Oregon Society of Clinical Hypnosis: Clinical Hypnosis Level 2 Course November 3, 4, 5, 2023

7.5 CEU's	Friday, November 3	
Pacific Time	Intermediate Topic	Faculty
8:15-8:30 am	Check-in and Welcome	
8:30-9 am 30M, .5CE	Introduction to Skills & Applications 1) Participants will identify 3 skill areas they want to develop during the course. 2) Participants will identify at least 2 new skills or applications of hypnosis for their clinical setting	Deb B
9-9:30 am 30M, .5CE	Neuroscience of Hypnosis (D1_P1) 1. Discuss at least 2 ways neurophysiology is involved in hypnosis 2. List at least 2 brain regions or networks that research shows may be hypnotically altered.	Dave
9:30-10:15 am 45M, .75CE	Advanced Elicitation and Intensification with demonstration: 1. Observe and identify steps of 3 advanced elicitation techniques and identify 2 conditions under which they may be indicated. 3. Learn 2 advanced intensification techniques	Deb & All faculty
10:15-10:30	Break	
10:30-11:20 pm 50M, .8 CE	Refining and Expanding Skills of Language and Suggestion with demonstration (D1_P2) 1) Describe how to enhance rapport and compliance through positive reinforcement and utilization 2) Define a conversational postulate and a double bind 3) Discuss 2 or more specialized suggestions	Dave
11:20-11:50 pm 30M, .5CE	Hypnosis in Practice: Ethical Issues, Professional Conduct (D1_P3) 1. Cite at least 3 potential legal issues that may arise when using hypnosis. 2. Identify 3 pertinent ethics standards and concerns as related to the use of clinical hypnosis. 3. Discuss 3 legal and ethical guidelines related to providing clients a hypnosis recording	Linda
11:50 -1:00 pm	Lunch (on your own)	
1:00-2:00 pm 60M 1CE	Application of Hypnosis: Ideomotor Trance Facilitations and Demonstration (D1_P4) 1. Describe a technique to set up the use of ideomotor motor signaling 2. Explain 2 clinical applications of ideomotor signaling. 3. Observe demonstration and identify steps of utilizing ideomotor signaling.	Dave
2:00-3:00 pm 60M, 1CE	Applications of Hypnosis: Insight and Exploratory Technique applications (D1_P5) 1) Describe and apply 2 insight-oriented techniques 2. Identify 2 clinical situations contraindicated for exploratory work 3. Observe demonstration of one technique. 4. Identify prerequisites for the use of hypnotic exploratory techniques.	Debbie
3:00-3:15 pm	Break (10 minutes)	
3:15-3:30pm	Introduction to small group practice 1) Identify the goals and guidelines of SGP	Deb
3:30-5:30 pm 120M 2CE	Small Group Mentored Practice #1 1. Demonstrate competency in facilitating a full hypnotic intervention cycle: rapport, elicitation of trance, apply concept of utilization, one deepening method, suggestions or techniques from the days teaching, post hypnotic suggestion and re-alerting with a member of the group, describe response and behavior observed. 2. Observe member of group facilitating and experiencing full hypnotic cycle and identify the elements applied and discuss. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty
7.5 CE	Faculty debrief as needed; Adjourn for the evening	

