and are 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 applications and utilizations. Participants in the intermediate/advanced track will have the opportunity to pursue special sessions of interest to physicians, dentists, and therapists.

All participants will be able to interact with faculty in a number of ways including the “conversation hours” 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 such as 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 Professionals 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
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 teachers actively enrolled in programs leading to these degrees are eligible and encouraged to attend.

Inquiries concerning eligibility should be addressed to Holly Forestier-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.

Program

Friday, April 29, 2005
12:00-1:00 Registration
1:00-1:30 Orientation and Meet the Faculty
3:00-3:30 Break
3:30-5:30 Review of Inductions & Practice (Intermediate/Advanced track)
5:30-6:30 Small Group Practice (Basic track)
6:30-7:30 Dinner with faculty (Provided)
7:30-9:00 Small Group Practice (Basic track)

Saturday, April 30, 2005
8:30-10:00 Use of Language (Basic)
Practice Facilitating Hypnotic Phenomena
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)
1:15-1:35 Pain Management and Physiological Control (Basic track)
1:35-3:30 Hypnosis with Children (Intermediate/Advanced track)
3:30-4:30 Ericksonian Hypnosis: The Next Chapter
Betty Alice Erickson
4:30-5:30 Small Group Practice (Basic track)
Care Studies (Intermediate/Advanced track)
5:30-6:30 Conversation Hour (both)

Sunday, May 1, 2005
8:00-8:30 Questions and Answers (both)
8:30-10:30 Self-Hypnosis & Managing Resistance (Basic)
Practice Induction Utilizations (Adv/Int)
10:30-10:45 Break
10:45-12:00 Therapeutic Applications of Hypnotic Phenomena (Basic track)
Pain Management (Adv/Int)
12:15-1:45 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 Center for Learning Campus
3475 Erwin Rd.
Durham, NC 27705
(919) 660-6600

Directions: Take the 15/501 bypass to the Route 751 South exit. Make a left at 751 onto Erwin Rd. and take your first left on Erwin Rd. into the Duke Center for Learning Campus.

From other locations, directions can be found at http://map.dukehealth.org

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A $50 fee will be charged for cancelled registrations.

A Clinic Hypnosis Workshop for Health Care Professionals
(Early registration is suggested as participation is limited)

Please type or print clearly:

Name: ____________________________
Address: ____________________________
City: ____________________________ State: ______ Zip: __________ Phone: ______
E-mail address: ____________________________

Agency/Organization ____________________________ 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 typed on your certificate.

Print or type:

Name: ____________________________

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

Mail payment with this form to:
Wellness Consultants International, PLLC
3721-A University Drive
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.

** Comfort: $275.00 (documentation of full-time student status required)
On-site registration: ____________________________

Program Fees**

Early Registration (postmarked by March 31, 2005) ...........................................$380.00
Regular Registration ...........................................$425.00

** Comfort: $275.00 (documentation of full-time student status required)
On-site registration: ____________________________

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Course Description

This program is intended for physicians, psychologists, dentists, counselors, social workers and professionals in related fields (see admission requirements). It is intentionally labeled a self-hypnosis workshop in order to give the participant the opportunity to practice hypnosis with others. All participants will be given supervised training in the induction of trance and its utilization. Because the experience on supervised practice, the number of workshop participants is limited.

Basic: For those who have little or no experience in formal hypnosis training and who have utilized 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.

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Program

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**Course Fees**

- Early Registration (postmarked by March 31, 2005) $330.00
- Regular Registration $380.00
- Student (full-time) $275.00
- On-site registration (documentation of full-time student status required) add $52.00

**Mail payment with this form to:**

Wellness Consultants International, PLLC
3721 A University Drive
Durham, NC 27707

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