

International Association of Counselors and Therapists
International Medical and Dental Hypnotherapy Association

Moving to Mastery

IACT/IMDHA HYPNO EXPO 2023



May 19-21, 2023
Orlando, Florida

www.iact.org

570-869-1021

www.imdha.com



IACT / IMDHA



Dear friend and colleague,

It's exciting to be hosting the conference LIVE in Orlando, Florida. This year promises to be the best one yet! We always look forward to coming together—when connecting with old friends feels like nothing short of a family reunion.

The conference theme, Moving to Mastery, implies exactly what is inferred; a well-blended combination of hypnosis, NLP, neuroscience, real-world experience, performance training, research, life coaching, and positive psychology that will profoundly elevate your consciousness and enhance your skills.

The improvements to this year's conference include exceptional offers – free access to a 2-day pre-conference course on the topic of Hypnotherapy and a workshop on Friday, both hosted by Monica Geers-Dahl. You'll also have access to 6 free workshops on Sunday afternoon. You'll find a complete description of them within the pages of this catalog.

Our new venue, the Doubletree by Hilton at Sea World, offers high-quality accommodations, spacious guest rooms, and beautiful grounds with the tropical flair of a five-star resort. All these great additions make in-person participation in the 2023 Conference even more valuable than ever. I would be remiss if I didn't tell you what awaits your hotel stay... Upon registering, you will be presented with one of the hotel's (warm) signature chocolate chip cookies—baked fresh on the premises! I was told that DoubleTree bakes seventy-seven thousand of them each day globally.

This year we've chosen 48 exceptionally gifted and highly acclaimed educators to bring you a versatile and well-rounded combination of extraordinary presentations to fit your experience level, interests, and wallet. Collectively, you can participate in nearly 100 award-winning courses, lectures, and workshops. Some presentations, uniquely connected to our conference, are not offered in any other venue, so I encourage you to seize the opportunity to select from your skill set 'wish list' and train with the pros!

Orlando is arguably one of the most magical and fun-filled cities to visit. It's true: Orlando is a magical place. And it's not just because it's home to Cinderella's castle at Walt Disney World. An incredible mix of fun things to do in this great city makes it an ideal conference location. Plan an extended stay to check out the fun of Orlando (and nearby) activities. It has something for folks of all ages.

When you attend Hypno Expo, you have a unique opportunity to exchange ideas with colleagues from all over the world. Imagine what areas can be enhanced using the latest developments in social networking and marketing, teaching, and practice building. Imagine obtaining timely information on cutting-edge techniques and scientific research. Imagine an environment filled with favorable networking, collaboration, demonstration, and technique opportunities. The possibilities are endless as you embark on an educational adventure as limitless as your imagination in a city built on dreams and imagination.

Hypno Expo goes from strength to strength, and 2023 promises to be no exception, offering an array of expert speakers to inspire and motivate. Within these pages, you'll find numerous workshops, lectures, and courses from which to choose. The presentations will tantalize your educational taste buds, inspire your professional development and embrace your desire for learning... all while experiencing a relaxing and enjoyable stay in the beautiful Sunshine State.

While browsing this catalog, I wonder how many topics will catch your attention or pique your curiosity. There's a real possibility that each page will contain something of interest to you. Before choosing, we encourage you to prepare a list of desired speakers, subjects, and goals to help you decide which selections best fit your objectives and interests. Then, prioritize your choices to get the most out of your conference experience.

Our goal in offering this conference is our commitment to assist you with ongoing personal and professional development. Dollar for dollar, the conference will prove to be one of the best values for your educational investment.

You can't expect to meet the challenges of today with yesterday's tools and expect to be in business tomorrow. Consider taking a weekend out of your busy life to invest in yourself and breathe in new ideas and inspirations.

I look forward to welcoming you in Orlando at the Doubletree by Hilton at SeaWorld; in May, when the weather is magnificently perfect, the sunrises are breathtakingly beautiful, and the camaraderie is incredibly inspiring.

I'll see you there!

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." – Malcolm X



The International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association® have once again joined forces to offer you an extraordinary opportunity for continued education, personal growth, and advancement in the profession.

When you attend *HypnoExpo 2023* you are assured of an exuberating and enriching experience. Live participation provides a 360- degree perspective from experienced, well-informed educators. You'll have the opportunity to talk with your peers one-on-one about their best practices, case studies, tips, and techniques. Never underestimate the value of hands-on training. While a picture may be worth a thousand words, a live presentation is priceless!

With that being said, we understand there are times when physical attendance is just not possible. So again this year, we're excited to offer you an alternative to physical attendance. Virtual Conferencing!

We have more than a decade of experience in bringing the conference to you Streaming live! This means you can attend the conference without ever leaving your home or office! Virtual conferencing is the wave of the future and we're happy to be the first hypnosis organization to offer this option. Whether you join us LIVE in sunny Orlando, Florida, or 'Virtually', from the comfort and privacy of your home or office, you are sure to find the experience rejuvenating, invigorating, and refreshing. Attending the conference in either venue also fulfills your annual obligation of continued education.

So, register for the conference today! We've taken steps to ensure that your registration experience is quick and easy. Online Conference Registration is available at www.HypnoExpo.com. You may also register by calling Hypnosis Headquarters (570) 869-1021, or download and print the conference registration form from the web. A dedicated fax line (570) 896-1249 (private and secure) is available 24 hours a day.

Although you may reserve a room at any time, the deadline for reservations with a discount is April 24th or until the block of rooms is sold out. To reserve a room call the hotel directly. Call (855) 610-TREE. Use reservation code 'HYP'

We look forward to seeing you in sunny Orlando, Florida this May.

Robert Otto, President, CEO



**The International Assn. of Counselors and Therapists
The International Medical & Dental Hypnotherapy Assn.®**

8852 SR 3001, Laceyville, PA 18623
Phone: 570-869-1021 • Fax: 570-869-1249
www.iact.org www.imdha.com

Important Conference Information

CONFERENCE REGISTRATION:

REGISTER ONLINE: Go to www.HypnoExpo.com

REGISTER BY PHONE: Call Hypnosis Headquarters at (570) 869-1021

REGISTER BY FAX: Complete your registration form and fax to (570) 869-1249. (The secure fax line is a dedicated line-available 24 hours a day).

REGISTER BY MAIL: Complete your registration form and mail with appropriate fees to: IACT/IMDHA, 8852 SR 3001, Laceyville, PA 18623. You may download a copy of the REGISTRATION FORM by going to www.HypnoExpo.com and selecting the Conference Catalog. Follow the prompts.

ROOM RESERVATIONS: Reserve your room by CALLING THE HOTEL directly at (855) 610-TREE. Use Reservation Code 'HYP' for special rate. A block of rooms has been reserved for May 19-21, 2023. You can reserve your room by using the ONLINE RESERVATION. Go to the Association's home page and select Annual Conference. Then select Amenities. Deadline to receive the special rate is April 24th or until the group block is sold-out, whichever comes first.

TRANSPORTATION: Thrifty is proud to be the official car rental agency of Hypno Expo 2023. Use corporate code 3029669. Easy online reservations can be made directly through the Association's website; "Conference ->Amenities".

DIRECTIONS: Call the hotel at (855) 610-TREE

CONFERENCE PACKAGE INCLUDES: Your choice of all 45-minute lectures on Friday, Saturday, and Sunday; Admittance to the Friday evening Social including entertainment and refreshments; Admittance to the Saturday evening Awards Banquet and Entertainment. Continental breakfast included to conference participants registered as hotel guests; your choice of a (FREE) 2-day course and 6 workshops. Access to all elective workshops and pre and post-conference courses (additional fees apply).

TAX DEDUCTION: An income tax deduction is allowed for expenditures of education (including travel, meals, and lodging) undertaken to maintain and improve professional skills. (See Treasury Regulation 1:62-5: Coughlin v Comm. 203F.2d307).

CANCELLATIONS: To receive a full refund (minus a \$25 administrative fee), cancellations must be made in writing and postmarked prior to April 26th.

CONTINUING EDUCATION: Full attendance at the event on Friday, Saturday, and Sunday will fulfill your annual CEU obligations in IACT and IMDHA. Additional credits are on an 'hour-for-hour' basis. Validation will be provided upon request.

RECORDING: We have contracted the services of a professional recording company. No personal recording is permitted. Recordings will be available for sale post-conference. You may purchase recordings by completing the form or ordering through the online store.

CONSENT: There will be various professionals on-site to photograph and record the event. By attending the conference you give consent to be a participant in any conference recordings or photographs.

CLASSROOM POLICY: Your opinion counts! Evaluation forms will be distributed for each class. Your cooperation in completing the forms will provide valuable feedback for each presentation. This is what is used in evaluating the speakers and topics for next year. Name badges MUST be worn at all times. Please be sure to silence your cell phones and pagers before the start of a lecture.

HYPNO EXPO 2023

FRIDAY - AT - A - GLANCE

| 5/19/2023 | Cypress A | Cypress B | Cypress C | Magnolia A | Magnolia B | Magnolia C | Mangrove |
|------------|--|--|--|--|---|--|-------------------------|
| 9AM | Conference Orientation & Welcome (Citrus A & B) | | | | | | |
| 10-10:45AM | W. Horton Waking Hypnosis 101 | D. Castor Anchoring Happiness in Your Clients Therapy | W. Rocki Are We Magicians or the Magic? | M. Geers Dahl Mind Games for Personal Growth FREE | R. Light Fears & Phobias Gone | B. Austin In the Moment Stress Reduction Techniques | Chapter Meeting |
| 11-11:45AM | A. Emrich Cleaning Up Your Intimacy Circles | S. Stockwell-Nicholas Consciousness: What's That? | M. Root Impact on Gut-Brain Connection | | | | IWDHA School Meeting |
| 12PM | LUNCH BREAK | | | | | | |
| 1-1:45PM | A. M. Epp Awakening to Your Soul Gifts | M. Babineaux You Did What? | W. Moyer The Art of Evolving | S. Gilbert Tools for Emotional Divorce | J. Nash Recognizing the Signs of Suicidal Ideations *DISCLAIMER* | L. Heusinger The Toggle Effect: Stress Management Program | IACT Instructor Meeting |
| 2-2:45PM | N. Wackernagel Insights into Smoking Cessation | M. McCool Unlock the Money in Your Mind | E. Rosen Working with Medical Diagnoses and the DSM-5 | S. M. Fatemi Integrative Approach to the Experiential Mind | | H. L. Elman Why Pain Suppression Should Be Mandatory | Board Meeting |
| 3-3:45PM | J. Hanson Turtle Trance-formation Process | M. Svatek Releasing Real or Imagined Curses | B. Scholl Teen Hypnotherapy | | K. Hand Hypnotic Tarot: Elicit Metaphors for Change | | |
| 4-4:45PM | C. Elman The Control Room | D. Papadakis The Relationship Code | B. Austin Cumulative Stress | | | | |
| 7PM | Please join us on the Harbor Terrace for a 'No-Host' Cocktail Reception with entertainment by Splash | | | | | | |
| 9PM | Singing Bowls Concert with Peter Blum - Magnolia C | | | | | | |

SATURDAY - AT - A - GLANCE

5/20/2023 Cypress A Cypress B Cypress C Magnolia A Magnolia B Magnolia C

| | | | | | | |
|------------|--|--|---|--|---|--|
| 9AM | President's Address - Robert Otto Keynote - Sayyed Mohsen Fatemi <i>Citrus (A & B)</i> | | | | | |
| 10-10:45AM | S. M. Andrews What Hypnos Need to Know About Stage Hypnosis | S. Gilbert Socratic Questioning | M. Geers Dahl Gestalt Therapy and Hypnosis | S. Day Ending the Cycle of Inherited Family Trauma | M. Root The Gut-Brain Connection | L. Bennett The Importance of the Heroes Journey |
| 11-11:45AM | J. LaVelle Reclaiming Sleep | M. Watson Changing Perspectives Changing Lives | E. Rosen Trauma Informed Clinical Hypnotherapy | LUNCH BREAK | | |
| 12PM | | | | | | |
| 1-1:45PM | S. Day Empath: Gift or Curse | P. Daoust Finding Your Stories | B. Eimer Hypnosis for Pain Control | P. Blum The Medicine Wheel and Journeying | W. Rocki Improvisation & Hypnosis Routines for Wellness | B. Lemaire Historical Inductions |
| 2-2:45PM | J. Eijay & J. Patterson Hypnotherapy in Mental Health | S. M. Fatemi Langerian Mindful Hypnotherapy | R. Light The Forgiveness Fire | G. Boyd The Never Fail Hypnotic Feedback Loop | M. McCool From Burnout to Breakthrough | C. Peterson Kids & Teens: Indispensable Skills for Success |
| 3-3:45PM | E. Jorre Philosophy + Hypnosis = A Lifestyle | C. Eiman Diversify Your Deepeners | F. Mau Epigenetics: Nurture, Nature, Change, and Hope | No-Host' Cocktail Reception | | |
| 4-4:45PM | B. Eimer Hypnosis for Surgery Preparation | J. Nash The Trauma Experience | L. Heusinger Cognitive Polar Transformation | | | |
| 7PM | | | | | | |
| 7:30PM | Annual *Awards Banquet* and entertainment | | | | | |

SUNDAY - AT - A - GLANCE

| 5/21/2023 | Cypress A | Cypress B | Cypress C | Magnolia A | Magnolia B | Magnolia C |
|------------|--|---|---|--|--|--|
| 8AM | Sunday Service | | | | | |
| 9-9:45AM | K. Hand Hypnosis is B.S. | P. Blum Serenity Prayer for Hypnosis Clients and Practitioners | P. Scott PreTalk as a Catalyst for Change | P. Daoust Group Mindfulness Journeys Made Easy | J. Eijay & D. Papadakis Intervention for a Healthy Sleep | S. M. Andrews Stage Secrets, Demos & More |
| 10-10:45AM | M. Watson Rituals of Transformation | A. Emrich Is Your Body One of Your Best Friends? | N. Wackernagel 3 Secrets of a Confident Hypnotist | | | |
| 11-11:45AM | H. Grahn Let's Make it Happen | B. Lemaire OXO Model for Deep Trance | R. Hunter Inductions for Analytical Resisters | | | |
| 12PM | LUNCH BREAK | | | | | |
| 1-1:45PM | L. Bennett Feel to Heal | C. Hewerdine Mystical Shamanic Journeying: The Experience | H. L. Elman Logical Thinking | | | |
| 2-2:45PM | N. Gerey The Effectiveness of Sleep Talk with Children | J. LeClaire Simple Self Hypnosis | W. Horton Addiction is UPI! | | | |
| 3-4:45PM | M. Babineaux Don't Hold Your Breath FREE | S. Stockwell-Nicholas Stress Be Gone! Playing Your Vagus Nerve Like a Violin FREE | J. Hanson Breaking the Trance of Grief FREE | M. Svatek Using Hypnotherapy for Spirit Releasement FREE | N. Gerey 2-Minute Sleep Talk Process for Children FREE | C.R. Hunter The Six Basic Induction Types FREE |

