



Workshops



**FRIDAY, 5/1
10 – 11:45 AM**

***THE INTAKE ADVANTAGE:
TURNING FIRST SESSIONS INTO HIGH-VALUE COMMITMENTS***
with C. Chalah

Too many hypnotists undervalue their first session by offering free or low-cost intake appointments - unintentionally signaling to clients that the work itself isn't worth investing in. In this presentation, I'll share a proven approach for transforming intake sessions into powerful, high-value entry points that attract committed clients and set the stage for long-term success. You'll learn how to position your intake as more than just a consultation, use pricing psychology to prime client commitment, and establish expectations that naturally lead to premium programs. With over 15 years of full-time practice and a reputation for walking the walk, Carla teaches only what she personally applies in her own business. This session will equip you with practical tools to elevate your client experience and build a more sustainable, profitable hypnosis practice.

She will demonstrate specific language patterns and hypnotic framing techniques that help clients see the intake as a transformative step rather than an obligation. For example, attendees will learn conversational strategies to shift client focus from "shopping around" to actively investing in themselves. She also provides scripts and real-world examples from her own practice to show how these methods translate directly into higher commitment and retention.

This presentation will combine lecture, storytelling, and live demonstration. Attendees will engage in short exercises designed to help them re-script their own intake positioning, making the learning practical and immediately actionable.

***BE THE CHANGE, SEE THE CHANGE:
AN INTRODUCTION TO INTEGRAL EYE MOVEMENT TECHNIQUE (IEMT)***
with L. Donnelly

Transformation doesn't always require years of revisiting the past — it begins with changing how the past is encoded. Many clients come to therapy or coaching because they feel stuck in loops of anxiety, grief, anger, or limiting self-beliefs. Despite insight, awareness, and effort, they often ask, "Why can't I just move on?" Integral Eye Movement Technique (IEMT) offers a practical and powerful answer.

IEMT is a change process that works with the structure of memory rather than the content of the story. Using guided eye movement patterns, practitioners help clients dissolve the emotional charge of past experiences and release identity imprints that fuel negative cycles. The result is often rapid, lasting relief — without the need for reliving trauma or lengthy analysis. In alignment with the Be the Change theme, this workshop demonstrates how IEMT gives both practitioners and clients the ability to step out of old patterns and into meaningful transformation.

OVERCOME DOMESTIC VIOLENCE AND NARCISSISTIC ABUSE

with M. Hoffer

This workshop is designed to empower survivors of domestic violence and narcissistic abuse to reclaim their lives, rebuild confidence, and establish healthy boundaries.

Through a combination of evidence-based techniques, mindset coaching, and interactive exercises, attendees will learn how to:

- Identify the signs and dynamics of narcissistic abuse and domestic violence.
- Navigate and neutralize emotional manipulation and people-pleasing tendencies.
- Rebuild self-esteem, personal power, and a sense of safety.
- Develop actionable steps to create healthier relationships and a supportive environment.

This workshop provides a safe, empowering space for participants, including both those who want to help others and survivors, to gain insight, practical tools, and the emotional support needed to move forward with confidence and clarity. Participants will leave equipped with strategies for lasting resilience, personal growth, and the ability to thrive beyond abuse.

FRIDAY, 5/1
1 – 2:45 PM

HYPNOTIC COACHING FOR HYPNOSIS PRACTITIONERS

with Z. Grant

This Hypnotic Coaching blends the depth of hypnosis with the forward-focused structure of coaching. Unlike traditional hypnotherapy, which emphasizes past healing, hypnotic coaching is about creating a co-creative partnership that helps clients move toward the future they truly want. In this training, hypnotists will discover how to step into the role of coach while using hypnosis to clear blocks, shift limiting beliefs, and reinforce goals. The workshop emphasizes presence, communication, and accountability skills that expand a hypnotist's toolkit and open new opportunities for growth.

Through teaching, demonstrations, and guided practice, participants will:

- Explore the distinctions between hypnotherapy and hypnotic coaching.
- Learn how to create trust, safety, and client-centered rapport.
- Practice using coaching questions and active listening in combination with hypnosis.
- Apply hypnotic coaching techniques for goal setting, mindset shifts, and accountability.

By the end of this workshop, participants will be equipped with practical methods to help clients design purposeful lives and achieve excellence. This training is ideal for hypnotists seeking to expand their practice, attract motivated clients, and deliver lasting transformation. Hypnotic Coaching for Hypnotists is more than a workshop it's a pathway to the future of hypnosis in coaching.

HEALING AND EMPOWERING THE INNER CHILD: A HYPNOTHERAPEUTIC APPROACH

with R. Popowich

– FREE –

Inner child healing is one of the most profound applications of hypnotherapy. When unresolved childhood experiences remain unprocessed, they often manifest later in life as anxiety, self-sabotage, attachment wounds, or

chronic stress. This workshop will explore how hypnotherapists can safely and effectively guide clients to reconnect with their inner child, release outdated patterns, and foster self-compassion and empowerment.

Grounded in neuroscience, this talk will highlight how early experiences, shape neural wiring, and how hypnosis provides a pathway to reframe and rewire those patterns. Participants will learn when inner child work is appropriate, how to identify client readiness through pre-talk and trust, and client-centric metaphors that bring lasting transformation. Attendees will leave with practical tools, trauma-informed insights, and a deeper understanding of how to empower clients by healing and empowering the younger self that still lives within them.

By the end of this session, participants will be able to:

- Explain the neuroscience behind why inner child healing is effective in hypnotherapy.
- Identify situations where inner child work is appropriate or contraindicated.
- Apply clean language, guided imagery, and client-centric metaphors to support inner child healing.
- Incorporate strategies to build client resilience and self-trust.

***FERTILITY BEYOND IVF:
UNLOCKING SUBCONSCIOUS BARRIERS THROUGH HYPNOTHERAPY***

with S. Prakash

– **FREE** –

Fertility is not merely a biological function; it is intricately tied to the subconscious mind, unresolved family dynamics, lifestyle conflicts, and even spiritual belief systems. This presentation explores how hypnotherapy can uncover and heal hidden blocks that silently interfere with conception. Through regression, parts therapy, symbolic imagery, and body-based hypnotherapy techniques, therapists can help clients release subconscious fears, transgenerational trauma, and inner conflicts around motherhood, fatherhood, and readiness for family life. We will examine three major dimensions—spiritual roots (soul readiness, karmic beliefs, past-life patterns), familial roots (ancestral imprints, parental influences, loyalty conflicts), and work-related roots (career pressures, identity struggles, and lifestyle stress).

**FRIDAY, 5/1
3 – 4:45 PM**

BEYOND TECHNIQUES: THE EMBODIED PRESENCE OF THE GOOD HYPNOTHERAPIST

with S. Covic

– **FREE** –

Techniques and scripts are valuable tools, but they are not what makes hypnotherapy transformative. Lasting change happens when the therapist becomes more than a technician, and that is when they embody presence, empathy, integrity, and attunement. This workshop explores the foundational qualities beyond practice that allow clients to feel profoundly safe, seen, and empowered.

Drawing from transpersonal hypnotherapy, trauma-informed practice, and real session examples, we will look at how subtle, often invisible skills, such as neutrality, pacing, rhythm, and deep rapport, create the healing container in which deep transformation takes place. These are not skills that can be memorized from a manual, but qualities that must be lived, integrated, and embodied.

During our workshop, you will be able to:

- Identify the difference between using techniques and embodying transformation.
- Learn simple ways to build trust and connection right from the start.

- Discover how empathy and neutrality create a safe space for healing.
- Understand how these qualities enrich both trauma work and spiritual exploration.

7 KEYS TO A MILLION DOLLAR MINDSET

with S. Day

– **FREE** –

Designed for heart-centered practitioners, this transformative workshop guides you through a process to shift the mindset of scarcity and lack and release internal barriers around abundance and prosperity so you can align your purpose with prosperity. Learning through exercises and activities, you'll reprogram those old limiting beliefs and step into your unique power, attract ideal clients, and build a thriving, prosperous, purposeful practice. Whether you're just starting out or are ready to expand your reach of helping others in their healing journey, this workshop will help you gain clarity around the natural state of abundance.

This workshop is an immersive, experiential presentation designed to shift the mindset of scarcity and help attendees align their purpose with prosperity. Through a blend of lecture, practical exercises, and guided imagery, participants will release thought patterns and emotional limitations which restrict prosperity and create new patterns which support a thriving, prosperous, purposeful practice.

