



minnesota
society of
clinical hypnosis

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Saturday April 30, 2011 | 1 PM to 5:00 PM
The Inn on Lake Superior
350 Canal Park Drive | Duluth, MN, 55802
Phone 218.726.1111 | 1.888.668.4352

THIS WORKSHOP IS OPEN TO both MSCH & Non MSCH health care professionals: physicians, nurses, social workers, psychologists, chiropractors, marriage & family therapists, and other health care fields.

COST FOR THE WORKSHOP is \$45.00 at the door. You can pre-register and pay online at www.msch.us. Early registration is encouraged.

A BLOCK OF ROOMS for FRIDAY & SATURDAY night will be held at The Inn until March 29 for those wishing to stay.

A social hour immediately following the workshop will be open to all attendees. It will be a great opportunity to talk with the presenter and other MSCH members.

**Minnesota Society of
Clinical Hypnosis**
www.msch.us
Questions? E-mail Deb:
schro451@umn.edu

**In case of a cancellation due to
Inclement weather in Duluth,
please check the website
or call 'The Inn.'**

O B J E C T I V E S

- Understand the value of hypnosis as a tool in mastering the mental aspect of performing.
 - Learn how to recognize trance states that hinder and enhance performance.
- Describe how to help performers adopt a mental stance that helps them achieve their full potential.
 - Learn how hypnosis can act as the on ramp to getting into "The Zone."

Enhancing Performance with Hypnosis Randy Barker M.S.Ed.,LPCC

Most individuals with a desire to excel in athletics, performing arts, or daily work, acknowledge their mental state strongly affects their performance. When asked how much time they spend on the mental aspects of their performance they estimate little time, if any. This workshop will be of special interest to any health professionals working with clients who wish to enhance their performance. The workshop will also focus on helping participants create and work towards their own performance goals. Participants will learn a variety of hypnotic interventions and therapeutic techniques that will help them establish effective goal definition, increase confidence in their ability to perform at peak performance levels, manage inner and outer obstacles and increase passion and enjoyment. The format will be both didactic and experiential.

Randy Barker M.S.Ed.,LPCC is Licensed Professional Clinical Counselor who has held a position as a mental health counselor at The College of St, Scholastica Counseling Center in Duluth, MN for the past seven years. Randy has a particular interest in working with clients on enhancing athletic and academic performance. He also works as an adjunct faculty in the department of Psychology. Prior to his therapeutic work, Randy played and coached college hockey. His coaching credits include a NCAA National Championship.