PRE & POST CONFERENCE COURSES

| | Cypress A 10am - 5pm | Cypress B 10am - 5pm | Cypress C 10am - 5pm | Magnolia A 10am - 5pm | Magnolia B 10am - 5pm | Magnolia C 10am - 5pm |
|-------------------------------|---|--|--|---|---|--|
| Tuesday 5/16/2023 | | | | M. Watson Master Trainer Certification Training (CMT) | | |
| Wednesday 5/17/2023 | M. Geers Dahl Hypnotherapy (FREE) | K. Hand & S. Gilbert Metaphor Magic | W. Horton Intro into Waking/Covert NLP | M. Watson Master Trainer Certification Training (CMT) | C.R. Hunter Client Centered Parts Therapy | |
| Thursday 5/18/2023 | M. Geers Dahl Hypnotherapy (FREE) 2-Day | K. Hand & S. Gilbert Metaphor Magic 2-Day | W. Horton Intro into Waking/Covert NLP 2-Day | M. Watson Master Trainer Certification Training (CMT) | C.R. Hunter Client Centered Therapy 2-Day | P. Scott Medical Hypnotherapy 1-Day |
| Friday 5/19/2023 | NO FULL DAY CLASSES | | | | | |

| | Cypress A 10am - 5pm | Cypress B 10am - 5pm | Cypress C 10am - 5pm | Magnolia A 10am - 5pm | Magnolia B 10am - 5pm | Magnolia C 10am - 5pm |
|-----------------------------|---|---|--|--|---|---|
| Monday 5/22/2023 | P. Blum Future Shaping 1-Day | E. Jorre Transformation & Flow 1-Day | S. Stockwell-Nicholas Mindfulness 1-Day | M. Watson Master Trainer Certification Training (CMT) | C.R. Hunter Train the Parts Therapy Trainer | J. LeClaire Past Life Regression 1-Day |
| Tuesday 5/23/2023 | | | | M. Watson Master Trainer Certification Training (CMT) 5-Day | C.R. Hunter Train the Parts Therapy Trainer 2-Day | |



Lectures



Friday, May 19th

Lectures 10:00 – 10:45

WAKING HYPNOSIS 101

W. Horton

With the recent advances in science, it is important to know the biology and neurology of what we do. In this fun talk, learn some words that instantly activate neurochemicals, words that bypass the conscious mind, and why and how this works.

Waking Hypnosis 101 is an insight into how to use hypnosis and NLP without formal trance.

Bypass critical mind using simple words... Learn how and why certain words bypass critical factors and access the deep subconscious mind.

ANCHORING HAPPINESS IN YOUR CLIENT'S THERAPY

D. Castor

In this lecture, we'll discuss happiness, from the subconscious side of your client. Directing the client to remember happiness, then practicing it with them, becomes a foundational cornerstone for the client, along with Choice (Voice), Safety, and Boundaries. Your results will change as you add in, anchor, then help the client practice happiness.

This is a PowerPoint conversational class. Less lecture and more discovery! It will include a group 'meditation'.

ARE WE MAGICIANS OR THE MAGIC?

W. Rocki

This is an interactive lecture dialogue, a soul-searching of the hypnotherapy profession, aimed to prepare us for a more prominent role in healthcare.

A brain-storming identification of the unique aspects of hypnotherapy will facilitate marketing our profession in the post-covid area.

"This conference always has a beautiful welcoming committee. My first trip, I thought they hired models! It was the next year I found out Robert and Linda Otto RAISED the welcoming committee! What a beautiful family... and a great conference!"

-Karen Hand, Chicago, IL

Lectures 11:00 – 11:45

CLEANING UP YOUR INTIMACY CIRCLES

A. Emrich

Most of us go through life accumulating relationships with other people without realizing why we did it, how we did it, or what we can do now to improve the quality of our relationship life. The Intimacy Circle idea gives us some insight into how this process has been working for us to add relationships that bring love, joy, support, encouragement, and care, and to eliminate the ones that seem to create anxiety, boredom, disappointment, or feeling manipulated and used.

Intimacy Circles is a conceptual model that can empower us to examine our relationships, add more good ones, and eliminate the ones that cause us discomfort and distress. This theory base proposes that we create relationships that are way too intimate, way too fast. And, while our culture provides numerous opportunities to increase intimacy, doing the opposite—decreasing intimacy—often leads to the total elimination of the relationship. This lecture provides guidance for cleaning up your Intimacy Circles and making better choices for future relationships.

If you feel either/both loneliness and exhaustion from your current relationships with others, here is a way to both clean up your existing intimacy circles, and also learn how to make better relationship choices in the future.

CONSCIOUSNESS: WHAT'S THAT?

S. Stockwell-Nicholas

A hands-on exploration into the nature of thought and awareness on all levels. This lecture will entail a self-exploration as to what really matters in life.

IMPACT ON GUT-BRAIN CONNECTION

M. Root

Hippocrates, the Father of Medicine said, "All disease begins in the gut". All body systems are connected to our gut, mainly through the vagus nerve. Regardless of your client's health concern(s)—depression, anxiety, Alzheimer's, Parkinson's, belly fat, diabetes, etc—it's important, to begin with, the health of the digestive system (aka, the gut). We'll cover specific ways to improve the communication between the gut (our second brain) and the central brain so that transformation can take place.

Digestive myths will be dispelled, and a comprehensive, relatable overview of the digestive system will be provided. Attendees will leave with accurate information so they are

confidently prepared to help their clients take important steps toward gut health utilizing hypnosis.

Your clients can effectively achieve their health goals by first focusing on Gut Health—it ALL Begins in the Gut!

Lecture 1:00 – 1:45

AWAKENING TO YOUR SOUL GIFTS

A.M. Epp

Have you ever had that feeling of walking into a room for a reason, then completely forgetting why you came? Many of our clients walk around with that lost underlying feeling constantly. They know they have an important purpose on this planet, but somehow it often feels unclear, unattainable, or just out of reach. Using the power of Hypnotherapy and visualization techniques, Alli Mary guides lecture participants through a transformative talk on the key to fully embracing, embodying, and expressing our Soul Gifts. Alli discusses the common blocks that come to the surface when working with reconnecting to our purpose and soul's desire.

For instance, 'Fear of being seen' 'fear of being rejected in our truth', as well as common limiting beliefs such as 'I don't have time to follow my heart' or 'that won't pay the bills'. Through Alli's exciting and heartfelt personal story of transformation- she helps offer techniques to bust through clients limiting beliefs and offers new insight into helping clients thrive in their truest authentic essence and soul gifts.

Attendees will gain powerful insight and techniques on how to help their hypnotherapy clients confidently connect with their unique purpose and soul gifts.

YOU DID WHAT?

M. Babineaux

There is a protective advantage in familiarizing yourself with the ethics code. Ethics training is now required of new members

Missteps, mistakes, and misunderstandings all affect your reputation and business whether it is your fault or not. Consider using the ethics code for the protection of your reputation.

THE ART OF EVOLVING

W. Moyer

In one session you can help your client free themselves from negative past experiences that may be hindering their progress forward and keeping them from living a fulfilling life.

This is a comprehensive method to help clients let go of the past, accept the present and create a better future. It has been in development for several years and has evolved into a comprehensive program that has proven effective for many clients.

Lecture 2:00 – 2:45

INSIGHTS INTO SMOKING CESSATION

N. Wackernagel

Important points for a successful non-smoking session!

Learn the 5 most important points that your non-smoking session will be successful. And you can bring more and more clients into your practice and still have fun!

UNLOCK THE MONEY IN YOUR MIND

M. McCool

Have you ever wondered why some people seem to find it easy to grow their income to six figures and beyond! while you feel like you are working yourself to death, and still have hit a glass ceiling in your mind? Why is it that the dream life you have envisioned seems so far out of reach? And even if you are earning the money, you seem to have no TIME to enjoy it?

In this talk I'll reveal how you can finally earn more money without ever overworking or sacrificing what you love so that not only do you earn more money, you experience deliriously HAPPY success with the time to do the things that really bring you JOY!! Come and discover the secret to deliriously HAPPY success!

WORKING WITH MEDICAL DIAGNOSES AND THE DSM-5

How clinical hypnotherapists can benefit and make enhanced productive use in hypnotherapy sessions.

E. Rosen

In this lecture, learn 3 reasons why hypnotherapists need to understand the basic elements of the DSM-V, how it can enhance your working with clients or patients, and better networking with medical referral sources. Expand your practice by blending diagnostic awareness with hypnotherapy techniques.

Lecture 3:00 – 3:45

TURTLE TRANCE-FORMATION PROCESS

J. Hanson

TURTLE Trance-Formation Process© TURTLE is Totally Unlimited Renewal Truly Living Excellence. You will learn the TURTLE Trance-Formation Process, which is a blend of First Nations healing wisdom, Hypnosis, and NLP. Combined, these 3 systems create the powerful Total TURTLE Trance-Formation.

The TURTLE Process is easy to learn, even if you have only a basic understanding of Hypnosis. The 'Steps' are fun, simple, and easy to follow. Even if you miss a step, you cannot do it wrong! The TURTLE Trance-Formation Process is as reliable and hardcore as the Turtle itself.

The benefits of TURTLE include:

- Ease of doing
- Foolproof
- Changes can be made on several levels of neurology and depth of meaning
- Can be done content-free
- Do it yourself or with a facilitator
- Various levels of TURTLE—do the first 'Part' or go TOTAL TURTLE!

The TURTLE Trance-Formation Process is as reliable and hardcore as the Turtle itself. TURTLE is a fun easy process, changing the way in which you can do self-work and work with your clients. Go TOTAL TURTLE as you learn this fun technique!

RELEASING REAL OR IMAGINED CURSES

M. Svatek

Empower your clients to take control of and release real or imagined curses.

In the past year, there seems to be an influx of new clients, none of whom have any type of relationship or knowledge of one another, who believe they have been cursed. This has inadvertently left me with the task of finding a way to deal with this type of issue without dismissing it as delusional—as I had seen so many times while working in the mental health field. My clients have experienced success and are being empowered to dive deeper into these beliefs and learn how to undo curses, whether self-induced, false beliefs or a curse that was purposely placed on them in previous generations of family members or another person intended to inflict harm.

TEEN HYPNOTHERAPY

B. Scholl

Build up a profound rapport with your Teen Client in the professional Pre-Talk—the basis for a successful session!

"The inner door for healing always opens inward"—this means that we need to meet adolescents in their world when in a therapeutic setting.

Barbara Scholl, who is appreciated globally for sharing her in-depth know-how on Child & Teen Hypnotherapy, will fill you in on how you reach those teen hearts & minds in a very fresh, dynamic, and efficient way.

Come get charmed with exciting insights into the HypnoKids® method from Switzerland!

Lecture 4:00 – 4:45

THE CONTROL ROOM

C. Elman

This presentation will center on taking clients to the 'Control Room' of their minds which is an effective way to accomplish change. Learn through interactive discussion different strategies for approaching Mission Control, plus

metaphors and structures to fit your individual client and use of the remote control. These techniques are effective in both pain management and emotional shifts, PTSD, and more. Learn to install an express elevator within your client to use together or to use for their own self-hypnosis. Help your clients gain control of their own changes and their own lives.

THE RELATIONSHIP CODE

D. Papadakis

The Relationship Code is a systematic combination of conflict resolution techniques using the secrets of ancient healing and visualization, with Decording. As demonstrated in her new book, *The Relationship Code: Heal Your Wounded Heart*, Debbie has further enhanced this system with the power of hypnosis, making it a highly dynamic tool for Hypnotists and Hypnotherapists. Learn how to facilitate this very simple, yet powerful system to assist clients to heal their wounded hearts. Yes, you too can learn to help your clients transform any relationship! Debbie will guide you through a step-by-step demonstration using the techniques required to restore and renew your clients' relationships and heal their wounded hearts by removing the blockages that hinder them.

Attendees will learn techniques to get to the root cause of their clients' relationship issues and assist them in clearing the emotions/beliefs and childhood issues that hinder their relationships.

Participants will have the opportunity to:

- Identify problematic areas and learn how to transform their clients' relationships and heal the wounded heart.
- Demonstrate how to energetically free their clients from past destructive relationships (if any).
- Learn how to clear cellular memory and break multi-generational patterns that are stored at the cellular level.
- Define and explain the seven Chakras (energy centers) and learn how to use them to uncover blockages in order to restore balance and healing.
- Apply specific techniques to transform negative emotions into positive ones using the Relationship Code system.
- Outline the steps required to overcome emotional blocks and obstacles created by painful experiences/relationships.
- Outline the steps to forgiveness.
- Identify how to create the relationships their clients desire by using the power of the mind.
- Partake in a powerful demonstration and group exercise to experience forgiveness and personal transformation.



CUMULATIVE STRESS

B. Austin

Cumulative Stress is analogous to an accumulation of little t-Trauma. Where does one start with delayering the onion when the client is overwhelmed with life events? In this lecture, we will:

- Define cumulative stress
- Explore the various aspects of cumulative stress
- Experience methods to deal with cumulative stress

Saturday, May 20th

Lecture 10:00 – 10:45

WHAT HYPNOS NEED TO KNOW ABOUT STAGE HYPNOSIS

S.M. Andrews

Impress your clients with your broad knowledge of all aspects of hypnosis and be able to answer their questions about stage hypnosis.

Love it or hate it, as a hypnotherapist you will get questions from your clients about stage hypnosis. Many of your clients first discover hypnosis through a stage show or a program on TV. Find out how stage hypnosis really works and learn some techniques that can help you perform killer demos when you speak to groups to bring clients into your practice!

SOCRATIC QUESTIONING

S. Gilbert

Socratic Questioning helps clients to uncover how accurate and helpful certain thoughts may be. Specifically, this is done by exploring how the client came to have those thoughts and evaluating the evidence regarding those and other possible thoughts.

This lecture will explore the basics of Socratic Questioning and how you can implement these questions during your intake interview and during trance dialogue. You will get the opportunity to play with some Socratic questioning yourself.

If you already use trance dialogue, this technique will help you up your game and deal with even the most resistant inner child!

If you're new to using trance dialogue, you will be excited to see how easily you can jump right in with this technique!

You will leave this talk excited to begin using this simple and very useful technique!

GESTALT THERAPY AND HYPNOSIS

M. Geers Dahl

The work of Fritz and Laura Perls and Paul Goodman, founders of Gestalt Therapy, is embedded in the training of Mark Gilboyne aka Gil Boyne. Gestalt practices include

empty chair, parts therapy, don't ask why, peel the onion, and be here now. Instead of using regressions to cause, Gestalt asks a person to be fully present, right here and now. The body holds tension right here, right now, accessing that tension and releasing it is key to creating an integrated, relaxed sense of self. When there are parts of the body or mind that are not integrated, a Great Debate can be used to integrate the body for a full sense of being fully present here and now. The assumption behind the Gestalt foundation taught by Gil Boyne was that the problem behind all problems is a fear of being unloved or unlovable in some form. Come ready to practice being here, now, an integrated person able to function in peak performance from a relaxed state of well-being.

