



Oregon Society of Clinical Hypnosis Presents:

An Integrative Mind-Body Approach to Hypnosis: Applications in Gut Health, Autoimmune Problems and Addiction Issues

Dr. Mark Weisberg
6 May 2023

Timed Agenda:

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| 8:30am – 9:00am (30 min) | OSCH social/networking time prior to start of training |
| 9:00am – 9:10am (10 min) | Training commences; Introduction |
| 9:10am – 9:55am (45 min) | The relationship between chronic pain, central sensitization, and autonomic dysregulation |
| 9:55am – 10:20am (25 min) | Core concepts in psychoneuroimmunology and applications to hypnosis |
| 10:20am – 10:30am (10 min) | Q&A |

Learning Objectives: Participants will be able to

- Summarize the relationship between chronic pain, central sensitization, and autonomic dysregulation.
- Compose 3 essential messages that must be conveyed to enhance self-healing resources.
- Evaluate the core concepts in psychoneuroimmunology and be able to weigh the importance of applying this in applications of hypnosis.
- Summarize the importance of helping patients tolerate sensations in the body.

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| <i>10:30am – 10:45am (15 min)</i> | <i>Break</i> |
| 10:45am – 12:05pm (80 min) | Hypnotic interventions for back pain & headache |
| 12:05pm – 12:15pm (10 min) | Q&A |
| <i>12:15pm – 1:30pm (75 min)</i> | <i>Lunch</i> |
| 1:30pm – 2:15pm (45 min) | Hypnotic Interventions for addictive problems |

Learning Objectives: Participants will be able to

- Evaluate the use of at least 2 hypnotic interventions for the patient with low back pain.
- Evaluate the use of at least 2 hypnotic interventions for the patient with headache.
- Summarize the importance of self-soothing for patients struggling with addictive problems.

2:15pm – 2:45pm (30 min) Hypnotic Interventions with complex chronic pain such as fibromyalgia

2:45pm – 3:00pm (15 min) Q&A

3:00-3:15pm (15 min) *Break*

3:15pm – 4:30pm (75 min) Hypnotic Interventions for IBS & for strengthening a patient’s capacity for self-soothing

4:30pm – 5:00pm (30 min) Discussion and Wrap-up

Learning Objectives: Participants will be able to

- Summarize how to judge the “cutting edge” of symptoms to target with hypnosis for patients with complex chronic pain such as fibromyalgia.
- Consider approaches to assist patients with IBS to become less fearful and avoidant of difficult abdominal sensations.
- Create a hypnotic strategy for strengthening a patient’s capacity for self-soothing.