

University of Minnesota  
**CONTINUING MEDICAL EDUCATION**

THE 39TH ANNUAL  
**Workshops in Clinical Hypnosis**  
Introductory and Advanced Sections



**Guest Faculty**

*Michael D. Yapko, PhD*

Clinical psychologist and marriage and family therapist.  
Author on the subjects of hypnosis, depression, and  
the use of strategic psychotherapies.

**June 10-12, 2010**

**Radisson Hotel and Conference Center Minneapolis**  
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. There is a mix of lectures, demonstrations, exercises, and small group practice with supervision and feedback. Instructors systematically teach to the learning styles of participants. 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 Description

### *Michael D. Yapko, PhD*

The study of the science and art of clinical hypnosis begins with the recognition that influence is inherent in the therapy process. Far more complex, though, are the deeper questions related to how one person can instill a belief in someone else that his or her distressing symptoms can diminish, resulting in a recovery, or how someone can suggest to another that he or she evolve a frame of mind that makes success possible in some desired domain.

Hypnosis is often an astonishing phenomenon: How can someone absorb and integrate a suggestion for an altered perceptual framework for the meaning of an experience, encouraging a greater cognitive and perceptual flexibility that helps make relief from psychological distress possible? This three day course provides many insights into the dynamics of integrating patterns and principles of hypnosis with the core skills of effective psychotherapy. Specifically, we will focus on identifying and developing some of the key skills necessary to design and deliver meaningful psychotherapeutic interventions hypnotically. Following a didactic presentation to establish core principles of the hypnotic framework, participants will observe a live, unrehearsed clinical demonstration. This will provide them the opportunity to observe the process of interviewing for key patterns that regulate a client's symptoms, then organize and provide a structured hypnosis session designed to alleviate those symptoms. Each participant will then have the opportunity to practice interviewing, as well as designing and delivering a goal oriented hypnosis session in a small group context. This is not only training in the dynamics of applying hypnosis skillfully, it is also training in learning to think and intervene strategically.

The Advanced Agenda has been extended to include three days of instruction by our visiting faculty, Dr. Michael Yapko. Day 1 (Thursday) begins at 1:00 PM and includes a light dinner buffet. Please see the detailed agenda for the Advanced Workshop, which includes Dr. Yapko's impressive biography.

## 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; a Masters Degree or students actively enrolled in graduate programs leading to degrees in any of the foregoing.

**ELIGIBILITY FOR THE ADVANCED WORKSHOP:** 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 *21.0 AMA PRA Category 1 Credits™* for the Introductory Workshop, and *17.75 AMA PRA Category 1 Credits™* for the Intermediate/Advanced Workshop. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Minnesota Board of Psychology

This activity has been approved by the Minnesota Board of Psychology (Board Log #1006-8524) for 6/10 intro.3.0, adv.5.50, 6/11 intro.9.0, adv.6.25, 6/12 intro.9.0, adv.6.25 continuing education hours, for one calendar year from the date of this activity.

## Minnesota Board of Social Work

This activity has been approved by the State of Minnesota Board of Social Work for 21.0 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 is pending with 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

Radisson Hotel & Conference Center Minneapolis  
3131 Campus Drive, Plymouth, MN 55441  
Phone: 763-559-6600  
Web site: [www.radisson.com/minneapolismn\\_plymouth](http://www.radisson.com/minneapolismn_plymouth)

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 19, 2010, 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.

*Awesome workshop. More intensive than most of the national conference workshops! A real learning experience.*

Lyn Yexley PhD  
Human Service Agency

## 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 27, 2010. No refunds will be made after this date.

## TO REGISTER

You may choose ONE of the following methods to register for this conference:

ONLINE: Go to [www.cmecourses.umn.edu](http://www.cmecourses.umn.edu)  
CALL: (612) 626-7600 or (800) 776-8636  
FAX: (612) 626-7766  
MAIL: Clinical Hypnosis, Office of CME, University of Minnesota,  
University Park Plaza, Suite 601, 2829 University Avenue SE,  
Minneapolis, MN 55414

If you have any questions, please contact our office at the number above, or e-mail us at [cme@umn.edu](mailto:cme@umn.edu).

## WEB SITES

[www.cme.umn.edu](http://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.

[www.umn.edu/peds/genpeds/education/develop\\_behavioralpeds/home.html](http://www.umn.edu/peds/genpeds/education/develop_behavioralpeds/home.html)

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

[www.msch.us](http://www.msch.us)

For more information about the Minnesota Society of Clinical Hypnosis.

