

# 6th Annual Clinical Hypnosis Workshop for Health Care Professionals

**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, 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.

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 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 4th. The room rate will be \$90.00 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/Small Group Leader, Practice Course, Duke University Medical Center; Durham, NC.

**Betty Alice Erickson, M.S., L.M.F.T., LPC**, Executive Editor of the Milton H. Erickson Foundation Newsletter. Counselor/Marriage and Family Therapist, Private Practice, Dallas, TX.

**David Aspenson, Ph.D.**, President NCSCH; Psychologist, Private Practice, Chapel Hill, NC.

**Sheryll Daniel, Ph.D.**, President, American Society of Clinical Hypnosis 2005-2006; Past President, NCSCH; Clinical Psychologist, Private Practice, Raleigh, NC.

**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; Garrett County Mental Health, Oakland, MD.

**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.

**Martha Simpson, Ph.D., CCAS;** Licensed Clinical Psychologist; Private Practice, HRC, PA, Raleigh, NC.

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

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

# Program

## Friday, April 29, 2005

- 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, April 30, 2005

- 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)  
1:15-2:15 **Hypnosis with Children** (Intermediate/Advanced track)  
2:15-3:15 Small Group Practice (Int/Advanced)  
3:15-3:30 Break  
3:30-4:30 **Ericksonian Hypnosis: The Next Chapter**  
Betty Alice Erickson  
4:30-5:30 **Small Group Practice** (Basic track)  
**Case 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 Informal Inductions** (Adv/Int)  
10:30-10:45 Break  
10:45-12:15 **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 Living 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 off of 751 onto Erwin Rd. and take your first left on Erwin Rd. into the Duke Center for Living Campus.

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: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Degree & Specialty: \_\_\_\_\_

License(s) Field: \_\_\_\_\_

State & License No: \_\_\_\_\_ SS# \_\_\_\_\_

**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, 2005).....\$380.00  
**Regular Registration**.....\$425.00  
**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 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.

**A \$50 fee will be charged for cancelled registrations.**

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