Participants will walk away with practical tools to reprogram scarcity-based beliefs, a new sense of the nature of true abundance and prosperity, with specific action steps to implement as they move forward with confidence to accept prosperity in their businesses. This workshop helps practitioners go beyond just thinking differently; it offers a new understanding of the abundance of which they are naturally a part so they are easily able to create a thriving, prosperous, purposeful practice from the inside out.

THE HEALING POWER OF FORGIVENESS

with M.J. Dias

– **FREE** –

In this experiential workshop, we will explore how past experiences—whether from childhood, the womb, or even past lives—shape the way we see ourselves and the world. Often it's not the event itself that causes lasting pain, but the subconscious meaning we attach to it. These beliefs can lead to fear, self-doubt, and even physical symptoms that persist into adult life.

Together, we'll examine how unresolved emotions like anger, powerlessness, and injustice keep old wounds alive, influencing present relationships and limiting growth. Through guided processes, participants will learn techniques to step into the perspective of those who caused them pain, fostering compassion and empathy. This shift allows rejection, sadness, and anger to be released—not by excusing behaviour, but by seeing its deeper roots.

The participants will experience how forgiveness can act as a profound tool for healing. Through a live demonstration of hypnotic regression and guided exercises, we'll uncover how rewriting limiting beliefs and understanding another's struggles can dissolve years of emotional suffering.

By the end of the workshop, participants will leave with practical methods to help clients (or themselves) release old pain, reframe past experiences, and open space for healthier relationships, inner peace, and personal growth.

**SATURDAY, 5/2
10 – 11:45 AM**

WHAT IF YOU'RE ALREADY INTUITIVE?

with L. Hammond

Some sessions feel like magic. Others... fall flat. What's the difference? In this engaging, insight-packed presentation, Lori pulls back the curtain on why hypnosis works when it works—and how to create consistent, lasting results with every client. You'll discover how to tap into your natural intuition (even if you think you don't have any), how to build deep rapport that makes “messaging up” irrelevant, and how to ensure your client's transformation continues long after the session ends. Whether you're new to hypnosis or have decades of experience, you'll walk away with simple, powerful shifts that help you trust yourself more deeply and deliver change that sticks.

This workshop is designed to demystify the “magic” behind effective hypnosis and give practitioners a reliable, repeatable framework for facilitating deep transformation—even in the most unpredictable client sessions. We'll begin by unpacking the real reasons hypnosis sometimes works like a charm... and sometimes doesn't.

Attendees will discover how to:

- Access their intuitive “knowing”—even if they don't consider themselves intuitive.
- Drop into attunement with their client's inner world and track subtle shifts as they happen.
- Create permission-based sessions that feel co-authored rather than scripted or forced.
- Build rapport so strong that even when the session goes sideways, transformation still occurs.
- Deliver future pacing that embeds the change into the client's life outside the hypnosis chair.

We'll also explore what most trainings don't teach: how to know when the change has already happened—and how to stop talking once it has. This makes sessions cleaner, more potent, and far less draining for the hypnotist.

RELATIONSHIP MENTOR

with A.J. Kun

This workshop is an advanced, trauma-informed training designed for professionals, coaches, and therapists seeking to strengthen their ability to guide couples toward lasting, healthy partnerships. Drawing on more than 25 years of clinical hypnotherapy, applied psychology, and neuroscience, this program addresses the root causes of relationship distress—beyond surface conflict—through practical, evidence-based strategies.

Core topics include building trust and intimacy, mastering conflict resolution, navigating cultural and lifestyle differences, and working with complex emotional dynamics such as jealousy, power imbalance, and unprocessed trauma. Special emphasis is placed on understanding the relational impact of mental health conditions including depression, OCD, panic disorder, bipolar disorder, and dissociative identity disorder (DID).

Attendees will leave able to:

- Identify core relationship challenges quickly and accurately.
- Apply proven strategies to build trust, resolve conflict, and strengthen intimacy.
- Guide couples toward sustainable growth while maintaining professional boundaries.
- Work effectively with cross-cultural, trauma-affected, and high-complexity cases.

FROM ENTRAINMENT TO ENTANGLEMENT


with D.R. Simmons

This workshop lays out the case for Self Realization to enhance the effectiveness of healing others. This is Activated Compassion at work. Understanding the subtle forces that govern connection and consciousness is no longer optional, it's essential. This breakthrough workshop explores the powerful intersection of entrainment, the rhythmic synchronization that deepens trance and entanglement, the quantum-level connection that defies space and time. This is a revolutionary upgrade in how we understand the subconscious and it's an evolutionary leap in our work as a healer, shaman and hypnotherapist. This isn't just a talk; it's a leap forward; Revolutionary and Evolutionary with leading-edge principles to elevate your hypnotherapy practice.

The world is evolving. Hypnotherapy is evolving and so should we. If you're ready to move beyond technique and step into the future of transformational hypnotherapy, this is the workshop for you. Walk away with leading-edge insights and tools you can use immediately. Together we bring harmony and healing into the world, one client at a time.

Learning Objectives:

- Discover the powerful intersection of entrainment and entanglement, the quantum-level connection.
- Merge consciousness with compassion for the overall well being of others.
- Explore how Sound creates a magical "bed" creating a rhythmic synchronization, deepening trance.
- Understand the subtle forces governing connection and consciousness and how Shamanic techniques help this connection take place.
- Learn the 4 Foundations of a satisfied soul in order to accept change.



SATURDAY, 5/2
1 – 2:45 PM

CHILDHOOD CHAKRA REGRESSION

with L. Thunberg

Childhood beliefs come from all aspects of our lives, not just trauma or abuse. In this workshop we will explore how clients create patterns in their lives from childhood perceptions, which can shatter their energy, create blocks in their lives, and sabotage their adulthood. Healing the child within creates a thriving adult! This regression can include, doing forgiveness work, parts therapy, and integrating wholeness in the energetic fields of the body. In Childhood regression case studies observe how clients found self-acceptance, and wholeness to master their perception of themselves and the world around them. Healing happens when you understand the process of self-healing childhood beliefs that no longer serve a client.

The benefits of childhood chakra regression are subjective and can vary from individual to individual. Here are some potential benefits that people associate with this therapeutic technique:

- **Emotional Healing:**
 - Childhood chakra regression aims to address unresolved emotions and traumas from childhood. By revisiting and processing these experiences, individuals may experience emotional healing and find relief from deep-seated emotional pain, fears, or anxieties.
- **Increased Self-Awareness:**
 - Exploring childhood experiences and their impact on the chakras can help individuals gain a deeper understanding of themselves. This increased self-awareness can lead to personal growth, self-acceptance, and a greater sense of inner peace.

- **Healing Blockages:**

- Childhood chakra regression can help identify and release energetic blockages that may be hindering the proper flow of energy in the chakras.

THE CLIENT CONNECTION: DISCOVER, ATTRACT AND RETRAIN YOUR BEST FIT *with D. Turnbull*

Some clients light you up and make your work feel effortless. Others... well, they can leave us drained and questioning our life choices. But why the difference? It's not random, it often comes down to the hidden patterns shaping how clients find you, connect with you, and decide whether to stay.

In this hands-on workshop, you'll uncover the unconscious metaphors quietly running the show in your client attraction. You'll explore how clients cross your path, what helps you connect with them, and how to keep the best ones engaged in your practice. Through guided exercises, live demonstrations, and lively discussions, we'll dive into client attraction, sustaining fulfilling relationships, and exploring why clients leave you.

Participants will then engage in guided exercises that bring to light the unconscious metaphors driving their client interactions and attraction.

We will explore three key stages of client relationships:

- Attraction - Understanding the metaphors that describe how clients find you and how you invite them in.
- Continued Relationship - Identifying the dynamics that sustain long-term, mutually beneficial relationships.
- Parting of Way - Examining what happens when clients leave, and how to interpret whether this is a natural part of growth or an area needing change.

THE G.I.F.T. SHIFT *with S. Roth*

The G.I.F.T. Shift™: Guided Imagination for Transformation is a powerful blend of hypnosis, neuroscience, and consciousness work. Explore the Room of Forgiveness and Understanding, the Map of Consciousness, and the role of brainwave states in transformation. Attendees will experience practical tools to help clients release old patterns, reprogram the subconscious, and elevate into higher states of awareness.

Participants will:

- Experience The G.I.F.T. process firsthand, learning how guided imagination anchors clients' most joyful and resourceful states.
- Explore the Room of Forgiveness and Understanding—a powerful hypnotic journey that dissolves old wounds, transforms limiting beliefs, and creates inner coherence.
- Understand how the Map of Consciousness (Hawkins) aligns with brainwave states—and how this knowledge can be used to deepen therapeutic outcomes.
- Discover practical applications of neuroscience and vibrational psychology in hypnotherapy practice.

Stephen will also share real-world case studies—demonstrating how The G.I.F.T. Shift™ empowers both individuals and practitioners to create profound and lasting change. Attendees will leave with new tools for guiding clients beyond subconscious reprogramming into higher states of awareness, forgiveness, and self-mastery.

SATURDAY, 5/2
3 – 4:45 PM

EFFECTIVE PARENT CONSULTATION

with N. Gerey

– **FREE** –

Most of your clients are parents, and many of their worries can be eased by understanding the basics of child development. You don't need to be a family therapy expert to help—sharing simple, universal principles already makes a huge difference in their parenting journey. In this workshop, I will prepare you to conduct a complete two-session Parent Consultation. You will learn how to explain why their role as a parent is so important, how a child's mind develops, and what influences that process. You'll be able to highlight the importance of unconditional love, show parents how to ensure their child truly feels it, and give them clear, practical communication advice. We'll also cover the role of nutrition and healthy diet in brain development, the connections between diet, emotional or behavioral challenges, and how environmental factors—like mold, e-smog, additives, or chemicals—can impact children. Finally, you'll learn how to teach parents a simple daily routine that helps children find emotional balance.

By the end of the workshop, participants will be able to:

- **Explain** to parents why their role is fundamental to a child's emotional, cognitive, and social development.
- **Describe** the basic stages of child development and the key influences on a child's mind and behavior.
- **Communicate** the importance of unconditional love and provide parents with strategies to ensure their child experiences it.
- **Teach** parents simple, practical communication techniques that foster understanding and reduce conflict.
- **Identify** the role of nutrition and environmental factors (e.g., mold, e-smog, additives, household chemicals) in influencing children's behavior and well-being, while remaining within professional boundaries.
- **Offer** general, non-prescriptive guidance on how diet and lifestyle can support healthy brain development and emotional regulation.
- **Introduce** parents to simple daily routines that promote stability, self-regulation, and emotional balance in children.
- **Conduct** a structured, two-session parent consultation using a clear and practical framework.

HYPNOSIS AS MIND/BODY MEDICINE

with F. Souza Campos

– **FREE** –

What if hypnosis could do more than change habits? What if it could directly influence biology? This session explores hypnosis through the lens of modern mind-body medicine. We begin with the classic distinction: genetics as the “hardware” we are born with, and early childhood experiences as the “software” that shapes how the body is used and maintained. From the early days of psychosomatic medicine to today's consultation-liaison psychiatry, hypnosis has been recognized as a powerful tool for behavioral change: weight loss, smoking cessation, sleep, stress, and mood regulation - with proven health benefits.

Now research is pointing toward even deeper effects. We will examine evidence in oncology, autoimmune disorders, regeneration, and performance enhancement, while introducing key concepts such as psychoneuroimmunology, psychoendocrineimmunology, and epigenetics. Participants will leave with a clear framework for how hypnosis can be understood and communicated as an essential modality of modern mind-body medicine.

Participants will leave this workshop with:

- A clear historical and scientific understanding of psychosomatic medicine and its modern successors.
- A practical framework for explaining hypnosis as both an indirect and direct influence on health.
- Familiarity with key concepts such as neuroplasticity, psychoneuroimmunology, and epigenetics.
- Confidence in positioning hypnosis as a scientifically grounded, clinically valuable modality within modern healthcare.

This presentation is designed for hypnotherapists, healthcare providers, and professionals interested in the expanding frontiers of mind-body medicine. By integrating both the science and practice of hypnosis, it provides attendees with the tools to better understand, apply, and communicate hypnosis as an essential part of 21st-century medicine.

HYPNO MAGIC WITH METAPHOR AND NESTED LOOPS

with K. Hand

– **FREE** –

Would you like your sessions and written material to be as compelling as your favorite entertainment series or novel? Do you want to keep your clients or groups as engaged as the great Hollywood movies? If you knew the secret to spellbinding story-telling, would you use it? This workshop offers easy to follow instructions and complete templates for you to produce magical material in scripts or in extemporaneous sessions.

And, finally...**UNDERSTAND** how to create and utilize nested loops in all of your communication.

Participants will:

- Identify easy methods for using and creating compelling metaphor.
- Learn simple language patterns to embed suggestions.
- Learn the secret to keeping your audience hooked by using effective nested loops.
- Discover how easy it is to make suggestions inside a story outline.
- Create mindset shifts in sales, promotions, clients' sessions, groups, etc.

**SUNDAY, 5/3
10 – 11:45 AM**

USING AI TO SUPERCHARGE YOUR PRACTICE

with D. Ellis

This workshop takes you through the basics of what Artificial Intelligence is and how to apply it to your business to make your workflow with clients easier. We go in-depth into the application of AI in writing hypnotic scripts automatically, doing administrative tasks and assisting with customer relations management in your practice to lower your overheads and increase your profitability. All participants will receive free access to Therapypro software for their practice after the workshop on a pay as you go plan as gratitude for attending the workshop.

In this workshop you will:

- Discover how AI can attract more clients effortlessly, so you can expand your reach with minimal marketing effort.
- Learn to automate your session notes with AI, so you can focus more on client interaction and less on paperwork.
- Use AI to create tailored scripts for each client, so you can increase your session effectiveness and client satisfaction.

- Implement AI systems to manage bookings and cancellations, so you can streamline your scheduling and reduce no-shows.
- Leverage AI tools to enhance interactions and follow-ups, so you can improve client retention and build loyalty.

CLINICAL AND SPIRITUAL BENEFITS TO HYPNO-REIKI INTEGRATION

with C. Sheehan

Drawing from 25 years of clinical practice, this workshop explores the powerful synergy between hypnotherapy and Reiki energy work to enhance therapeutic outcomes. Attendees will discover how integrating these complementary modalities can deepen client relaxation states, increase suggestibility, and accelerate healing responses.

This evidence-based workshop examines the neurophysiological parallels between hypnotic states and Reiki-induced relaxation, both accessing similar brainwave patterns conducive to therapeutic change. Participants will learn practical integration protocols that enhance traditional hypnotherapy sessions without requiring extensive additional training.

This workshop features:

- Case study analysis demonstrating measurable outcome improvements.
- Live demonstration with volunteer participant (if time permits).
- Hands-on practice opportunities (if time permits).
- Practical business integration guidance.
- Comprehensive resource packet for continued learning.

Designed for practicing hypnotherapists seeking to expand their therapeutic toolkit, this session bridges ancient healing wisdom with modern therapeutic practice, offering concrete methods to enhance client outcomes and professional satisfaction.

THE RELEASE AND REPLACE METHOD

with L. Thomson

The Release-and-Replace Method is a neuroscience-backed hypnotherapy approach that teaches practitioners how to help clients shed painful emotional imprints from past trauma and symbolically replace them with empowering new patterns. Grounded in research on memory reconsolidation, emotional regulation, and neuroplasticity, this technique uses imagery, metaphor, and guided trance work to access the subconscious and facilitate emotional transformation.

Throughout this workshop, participants will be introduced to both the theoretical underpinnings and the practical application of the method. A combination of teaching modalities—including a detailed booklet, live demonstration, structured practice, and group discussion—will ensure that attendees not only understand but can confidently deliver the method in clinical practice.

This approach empowers clients to let go of catastrophic thought patterns and recurring internal scenarios that perpetuate distress. By releasing old burdens and replacing them with healthier associations, hypnotherapists can help clients anchor resilience, self-belief, and emotional freedom, creating long-term transformation.

By the end of the workshop, participants will be able to:

- Explain the neuroscience principles behind emotional release and replacement.
- Guide clients to externalize and reframe traumatic imprints using imagery and metaphor.
- Confidently use the Release-and-Replace Method.
- Integrate this tool into their hypnotherapy practice with trauma-informed sensitivity.

**SUNDAY, 5/3
1 – 2:45 PM**

**SOMATIC SHIFTS:
HARNESSING HYPNOSIS AND CHAKRA HEALING FOR LASTING CHANGE**
with L. Hunt
– **FREE** –

In this dynamic workshop tailored for hypnotists, participants will learn to integrate a Western approach to chakra healing within hypnosis sessions. Attendees will explore how to guide clients into an alpha state, facilitating access to the subconscious to uncover the emotional and physiological manifestations of trauma. The workshop will provide a detailed hypnosis script and effective questioning techniques to help clients navigate their own bodies and past experiences. Participants will also discover powerful release techniques that combine hypnosis with color therapy, aromatherapy, and sound healing, enhancing the therapeutic process. By merging these modalities, hypnotists will gain valuable tools to support clients in achieving profound healing and lasting transformation.

Learning Objectives:

- **Identify** key principles of the Western approach to chakra healing and its integration with hypnosis to facilitate emotional and physical healing.
- **Demonstrate** how to apply aromatherapy and color therapy techniques to enhance the hypnotic experience and promote client healing.
- **Explain** the relationship between unresolved trauma and physical ailments, empowering clients to gain insights into their healing journeys.
- **Describe** techniques for guiding clients through a visual, auditory, and kinesthetic exploration of their chakras and stored trauma during hypnosis sessions.
- **Create** customized treatment plans that incorporate hypnosis, aromatherapy, sound healing, and color therapy to support clients in their healing process.

THE HYPNOTIC PAIN CONTROL PROTOCOL
with N. Wackernagel
– **FREE** –

Pain is one of the most challenging experiences for patients – and one of the greatest responsibilities for healthcare providers and therapists. What if there was a proven, non-invasive method that could reduce or even eliminate pain – without medication, without side effects, and with long-lasting benefits?

In this presentation, Nicole Wackernagel-Holzer introduces her Hypnotic Pain Control Protocol – a powerful and practical approach for managing both acute and chronic pain. Participants will learn how hypnosis activates the brain's natural ability to modulate pain perception, discover a clear step-by-step framework ready to use in practice, and witness live demonstrations supported by real clinical examples – including surgery performed entirely under hypnosis without anesthesia.

By attending this session, you will gain practical tools you can immediately integrate into your professional work, a deeper understanding of the science and art of hypnotic pain control, and the confidence to help patients and clients achieve lasting relief in situations where traditional methods may fall short.


PARENTING ADULT CHILDREN

with B. Waters Shankman

– **FREE** –

Babies do not come with an instruction manual but typically we are surrounded by other new parents and/or experienced parents to help us through the day-to-day management of diapers, sleep, feeding, playtime, etc. But then these beautiful little babies grow up, get married, and even have children of their own while launching careers in a world very different from the one we knew. Clients struggle with empty nest, are challenged by new children-in-laws, and have trouble with the new rules of babies. (They sleep in empty cribs, with no blankets and ONLY on their backs now!) Join Bev for a discussion of making the most of your growing family and learn to help your clients navigate the expected changes with unexpected rules.

Bev will share the challenges that have been brought to her by clients including difficult daughters-in-law, clients who "side" with the son-in-law, grandparents denied access to grandchildren, grandparents expected to be full time baby sitters, and more! We will talk about navigating those challenges while building relationships rather than losing them.



SUNDAY, 5/3
3 – 4:45 PM

THE PROCESS OF CHANGE: ARE YOU BEING THE CHANGE?

with W. Rocki

– **FREE** –

The phrase “nothing changes until you do”, popular in motivation and self-improvement, persuades a person to work hard on changing oneself as the prerequisite for achieving desired changes. This is the path of “hoping for the change” through intentions and mental processes. A different path leads through sensory embodiment of the outcomes of the change, “being the change.” Still, a different path involves self-realization, which entails recognizing oneself as “being the process of changing.”

In this experiential workshop, we will play with all three paths on the way to desired changes. In our exploration, we will utilize the full array of techniques and exercises from hypnotherapy, NLP, and theatrical improvisation. This experiential, playful workshop offers discoveries that can bring about the desired changes in your personal and professional life.

Learning Objectives:

- Practicing creative curiosity in exploring different paths to desired changes.
- Playful laboratory of experiencing techniques from different disciplines in creating changes.
- The seminar will invoke discoveries that apply to the personal and professional lives of participants.

REGRESSION BEYOND TIME: ALCHEMICAL REGRESSION AND THE EVOLUTION OF HEALING

with C. Sauciuc

– **FREE** –

Traditional regression often revisits memory but overlooks the brain systems that encode and sustain it. Alchemical Regression, developed within Meta-Conscious Design in Therapeutic Methodologies, integrates neuroscience with therapeutic process by engaging the hippocampus, amygdala, and default mode network to transform imprints at the level of The Self. Unlike age or past-life regression, this method does not merely recall

experience but symbolically re-authors it, stabilizing new emotional-feeling states. Attendees will learn the key distinctions between regression models, witness a live demonstration, and explore how identity-level healing becomes possible through this advanced methodology.

The core of the presentation will be live demonstration. A volunteer will experience a brief induction followed by the Alchemical Regression process, including the symbolic transformation of an early imprint. Observers will see how neuro-language cues and permissive Ericksonian pacing create both safety and transformation. The demonstration will highlight techniques such as establishing a safe resource state, guiding symbolic imagery, and stabilizing the new State of Being through future-pacing.

The session will conclude with a Q&A designed to help attendees apply these principles within their own practice. Specific attention will be given to adapting Alchemical Regression to trauma-informed work, integrating the process with existing therapeutic orientations, and addressing questions from both clinical and hypnotherapy perspectives.

TWO MINDS TECHNIQUE: LEVERAGING CONSCIOUS AWARENESS IN HYPNOSIS

with G. Zak

– **FREE** –

As hypnotists, we are trained to use techniques that bypass critical thinking thus leaving logic, reason and intellect aside. In this workshop, you will learn a unique method that utilizes both the Thinking Mind and the Unconscious Mind in tandem to shift core beliefs running outdated programs.

Gila will briefly discuss the theory behind this technique and then offer a detailed, step by step demonstration with someone who is a self-described "hard to hypnotize" volunteer.

You will also leave with an outline of the process to be used in your own practice and ways to customize it to your clients.

- How the hemispheres of the brain responds differently to sound, emotion and sensations.
- How the therapist can optimize this knowledge throughout the session for dynamic change.
- The ways in which memories are created, stored and recalled using eye movements.
- How we can REVERSE ENGINEER problematic programs encoded in the brain & neural network.
- How to determine a client's unique hypnotic personality and why this is a crucial mistake that many therapists overlook.
- Why this process is especially effective with "hard to hypnotize" analytical or dominant personality types.

I'M NOT OLD... I'M CLASSIC

with B. Austin

– **FREE** –

There are old expressions: age is only a matter of perspective or another one: getting old is not for the faint of heart. Both are true. Age research has determined how one feels about themselves as they age affects their physical and psychological health. I'll review the research and lead a discussion on how we, as hypnotherapists, can assist in developing a positive attitude for individuals as well as help reframe our communities to provide support for our elderly clients.

As hypnotherapist, we can help a client reframe their self-esteem and gratitude for their expansive wisdom by using hypnosis and NLP techniques?

During this workshop, participants will learn to:

- Recognize the myths of aging.

- Be aware of the effects of negative and positive self images.
- Discuss methods to help older people develop a positive attitude toward aging.

TURNING POINTS

with L. Bennett

– *FREE* –

Life is a tapestry woven with countless threads of experiences, yet it is often the moments that stand out — the turning points — that define who we are. These pivotal instances shape our beliefs, alter our paths, and resonate deeply within us long after they pass. "Turning Points: Embracing the Moments That Define Us" delves into these transformative junctures, exploring how they challenge us, push us to grow, and ultimately contribute to be our personal narratives. Through stories of courage, introspection, and resilience, this talk invites you to reflect on your clients and your own turning points and embrace their profound impact on your journey through life. We will also explore how to become freed from a disempowering story,

This workshop will identify:

- Defining ourselves through our stories.
- Ways we can encourage our clients to turn disempowering stories into empowering stories.
- Assumptions, Misinterpretations, Missing Pages, Deleting Pages, A Big Eraser.
- Root bound plant Forgiveness.

WORKING WITH TRANSGENDER CLIENTS

with S. Gilbert

– *FREE* –

Clients who identify as transgender, or are exploring this idea, have a unique set of challenges that we as hypnotherapists are uniquely able to support. This workshop will help you feel more prepared to identify the challenges specific to your client, and create the sessions that will help them move forward.

We will cover the basics of the specific challenges these clients face and how to evaluate your own comfort level with this work. We'll cover an open and in-depth discussion about what personal, family, and professional issues may arise for the client, and specifically, how we can support the client. Attendees will receive scripts, outlines, and other tools to facilitate their sessions. My goal is to help the attendees feel comfortable should they choose to work with this population of clients.