All times listed in the Pacific time zone

7.5 CEU hours	Saturday, November 4, 2023	
Pacific Time	Intermediate Topic Saturday	Faculty
8:15-8:30	Coffee Social and Networking	
8:30-10:00am 90M, 1.5 CE,	Metaphorically Speaking: skill development and practice (D2_P6) 1. Define the concept of metaphor and metaphorical language. 2. Explain the concept of utilization in the creation of metaphors. 3. Identify 2 clinical uses of metaphor with hypnosis. 4. Demonstrate how to construct therapeutic metaphors from client interactions. 5. Give two examples of metaphorical suggestions developed in group practice	Deb
10-10:10 am	Break 10 min	
10:10-11:10 am 60M, 1CE	Applications of Hypnosis: Anxiety and phobia with demonstration (D2_P7) 1. Explain 2 hypnotic techniques for treating anxiety and describe rational for use. 2. Discuss 2 differences in using hypnosis for primary and secondary anxiety presentations. 3. Observe demonstration of 1 technique.	Linda
11:10-11:55 pm 45M, .75CE	Applications of Hypnosis: Core Competencies of the Ericksonian Approach (D2_P8) 1) Will be able to identify 3 or more of the Ericksonian core competencies. 2. Identify applications of 3 key elements of the Ericksonian approach; discuss. 3. Discuss application of the 6 core competencies in facilitating hypnosis.	Dave
11:55 -1:00 pm	Lunch break	
1:00 – 2:00pm 60M, 1CE	Applications of Hypnosis: sleep problems (D2_P9) 1) Discuss current research and clinical classifications of sleep disorders. 2) Cite 4 or more variables in assessment & treatment planning for hypnotic intervention. 3. Learn a technique to create an individualized intervention to address sleep problems	Linda
2:00-3:00pm 60M, 1CE	Application of Hypnosis: Depression (D2_P10) 1. Learn 2 approaches for working with depression hypnotically 2. List 3 hypnotic techniques for treating depression 3. Observe a demonstration of a technique presented and describe the use of hypnotic language and suggestion utilized in the experience.	Dave
3:00-3:10	Break 10 minutes	
3:10-3:55 45M, .75	Memory and Hypnosis (D2_P11) 1. Cite the types of memory 2. Discuss how memory may be affected by hypnosis 2.Discuss the ethical and legal implications of using hypnosis related to memory.	Deb
3:55-5:55pm 120M, 2CE	Small Group Practice 2 1. Each participant shall participate as a hypnotic subject and personally experience to the degree capable the operators practice skill. 2. Demonstrate and increase skill in ideomotor signaling or use of metaphor or exploratory techniques presented in prior presentations. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty
7.75 CE	Faculty debrief as needed; Adjourn for the evening	

All times listed in the Pacific time zone

5.5 CEU hours	Sunday, November 5, 2023	
Pacific Time	**Intermediate Topic**	**Faculty**
8:15 am	Coffee Social & Networking	
8:30-9:45am 75M, 1.25CE	Applications of Hypnosis: Approaching pain from many dimensions (D3_P12) 1) Identify 2 differences with complex chronic pain as opposed to acute pain 2) Discuss how hypnotic phenomenon such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain 3) learn 2 or more advanced techniques for acute pain	Linda
9:45-11:45pm 120M, 2CE,	Small Group Mentored Practice #3 1. Each participant shall participate as a hypnotic subject, observe facilitation of hypnosis and identify elements applied and personally experience to the degree capable the hypnotic cycle. 2. Each participant shall facilitate a hypnotic cycle for a subject. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty
11:45-1:00 pm	Lunch	
1:00 -2:15pm 75M, 1.25CE	Applications of Hypnosis: Habit Disorders (D3_P13) 1.Discuss the emerging brain science on goals and behavior change as it relates to the treatment of habit and behavior change. 2. List two dimensions of behavior change important to creating new behavior. 3. Design at least one effective therapeutic hypnotic intervention to create behavior change for a common habit in your clinical practice.	Deb
2:15-3:15pm 60M, 1CE	Hypnotic Planning: Integrating skills and techniques into practice Ethically. 1. Identify at least 3 applications of hypnosis appropriate for treatment planning with clinical case example presented. 2. Indicate variables that determine if hypnosis is indicated or contraindicated from the clinical case example. 3. Discuss 2 or more indicators that hypnosis is contraindicated. 4. Discuss the benefits to certification and peer support from hypnosis professional groups	Deb lead All faculty
3:15-3:30 pm 15M, No CE	Membership/Training/ Q&A/ Evaluations	Deb lead, all faculty
5.5 CE	Faculty debrief as needed; course concludes	
ASCH L2		
	Course concludes	
Total CE 21	ASCH CE request: 21, 1.5 /ethics	

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