Lecture 11:00 – 11:45

RECLAIMING SLEEP

J. LaVelle

Shorting yourself on sleep? Or do your clients? The focus of this training is to get game-plans in place to assist people with their sleep needs. Stress, age, lifestyle habits, plus more can interfere with your ability to sleep or to maintain sleep. Hypnotherapists and Stress Management Consultants can make a major impact on the lives of their clients with these simple techniques. Demo included.

CHANGING PERSPECTIVES: CHANGING LIVES

M. Watson

In most cases, success in therapy is the result of finding a new perspective. A new way to relate to those troublesome issues. A more resourceful way to respond to those triggers, problems, situations, and people that have been challenging for our clients.

Resourcing, Regression, Reimprinting, and Reconsolidation are the tools that hypnotherapists can call upon to make and integrate powerful change. In this exciting presentation, we will explore how you can help your clients come to an empowering understanding as they open up new possibilities in their lives.

Utilize the unconscious mind for deep pervasive change.

TRAUMA-INFORMED CLINICAL HYPNOTHERAPY

E. Rosen

Empower your practice using a trauma-informed approach to clinical hypnotherapy. Expand your competencies and attract new clients.

This workshop provides current thoughts and methods with regard to trauma care. A working knowledge of trauma care models, salient research, and application of clinical hypnotherapy techniques is explored and shared. While those in the clinical hypnosis field recognize the value of hypnosis in trauma work, empower your methods with knowledge of psychotraumatology.

This presentation makes use of PowerPoint slides, didactic information, and group discussion with hypnotherapy techniques employed.

Lecture 1:00 – 1:45

EMPATH: GIFT OR CURSE

S. Day

Empaths feel others' emotions and physical sensations in their own bodies. Essentially, they are emotional sponges who tend to absorb the stress of the people around them. As a result, they may suffer exhaustion, anxiety, addictions, depression, and a plethora of other physical and mental maladies.

What's unfortunate is empaths often have no awareness that the ailments they suffer are a result of the influence of others. They often feel they don't fit into this world; that they're odd and alone. Maybe you have clients who are empaths, or perhaps you are an empath. The secret to mastering empath abilities is to maintain a vital, healthy sense of self by utilizing specific grounding, clearing, protection, and self-care strategies. This develops resilience and cultivates the ability to face life's challenges without experiencing sensory overwhelm or health detriments.

Come learn specific strategies and techniques to teach your clients (or utilize yourself) in order to protect empathic sensitivities. These strategies mitigate the challenges of being an empath, while simultaneously remaining open to the opportunity of enjoying life's journey and the blessings of the gifts.

Attendees will be equipped to provide a program of techniques and tools for their empath clients so they can achieve self-acceptance, express their full empathic selves, and come into their own power.

This is a highly interactive and participatory lecture. Attendees will leave with actionable protocols and techniques to immediately utilize with their empathic clients (or for themselves). Complete assessments and a variety of techniques will be experienced within the presentation.

FINDING YOUR STORIES

P. Daoust

Hypnosis has a long history of embedding stories as a metaphor to inspire the desired change. Stories are everywhere but when you use stories drawn from your own experience, you create curiosity, add originality, authenticity, and inspiration and you deepen rapport with your client. We all have stories but it is sometimes a challenge to find them.

This session will provide the participants with a simple tool to easily identify great story material. It will also suggest some tips for naturally making the story richly hypnotic.

"As usual you all do a superb job."

-Norma Auerbach, Boynton Beach, FL

HYPNOSIS FOR PAIN CONTROL

B. Eimer

Hypnosis is an empirically validated treatment tool for chronic and acute pain. However, the efficacy of hypnosis is strongly influenced by hypnotic suggestibility and the skillful use of direct analgesic suggestion. Hypnotic suggestibility is mostly determined by the clinical context which includes rapport, competent use of language, the clinician's skills, and the patient's motivation. Efficacy of 'direct analgesic suggestions' is determined by the clinician's hypnotic language skills.

After attending this lecture, you will be able to define pain scientifically, explain why hypnosis is an ideal treatment tool for pain control, and summarize research findings that support classifying hypnosis as an Evidence-Based Treatment for pain control. You will also understand what it means to 'tame' as opposed to "fight" persistent pain, and you will be able to list a range of hypnotic strategies for relieving persistent pain.

Lecture 2:00 – 2:45

HYPNOTHERAPY IN MENTAL HEALTH

Treating the HypnoBiome Shows Exemplary Results

J. Eljay & J. Patterson

An introduction to relief in IBS and other mental health disorders using a step-by-step process that focuses on renewing harmony and balance in your client's life.

Success of hypnosis-mediated clinical studies in Irritable Bowel Syndrome (IBS) makes up, perhaps, the most significant studies in hypnotic patient management. The key to success is learning to resolve these unhealthy emotions. Focusing on the complex emotional issues involving gastric distress will aid in resolving gastric-related disorders and perhaps, it will be generalizable to other mental health issues. All practitioners who are serious about impacting these debilitating diseases will be given a novel step-by-step process to alleviate the root cause of these common and debilitating gastric diseases. This unique process is non-invasive and fosters well-being and health in IBS. Control of IBS symptomology through hypnosis enhances the quality of life of all your clients. The brain-gut-microbiome (BGM) interacts in both directions e.g., brain to gut and gut to brain. Initially, animal models and subsequent clinical trials implicate the microbiome as a key factor in normalizing gastric discomfort in IBS. Microbiome therapy and hypnosis both affect the anxiety/stress neurologic pathway mediated by the vagus nerve (polyvagal theory). Recent evidence from a genomic study of over 50,000 IBS patients confirmed the central role of the anxiety/stress pathway. Whether modulating the microbiome or hypnosis effect identical, similar, or divergent sub-pathways remains for future study.

Both approaches modulate the parasympathetic nervous system helping to manage anxiety and stress levels. The increase and creeping uncertainty of the future, the

potential of diving into an economic recession, worldwide disharmony, and runaway inflation underscores the increasing recognition of using hypnosis in these mental health disorders. IBS is significantly associated with early in-life adverse events including: 1) trauma, 2) emotional abuse, 3) physical violence, 4) sexual exploitation, and 5) childhood overuse of antibiotics. These ingrained sources of emotional distress both support hypnotic intervention and the normalization of the microbiome in IBS. Specifically, the uncertainty of the future and its concomitant burgeoning anxieties affects both the incidence of newly diagnosed IBS patients as well as exacerbating the symptoms in previous patients. Indeed, Coronavirus infection, itself, also negatively impacts the gastrointestinal tract. Creating a long-term environment of calming quiet and balance greatly reduces the most severe sequelae of these ubiquitous diseases. The 'how' of hypnotic interventions as the key to success in this spectrum of gastric disorders and other mental health issues will be specifically addressed.

Learning Modules:

- Live Style Modifications and Neuro-omics Interventions
- New Techniques, Handouts, Step-by-Step Process
- Age-related Gastric Insults from Antibiotic Over-use and Childhood Trauma
- Q/A

LANGERIAN MINDFUL HYPNOTHERAPY & SELF-TRANSFORMATION

S.M. Fatemi

This is a new model of hypnotherapy based on my nine-year long-standing work at Harvard University. The model has proven to be effective in dealing with numerous disorders.

This talk offers a new perspective on hypnotherapy and its therapeutic implications. Integrating Langerian mindfulness with hypnotherapy, the workshop provides the audience with a new understanding of hypnotherapy and its applications and implications.

Beginning with a preamble on hypnosis, hypnotherapy, and its components, I will discuss the therapeutic applications of hypnotherapy in a wide variety of contexts including insomnia, pain management, relaxation, stress management, trauma, weight loss, addiction, and anxiety management.

The discussions will continue to focus on different levels of awareness and consciousness by exploring pre-personal, personal and transpersonal and pre-convention, conventional and post-conventional realms, and explore the distinctions between knowledge and wisdom in wider therapeutic contexts.

The distinction illustrates how wisdom considerably goes beyond knowledge. Whereas knowledge is acquired through information, wisdom needs understanding it. Knowledge and wisdom focus on the dialectics of having and being. Knowledge is something we have; wisdom is something we must become. Knowledge informs us, whereas wisdom transforms us; knowledge empowers, and wisdom enlightens.

I then turn to mindfulness and its two mainstream versions: meditation-based mindfulness and Langerian mindfulness. By integrating Langerian mindfulness with hypnotherapy, the presentation will discuss, explain and describe the features and components of mindful hypnotherapy and its uniqueness in offering therapeutic interventions.

Attendees will be able to describe and explain the components of mindful hypnotherapy, its applications, and its implications for a wide variety of disorders.

THE FORGIVENESS FIRE

R. Light

Research has clearly established the negative effects of holding grudges against others and yourself. The Forgiveness Fire is a highly effective healing session that incorporates techniques that work synergistically to create acceptance and forgiveness on the cellular level. You the hypnotist have the power to assist your clients in the ultimate healing so they can overcome the negative emotions and the physiological issues from holding onto resentment and guilt. The Forgiveness Fire is the forum that truly makes it easier to let go of past wounds because it combines hypnotherapy with 6 different healing modalities into one highly transformative session. You also discover techniques and strategies to prepare your clients for forgiveness as well as a deeper understanding of what forgiveness is and does. Accepting and forgiving allow for more joy and peace. It can provide relief from insomnia, guilt, resentment, and stress as well as emotional and physical pain.

Attendees will learn and experience a highly effective healing protocol that can bring immense joy, peace, and emotional and physical healing for the client.

Lecture 3:00 – 3:45

PHILOSOPHY & HYPNOSIS = A LIFESTYLE

E. Jorre

An introduction to how hypnosis relates to different philosophies and how to incorporate new powerful frameworks into our practice. We'll be looking at how our personal belief system plays a fundamental role in the transformative energy we generate in our practice as well as in the lifestyle we want to project when working with our clients. Integrity and self-congruence play in our favor, to create the confidence and motivation required for efficient change work.

DIVERSIFY YOUR DEEPENERS

C. Elman

Ever get bored of counting to take your client into a deeper trance? Are you using deepeners as stand-alone "scripts" after your inductions? Learn through lectures, discussions, and demos, a variety of deepening techniques, and how to creatively place them in your sessions while weaving them in a client-centered manner.

Participants will learn a variety of ways to deepen or modulate a client's trance, creating a "fresh", creative, and effective method of being client-centered.

The class will include a lecture, demo, and discussion on various methods including but not limited to Fractionation, Re-induction, Pyramiding, Counting methods, Non-Verbal, Catalysts, and many more. Whether these techniques are used as stand-alone processes or creatively strung together, participants will attain more confidence in their ability and when and where to use deepening techniques.

EPIGENETICS: NURTURE, NATURE, CHANGE, AND HOPE

F. Mau

Behaviors and emotional orientation can be physically inherited. This soft inheritance is not via genetic changes; epigenetics refers to heritable chemical modifications to DNA that alter gene activity without changing nucleotide sequence. Your clients may believe that they have inherited a family curse like trauma or addiction. The good news is that, unlike genetic inheritance, epigenetic inheritances are not destiny that can be changed. We will review the current state of behavioral epigenetics with a focus on ways to help and encourage your clients as they create change.

Lecture 4:00 – 4:45

HYPNOSIS FOR SURGERY PREPARATION

B. Eimer

Careless comments are common in the OR. When uttered within earshot of the unconscious patient, a careless comment can trigger in the patient's unconscious ominous ideas of death on the operating table. This lecture will explain how to hypnotically inoculate a patient against this. At the conclusion of this lecture, attendees will understand the necessity of this procedure and how they can learn the entire hypnosis protocol.

When preparing a patient for surgery, it is important to understand that even under general anesthesia, the unconscious can hear and interpret voices and sounds in the operating room. Therefore, it is important to prepare the patient consciously and unconsciously for this reality. Research shows that many cases of unexplained persistent pain following surgery can be prevented with proper psychological preparation. This lecture will introduce a three-session hypnosis protocol that teaches pre-surgical patients: (1) what to ask and request from their surgeon and anesthesia team and (2) how to prepare their conscious and unconscious minds for general anesthesia, the surgical procedure itself, and recovery post-surgery.

Attendees will learn the single most important prognostic indicator for an unfavorable surgical outcome and how this can be communicated to the patient and the surgeon.

"Wonderful conference!!!"

-Joni Johnston Neidigh, Orange Park, FL

THE TRAUMA EXPERIENCE IS DIFFERENT FOR EVERYONE

J. Nash

Traumatic experience differs for every individual person. A person can feel traumatized from as little as jamming their finger in a door to losing a loved one to being sexually assaulted, kidnapped, or seriously assaulted. I can show you how to recognize, understand and work with your clients at their level of trauma.

COGNITIVE POLARE TRANSFORMATION

L. Heusinger

In the presentation, I will be teaching and demonstrating the CPT technique with a brief introduction to the Chinese 5 Elements, which allows us to produce very specific results from the Transformation process.

Sunday, May 21st

Lecture 9:00 – 9:45

HYPNOSIS IS B.S. & OTHER MAGICAL SECRETS

K. Hand

Whether you're intrigued, angered, or confused about the title of this presentation, you will definitely want to be in the room where it happens. You will discover how important the B.S. is in what we do to facilitate change. And you will learn a variety of ways to understand and explain hypnosis to a modern audience/client. You will also get the SECRET to how a mind can install and save the lasting change.

Participants will walk away with a variety of upgraded and useful metaphors that lead to lasting change.

SERENITY PRAYER FOR HYPNOSIS CLIENTS AND PRACTITIONERS

P. Blum

This lecture is an examination of the elegance and universality of the famous "Serenity Prayer". We'll take an in-depth look at how to apply this for helping to make the distinction for both practitioner and client of what we can and cannot change or influence, and how to be at peace with that.

The information shared in this lecture may help to comprehend the ease of finding the eye of calm in the middle of a storm.

PRETALK AS A CATALYST FOR CHANGE

P. Scott

During my 30+ years practicing Hypnotherapy it has become ever more apparent to me that the pretalk is the single most important element of the session. I've developed some very powerful tools for setting clients UP to expect and manifest the most successful outcomes

possible. In this lecture, I'll share these approaches and attitudes and provide the supporting materials that you can begin using immediately to literally set your clients UP for success!

Attendees will learn simple methods to generate commitment and positive expectation in their client that virtually guarantees successful outcomes. This lecture includes an extensive handout.

Lecture 10:00 – 10:45

RITUALS OF TRANSFORMATION

M. Watson

Never wonder about how to proceed with a client when you learn how to develop powerful personalized sessions on the spot.

Each client that we see is unique. Each problem they present is experienced in their own way. So how we work with them must be responsive to their individuality. In this dynamic presentation, we'll explore the process of creating and tailoring your interventions for each client for greater effectiveness in your work. The presentation includes numerous examples and demonstrations.

IS YOUR BODY ONE OF YOUR BEST FRIENDS?

A. Emrich

Milton H. Erickson, M.D. reportedly once said something like—your clients are your clients because they are out of rapport within themselves. This interactive presentation explores ways to ensure that we establish deep rapport between our conscious (decision-making) mind and our unconscious mind (the mind of our body).

3 SECRETS OF A CONFIDENT HYPNOTIST

N. Wackernagel

Self-confidence for a hypnotist is so important. Because when we are confident, we are convincing as a hypnotist. And when we are convincing as a hypnotist, clients trust us. And when they trust us, we can change their lives.

Learn the 3 secrets of what makes a confident hypnotist. How can you build your confidence, what does it take? What makes you different in your practice?



Lectures 11:00 – 11:45

LET'S MAKE IT HAPPEN

H. Grahn

Do you have an impossible goal? Let's make it possible. Let's make it happen!!! I find that many people are only achieving a small fraction of their potential. Too many of us keep ourselves small and hold ourselves back.

Too many of us are stuck. As an endurance athlete that successfully conquers 100 km to 120-mile mountain races, I know what it's like to achieve an impossible goal. There was a time that I could barely run 5KM and I really struggled to run up hills. Now I am crushing 100km to 120-mile mountain races. It's absolutely mind-blowing what you can achieve when you get out of your own way. I'm here to talk to you about how to make it happen. Learn how to get out of your comfort zone and go after those audacious goals. It's time to stop holding yourself back. It's time to have the life of your dreams. Let's do this!

Attendees will learn helpful tools about how to achieve even those seemingly impossible goals and they will gain inspiration and motivation to go after the life they want and deserve.

OXO MODEL FOR MANAGING DEEP TRANCE

B. Lemaire

Based on our study of historical hypnosis and our experiments in hypnosis, the "OXO" model is a very practical and pragmatic model developed to manage deep trance. Whatever your practice in hypnosis, operative, medical or therapeutic, you'll learn a new tool to practice hypnosis, much faster, deeper, and easier.

This lecture will enhance your freedom and creativity in making inductions, deepeners, and tests, all mixed together in one technique.

INDUCTIONS FOR THE ANALYTICAL RESISTER

R. Hunter

Learn how to help the analytical resister believe that he or she was hypnotized.

How can you deal with an analytical client who claims, "I wasn't hypnotized...I heard every word you said"? Roy has helped many analytical resisters over the years, as his practice is near Boeing, Microsoft, and Intel. This short presentation includes two demonstrations of inductions for analytical clients.

While your favorite induction is best for most of your clients most of the time, when an analytical resister comes for an intake session, it is important to know how to spot the analytical client and adapt to his or her needs.

Lecture 1:00 – 1:45

FEEL TO HEAL **L. Bennett**

Feeling our feelings is important to our well-being. Clients often seek hypnotherapy with the intention of going into deep hypnosis to clear challenges and avoid the feelings. While this can work, denying our feelings is just postponing the inevitable. This talk is about tools to help clients feel safe to truly acknowledge and express their feelings and to release what they are holding deep inside.

MYSTICAL SHAMANIC JOURNEYING: THE EXPERIENCE **C. Hewerdine**

With or without state-altering substances, learn how you can offer your clients (in groups or individually) profound healing shamanic journeys. Many people fear what they've heard about the deep and mystical experiences of plant medicine journeys and alternative healing modalities. Here's a way to let them experience it. It's a safer, lighter version but with the same deep profound healing elements. We all know the magic that's possible with hypnosis. Adding solid elements from the shamanic world, it's the set and setting that will take magic concepts to a concrete reality. Learn how to plan and execute the rituals and rites to take your clients to another world, perhaps even taking you to the retreat locale of a lifetime.

LOGICAL THINKING **H.L. Elman**

The general public often thinks that Hypnotic Subjects lose communication and/or logic while in Trance; hypnotists know this is not true. But a Spontaneous Esdaile State appears to violate this. By examining Dave Elman's research in this area, followed by then examining a dramatic actual class incident, the Attendees will understand that LOGICAL THINKING ABILITY AND COMMUNICATION CAPACITY ARE RETAINED BY HYPNOSIS SUBJECTS REGARDLESS OF DEPTH OR STATE OF TRANCE.

Attendees will gain a clearer understanding of BOTH the Esdaile State and other lesser-depth States of Hypnosis, and thus hopefully an improvement in Hypnotic Semantics and associated techniques.

Lectures 2:00 – 2:45

THE PROOF OF THE EFFECTIVENESS OF SLEEP TALK WITH TRAUMATIZED CHILDREN **N. Gery**

The Goulding Method™ is a well-established method that's been around for over 40 years. It's been learned by thousands of therapists and consultants all over the world, who taught tens of thousands of parents for Joane Goulding's

simple method, to give their children emotional balance and healthy self-confidence.

If you ever wondered how effective a simple, parent-delivered method can be, I have study results that show its effectiveness in cases of trauma and extreme stress.

In these hard times, our children experience constant, pressing distress, coming from both, their own life and from their parents. So, I consider our most important contribution to a better future to be, to help our children achieve emotional and mental balance.

In this presentation, I'm going to share with you a study that was conducted by the Melbourne Royal Children's Hospital, and the University of Melbourne, with Joane Goulding, creator of the Goulding Method. It shows the results of using the Method with traumatized children after the century's most devastating bushfire in Australia.

SIMPLE SELF HYPNOSIS **J. LeClaire**

This is a quick and effective method to enter the hypnotic state to initiate positive change.

Join me as we create suggestions for many different conditions. Together we will develop techniques to use on you to reach their goals. This is so versatile it can be used on self, clients, and groups.

ADDICTION IS UP! **W. Horton**

When it comes to addiction issues, it can affect relationships, work, family, and career. It can be difficult to manage and can be incredibly hard to overcome. It can feel like it's your fault and that you are somehow responsible for the issues you are facing. But it's important to remember that addiction is not your fault.

Society, the media, and big business set you up for failure when it comes to addictions! The good news is that there is help available. New treatments such as neuro-linguistic programming (NLP) and hypnosis can help you address the underlying issues that may be causing your addiction. NLP can help you identify and change negative thought patterns that may be contributing to your addiction. Hypnosis can help you to think differently about your addiction and can also help you to develop new, healthier habits. By using NLP and hypnosis, you can gain insight into the underlying causes of your addiction and begin to make positive changes that will help you overcome it. With the right help and support, you can begin to take back control of your life and build a better future. Join us for the keys!



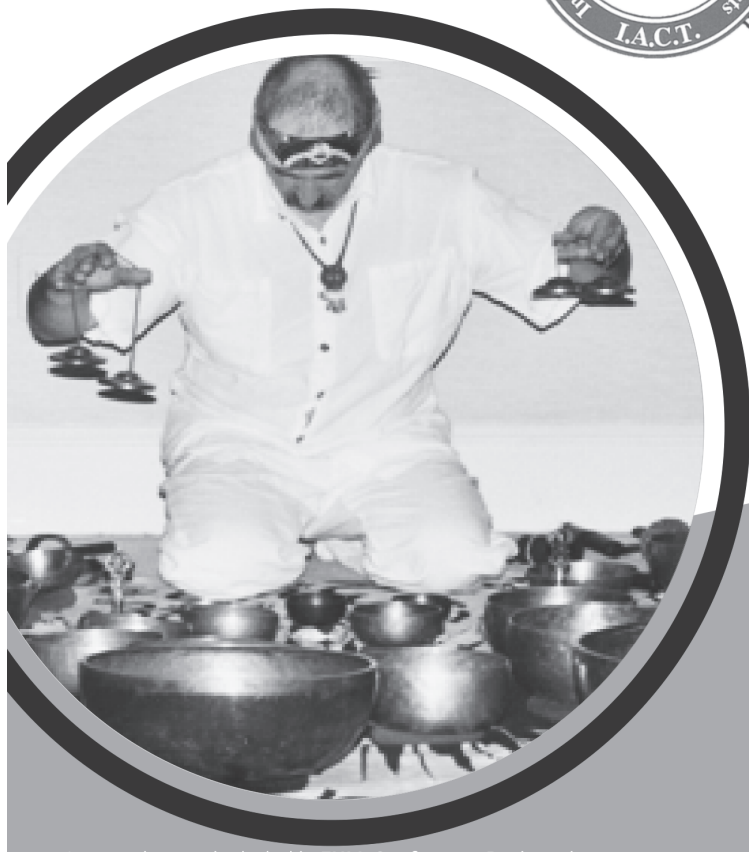
Moving to Mastery

Friday ENTERTAINMENT

Friday, May 19th, 2023

7PM "No-Host" Cocktail Reception

The Island music of **Splash** is sure to engage your audible senses with the smooth rhythmic sounds, tropical flavor, and positive vibration of the Caribbean! The performance delivers a refreshing, yet energizing experience of melodic Caribbean tunes. Join us pool-side (weather permitting) for an unforgettable evening of fun and fellowship.



9PM Singing Bowls in Magnolia C

The enjoyable ritual of the Himalayan Singing Bowls for healing has been used for thousands of years by many cultures to calm or energize the body. Cap off the evening with a mesmerizing performance of Sounds for Healing & Meditation. Peter's work is based on 30 years of studying and practicing the healing power of sound and music.



*entertainment included in FULL Conference Registration



Workshops



Friday, May 19th

WORKSHOP 10:00 – 11:45

This workshop is FREE

MIND GAMES FOR PERSONAL GROWTH

M. Geers Dahl

Practice quick exercises: Head Tilt. Tongue Like a Boat. Practice NLP Eye Smear with a partner.

Come prepared to play in the fields of the mind. Pick a goal. Miracle Question. Enter trance. Be here Now! Ground. Illuminate. Light breathing. Clear the fog. Connect with the light above. Rise up the beam of Light into the Middle of Nowhere. Meet with your Wise Elder/Ancestral Self. Re-engage with Integrity.

This workshop is a wonderful opportunity for you to expand your personal growth. This is not just a lecture, it requires the engagement of participants.

FEAR & PHOBIAS GONE

R. Light

An estimated 19 million people deal with one or more fears and phobias—from public speaking to flying and driving or bees and elevators. And what about athletes and performers that become fearful of doing their dives, back flips, or something else? These 3 powerful techniques markedly reduce the emotional charge in the brain and the nervous system. They are immediately noticeable for your client. You will learn and practice these techniques so you can use them immediately. What's also great about them is they can be used for fear, worry, and anxiety about future events.

Attendees will learn and practice—adding highly effective techniques to their hypnotic toolbox that they can begin using with their clients.

IN THE MOMENT STRESS REDUCTION TECHNIQUES

B. Austin

During this interactive workshop, participants will learn and practice In-The-Moment (ITM) stress relieving techniques such as ear yoga, havening, breathing, and imagery to name a few. Each of these techniques, once learned, can be used in the middle of a stress storm to calm the winds and allow a thoughtful, safe, and immediate response to managing stress.

You will also learn In-The-Moment stress coping strategies to reduce stress for caregivers. Although this workshop focuses on caregivers, these short, quick strategies can be used by anyone who experiences daily and frequent stress such as office workers, medical professionals, parents, and caregivers.

WORKSHOP 1:00 – 2:45

TOOLS FOR EMOTIONAL DIVORCE

What Is It and How Do I Get One?

S. Gilbert

What is emotional divorce and who needs one? When we think of divorce we think of legal divorce 'dividing' up the assets and debts. Fighting over who gets the new television and who has to pay the credit card debt.

There is also the physical divorce 'moving' into a new home; living apart. There is a parenting divorce creating a parenting plan and sharing your children. Just the thought of all of these 'divorces' can make a person feel overwhelmed, angry, sad, bewildered, or to even shut down emotionally.

We think that if we can just weather the storms of the legal, physical, and parenting divorce we can just move on with our lives. But, how many people do you know who never actually do that? A year or even a decade later they are still having the same fights, still in each other's 'business' maybe even still sleeping together.

Why does that happen? And how bad is that really?

Let me answer the second question first. It is bad. Very bad. Very, very bad.

This keeps the pain and turmoil alive. It keeps you in a physical sympathetic response known as fight or flight. This diminishes your immune system and damages your health. It often steals money from your pocket as these fights often drag you right back into court over and over again. If there are children, they are often dragged into this by continuing to hear about how awful the other parent is. And perhaps worst of all, can rob us of the only benefit of divorce being free to move on from the past and create a happy and healthy life for ourselves.

People can get stuck in this hamster wheel simply out of habit. If you are so used to fighting over every detail, you may just continue that habituated behavior. The most common reason though is that they haven't achieved an emotional divorce. Emotionally they are still invested in the old relationship even if it is simply to ensure that their divorced partner never gets to be happy or never forgets the 'wrongs' they committed during the marriage. They aren't ready to let go of the anger and hurt.

They are 'stuck' in the limbo of still experiencing all of the negative aspects of the marriage and the divorce, without the benefits of creating their new life.

The first step to creating that new life is the Emotional Divorce. This is a deeply personal experience that allows you to:

- Create the emotional disconnect from the marriage partner
- Express how you feel and receive emotional closure
- Create the image of the new life
- Map out those all-important first steps to creating that new life.

Healing the old hurts and changing the old habituated behavior sets you free. Everyone deserves to be free to let go of the past and create a bright and happy new life.

By attending this workshop you will be ready to help people heal their past relationships (personal or professional) opening the door for the client to live their best life! An Emotional Divorce can be helpful for anyone who feels betrayed or harmed by someone in their life—even if they plan to keep this person in their life!

RECOGNIZING THE SIGNS OF SUICIDAL IDEATIONS

J. Nash

We all work with clients. It is imperative that you know what to do, if a client, or anyone, tells you that they have been thinking about ending their life. They could tell you in many different ways. Some examples are; "I don't think I can keep doing this", "I don't want to be here anymore", "It would be easier if I was dead", "Nobody will care if I die", "I should just end it all", "I have been thinking about killing myself", "I have decided I am going to kill myself". These are just some examples. In this 2-hour workshop, you will learn how to address the disclosures. Quite often people can avoid it or pretend they didn't hear it if they don't know how to respond or if they feel uncomfortable. Not responding could result in that person killing themselves.

In this workshop, you will also learn what to look out for as well as questions to ask to assess the client's risk of actually killing themselves and you will learn how to make a safety plan with them and what to include in the safety plan. You will be provided with real-life examples of talking someone down from killing themselves or hurting others. If you don't have any experience with this, then this workshop is for you. If you are working with people, you cannot afford to not know this information.

According to the World Health Organization, every year more than 703 000 people take their own life and there are so many more who attempt suicide. Every suicide and attempted suicide is a tragedy that affects families, communities, and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the fourth leading cause of death among 15-29 year-olds globally in 2019 (according to WHO). These numbers have gone up exponentially since Covid, however, at the time of writing this, those updated numbers have not been published. Suicide is a serious public health problem; however, suicides are preventable with informed, timely, and experienced interventions. Would you know what to do? Would you know how to save a life? If

not, then this workshop is for you. This workshop could help you save someone's life and/or prevent the death of others.

Disclaimer: Working with suicidal clients may be outside the scope of practice for most hypnotists. Please refer such clients to an appropriate practitioner.

THE TOGGLE EFFECT: STRESS MANAGEMENT PROGRAM

L. Heusinger

The Toggle Effect, aka Cognitive Polar Transformation (CPT), is, first of all, a powerful new insight into the connection between emotional stress, cognitive function, and physical health. CPT zeros in on the physics of emotions. Energy travels in frequencies and emotions are energy. When the emotional energy is in a low frequency it is STRESS. When the emotions are in high frequency it is relaxed and powerful. CPT reveals the potential, we all possess, to directly change low-frequency emotions into high-frequency emotions. The process needs guidance and oftentimes takes only a few moments, yielding profound relaxation, a renewed sense of well-being, mental cognitive improvement, and direct health benefits. I will teach you the 3 step process of converting emotional energy. We then integrate Chinese 5 Element Theory into the CPT process, which allows you to identify the exact emotional conversions needed to generate the exact improvements one is looking for in their life. This process integrates well with Hypnotherapy and other Cognitive therapies.

The Toggle Effect is a simple and direct approach to guiding clients through a 3 step process that quickly reverses emotional stress and activates higher cognition. In addition to improving stress, CPT can be used to address physical pain and improve health.

The Toggle Effect is offered through the National Certification Commission for Acupuncture and Oriental Medicine as continuing Education Units. It has been taught to Astronaut Students, First Responders, EMT's and individuals with PTSD, Critical Incidence Stress, Autism, Anxiety, and Depression.

WORKSHOP 3:00 – 4:45

INTEGRATIVE APPROACH TO THE EXPERIENTIAL MIND

S.M. Fatemi

Explore hypnotherapy and its integrative approach to flourishing the experiential mind (hypnosis and its creative power in radical transformation of consciousness).

While making a distinction between the reasoning mind and the experiential mind, the workshop focuses on the application of hypnotherapy in developing a reconciliation between the rational mind and the emotion-based mind.



DOOR PRIZES!

What will you go home with?



HYPNOTIC TAROT: ELICIT METAPHORS FOR CHANGE

K. Hand

If you're looking for a fortune teller, this is not the class for you. But if you're looking for a fun and engaging way to elicit your client's metaphors, discover how Hypnotic a deck of cards can be.

You will learn how to use a Tarot deck (or any focal point) as an induction to wide-awake conversational hypnosis while moving your client toward a solution mindset for their positive change. You will receive a 'cheat sheet' with questions and comments that motivate your clients to reveal their own answers. You will see a demo and experience the hypnotic magic in the metaphor.

This is an experiential workshop. You will discover how to use a Tarot Deck (or other symbols) for expressing meaning in self-hypnosis, client work, or groups.

Attendees will discover how important it is to use the client's metaphors and beliefs for lasting change.

WHY PAIN SUPPRESSION SHOULD BE MANDATORY

H.L. Elman

Hypnosis Students are clearly and carefully taught that they are NOT to "cross the line" between Hypnosis and Medicine – they are not physicians and "practicing medicine without a license" is a criminal offense. On the other hand, most of the better hypnosis courses do include demonstrations of "Glove Anesthesia," discussions of a "Fast Headache Cure," mentions of the extent to which migraines can be diminished with Suggestions, and many other similar topics. What is really needed is an UNDERSTANDING of when hypnosis can be used for First Aid, when a medical problem can be suppressed until the Client reaches a medical facility, WHY any such Suggestion must terminate BEFORE medical treatments commence, etc. In addition, coverage of such topics MUST include a clearer understanding of Hypnotic Semantics and its relation to Medical Semantics.

In the workshop, you will gain a clearer understanding of the boundaries between Hypnotic and Medical techniques, how they can support each other, and the Semantics needed for this to be effective.

Saturday, May 20th

WORKSHOP 10:00 – 11:45

ENDING THE CYCLE OF INHERITED FAMILY TRAUMA

S. Day

The root of client challenges, whether it's anxiety, depression, phobias, chronic pain, or obsessive thoughts, may not be based on their own life experience. Science has demonstrated that the traumatic experiences of ancestors can be inherited by descendants and negatively impact future generations. This workshop will provide a process and protocol to help your clients break free of unwarranted

inheritances and reclaim their life of health, balance, and vitality.

Attendees will gain an understanding of a comprehensive process & protocol to help their clients identify, then release traumatic legacies passed down through generations.

This is an interactive and participatory workshop. Attendees will leave with an understanding of ways to detect inherited trauma, as well as an actionable protocol they can immediately utilize with their clients.

THE BRAIN-GUT CONNECTION

M. Root

Your clients can effectively achieve their health goals by first focusing on Gut Health—it All Begins in the Gut!

Hippocrates, the Father of Medicine said, "All disease begins in the gut". All body systems are connected to our gut, mainly through the vagus nerve. Regardless of your client's health concern—depression, anxiety, Alzheimer's, Parkinson's, belly fat, or diabetes—it's important, to begin with, the digestive system (aka, the gut). We'll cover specific ways to improve the communication between the gut (the second brain) and the central brain so that transformation can take place.

Digestive myths will be dispelled, and a comprehensive, relatable overview of the digestive system will be provided. Attendees will leave with accurate information so they are confidently prepared to help their clients take important steps toward gut health utilizing hypnosis.

THE IMPORTANCE OF THE HERO'S JOURNEY

L. Bennett

Helping our clients discover their own challenges and setbacks as a testimony to their own hero's journey is a stepping stone to empowerment. In this workshop, we will explore the model of the hero's journey, examine the common stages and patterns, and help our client/hero to be even more successful in their lives. So often the client comes to a session focusing only on where they are broken and here we'll move beyond their brokenness and claim their success.

WORKSHOP 1:00 – 2:45

THE MEDICINE WHEEL AND JOURNEYING

P. Blum

Participants will learn how to perform a shamanic journey with a drum. The Medicine Wheel is a ceremonial archetype that appears in many diverse cultures. Learning how to guide clients through the qualities and principal ideas associated with the directions adds a powerful set of universal images and energies that, because they draw from the natural world, are applicable to every person, regardless of their background. Participants will learn how to use the seasons and ages of humanity as powerful metaphors.

Attendees will gain a basic understanding of these ancient archetypes, and the knowledge of how to apply them with or without a drum journey.

IMPROVISATION & HYPNOSIS ROUTINES FOR WELLNESS

W. Rocki

Participatory, playful, and easy learning routines of Self-healing Care based on Realized Improvisation And Hypnosis (RIAH) system.

Attendees have a practical opportunity to learn a new, self-healing care method, which is a joyful mastering of the two innate nature-given resources we all have, working for us all the time (the good and the bad).

This new modality, Realized Improvisation And Hypnosis (RIAH), is born of my 5-year fascination with combining the principles of theatrical improvisation with the spirit of hypnosis. I have presented progress on my work at the last two annual meetings. This work led me to a simple realization that the moment-to-moment improvisation within the hypnotic trance represents the nature of self-healing and constitutes wellness (wholeness). I have translated the RIAH concept into practical, simple, and joyful routines of self-healing care, which are incorporated into daily routines, and contribute to creating wellness in every situation.

HISTORICAL INDUCTIONS

B. Lemaire

History is part of mastery in hypnosis. Writing a book about "History of Hypnosis" gave me more knowledge but also more freedom to practice hypnosis. This workshop will give you in 2 hours a general view of historical hypnosis while practicing historical inductions.

In this workshop, you will practice many historical inductions that will give you an understanding of all the ingredients of the trance.

WORKSHOP 3:00 – 4:45

THE NEVER FAIL HYPNOTIC FEEDBACK LOOP

What It Is and How to Use It

G. Boyd

Hypnosis may be viewed from many perspectives—what happens physiologically? – what happens psychodynamically? What happens by way of social contracts? The IMDHA definition of Hypnosis correctly identifies it as "communication." This presentation explores (briefly) the "structure" of that communication. It includes didactic, demonstration, and participation components so "Holistic" learning may be demonstrated.

Attendees will walk away from this workshop with an intellectual and practical understanding of the nature of communication in the hypnotic process that will inform the entirety of their therapeutic endeavors and allow any of the hypnotic "maneuvers" they employ to be truly "personalized" to their client.

"I attended and thoroughly enjoyed the IACT conference this past weekend."

-Marybeth Kritsky, Sanford, FL

FROM BURNOUT TO BREAKTHROUGH

M. McCool

The WHO has named 'overworking' as the leading cause of death, and there is little question that people find themselves working long hours, sacrificing their health and happiness as a result. My work with entrepreneurs is focused on avoiding burnout, and facilitating burnout rejuvenation, and turning their attention to the future with enthusiasm so they are equipped to reach their highest potential. In this workshop, I'll walk you through the 4 steps of the client experience that helps them to accelerate entrepreneur growth, without burnout.

Burnout is a long-term stress reaction marked by emotional exhaustion, depersonalization, and a lack of sense of personal accomplishment.

Walk away with a process to take clients 'from burnout to breakthrough' or to avoid burnout altogether so that they can reach their highest potential.

KIDS & TEENS: INDISPENSABLE SKILLS FOR SUCCESS

C. Peterson

Whether you work with children on a regular basis or just occasionally, this workshop will be indispensable. We will explore key hypnosis and NLP skills while giving insight into the emotional needs of children, preteens, and teenagers. At the end of our time together, you will feel more confident and prepared to work with youth on how to be more successful in a wide range of areas; home, school, extracurricular activities, and socially.

This workshop will include Hypnosis/NLP skills to:

- Increase confidence (personally and socially)
- Enhancement performance (test taking, sports, arts, other activities)
- Eliminate/decrease anxiety (specific or general, phobias, fears, and more)

The structure of this class is set up to teach grade school-age and preteens the first hour and middle and high school-age teens the second hour.

When you leave you will have a toolkit of skills to use with kids of all ages in all settings.

Sunday, May 21st

WORKSHOP 10:00 – 11:45

GROUP MINDFULNESS JOURNEYS MADE EASY

P. Daoust

We all know the tremendous value of mindfulness practice. In this workshop, I will explain how I implemented an extended experience of mindfulness in a corporate setting and particularly, the positive impact it has had in a call center. To help you get started creating your own group mindfulness journeys, I will provide you with a format for providing a group with a 6 – 12-week journey of mindfulness practice. Each of the sessions in the journey begins with an educational piece, followed by a 3-min brief mindfulness session, a guided visualization, and a journaling exercise.

Included in the session will be some suggestions as to how you can provide your participants with objective data that will increase their commitment to the mindfulness practice.

INTERVENTION FOR A HEALTHY SLEEP

J. Eljay / D. Papadakis

Success of the extensively verified HypnoSleep™ protocol will guide your clients into a relaxed and restful sleep. 8-hrs of eyes closed tight, does not translate into a cleansing sleep. It is well documented that most people either short-change sleep or engage in fretful sleep. The result is that they wake greatly frustrated and more uncomfortable than before bed. What are the symptoms that interfere with restful sleep? Not surprisingly worry, stress, anxiety, depression, panic attacks and the prevalence of uncertain death only heighten the inability to get a good night's sleep. The recently added burdens of economic uncertainty, of anxiety fostered by confusion, of indeterminate diseases, and worldwide chaos continue to frustrate nightly sleep. The incidence of poor sleep recently may be higher than 40%.

There are short- and long-term consequences of poor sleep; especially if the accumulating sleep burden is never satisfied. Short-term effects include but are not limited to today's time inattention and sleepiness, diminished alertness, decreasing cognitive function, poor memory retention, and emotional and relationship distress. More significantly, a long list of long-term debilitating conditions is caused by and results from poor sleep including high blood pressure, diabetes, heart attack, heart failure, or stroke. These are increased by other emotional and mental health issues that include anxiety, obesity, stress, depression, reduced immune function, and a diminished sex drive.

In the current climate where insufficient restful sleep is approaching universality, there is a great demand for interventions that will restore restful and relaxing sleep. Here, we emphasize that restful sleep can easily be restored through a simple and straightforward strategy. This step-by-step process uses micro-age regression™ at its core. A positive outlook and emotional balance can be restored following sleep intervention. These enormous benefits are both found in the present and definitely usher in for a healthier future. Once the sleep burden has been met, the future provides for better choices and positive solutions. We show how minimizing negativity and anger aids a better sleeping environment. This non-invasive and extensively verified strategy replaces an unhealthy lifestyle with a positive one.

An extensively verified HypnoSleep™ protocol will be presented in an easy-to-follow format with a complementary handout.

STAGE SECRETS, DEMOS & MORE

S.M. Andrews

Impress your clients with your broad knowledge of all aspects of hypnosis and be able to answer their questions about stage hypnosis.

Love it or hate it, as a hypnotherapist you will get questions from your clients about stage hypnosis. Many of your clients first discover hypnosis through a stage show or a program on TV. Find out how stage hypnosis really works and learn some techniques that can help you perform killer demos when you speak to groups to bring clients into your practice!

WORKSHOP 1:00 –2:45

HYPNOSIS: STANDARD OF CARE RELIEF FOR PHYSICAL PAIN

F. Mau

Did you know that hypnosis is considered a standard-of-care treatment for physical pain? It is not a complimentary or alternative process. Pain relief can be safely and ethically provided by hypnotists. The processes are fast, easy, effective, and can be life-changing. Since pain makes everything worse, if you are working with clients for any other issue and pain is present, alleviating that will help. In this workshop, Fredric will describe the scientific basis for hypnotic pain relief and will demonstrate processes that you can begin to use immediately with your clients. Pain relief is one of the most effective things you can do with hypnosis.

Join us for this practical workshop! At the end of this training, you will be able to provide your clients physical pain relief in a safe, ethical, and effective manner, and understand how these processes work neurologically.

HYPNOKIDS: ADHD DIAGNOSIS

B. Scholl

Learn how to powerfully help youngsters with an ADHD Diagnosis concretely.

Nowadays, kids are already being screened for ADHD in kindergarten! Especially lively (healthy!) boys get constrained by this diagnosis. Families start suffering at this instant and often these kids never get the chance to develop their full potential. Let's change this.

Learn from Barbara Scholl how YOU can help youngsters concretely burst their limiting mental chains to the "trendy" diagnosis of ADHD—put upon them at an early age and without their consent. Barbara Scholl from Zurich, Switzerland, was an English teacher at the high school level for 14 years until she dived deeply into the field of child & teen hypnosis. If you care to matter in this world, do rewarding work (personally and financially), then come and listen to her. Her passion for child & teen hypnotherapy is known to magically touch her audience to enter the field of hypnotherapy for youngsters. Be ready to experience it. YOU are needed to free these kids. Join me on my path, I will pass on the know-how to you openly.

IDENTIFICATION THERAPY

D.&J. Chong

To identify is to assert that two variables share the same substance and the same metrics. Twins share the same DNA and therefore they can be identified with each as IDENTICAL. However, as they grow and evolve, they will express quite separate personalities in the same context and they will unfold different characters.

In the instance of inanimate objects, in an assembly line production, all BMW cars are replicants of each other. This is true of all Boeing airplanes that come from the same factory. In Identification Therapy, we acknowledge the uniqueness and therefore the singularity of a given identity. This is how the owner of his passport knows his passport is unique and singular.

What we do in Identification Therapy is to dissociate the person from his body; and then from the dissociated position he can then take a look at his body. On closer examination, he will then be able to see the imprint of his identification on his body. The imprint of his identification will, on closer examination reveal the imprints of the good and fine things he has done in his life. Then there are the markers on the identification of his flaws and life mistakes. From this survey of his identification, he can confirm which of all these flaws, mistakes and errs is the main problem that he now wishes to deal with. This will be dealt with from a META position. So all we need to do is to apply the principles of Meta Therapy to extract the person out of their problem state.

This is an interactive workshop in which each participant will be taught how to detect the use of identifications in the person who is speaking, decide if it is logical, valid-to-life, or if not challenge it so that the problem can be addressed.

WORKSHOP 3:00 –4:45

FREE to all conference-registered participants

DON'T HOLD YOUR BREATH

M. Babineaux

Learn to use breathing for your health benefit and as means of induction into a trance. This is a hands-on interactive introduction to PRANAYAMA, an ancient breathing technique recognized for its benefits by the 1998 Nobel Prize.

Trance induction may be much easier and simpler than you may think. This type of breathing induction is ideal for self-hypnosis

STRESS BE GONE!

Playing Your Vagus Nerve Like a Violin

S. Stockwell-Nicholas

Obtain quick stress relief with long-term results.

Exploring the biology of relaxation helps you, and those you help, to be happy, healthy, and wise.

This workshop includes: the art and science of neuroplasticity hands-on experiences that relieve stress NOW Stockwell's three-brain approach.

BREAKING THE TRANCE OF GRIEF

J. Hanson

Breaking the Trance of Grief. Grief is a special trance with a shock induction that everyone enters, but few fully emerge from. For some, the trance lasts a lifetime and becomes a new reality.

Grief encompasses more than death. Any sudden change can trigger a grief response. Learn the signs and help clients live life again instead of just going through the motions of existence.

Learn how to help your clients terminate the trance of grief and live again. You will hear real examples from someone who has lived through the worst grief has to offer. You are already working with Grief related issues, it's time to learn how to more confidently and compassionately work with them.

USING HYPNOTHERAPY FOR SPIRIT RELEASEMENT

M. Svatek

After having an influx of clients who have suffered chronic pain and illness, I began seeing signs that some of these are gifted empaths but have been told they are 'crazy' so they tried to stifle these gifts and shut out the noise. While some empaths have the gift of seeing and speaking into other people's lives, others have the gift of hearing, seeing, and assisting earthbound spirits (EBS). But what happens when you don't know you have that gift? Spirits often know it and will attach to the person trying to communicate or live vicariously through them with unfinished business. An EBS can even influence the behavior of the host, causing the person to do things they typically would not, such as smoking, excessive drinking, etc. Although this is not a highly usual situation (spirit attachment), it can and does happen and most therapists have already run into it whether or not they realized it. What do you do when you sense a client has a spirit attachment? And what ARE the signs of spirit attachment? How can you use hypnotherapy to deal with spirit attachments?

Learn to identify spirit symptoms vs. medical symptoms. Hint, spirits can often cause medical issues over time. Therapists will learn how to identify this and how to deal with it with their clients.

2-MINUTE SLEEP TALK PROCESS FOR CHILDREN

N. Gerey

The Goulding Method™ is a well-established method that's been around for over 40 years. It's been learned by thousands of therapists and consultants all over the world, who taught tens of thousands of parents Joane Goulding's simple method, to give their children emotional balance and healthy self-confidence. Now I give you an opportunity to learn it as a parent and use it on your own children. Also, you will learn the concept and science behind the Method, so you will be able to decide if you would like to learn it as a parent consulting modality.

In these hard times, our children experience constant, pressing distress, coming from both, their own life and from their parents. So, I consider our most important contribution to a better future to be, to help our children achieve emotional and mental balance.

In this mini-training, you will get the knowledge to apply the process to your own children, and only to them.

However, if you would like to become a Goulding Method Consultant and work with parents, you need to be separately trained and licensed for it. You will learn how to apply the Goulding Method to your own children to develop emotional and mental balance and healthy self-confidence for life.

THE SIX BASIC INDUCTION TYPES

C.R. Hunter

Charles Tebbetts, a 20th Century legend in our profession, taught that there are six basic types of inductions. By combining two or more induction types, the number of different inductions is almost limitless. Roy will overview them and demonstrate. This workshop will be experiential.

Early Bird pricing ends
April 19th, 2023!



Moving to Mastery HYPNO EXPO

MAY 19TH - 21ST, 2023

Includes unlimited access to **one** live stream room, lecture handouts to **every** presentation,
PLUS recordings of **all** recorded lectures in mp3 format (\$720 value if purchased separately)

Economical - Convenient - Commercial Free - Travel Free!

A message from our President

Attending the Hypno Expo conference offers the highest potential to advance in our field. It enables you to emerge with insights that go far beyond the 'who, what and where' learned in books, videos and online. Live participation provides a 360-degree perspective from experienced, well-informed educators. While there is no substitute for the live energy exchange that takes place, we are also offering the next best thing... a Virtual Conference!

We deliver! Bringing you the most innovative, educational opportunities available anywhere! And we're proud to be the FIRST hypnosis organization to offer you an alternative of CHOICE – 'Live' participation in sunny Orlando, Florida, or 'Virtual' participation in the comfort and privacy of your home or office.

Yes, you DO have a choice! And we look forward to having you attend the conference in whatever venue best fits your personal and professional needs.

See you in May,

DO YOU FIND YOURSELF IN ANY OF THESE DILEMMAS EACH YEAR CONFERENCE TIME ROLLS AROUND?

As valuable as the education is, and no matter how great the speakers are, you just can't attend because....

- In these economic times it's just not within your budget.
- You have difficulty getting time off from your day job or your practice.
- Family members don't like you leaving for an extended length of time.
- International travel is sometimes difficult to arrange.
- You have health concerns that make it impossible to travel.
- You have outside obligations that prohibit you from attending.

HERE'S A GREAT CONFERENCE ALTERNATIVE!!!! ATTEND THE ANNUAL CONFERENCE LIVE ON-LINE! WATCH THE LECTURES - IN REAL TIME – IN THE COMFORT AND PRIVACY OF YOUR HOME OR OFFICE.

Global educators from all corners of the globe have teamed up for the event. Choose from three lectures each hour (excluding lunch) — Friday, Saturday and Sunday. And here's the clincher—you can fulfill your annual continuing education certification requirements by attending this event.

HYPNO EXPO DELIVERS... BRINGING THE HYPNOSIS CONFERENCE TO YOU!

Plan now to attend the Hypno Expo Virtual Conference. It will stream LIVE **May 19th-21st, 2023**.

- Learn from top speakers around the world as they present 45-minute lectures on a wide variety of topics for both beginners and advanced practitioners. If it's not streamed - you'll get a recording.
- Learn new techniques and new topics in the field of hypnosis.

There are a variety of topics for those who are simply interested in hypnosis and mind-body wellness, so be sure to invite your friends and family—everyone can benefit! So... if you want to ride the virtual hypnosis wave.... Here's a sample lineup of what you can expect.

- Bruce Eimer – Hypnosis for Surgery Preparation
- C. Roy Hunter – Inductions for Analytical Resisters
- Karen Hand – Hypnosis is B.S!
- Sean Michael Andrews: What Hypnos Need to Know About Stage Hypnosis
- Will Horton – Addiction is UP!
- Shelley Stockwell-Nicholas – Consciousness: What's That?
- H. Larry Elman – Logical Thinking.

In addition to watching the conference LIVE on-line, you get ALL the handouts electronically and recordings in mp3 format..

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- Connect with speakers from all over the world via the internet.
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- User friendly navigation.
- Computer compatible with nearly 100% of all personal PCs.
- Lectures are LIVE on-line! See, Hear, & Feel the excitement as it is happening!
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- Learn techniques and information to expand your practice that you can actually use the very next day!
- Classes are open to the public! Available to anyone with an interest in Hypnosis and Mind/Body Wellness.
- Watch as techniques are demonstrated just as if you were sitting in the audience.

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REGISTER BY PHONE - Call Hypnosis Headquarters at 570.869.1021

REGISTER BY FAX – Fax your registration form to 570.869.1249. Our fax line is a dedicated line-available 24 hours a day.

REGISTER BY MAIL - Mail your registration form to: Hypno Expo, 8852 SR 3001, Laceyville, PA 18623

REGISTRATION ONLINE www.HypnoExpo.com

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HYPNO EXPO



Keynote Address

Hypnotherapy and Liminal spaces

Saturday, May 20th, 2023 at 9:00 AM



Sayed
Mohsen
Fatemi



Dr. Sayyed Mohsen Fatemi completed his postdoctoral studies in the department of psychology at Harvard University and is an adjunct professor in the Graduate Program in Psychology in the department of psychology at York University, Canada, and teaches for the department of psychology at York.

His publications appear in Springer, Wiley, Routledge, Cambridge University Press, Oxford University Press, American Psychiatric Association, and Journals such as APA's Journal of Theoretical and Philosophical Psychology and the Journal of Clinical and Experimental Hypnosis.

KEYNOTE ADDRESS: Hypnotherapy and Liminal spaces

(hypnosis and renaissance of the self: hypnotherapy and the unthought known)
This keynote presentation examines and discusses the implications of hypnotherapy for creating liminal spaces for thoughts, feelings and behaviors.

More information : www.HypnoExpo.com



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ALL FULL-DAY COURSES RUN 10 AM – 5 PM

*** 5-Day Course**
CERTIFIED MASTER TRAINER
M. Watson
Tues-Wed-Thu-Mon-Tues
May 16th, 17th, 18th and 22nd, 23rd

Discover the Art of Presentation in this immersive program that is designed to give you all the tools you need to conduct your own hypnosis certification courses. Gain confidence as you develop your own training style. Learn how to “think on your feet” and respond easily to any situations that arise.

Learn to demonstrate and explain hypnosis effectively and to create useful learning experiences and exercises for YOUR students as they become skillful hypnotists and prepare to embark on a new career. Use the latest audio/video technology and even learn to offer training online.

Enjoy the support of a complete curriculum in basic and advanced methods as well as trainer’s manuals that show you how to present every bit of it. Access exclusive PowerPoint Presentations, Video, and Audio files. Offer previews and promote your courses.

There is simply no other program like this!

First, you’ll get a real “hands-on” trainer’s training where you will learn and integrate the proven methods, modeled by great presenters, that will make your courses powerful and effective as you prepare the next generation of hypnotists to carry on this life-changing work.

You’ll also get a comprehensive curriculum, newly revised and expanded to reflect the latest developments in the field. There are 5 Training Manuals for your use so you can start right away. (Basic/Advanced Student Manuals, Basic/Advanced Trainer Manuals, Presentation Skills Manual). We will keep this material updated for all our CMTs and send you any revisions that we make in the future.

Powerful Ongoing Support

As a CMT, you’ll have access to a community of trainers and resources to help you. There are PowerPoint presentations you can access and use along with an exclusive library of video and audio files, and demonstrations of new techniques and processes to keep you up to speed. We even include regular online meetings to show you what’s new, network, share tips, and support one another.

Tuition includes the course, certification fee, and all materials. **PLUS—take 50% off the conference fee!!**

If you’re ready to take the next step in your hypnosis career, this is the course for you.

**Successful graduates of this program become IACT Certified Master Trainers.*

*** YOUR CHOICE**
2- OR 4-Day Course
PARTS THERAPY
C. Roy Hunter
Wednesday–Thursday
May 17th-18th

How can you effectively help the client who struggles with an inner conflict? Someone strongly desiring to attain a goal, but who also experiences self-sabotage, may be a prime candidate for PARTS THERAPY. Often using different names, others emulate this profoundly beneficial technique taught and practiced by the late Charles Tebbetts. Competently facilitated, parts therapy often helps people get past their barriers when other techniques are insufficient; however, there are pitfalls that must be avoided in order to maximize results for your clients. This workshop is experiential and is a MUST for anyone not totally familiar with parts therapy or one of its variations. Roy Hunter, your facilitator, is the published author of two hypnosis texts, as well as Hypnosis for Inner Conflict Resolutions: Introducing Parts Therapy (Crown House Publishing 2005). All who attend will receive a participant workbook. When clients have an inner conflict, parts therapy often helps to resolve the conflict even when other hypnotic techniques fail.

Participants will learn:

–What parts therapy is –when to use parts therapy –Why parts therapy is best for some clients–How to use parts therapy (complete step-by-step process) –How to explain parts therapy to your clients, and why such explanation is needed –Why it is so important to be an objective mediator –How to avoid inappropriate leading, and the potential consequences of not doing so –Why Roy Hunter added an important update on the Tebbetts Methods –How to avoid pitfalls that could put clients farther away from success – Participants will have break-away practice sessions.

TRAIN THE PARTS THERAPY TRAINER
C. Roy Hunter
Monday–Tuesday
May 22nd-23rd

After successful completion of this 4-day Training, participants will have all the tools necessary to teach client-centered parts therapy to hypnosis students and professionals—using an optional PowerPoint Certified presentation, designed for the exclusive use of Certified Parts Therapy Trainers. While the first two days (May 17–18) are devoted to learning parts therapy, during the last two days (May 22–23), Roy Hunter will teach you how to train others to properly employ parts therapy. Prerequisite for Parts Therapy Trainer: Must have at least two years of full-time experience with professional hypnotherapy (or three

years of part-time professional experience). And EITHER (1) take the 2-day training on May 17-18, or (2) must have previous training in client-centered parts therapy. PLUS professional experience using parts therapy with clients. Exceptions must be cleared by Roy Hunter before the start of class.

Participants will learn... How to introduce parts therapy to hypnosis students and professionals –How to teach parts therapy (step-by-step) –Why it is important to facilitate role play during the learning process –What role play exercises to use with your participants. –How to use Roy Hunter's PowerPoint presentation as a guide to help you teach. –INCLUDED is a copyrighted CD available for the EXCLUSIVE use of Certified Parts Therapy Trainers, which contains the following. –A professional PowerPoint presentation as a guide for both you and your students –An MS Word document with Roy Hunter's copyrighted Parts Therapy Workbook, which you can reproduce for your students. –A special 'Read this first' file which contains additional information for the Certified Parts Therapy Trainer –Optional exam (and exam key) for your students –Additional MP3 sound files to accompany the PowerPoint presentation –Upon completion of the course, you will receive a certificate recognizing you as a Certified Parts Therapy Trainer. At a later date, you will have access to a special parts therapy website, and you will be listed on BOTH the Association website AND Roy Hunter's website as a Certified Parts Therapy Trainer. Prerequisite: 2-Day Parts Therapy training.

The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, are approved by the American Psychological Association to sponsor continuing education for psychologists. The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, maintain responsibility for this program and its content. Roy Hunter is an approved presenter.

FREE to all conference-registered participants

*** 2-Day Course HYPNOTHERAPY M. Geers Dahl Wednesday–Thursday May 17th -18th**

Hypnotherapy is a method of uncovering that takes over when direct suggestion Hypnosis has not achieved the desired goals. We will spend two days exploring and uncovering strategies for less directive interactions that elicit personal empowerment, growth, and development. We will practice journaling (goal setting and root sentences), listening for 'the hook' found in 10 main reasons or purposes for a problem to take hold and persist, the stick figure, inner journey body mindfulness for shifting states, and somatic bridge regressions, linguistic regressions, pinpoint method (Hickman method), at least 8 perspectives/approaches for creating change, use of an emotional diagram, practice of forgiveness (including venting), how to deal with stuckness, and remembering to forget.

Excerpts from the Hypnotherapy, Vol. 2 will be used for this interactive two days of personal growth and development. Come with a specific goal or a shopping list of goals that you have been interested in achieving.

We will practice personal growth and development using less directive uncovering strategies. This is an interactive, two-day program.

*** 2-Day Course METAPHOR MAGIC K. Hand & S Gilbert Wednesday–Thursday May 17th -18th**

Do you remember the story about the boy who cried wolf?

How old were you when you heard that story designed to teach a lesson? Isn't it interesting that you still remember that story and its meaning all these years later? That's a powerful post-hypnotic suggestion, is it not?

That's the magic of metaphor and story-telling.

You can craft a perfectly positive and well-worded suggestion, but it's the mind magic of the metaphor that is likely to spawn lasting change, just like that little boy who cried wolf.

Discover how to elicit meaningful metaphors from your clients, children, partners, employees, etc. In the simplest form, you'll have a better understanding of the pictures being made in the head of the storyteller, and in the best-case scenario; you'll have a perfect path toward change for good.

In this course, you will learn very powerful techniques to use in groups or in private sessions to reveal the power of the metaphorical mind. You will discover how to use symbols for powerful change work. You will experience how to create metaphoric magic and how to ask the right questions to gather important information from your client to build rapport and speak the language of THEIR mind.

In this course you will discover:

- How to use your client's metaphors to create a session.
- Handy metaphors to have at the ready for a variety of applications.
- How to turn metaphors into stories
- How to use metaphors in private sessions and with groups
- Metaphors for working with children
- Script-writing on the fly using provided metaphoric material.

Attendees will walk away confident and excited to immediately use metaphors in their sessions, workshops, and scripts. This course includes several hands-on activities to give attendees a fun, memorable, and effective experience that can easily be adapted for their practice.

*** 2-Day Course INTRODUCTION TO WAKING / COVERT NLP W. Horton Wednesday–Thursday May 17th -18th**

All New for 2023! This is invaluable training for every hypnotist, social worker, alcohol and drug counselor, psychologist, or anyone in the mental health field. For an investment of four days and a small fee, you will gain

insights and abilities you never thought possible. Learn in four days what other classes teach in 6 months! Experience a personal transformation that will leave you inspired, informed, and motivated. Master the basic techniques that have made NLP the most sought-after training. Don't miss this intensive hands-on learning experience.

Essentials of NLP in a short format! Learn the Basics of NLP and how to apply it!

*** 1-Day Course
MEDICAL HYPNOTHERAPY
P. Scott
Thursday
May 18th**

Learn advanced medical hypnotherapy techniques, theories, scripts, and approaches for a variety of health issues such as chronic pain, IBS, fibromyalgia, anxiety, allergies, cancer, diabetes, depression, pre/post-surgery, etc. We'll also discuss and/or expand on the physiology of healing, psychoneuroimmunology, Hypno-anesthesia, cellular regeneration, working with medical referrals, legal issues, and more.

This training will give you the confidence and ability to expand your practice by learning to partner with medical professionals, making you the go-to expert for referrals in your area.

Attendees will receive a workbook, PowerPoint presentations, hypnosis scripts, additional materials, and a Certificate of Completion for this 1-Day training in Medical Hypnotherapy. Those wanting to go forward to receive the optional IMDHA Specialty Certification as a Medical Hypnotherapist may complete additional requirements post-conference for an additional fee (includes online interactive ZOOM training & outside assignments).

*** 1-Day Course
FUTURE SHAPING
P. Blum
Monday
May 22nd**

This is a comprehensive step-by-step protocol that can be taught to clients in three to six sessions. First developed by Richard A. Zarro, it focuses on empowering clients through teaching them self-hypnosis and visualization and is a brilliant mash-up of NLP, Quantum Physics, and Holographic Brain Theory.

Those who complete this course will have a protocol suitable for all clients, regardless of their presenting problem(s).

*** 1-Day Course
TRANSFORMATION & FLOW
E. Jorre
Monday
May 22nd**

Take a one-day trip into the world of extraordinary hypnotic and magical states of consciousness and transcendental experience while learning to "flow" with your clients in

session. We will be exploring, experimenting, and creating with the key components of flow. Getting in sync with your client and allowing the session to develop naturally is the cornerstone to generative, transformational change.

Never worry in advance about what technique or script you're going to use, but utilize the wisdom within the therapeutic relationship, letting the session unfold spontaneously through deep listening, observation, and feeling—creating the space for deep transformation. We'll look at this concept through the lens of neuroscience, biochemistry, trust and safety, mysticism, and creativity as if we were painting, composing, dancing, and building a unique piece of transformational "Art".

*** 1-Day Course
MINDFULNESS
S. Stockwell-Nicholas
Monday
May 22nd**

MINDFULNESS Specialty Certification: YOUR clear concise way to help others to reveal, release and restore well-being; physically, mentally, spiritually, and emotionally. Includes practical tools you can use immediately. This course is taught by a seasoned educator with decades of experience who truly loves sharing with others. By attending this training, you will gain additional confidence (and certification) to help more people.

*** 1-Day Course
PAST LIFE REGRESSION
J. LeClaire
Monday
May 22nd**

Attendees will learn Past Life Regression technique that uses hypnosis to recover memories of a past life (incarnation) and is typically used as a spiritual experience. History of PLR will also be covered and attendees will receive a certificate of completion.

Past Life Regression can help you to uncover untapped gifts, and talents and can release old negative energy and habits that no longer serve you and unleash new positive energy and enlightenment.

The person may view personal relationships in a new light, energize talents, reduce fears and traumas linked to a past life, and understand their life purpose. Past life regressions can also offer opportunities to explore agreements and relationships of past lives, and even offer an explanation of habitual behaviors.

During a past life regression, you are in a deep state of relaxation. The guidance you receive will be much like a guided meditation, and will usually begin with progressive relaxation. You will be walked through a series of experiences that may be memories of past lifetimes. The 'memories' themselves should be produced by your subconscious mind, and appear to you as if they were being revealed. Questions are asked and connections are made to and from the past.

our special PRESENTERS 2023



Andrews, Sean Michael

Sean is a graduate of Regents College. He is a Master Practitioner of Neuro-Linguistic Programming and a certified Instructor with IMDHA. Sean is the Supervising Instructor

for the Dave Elman Hypnosis Institute and he is the 2018 IACT Hypnotist of the Year. He has taught in 17 countries. Sean is a hypnosis researcher who resides in Central Florida. He holds a black belt in Taijutsu Karate. Sean is considered by many to be the World's Fastest Hypnotist.

Austin, Barbara

Barbara has a private practice in Gilbert, AZ. She works with the growing population of caregivers who struggle with cumulative stress. She is an author, counselor, facilitator, and hypnotist. Having also been a full-time caregiver, she has gained a greater sense of empathy for those who struggle with ambiguous loss.



Babineaux, Mark

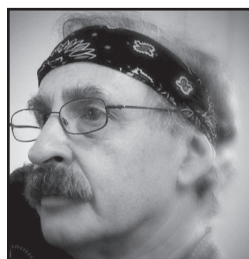
Mark is a lawyer in general practice and is trained in mediation and collaborative issue resolution. He is honored as a Life Diplomat by the IMDHA and certified as a Master Trainer by the IACT.

He teaches many different hypnosis-related curricula and has a practice consisting of Forensic Hypnosis and of helping individuals and groups improve beneficial habits and eliminate destructive habits.



Bennett, Linda

Linda is Assoc. Dean of Ed. and the Hypnotherapy Director at Southwest Institute of Healing Arts. Linda is the 2014 IMDHA Educator of the Year, NATH 2011 Outstanding Clinical Contribution Award. Along with Sherry Gilbert, their school has been awarded the 2017 & 2022 IMDHA Chapter of the Year for Exceptional Growth & Outreach for Practitioners. She is a published author and has a deep passion for developing a strong and effective curriculum that is fun and engaging.



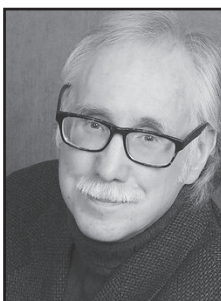
Blum, Peter

Peter has had a practice in hypnosis since 1987. In 2015, he was recognized as Hypnotist of the Year by IACT and in 2018 was awarded

Life Fellow in Hypnotherapy by IMDHA. Most recently, in 2021, he was inducted into the Hypnosis Hall of Fame. Peter has studied healing and ceremony w/ Beautiful Painted Arrow (Joseph Rael) and Dr. Lewis Mehl-Madrona for over 30 years, and has trained hundreds in the spiritual art of hypnosis. He is also known for his sound healing work.

Boyd, Gordon

Gordon has studied therapeutic trance for more than four decades. He took a year of clinical training in psychotherapy at Eastern State Hospital as part of his MDiv degree in counseling and has a Ph.D. in Behavioral Sciences. Gordon is also an ordained United Methodist clergy person.



Castor, Douglas

Douglas crossed over from Corporate Global Sourcing to hypnotherapy in 2018. He is a Clinical Hypnotherapist, Board Certified Hypnotherapist, and Master Trainer. He is also an Integrated Life Coach and practices Coaching the Subconscious Mind. He is married, with 3 sons and 8 grandchildren.



Chong, Dennis & Jennifer

Dennis and Jennifer are respectively Fellows of the Society of

Neuro-Semantics, Fellows of the American Board of Medical Psychotherapy, and Fellows of the International Medical and Dental Hypnotherapy Association. They have had a conjoint clinical practice in Hypnotherapy and Psychotherapy since 1979 in Oakville, ON, Canada. In answer to their research question—Is it really possible for a person: to find out how another knows-to-know-to-be they completed their book *Do you know how another knows to be?* in October 2017.

Daoust, Paula

Paula is a behavior analyst, a hypnotherapist, a professor, and a best-selling author of books on conflict, social anxiety, sales, change management, and personal efficacy. She has taught organizational development, organizational behavior, and leadership classes to over a thousand master-level students. She currently heads up the leadership academy for a large corporation



and has coached hundreds of business leaders, from front-line to C-Suite, in their pursuit of peak performance.



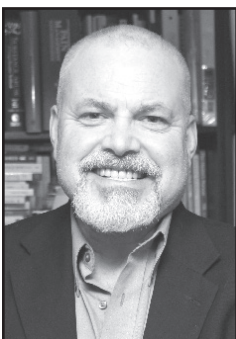
Day, Suzy

Clinical & Spiritual Hypnotherapist, IACT Certified Master Trainer, Hypnotherapy Instructor, Southwest Institute of Healing Arts, Certified Specialist in Past Life Regression & Life

Between Lives Regression, Master Hypnotic Coach, Author, Public Speaker, based in Oregon, with clients in-person & virtually.

Eimer, Bruce

Bruce is a Board-Certified Licensed Clinical Psychologist who has been using clinical hypnosis to help patients control pain since 1986. He has a full-time hypnotherapy and psychotherapy practice in South Florida. Bruce has authored over eight books on pain, psychotherapy, and hypnosis. He regularly teaches fundamental (Level 1), intermediate (Level 2) and advanced (Level 3) workshops on Pain Control Hypnosis to hypnotherapists, psychologists, psychotherapists, physicians, dentists, and nurses.



Eljay, Jean

Jean earned his doctorate in Medical Genetics with a master's degree in molecular biology from the Johns Hopkins University. He is the founding member of SnooZZeaZZy

and HypnoBiosis. Additionally, he is an Advanced Consulting Hypnotist and Master Certified Lecturer and Trainer as well as an international lecturer. He published many peer-reviewed and his work is cited worldwide. His major interest lies in expanding the use of Cognitive Behavioral Hypnosis in patient management.



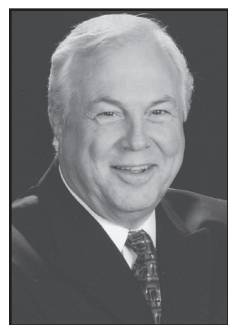
Elman, Cheryl J.

Cheryl is the President of the Dave Elman Hypnosis Institute (DEHI), has a hypnosis practice, co-instructs, and is a SleepTalk Trainer. Her unique background as an artist,

HS Special Ed teacher, marketing exec, and entrepreneur help to build DEHI and adds creativity to her hypnosis sessions. She's an International speaker full of energy and humor, who's presented in 17 countries. She was awarded the 2014 Educator of the Year (MAHC) and has produced the DE Legacy Global Zoom Conference (2021).

Elman, H. Larry

Colonel Larry, Dave Elman's son, took his father's course several times before attending MIT and becoming an aeronautical engineer. During careers in engineering and the Air Force, Larry had to restrict his hypnosis activities. Now CEO of the Dave Elman Hypnosis Institute, Larry lectures and teaches hypnosis internationally while producing CDs and DVDs that demonstrate Dave Elman's medical hypnosis methods. Larry also gives Certification Courses, more advanced hypnosis instruction, and shorter courses worldwide.



Emrich, Arthur

Art was introduced to the formal practice of hypnosis and NLP in Washington, DC, in 1980 by instructors in military intelligence at the Pentagon. His company, U-Solutions, LLC (the

U stands for unconscious where all the best solutions are waiting), is located in Sarasota, FL. He operates an approved school of hypnosis and NLP by IMDHA. Art has multiple certifications as a Master Practitioner and Trainer of hypnosis and neuro-linguistic programming (NLP).

Epp, Alli Mary

Mary is on a constant quest to embrace the everyday sacred. Her travels have taken her all over the world, as a film actress, a successful financial advisor, a wonderful yoga instructor, and now as a public speaker and hypnotherapist. She feels hypnotherapy, the healing arts, and sharing her story are truly her purpose, weaving many of the soul gifts that light her up. She is also a mother of two littles and thrives with daily ocean swims and nature.



Fatemi, Sayyed Mohsen

Dr. Fatemi completed his post-doctoral studies in the department of psychology at Harvard University. He is an adjunct faculty member in the Graduate

Program in Psychology at York University, Canada. His publications appear in Springer, Wiley, Routledge, Cambridge University Press, Oxford University Press, American Psychiatric Association, and Journals such as APA's Journal of Theoretical and Philosophical Psychology and Intern Journal of Clinical and Experimental Hypnosis.

Geers Dahl, Monica

Monica is an IMDHA educator who started teaching hypnosis certification courses in 1994. She opened a private practice of hypnosis in 1985 and earned a Bio-feedback for PTSD symptom reduction. Her theoretical orientation is an eclectic client-centered approach with the Gestalt of Fritz Perls, depth psychology of Freud and Jung, family systems based on Bowen and Satir, and Elman's rapid induction and deepening as her foundation for hypnotherapy.



"Congratulations to award recipients, IMDHA/ IACT leaders, and the Hypno Expo organizers on the fabulous experience of the face-to-face gathering in Orlando!"

-Wieslaw Rocki, The Villages, FL



Gery, Nicolas

Nicolas is a professional trainer (Cert IV Training and Assessment), Clinical and Medical Hypnotherapist (MIACT-IMDHA), NLP Master Practitioner (MABNLP), and

Goulding Method Consultant, Trainer, Mentor, and Trainer of Trainers. He runs courses and speaks at conferences in Australia, the US, and Europe. In the past ten years, as a Goulding Method Consultant, Nicolas has taught hundreds of parents internationally to the Goulding Method. He is also a licensed endorsed Trainer of Consultants.

Gilbert, Sherry

Sherry has been practicing hypnotherapy since 2000. Sherry is a communication coach and relationship specialist. She also has a degree in Holistic Health. Sherry



has a passion for teaching and mentoring. She has created training programs for hypnotherapists to expand their skills and their practices that include transpersonal hypnotherapy, fertility, trauma release, and emotional divorce. She is proud to have received the IACT 2016 Hypnotist of the Year award.



Grahn, Holly

Let's turn the impossible into possible! I'm a high-performance Hypnotherapist and Life Coach. Through Hypnotherapy and coaching, I help business professionals play big

and go after the life that they truly desire. I'm determined to help professionals level up, break bad habits, get unstuck and turn their lives around for the better. I help individuals find their edge so they can get out of their own way and lead their best lives.

Hand, Karen

Karen is a Board-Certified Hypnotist, Trainer, International Best-Selling Author and World-Class Communicator. She has helped thousands of people change for good. Karen is headquartered



in Chicago and sees clients and trains students globally via ZOOM. She has received numerous awards including the IMDHA Pen and Quill Award for Literary Excellence. Her books include *Magic Words* and *Language Patterns, Hypnotic Workshops, Trance Dance, and Hypnosis—So Easy YOU CAN DO IT With Your Eyes Closed.*



Hanson, Jessica

Jessica is often described as an "old soul" because of her many experiences. She learned hypnosis at the age of 13 and she used it to recover from depression, NDE, grief, and much

more. Jessica is co-author of the new IACT Trainers Manual, the owner of a state-licensed Hypnosis School, the author of 3 books on hypnosis-related topics, and the creator of the 'TURTLE Trance-Formation Process'. Her passion is helping people Trance-Form!

Heusinger, Laurie

Laurie is a Natural Therapeutic Specialist. She owned and operated Alpha Omega Therapeutics in Albuquerque, New Mexico for 18 years. A graduate of the New Mexico School of Natural Therapeutics, her 26 years of experience in the alternative health field led to her discovery and development of the Cognitive Polar Transformation as a healing technique. Laurie now teaches CEUs and conducts consultation treatments utilizing CPT as a life coaching program.



Hewerdine, Carrie

IACT and IMDHA Board Certified Hypnotherapists also trained in plant medicine, microdosing, psychedelic-assisted therapy, ceremonial ayahuasca

group journeys, as well as how to allow those not quite ready for the full experience to partake in quasi and faux journeying. Ceremonies both individually and in groups can allow those not quite ready to go down the full ayahuasca path an opportunity to have the mystical experience while minimizing the risks. Shorter journey with—the same deep results.

Horton, William

Will, a licensed psychologist, is considered by some to be one of the world's leading experts in using NLP & hypnosis in the treatment of addictions and performing arts.



He has treated tens of thousands with addictions and helped countless performing artists take their art to the next level. He is the go-to guy for professionals with these problems. He brings 35 years of experience and constant research to help people. He is called the "Cowboy Doc" not just for his horses and attire but, his attitude of never stopping and trying to help others.



Hunter, Roy

Roy is a published author and trainer recognized in America and abroad. His highly praised books are used at hypnosis schools around the world, and he has presented workshops in over

20 countries since 2001. Roy's numerous awards include lifetime achievements from three different organizations. He was inducted into the International Hypnosis Hall of Fame for his books, and he is a Life diplomat of IMDHA and APHP.



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Get 1, 2, or **ALL 3** days of the conference for **FREE**

*excludes \$59 ticket to Annual Awards Banquet Dinner on Saturday

Jorre, Edward

Ed has educational and working experience in the UK, USA, and Spain. He has a private practice in Madrid where he works with clients both in-office and online. He is currently conducting research in 'Mystical experiences and Generative trance work for profound change work'. Known for his "Flowing, creative and improvising" methodology where he draws from "The Arts" and his musical background (jazz, Latin, African, flamenco, etc), blending philosophy (Sufism, Shamanism, non-dual Hindu Buddhism, Zen, phenomenology, etc), psychology, energy, neuroscience, language, Quantum physics, symbolism, etc in his hypnosis practice.

**LaVelle, Jillian**

Jillian is the founder of the International Association of Counselors and Therapists. She brings with her over 15 years of private practice experience. She has a degree in Psychology from the University of South Florida. She had authored several books in the counseling and hypnosis fields.

**LeClaire, Jacqueline**

Jacqueline is a Certified Clinical Hypnotherapist for over two decades and is the owner of Results Wellness Center, LLC. She is a Master Trainer with the

IACT and a Usui Reiki Master, Holy Fire Reiki Master and Trainer and Integrative Energy Practitioner (IET). Jacqueline has Nutrition, Personal Training, and Yoga Certifications. She is a full mind/body Coach! Throughout the years, physicians have employed Ms. LeClaire to aid them in helping their patients with numerous conditions. She has appeared on national television and is a welcomed guest on numerous radio programs.

"Accolades for excellence and thanks to you for the epic Hypno Expo 2022. So refreshing! So informative! So rebonding!"

-Clarice Carter, Farmington Hills, MI

LeMaire, Brice

1996 Ph.D. in Dental Surgery 2002. Introduction of hypnosis at the dental office. 2017 Creation of the Postgraduate Dental Hypnosis at the Dental University of Nice (France). 2017 Instructor of the Postgraduate Dental Hypnosis at the Dental University of Nice (France). Certified Instructor in Elmanian Hypnosis by Dave Elman Hypnosis Institute. Licensed Master Practitioner by NLP Life Training (Richard Bandler). Licensed Master Practitioner by NLP (Robert Dilts).

**Light, Randi**

Randi is an award-winning hypnotherapist, hypnosis instructor, healer, and peak performance coach. She is the author of three books. For 16 years, Randi has hypnotized thousands

of children and adults to break through barriers and become the best version of themselves. Her "Essential 4 Success" System establishes over a 90% success rate in building confidence and overcoming anxiety, depression, insomnia and so much more.

Mau, G. Fredric

Fredric is a Licensed Professional Counselor Supervisor (LPCS). He has been in practice in Columbia, SC, since 2004 as a hypnotherapist. As part of a multi-disciplinary team with Clemson University and Prisma Health, Dr. Mau is currently an investigator in a human subjects research project on Virtual Reality Assisted Guided Imagery for Pain Relief for Patients with Advanced Cancer. His book the *RBPR Training Manual* Summarizes a two-day workshop he provides for physicians and other medical professionals on Relaxation-Based Pain Relief. He presents on hypnotic pain relief in medical teaching hospitals and internationally.

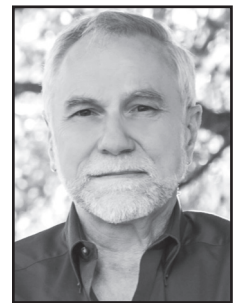
**McCool, Melanie**

Melanie is "The Entrepreneur's Hypnotherapist," and Certified Master Trainer of Hypnosis who runs the thriving group Accelerate Entrepreneur Growth Without Burnout.

With 20+ years of experience as an entrepreneur, she combines the neuroscience of success, money mindset, sales confidence training, hypnosis, and NLP to quickly remove subconscious blocks to end cycles of procrastination and self-sabotage. Her mission? To facilitate your breakthrough so you can reach your highest potential

Moyer, William

William is a US Army Nurse veteran, CEO of Life Matters Hypnotherapy & Life Coaching. He is a Board Certified Hypnotherapist specializing in Stress Management, Hypnotic Coaching, Grief Recovery, Pain Management, Smoking Cessation, Virtual Gastric Band, Releasing Past Trauma and Forgiveness Therapy. He works with individuals, couples, and groups and volunteers his services with Vet Trip, a non-profit veterans' service organization. He holds a Sr. Master (7th Degree Black Belt) in Tae Kwon Do.

**Nash, Janine**

Janine is an Award Winning Clinical Psychotherapist, Hypnotherapist, Trauma Recovery Specialist, Trainer, Keynote Speaker, who specializes in Trauma, Anxiety, PTSD and Suicide

Ideation and has more than 2 decades of experience. Based in Melbourne Australia, she operates a busy private practice and online training institute which offers online training in Suicide Ideation and internationally accredited qualifications in Trauma Direction Therapy to therapists all around the world.

"I attended and thoroughly enjoyed the IACT conference this past weekend."

-Marybeth Kritsky, Sanford, FL

Papadakis, Debbie

Debbie is a Registered Psychotherapist, Clinical Hypnotherapist, Diplomat of the IMDHA, Author of *The Relationship Code: Heal Your Wounded Heart*, practicing since 1995. She has been featured in Oprah's 'O Magazine, Os Big Book of Happiness, ElleCanada, Zoomer, CNN.com, WTN and VISIONTV. She is an IMDHA Certified Hypnosis & Pain Management Instructor, Reiki Master, Educator, Speaker & Founding Director of Hypno Healing Institute in Toronto, Canada. She is also the recipient of the IMDHA Life Diplomat and Fellow awards in Hypnotherapy.



Rocki, Wieslaw

Wes is a medical doctor with 45 years of practice in three specialties and pharmaceutical research. Certified as a clinical hypnotherapist in 2009, he combines it with dietary supplements, spiritual healing, and later with theatrical improvisation all as aspects of holistic healing. For the last three years, retired from the medical office practice, he is dedicated to writing and studying improv. He is currently returning to serving clients, teaching, and coaching with the focus on the health consequences of chronic emotional trauma.



Scholl, Barbara

Barbara grew up in Switzerland, Brazil, and USA. She has all her spotlights on Child & Teen Hypnotherapy. She is known for her very dynamic way of presenting and for sharing her profound knowledge freely. In Europe, she is a bestselling author in her field. She is the global instructor (live and on-line) of the successful OMNI HypnoKids method. Come meet her, her passion will magically transfer to you. Barbara is a certified member of IACT.

Scott, Patricia

Patricia (Patti) is a Certified Medical Hypnotherapist & NLP Master Practitioner (since 1992), Certified Master Trainer with IACT, IMDHA Life Fellow & Medical Hypnotherapy Trainer, and IHF Certified Instructor. Patti is the President of UP Hypnosis Institute (UPHI), an IMDHA-approved school in Florida, where she teaches Hypnosis, Medical Hypnotherapy & NLP live & online. Prior to 1992, Patti had an impressive 20 year career as a professional singer, actor, dancer, and published songwriter.



Patterson, Jennifer

Jennifer earned a degree in Psychology from Vassar in 2001, followed by a master's degree in the Medical Humanities from Drew University in 2004.

She graduated from Philadelphia College of Osteopathic Medicine in 2015 and completed her Family Medicine Residency in 2018. A Fellowship in Geriatric Medicine at Philadelphia College of Osteopathic Medicine followed in 2021. She is a board-certified Osteopathic Family Medicine Physician with a focus on Osteopathic Manipulative Medicine (OMM), and is certified in Cognitive Hypnosis Therapy while pursuing certification in Functional Medicine.



Root, Michele

Michele is a Certified Hypnotherapist, Functional Nutrition & Lifestyle Coach, and Board Certified Holistic Health Coach specializing in enhancing health with the optimization of digestive health through nutrition, mindset, and lifestyle modifications. She is a graduate of the Transformational Psychology Associates Degree program and a faculty member of Southwest Institute of Healing Arts. Michele resides in Mesa, Arizona.



Peterson, Chandra

Chandra is an Independently Licensed Mental Health, and Addictions Therapist & Certified Hypnotherapist. Much of her practice has been dedicated to

helping youth overcome trauma, regulate emotions and change unwanted behaviors. She also works with clients who suffer from depression, anxiety, ADHD, eating disorders, and addictions. She helps with the specialized needs of the military and their families, LGBTQ, and specific gender needs.

Rosen, Eric

Eric is a licensed psychologist with over 30 years of professional experience working with adults, couples, families, and children. He is a former Associate Professor and now an adjunct professor with the Florida School of Professional Psychology at the National Louis University, Tampa, and holds practice with Family Psychological Associates of Palm Harbor, Inc. Dr. Rosen received IACT's Educator of the Year Award (2018) and continues to teach hypnosis with Patricia Scott @ Uphynosis Institute.



Stockwell-Nicholas, Shelley

The author of 25 books (4 with Ormond McGill), Shelley is an award-winning advocate for the great work of hypnotists, coaches, and teachers worldwide. She has appeared on hundreds of radio and TV talk shows.



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YouTube



Svatek, Mary Beth

Mary Beth is a Counselor turned Life Coach & Hypnotherapist. After working in the mental health field as Counselor, Case Manager, ER Social Worker, & Administrative Director capacities for 18 years, she became disillusioned with band-aid approaches, crippling diagnoses & medication that rendered people into lifelong mental illness. She observed that those who overcame this took alternative approaches. She began to study mind-body-spirit & went back to school for Hypnotherapy & Holistic Health.



Wackernagel, Nicole

Nicole is a long-time hypnotherapist with a full-time practice in Switzerland. She is also the director of the Swiss hypnosis Institute which trains hypnotists and hypnotherapists throughout Europe. She is also an IMDHA trainer, SleepTalk method trainer, and trainer for the Dave Elman Hypnosis Institute. Nicole struggled with her confidence as a hypnotist in the beginning. She was anything but self-confident. But, she now knows exactly what is needed to be a confident hypnotist.



Watson, Michael

Michael is the Principal Trainer for IACT and a diplomat of IMDHA. He's been in professional practice for over forty years. Since 2017, as the Virtual Hypnotist, he's trained hundreds of therapists to take their practice online. A Master Practitioner and Trainer of NLP, he has been involved in the community since its inception. He is the creator and (with Karen Hand) co-host of the Associations Virtual Chapter—a monthly online community of hypnotists and other change workers.



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Saturday, May 20th, 2023

Nicolas Gery is an internationally recognized mime artist and has worked on stages around Europe, Australia, New Zealand, Asia, and the US. