

*Special Offer for Division 39 members:
Integrative Training in Psychoanalytic Psychotherapy and Clinical Hypnosis*

ASCH
ERF

Hypnosis & the Treatment Relationship:
Applications, Processes, Outcomes

March 15-18, 2018

60TH

ORLANDO

Division 39 Members:

On behalf of the American Society of Clinical Hypnosis-Education & Research Foundation (ASCH-ERF), I'm excited to let you know about an excellent advanced training opportunity in psychotherapy available at a special discounted rate for Division 39 members.

The 2018 Annual Meeting, to be held March 15-18 in Orlando, Florida is themed *Hypnosis & The Treatment Relationship: Applications, Processes, and Outcomes*. The programming for this meeting is going to be heavily geared towards exploring aspects of the psychotherapy relationship, as well as how clinical hypnosis can effectively be integrated into the therapeutic process.

Hypnosis and psychoanalysis have a rich history of shared ideas and integration since the days of Freud. This year's meeting will be particularly rich in psychoanalytic content. Two of our five plenary speakers are psychoanalysts, including Jeremy Safran, PhD (*The Intersection of Hypnosis & Relational Psychoanalysis*) and Michael Diamond, PhD (*Dreamers, Schemers, Moonbeamers and Redeemers: Psychoanalytic Musings on the Benevolent Allure and Therapeutic Action in Hypnotically-Augmented Psychotherapy*).

Division 39 members are eligible for a discount of \$100 off the cost of full meeting registration (3 days), and \$50 off the cost of a 1-day registration, provided that they meet ASCH membership criteria but are not ASCH members and have never previously attended ASCH programming.

You might be thinking, *what does hypnosis have to do with how I practice psychotherapy?* Clinicians often focus on the technical and procedural aspects when conceptualizing clinical hypnosis. However, hypnosis as a treatment process is inherently relational. The tone, pacing, and content of hypnotic suggestions all derive from the uniquely intersubjective qualities of the treatment relationship. As a result, learning clinical hypnosis inherently helps your work as a psychoanalytic psychologist, whether you formally integrate hypnosis into your therapy sessions or not. Furthermore, clinical hypnosis has a rich body of literature and training associated with psychoanalytic thought. For example, psychoanalytic therapists can utilize hypnosis towards strengthening the therapeutic alliance and rapport, exploring transference, projective uncovering of unconscious thematic material (much like dream analysis or free association), dilating defenses, titrating affect, engaging experiencing and observing ego functions, facilitating insight, developing transitional object phenomena, and engaging in attachment-focused developmental repair. Across all theoretical orientations, hypnosis is quite useful in identifying and utilizing client/patient positive internal resources towards ego strengthening and ego mastery. Ultimately, hypnosis is integrative and a wonderful way to augment your existing psychotherapy approach. As a practitioner, being trained in clinical hypnosis is a unique and valuable specialization to have in today's crowded psychotherapy marketplace.

There are two training track options that make the most sense for a psychologist interested in advanced psychotherapy training, yet unfamiliar with clinical hypnosis:

For those interested primarily in the psychotherapy training options, yet curious to learn more about clinical hypnosis, you

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might consider the *Advanced Relational Psychotherapy & Intro to Clinical Hypnosis 1-day Sampler Package*. This is a rare opportunity to get advanced training with some of the leaders in relational psychotherapy, and get introduced to clinical hypnosis at the same time. By the end of the day, participants will have experiential knowledge of how relational psychotherapy and hypnosis go hand in hand. Included in this package are 2 and 3 hour advanced workshops on relational psychotherapy with Christine Courtois, PhD, ABPP (*Relational Healing for Relational Injury in the Treatment of Trauma*), and Jeremy Safran, PhD (*Resolving Therapeutic Impasses*). Also included is the Saturday morning plenary address by Dr. Safran; and the lunch panel on *Hypnosis and the Psychotherapy Relationship* featuring Elgan Baker, PhD, Carolyn Daitch, PhD, Michael Diamond, PhD, and Maggie Phillips, PhD. Please note this panel is also included in the Basic workshop track registration. Dr. Baker has published numerous papers on hypnosis and the psychotherapy relationship and is a Fellow of APA Divisions 12, 29, 30, and 39. Dr. Daitch is the author of several well-known books for clinicians, including *The Affect Regulation Toolbox*, *Anxiety Disorders: The Go-To Guide for Clients and Therapists*, and *Anxious in Love*. Dr. Diamond has published articles on hypnosis, psychotherapy, and psychoanalysis, and is author of the book *My Father Before Me*. He is also a Fellow of APA Division 39 and the International Psychoanalytic Association (IPA). Dr. Phillips is well-known for her pioneering work on the treatment of trauma and pain using hypnosis, Ego State Therapy and EMDR, and is co-author of the books *Healing the Divided Self* with Claire Frederick; author of *Finding the Energy to Heal* and *Reversing Chronic Pain*, and co-author of *Freedom from Pain* with Peter Levine. In addition to the aforementioned programming, participants will also receive a 3-hour introductory primer on clinical hypnosis with our faculty.