## COURSE MATERIALS

This year a CD with a PDF of the course presentations will be available to attendees and distributed at the Workshop. As presentations are received they will be posted on the CME Web site and available for review or download: [www.cmecourses@umn.edu](mailto:www.cmecourses@umn.edu)

*It was a great experience. I have been a meditator for 26 years and taught relaxation and meditation as a part of my therapy practice. This workshop will allow me to link hypnosis with the eastern philosophical approaches I am currently using.*

Robin Wetzel, PhD  
North Memorial Health Care

# 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 10

5:30PM	Registration/Check-In
6:25	Welcome and Announcements..... <i>Peggy Trezona, Shep Myers</i>
6:30	Introduction to Spiral Curriculum Hypnotic Phenomena: Group Experience..... <i>Delle Jacobs</i>
7:15	Hypnotic Phenomena: Catalepsy, Levitation..... <i>Jack Rusinoff</i>
8:00	Hypnotic Phenomena: Group Experience: Utilization..... <i>Jack Rusinoff</i>
8:30	Definitions, History, Theories of Hypnosis..... <i>David Alter</i>
9:00	Myths and Misconceptions, Memory..... <i>Peggy Trezona</i>
9:30	Adjourn—Get Acquainted Social

### Friday, June 11

7:30AM	Continental Breakfast
8:00	Principles of Induction I: Steps and Re-Alerting..... <i>Jean Manlove</i>
9:00	Demonstration of Induction ..... <i>Jean Manlove, Ralph McKinney, Helen Paul, Stephen Parker</i>
10:15	Refreshment Break and Discussion with Faculty
10:30	Principles of Induction II: Principles..... <i>Suzanne Candell</i>
11:00	Principles of Induction III: Presenting Hypnosis to the Patient/Client: Instructions for Small Group Practice..... <i>Jean Manlove, Roni Ahern</i>
11:30	Lunch (group buffet with the faculty)
12:30PM	Small Group Practice - Session I: Induction..... <i>Faculty</i>
2:15	Susceptibility: Deepening Hypnosis and Re-alerting..... <i>Mark Weisberg</i>
3:00	Susceptibility and Hypnotic Susceptibility Scales..... <i>Shepherd Myers</i>
3:30	Refreshment Break and Discussion with Faculty
3:45	Small Group Practice - Session II: Deepening..... <i>Faculty</i>
5:30	Self-Hypnosis..... <i>David Alter</i>
6:15	Summary and Questions ..... <i>Shepherd Myers, David Alter</i>
6:30	Adjourn

### Saturday, June 12

7:30AM	Continental Breakfast
8:00	Language of Hypnosis: Formulating Suggestions..... <i>Daniel Kohen</i>
8:30	Treatment Planning..... <i>Mark Weisberg</i>
9:30	Small Group Practice - Session III: Utilization..... <i>Faculty</i>
11:00	Refreshment Break and Discussion with Faculty
11:15	Integrating Hypnosis into Clinical Practice: Pain Control..... <i>Shepherd Myers</i>
12:15PM	Lunch (group buffet with the faculty)
1:15	Ethical Considerations: Presenting Hypnosis to the Patient/Client and Informed Consent..... <i>Suzanne Candell</i>
1:45	Integrating Hypnosis into Clinical Practice: Hypnosis with Children..... <i>Kevin Harrington</i>
2:45	Managing Resistance..... <i>David Alter</i>
3:30	Refreshment Break and Discussion with Faculty
3:45	Integrating Hypnosis into Practice: Overview..... <i>Stephen Parker</i>
4:30	Integrating Hypnosis into Practice: (Select ONE on the registration form)
	• Child Health: Medical, Behavioral <i>Kevin Harrington, Kate Pfaffinger</i>
	• Education/Sports/Performance ..... <i>Katheleen Avila</i>
	• Integrated Care: Medical/Mental Health <i>Teresa Quinn, Ewa Peczalska</i>
	• Psychotherapy..... <i>Greg Heberlein, Wendy Lemke</i>
	• Acute/Chronic Pain..... <i>Alfred Clavel, Ralph McKinney</i>
5:30	Ethics; Getting Started In Your Practice; Professional Organizations; and Continuing Education..... <i>Peggy Trezona and Faculty</i>
6:30	Adjourn

Introductory Workshop participants will be eligible for follow-up training at no charge on Wednesday, June 30, 2010, 6:30 PM – 9:30 PM at the First Universalist Church, 3400 Dupont Avenue So, Minneapolis, MN, 55440. 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

*Michael D. Yapko, PhD*

Michael D. Yapko, Ph.D., is a clinical psychologist and marriage and family therapist residing in Fallbrook, California. He is internationally recognized for his work in clinical applications of hypnosis, treating depression, and developing strategic, outcome-focused psychotherapies. He routinely teaches to professional audiences all over the world.

