

University of Minnesota
CONTINUING MEDICAL EDUCATION

THE 40TH ANNUAL

Workshops in Clinical Hypnosis
Introductory and Advanced Sections



Guest Faculty

David R. Patterson, PhD, ABPP

Professor, Department of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine and Head of Division of Psychology for his home department and Co-Chair of the Ethics Committee at Harborview Medical Center.

June 2 - 4, 2011

**Crowne Plaza Minneapolis West
Hotel and Conference Center
3131 Campus Drive
Plymouth, MN**

Presented by

Developmental Behavioral Pediatrics Program
Division of Academic General Pediatrics
Department of Pediatrics
University of Minnesota

In collaboration with

Minnesota Society of Clinical Hypnosis



UNIVERSITY OF MINNESOTA

Medical School

Introductory Workshop Description

This workshop offers responsive instruction in the theory and applications of hypnosis in a clinical setting. Course content is organized in a spiral curriculum, with topics presented several times. Succeeding iterations of a technique, such as hypnotic induction, are more complex, increasing participants' knowledge and skills. After the skill basics, application topics include therapeutic communication, treatment planning, self-hypnosis and hypnosis with children. Participants will choose sessions on the practice of hypnosis in their own medical, mental health, or professional specialization.

Advanced Workshop

David R. Patterson, PhD, ABPP

General Description

Pain is one of the more challenging health issues today, affecting millions of Americans and costing billions of dollars in health care and missed employment. Hypnosis is an empirically supported and surprisingly effective treatment of pain. This workshop will address the science behind hypnotic analgesia, but more importantly, it will focus on enabling clinicians to be highly effective in using this modality with the majority of their patients.

A central premise of this workshop is that developing approaches to reducing physical pain can be highly effective in reducing emotional suffering. Thus, while ostensibly the approaches presented are designed to treat patients with acute and chronic pain, clinicians will find them applicable to basic psychotherapy and individual growth issues. The workshop will simultaneously and interchangeably address personal growth, while focusing on the general issue of pain control.

This workshop will also focus on integrating concepts of acceptance therapy and mindfulness into hypnosis. It will be argued that, although cognitive behavioral therapy is extremely useful, broader models of thought processing and human experience can supplement such approaches very effectively. An important concept in coping with human suffering is that accepting, rather than fighting against adversity, is an important therapeutic approach. In simple terms, this might involve teaching patients to focus on issues other than pain. In some of the more complex exercises, participants will be taught the value of observing and sitting with unpleasant sensations in the context of hypnosis.

Although this workshop will include some didactics and science, the emphasis will be on demonstrations, practice and experiential exercises. The three pain scenarios (crisis, impending procedures, and chronicity) will serve as a structure for the entire two-day workshop. Participants will learn to deal with patients challenged with each of these clinical scenarios. However, the practice exercises will be conducted in a way that the examples will be personally applicable to the clinicians undergoing them. The intent will be that participants not only enhance their hypnotic skills in most clinical situations, with an emphasis on pain control, but also have enjoyable and valuable personal experiences in the process.

Workshop Description

The science behind hypnosis has undergone astounding developments in the past two decades, and that has primarily been in the area of pain control. Two areas of interest have been in brain activity and cost containment. One article, published in *Science*, reported that the nature of hypnotic pain suggestions correspond to measurable activity in

corresponding areas of the brain. Equally important, a study reported in the *Lancet*, along with subsequent publications, indicated that hypnosis can reduce the costs of medical costs by half, or even by greater ratios than that with cancer pain.

The scientific information reported in this workshop is largely based on National Institutes of Health research funding that David Patterson has had as a primary investigator since 1989. However, this is a clinical workshop and is mostly based on the work of Milton Erickson. Early in the process, the cooperation and utilization approach of Erickson will be presented, along with some of the unique interventions that grew out of his theory (e.g., indirect suggestions, truisms, paradoxes, and metaphors). Such approaches will provide the foundation for the clinical approaches discussed in the workshop.

A model of pain will be presented that will help participants understand how psychological factors play a substantial role in how people suffer not only from pain syndromes, but also other health issues. Specifically, a biopsychosocial model of pain will be discussed, along with an understanding of how hypnosis can be useful in its treatment. Recent advances in the understanding of neuroplasticity suggest that chronic pain can be imprinted in the brain; hypnosis might be the most promising modality to reverse that process.

A significant distinction that will be made throughout the workshop is the difference between acute and chronic pain. It will be argued that most types of pain fall under one of the following three scenarios, each of which will be addressed in the workshop: 1) acute pain and crisis, 2) anticipating a painful medical procedure, and 3) suffering from chronic pain (both musculoskeletal and neuropathic). Paradigms will be presented for all three of these scenarios.

ELIGIBILITY AND TARGET AUDIENCE

This conference would be ideal for persons holding a Doctoral Degree in Medicine, Dentistry, and Psychology; persons holding a Masters Degree in Social Work or Marriage and Family Counseling, or in Clinical or Counseling Psychology who are licensed by the state/province in which they practice; a Registered Nurse with advanced subspecialty training and certification, or a Masters Degree or students actively enrolled in graduate programs leading to degrees in any of the foregoing.

ADVANCED WORKSHOP REQUIRES ADDITIONAL ELIGIBILITY: This conference would be ideal for health professionals who have had previous formal training in hypnosis. Participants **must** have previous experience in performing hypnotic inductions and facilitating hypnotic phenomena. This is **not** a beginning level course.

ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Minnesota and the Minnesota Society of Clinical Hypnosis. The University of Minnesota is accredited by the ACCME to provide continuing medical education for physicians.

The University of Minnesota designates this educational activity for a maximum of 20.5 *AMA PRA Category 1 Credits™* for the Introductory Workshop, and 15.25 *AMA PRA Category 1 Credits™* for the Advanced Workshop. Physicians should only claim credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Minnesota Board of Social Work

This activity has been approved by the State of Minnesota Board of Social Work for 20.5 continuing education hours for the Introductory Workshop and 15.25 continuing education hours for the Intermediate/Advanced Workshop.

Minnesota Board of Marriage and Family Therapy

An application for credit has been submitted to the Minnesota Board of Marriage and Family Therapy.

Dentists

Dentists are encouraged to submit the curriculum to their state organization for accreditation.

ASCH Credit

The Introductory and Advanced Workshops have applied to the American Society of Clinical Hypnosis' Standards of Training Committee for approval of credit hours toward the Certification and Approved Consultant requirements.

Nurse Practitioners, Nurses, and Other Health Care Professionals

Nurse practitioners, nurses, and other health care professionals who participate in this CME activity may submit their Statements of Attendance to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

DISCLOSURE POLICY

It is the policy of the University of Minnesota Office of Continuing Medical Education to ensure balance, independence, objectivity and scientific rigor in all of its sponsored educational activities. All participating speakers, course directors, and planning committee members are required to disclose to the program audience any financial relationships related to the subject matter of this program. Relationships of a spouse/partner with proprietary entities producing health care goods or services should be disclosed if they are of a nature that may influence the objectivity of the individual in a position to control the content of the CME activity. Disclosure information is reviewed in advance in order to manage and resolve any possible conflicts of interest. Specific disclosure information for each speaker, course director, and planning committee member will be shared with the audience prior to the speaker's presentation.

WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

**Crowne Plaza Minneapolis West
Hotel & Conference Center Minneapolis**
3131 Campus Drive, Plymouth, MN 55441
Phone: 763-559-6600
Web site: www.CPplymouth.com

A block of sleeping rooms is available at the discounted rate of \$94.00 plus the current 7.275% tax. Please make your reservations directly with the hotel by the cut-off date of May 26, 2011, and refer to the course by name to receive the discounted rate. Reservations will be accepted on space and rate availability.

Parking is complementary and adjacent to the conference center.

REGISTRATION FEES

DUE TO MEETING SPACE LIMITATIONS, REGISTRATIONS WILL BE LIMITED. ON-SITE REGISTRATIONS MAY NOT BE ACCEPTED. The fees listed on the registration form include conference materials, continental breakfasts, lunches, and refreshment breaks. Dietary restrictions should be indicated in advance; requests cannot always be honored on site.

A letter of confirmation, driving directions and parking information will be e-mailed to you once we receive your completed registration form. These fees are subject to change without prior notice.

TO REGISTER

ONLINE with VISA, MC, AmericanExpress at www.cmecourses.umn.edu.

In order to protect your credit card information, the Office of Continuing Medical Education (OCME) will **no longer** accept credit card payments by phone, fax, mail, in person, or on site. Credit card payments may be made **only** through our secure Web site at www.cmecourses.umn.edu.

MAIL Check: Payable to: Regents of the University of Minnesota.
Mail to: Clinical Hypnosis, Office of Continuing Medical Education, University of Minnesota, University Park Plaza, Suite 601, 2829 University Avenue SE, Minneapolis, MN 55414

CANCELLATION POLICY

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on **May 20, 2011**. No refunds will be made after this date.

WEB SITES

www.cme.umn.edu

Visit the University of Minnesota CME Web site to access conference brochures, view our complete course calendar, or register online. Check back often; we regularly update our course information.

http://www.med.umn.edu/peds/genpeds/education/develop_behavioralpeds/home.html

For more information about the University of Minnesota Developmental Behavioral Pediatrics Program.

www.msch.us

For more information about the Minnesota Society of Clinical Hypnosis.

This training is the best training I have ever attended. There was fabulous mix of lecture and experiential time. As I leave today, I feel I have skills I can immediately use.

Edi Swartz Connor, LMFT

Introductory Workshop

Educational Objectives

Following this conference, participants should be able to:

- List the stages of hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe three induction methods
- Demonstrate three appropriate induction techniques
- Describe methods for deepening and re-alerting
- Outline applications for guided imagery
- Describe the use of hypnosis for pain control and stress
- List applications and methods of hypnosis for children
- Outline a strategy for getting started in clinical practice

Preliminary Agenda

Thursday, June 2

5:30PM	Registration/Check-In
6:25	Welcome and Announcements..... <i>Peggy Trezona, Shepherd R. Myers</i>
6:30	Introduction to Spiral Curriculum Hypnotic Phenomena: Group Experience..... <i>Delle Jacobs</i>
7:30	Hypnotic Phenomena: Catalepsy, Levitation <i>Jack S. Rusinoff</i>
8:00	Hypnotic Phenomena: Group Experience: Utilization <i>Jack S. Rusinoff</i>
8:30	Definitions, History, Theories of Hypnosis <i>David Alter</i>
9:00	Myths and Misconceptions, Memory <i>Peggy L. Trezona</i>
9:30	Adjourn—Get Acquainted Social

Friday, June 3

7:30AM	Continental Breakfast
8:00	Principles of Induction I: Steps and Re-Alerting..... <i>Jean S. Manlove</i>
9:00	Ethical Considerations: Informed Consent, When to Use Hypnosis <i>Suzanne Candell</i>
9:45	Refreshment Break and Discussion with Faculty
10:00	Principles of Induction II: Principles..... <i>Suzanne Candell</i>
10:30	Principles of Induction III: Presenting Hypnosis to the Patient/Client: Instructions for Small Group Practice..... <i>Jean S. Manlove, Roni J. Ahern</i>
11:00	Demonstration of Induction One <i>Jean S. Manlove</i>
11:20	Lunch (group buffet with the faculty)
12:30PM	Small Group Practice - Session I: Induction..... <i>Faculty</i>
2:15	Susceptibility: Deepening Hypnosis and Realerting <i>Mark Weisberg</i>
3:00	Susceptibility: Measurement, Susceptibility Scales..... <i>Shepherd R. Myers</i>
3:30	Demonstration of Second Induction and Deepening..... <i>Helen Paul</i>
4:00	Refreshment Break and Discussion with Faculty
4:15	Small Group Practice - Session II: Deepening
6:00	Self-Hypnosis <i>David Wark</i>
6:30	Adjourn

Saturday, June 4

7:30AM	Continental Breakfast
8:00	Language of Hypnosis: Formulating Suggestions..... <i>Daniel P. Kohen</i>
8:30	Treatment Planning <i>Mark B. Weisberg</i>
9:15	Principles of Suggestion and Hypnotic Intervention..... <i>Shepherd R. Myers</i>
9:45	Demonstration of Third Induction, Deepening, and Treatment <i>Ralph E. McKinney</i>
10:15	Refreshment Break and Discussion with Faculty
10:30	Small Group Practice - Session III: Intervention <i>Faculty</i>
12:15PM	Lunch (group buffet with the faculty)
1:30	Integrating Hypnosis into Clinical Practice: Facilitating Mind-Body Healing
2:15	Integrating Hypnosis into Clinical Practice: Hypnosis with Children..... <i>Kevin M. Harrington</i>
3:00	Managing Resistance <i>David Alter</i>
3:45	Refreshment Break and Discussion with Faculty
4:00	Integrating Hypnosis into Practice: Overview <i>Wendy K. Lemke</i>
4:45	Integrating Hypnosis into Practice: (Select one on the registration form)
	*Child Health: Medical, Behavioral <i>Kevin M. Harrington, Kate Pfaffinger</i>
	*Education/Sports/Performance <i>Katheleen Avila</i>
	*Integrated Care: Medical/Mental Health..... <i>Teresa E. Quinn, Ewa Peczalska</i>
	*Psychotherapy..... <i>Greg Heberlein, Wendy K. Lemke</i>
	*Acute/Chronic Pain..... <i>Alfred L. Clavel, Ralph E. McKinney</i>
6:00	Getting Started In Your Practice; Professional Considerations and Organizations; and Continuing Education..... <i>Peggy L. Trezona and Faculty</i>
6:15	Adjourn

Introductory Workshop participants will be eligible for follow-up training at no charge on Wednesday, June 22, 2011. 6:30 p.m. - 9:00 p.m. at the First Universalist Church of Minneapolis, 3400 DuPont Avenue. So. Minneapolis, MN 55408.

Phone: 612-825-1701, email: firstuniversalist@firstuniv.org. Registration information will be provided during the Introductory Workshop.

The University of Minnesota is an equal opportunity educator and employer.

Disability/Dietary accommodations will be provided upon request. Dietary restrictions should be indicated in advance; requests cannot always be honored on site. This publication/material can be made available in alternative formats upon request. Direct requests to the Office of Continuing Medical Education at 612-626-7600 or toll-free at 800-776-8636.

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Advanced Workshop



Guest Faculty

David R. Patterson, PhD, ABPP

Dr. Patterson is a professor in the departments of rehabilitation medicine, surgery and psychology at the University of Washington School of Medicine. Currently, he is head of the Division of Psychology for his home department and co-chair of the ethics committee at Harborview Medical Center. Dr. Patterson has been working as a clinical psychologist at Harborview Medical Center since 1983, particularly in the burn unit and the psychology consultation and liaison service he created. He holds diplomate degrees in the areas of psychological hypnosis and rehabilitation psychology.

Dr. Patterson has been instrumental in running psychology intern and postdoctoral training programs for more than 20 years and has mentored hundreds of clinical and research students. His research has been funded by the National Institutes of Health since 1989, and he has published more than 150 articles and chapters in the areas of hypnosis, pain control, and adjustment to burn injuries and other types of trauma. His articles can be found in such journals as *Psychological Bulletin*, *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Pain*, and the *New England Journal of Medicine*. As a long-time soccer player, he enjoys coaching his sons in this sport and playing drums for the Shrinking Heads rock and roll band.

Educational Objectives

- To learn how an Ericksonian based model of pain can be applied to basic psychotherapy as well as human growth issues.
- To understand the difference between acute and chronic pain.
- To be able to discuss a biopsychosocial model of pain and how hypnotic interventions fit in to hit.
- To be able to describe the basics of Ericksonian hypnosis and name at least four unique types of hypnotic suggestions based on his approach.
- To demonstrate competence in using hypnosis for the following three clinical scenarios: a) acute pain and crisis, b) impending painful procedures and c) chronic pain.

Advanced Pain Workshop

David Patterson, Ph.D.

Friday, June 3

- 8:45AM Introduction and Orientation to Workshop
9:00 Understanding Pain, Its Psychology and Acceptance
10:00 **BREAK**
10:15 Dissociation, Hypnosis for Acute Pain and Crisis, Demonstration
11:00 Small Group Practice, Group Discussion
12:00 **LUNCH**
1:00 Didactics on Ericksonian Hypnosis
1:30 Hypnosis for Procedural Pain with a Demonstration
2:15 **BREAK**
2:30 Small Group Practice
3:30 Motivational Interviewing
5:00 **ADJOURN**

Saturday, June 4

- 9:00 Pacing and Truism Induction, Didactics and Demonstration
10:15 **BREAK**
10:45 Practice Sessions for Pacing Induction
11:00 Specific Suggestions for Pain Reduction
12:00 **LUNCH**
1:00 Multiple Choice, Layered Suggestions for Chronic Pain with Demonstration
2:15 **BREAK**
2:30 Dyadic Practice of Multiple Choice Layered Suggestions with Emphasis on Self-Growth
3:15 Acceptance, Mindfulness, Zen and Other Stuff
3:45 Group Induction on Going Beyond Cognition
4:15 Group Discussion and Wrap Up
5:00 **ADJOURN**

Great! I always gain wonderful and practical training which I can immediately put into practice - plus, I am more excited than ever about this field!

Colleen Pederson, RN, LMFT, MA/MS

Preliminary Agenda

Thursday, June 2

- 7:00PM Small Group Seminars, Tutorials for Practice Sessions:
(Select one on the registration form)
1. Advanced Hypnosis Techniques: Reviewing the Work of the Masters; Reviewing and Discussing Videotapes of Acclaimed Masters of Clinical Hypnosis *Ralph McKinney, Moderator*
 - Milton Erickson
 - David Cheek
 - Harold Crasilneck and others
 2. Seminars/Tutorials: Hypnosis
 - Storytelling/Metaphors.....*Elaine R. Wynne*
 - Psychotherapy.....*Helen C. Paul and Beverly Caruso*
 - Psychophysiological Disorders.....*Alfred L. Cavel, Jr. Mark B. Weisberg*
 3. When Brain Meets Mind: Neuroscience Lessons for Enhancing Hypnotic Practice.....*David Alter*
 4. Practice and Consultation Group in
 - Introduction to Ego State Therapy.....*Wendy Lemke*
 - Medicine/Nursing.....*Teresa E. Quinn and Laurel Riedel*

9:15 **ADJOURN**

Host Workshop Faculty

RONI AHERN, MA, LP, Private Practice, Minneapolis, ASCH Approved Consultant in Clinical Hypnosis, Small Group Coordinator, MSCH Workshop

DAVID ALTER, PhD, LP, ABPP, ABPH, Private Practice, Minnetonka; MSCH Past President; ASCH Approved Consultant in Clinical Hypnosis

KATHELEEN AVILA, MA, LP, Private Practice, Minneapolis and St. Paul

SUZANNE CANDELL, PhD, LP, Private Practice, Minneapolis; Health Psychologist, Minnesota Head and Neck Pain Clinic, St. Paul; MSCH Former Board Member

BEVERLY CARUSO, LICSW, MSW, Therapist, Private Practice, Minneapolis

ALFRED CLAVEL, JR., MD, Adjunct Associate Professor of Neurology, University of Minnesota Medical School; Director, Pain Rehabilitative Services, Pain and Palliative Care Center, Fairview University Medical Center, Minneapolis; MSCH Past President

KEVIN HARRINGTON, PhD, LP, Private Practice, Bloomington; Professional Staff Member, Children's Hospital and Clinics; MSCH Former Board Member

GREG HEBERLEIN, MA, LP, Private Practice, Stillwater and St. Paul

DELLE JACOBS, MSW, LICSW, LMFT, Private Practice, St. Paul

DANIEL KOHEN, MD, Director, Developmental-Behavioral Pediatrics; Professor, Departments of Pediatrics and Family Medicine and Community Health, University of Minnesota Medical School, Minneapolis; MSCH Director of Education and Training; Past President, American Board of Medical Hypnosis; ASCH Approved Consultant in Clinical Hypnosis; Course Director

WENDY LEMKE, MS, LP, Private Practice, Clearwater; President, Midwest Society for the Study of Trauma and Dissociation, ASCH Approved Consultant in Clinical Hypnosis; ASCH Masters Representative

JEAN MANLOVE, ACSW, LICSW, MSW, ASCH Approved Consultant; Private Outpatient Mental Health Therapist, Bloomington

RALPH MCKINNEY, PhD, LP, Private Practice, Journey Counseling Center, Minnetonka; Certified Hypnosis Consultant, American Academy of Pain Management; ASCH Past Executive Board Member

SHEPHERD MYERS, PhD, LP, Staff Psychologist, Aspen Medical Group, St. Paul; Adjunct Professor, Minnesota School of Professional Psychology, MSCH Board Member, Coordinator, Introductory Workshop

HELEN PAUL, PhD, LP, Private Practice, Minneapolis; MSCH Past President and Treasurer; ASCH Approved Consultant in Clinical Hypnosis

EWA PECZALSKA, PhD, LP, Health Psychologist, Specialty Clinic, Stillwater Medical Group; ASCH Certified in Clinical Hypnosis

KATHLEEN PFAFFINGER, PhD, LP, MSPH, Pediatric Psychologist in Private Practice, St. Paul

TERESA QUINN, MD, Assistant Professor, Department of Family Medicine and Community Health, University of Minnesota Medical School; Park Nicollet Clinic - Creekside

LAUREL RIEDEL, BSN, MS, CNM, Certified Nurse-Midwife. Hennepin County Medical Center; Nursing Representative MSCH Board

JACK RUSINOFF, MA, Licensed Psychologist, Private Practice, St. Paul; Minnesota Department of Corrections; ASCH Certified in Clinical Hypnosis; MSCH Former Board Member

PEGGY TREZONA, MS, RN, CS, Psychotherapist, Private Practice, St. Paul, MSCH President

DAVID WARK, PhD, ABPH, Emeritus Professor of Psychology, University of Minnesota; MSCH Past president; ASCH Past President

MARK WEISBERG, PhD, ABPP, LP, Clinical Health Psychologist, Diplomate in Health Psychology, American Board of Professional Psychology; Listed, National Register of Health Service Providers in Psychology; Independent Practice, Minneapolis; MSCH Past President; ASCH Approved Consultant in Clinical Hypnosis; Fellow, Vice President, ASCH

ELAINE R. WYNNE, MA, Licensed Psychologist, Independent Practice, Former MSCH Board Member