For those who are already interested in learning clinical hypnosis, I would recommend our Fundamentals of Hypnosis (Basic) Workshop Track which required a full conference registration. Completion of this 20-hour workshop will count towards the 60 hour requirement for ASCH certification in clinical hypnosis. We have a skilled team of faculty members with a wealth of experience in teaching hypnosis to mental health and health care practitioners. The 3 days of training incorporates teaching on identification, understanding, and utilization of individual hypnotic capacity; the therapeutic use of individually pertinent suggestions; the importance of rapport and ego strengthening; explications of the role of hypnosis in neurobiology, neurophysiology, and neuroplasticity; hypnotic communication and its core contribution to alteration of patient/client readiness for openness to change; and an introduction to the wide range of behavioral health care applications of patient-mastered self hypnosis. Participants will have the opportunity to practice their newly acquired skills in clinical hypnosis in faculty-supervised small group training. Additionally, participants will also have the opportunity to attend all plenaries and panels for the meeting.

For more detailed information about our annual meeting and programming, as well as to take advantage of your Division 39 promotional offer (use discount code 'DV39') please visit [Annual Meeting Promotions](#) website.

I hope that you will consider joining us in Orlando in March and embarking on an enriching training process in clinical hypnosis!

Eric Spiegel
President-Elect, American Society of Clinical Hypnosis (ASCH)
Program Chair, 2018 ASCH Annual Meeting



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MEMBERSHIP CRITERIA

Individuals must hold a masters degree or higher in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body; must also be licensed in a medical or mental health care field in the state in which they practice; and must also be eligible for, or a member of, a professional society consistent with their degree, such as the AMA, APA or ADA.

HOTEL INFORMATION



This Annual Scientific Meeting and Workshops will be held at the Embassy Suites by Hilton Orlando Lake Buena Vista South at 4955 Kyngs Heath Road in Kissimmee, FL.

At this all suites facility, each suite features a private bedroom, separate living area with a sofa bed, microwave, refrigerator, two flat-screen televisions and in-room safe. Start the day with a free made-to-order breakfast, then unwind with snacks and beverages at the complimentary

evening reception in the atrium.

At Embassy Suites by Hilton Orlando Lake Buena Vista South, you're less than 10 minutes from the entrance of the Walt Disney World® Theme Parks. Cool off at Aquatica Water Park and get close to the dolphins and stingrays at SeaWorld® Orlando. Be at the heart of the action at Universal Studios Florida® and Universal Islands of Adventure®, and enjoy the Harry Potter attraction and thrill ride.

Tee off at some of Florida's finest fairways within minutes of this hotel in Kissimmee, FL. Greg Norman's Champions Gate has the highest course rating in the state at 76.3. Arnold Palmer's Bay Hill is legendary. Steve Smyer's Southern Dunes Golf Club is one of the most unique in central Florida, with elevation changes of over 100 ft. providing tantalizing risk/reward balances. Rees Jones' Falcon's Fire course is a classic Jones design, harnessing the natural landscape to provide a stiff golf challenge for all skill levels.

ASCH has contracted a limited number of rooms at a discounted room rate of \$169 per room per night, plus applicable taxes. Reservations will be taken on a first-come first-serve basis until the contracted block is full. Any unbooked rooms will be released to the general public on **February 20, 2018**. So book early to receive the group rate.

Make your [reservations online](#) or call the hotel directly at 407-597-4000 to make reservations for this event.



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