To date, he has been invited to present his ideas and methods to colleagues in 29 countries across six continents, and all over the United States.

Dr. Yapko is the author of numerous books, book chapters, and articles on the subjects of hypnosis, depression, and the use of strategic psychotherapies. These include the popular (now in its twelfth printing)

*Breaking the Patterns of Depression; Trancework: An Introduction to the Practice of Clinical Hypnosis (3rd edition); Treating Depression With Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches; Hand-Me-Down Blues: How to Stop Depression from Spreading in Families; Essentials of Hypnosis; and Hypnosis and the Treatment of Depressions.*

Dr. Yapko is a member of the American Psychological Association, a clinical member of the American Association for Marriage and Family Therapy, a past Fellow of the Royal Society of Medicine's Division of Hypnosis and Psychosomatic Medicine (in England), a member of the International Society of Hypnosis, and a Fellow of the American Society of Clinical Hypnosis. He is a recipient of *The Milton H. Erickson Lifetime Achievement Award* (2007), twice a recipient of the *Arthur Shapiro Award* for the "best book of the year on hypnosis" from the Society for Clinical and Experimental Hypnosis for *Treating Depression with Hypnosis* (2001) and *Hypnosis and Treating Depression* (2006), and the 2003 *Pierre Janet Award for Clinical Excellence* from the International Society of Hypnosis, a lifetime achievement award honoring his many contributions to the field.

## Advanced Workshop *Applying Hypnosis and Directives in Strategic Psychotherapies*

### Educational Objectives

- Recognize and more skillfully use the suggestive elements inherent in any type of therapy
- Use hypnosis to increase client responsiveness and enhance treatment efficacy
- Use goal-oriented therapeutic metaphors in diagnosis and treatment
- Develop therapeutic sequences for the unfolding of the therapy process
- Integrate hypnosis with other empirically supported psychotherapeutic approaches

### Preliminary Agenda

#### Thursday, June 10

- 12:30 Registration/Check-in
- 1:00 Foundational Perspectives of Hypnosis in Psychotherapy: Applications and Goals
- 2:30 Refreshment Break and Discussion with Faculty
- 2:45 Group Hypnosis Experience; Deconstruction and Feedback Implications for Structuring Interventions
- 4:00 Lite Dinner Buffet
- 5:15 Live Demonstration: Working With a Volunteer Subject Interview and Collaborative Construction of the Hypnosis Session
- 6:30 Refreshment Break and Discussion with Faculty
- 6:45 Delivery of Hypnosis Session  
Deconstruction and Feedback
- 8:00 Adjourn

#### Friday, June 11

- 8:00 Continental Breakfast
- 9:00 Identifying Salient Subjective Patterns in Treatment Planning
- 10:30 Refreshment Break and Discussion with Faculty
- 10:45 Strategic Interviewing and the Sequencing of Symptom Patterns
- 12:00 Lunch (Group Buffet with the Faculty)
- 1:15 Exercise 1 of 3: Designing and Delivering Hypnotic Interventions  
Deconstruction and Feedback
- 2:45 Refreshment Break and Discussion with Faculty
- 3:00 Exercise 2 of 3: Designing and Delivering Hypnotic Interventions
- 4:30 Deconstruction and Feedback
- 5:00 Adjourn

#### Saturday, June 12

- 8:00 Continental Breakfast
- 9:00 Metaphor in Treatment: Considerations and Constructions
- 10:30 Refreshment Break and Discussion with Faculty
- 10:45 Video: Case Presentation
- 12:00 Lunch (Group Buffet with the Faculty)
- 1:15 Exercise 3 of 3: Designing and Delivering Hypnotic Interventions  
Deconstruction and Feedback
- 2:45 Refreshment Break and Discussion with Faculty
- 3:00 Thinking Strategically and Being Hypnotic  
Integrating Hypnosis into Practice
- 4:30 Question & Answer
- 5:00 Adjourn

*One of the most informative, interesting and useful conferences I've attended in years!*

Alex Marie PsyD, LP





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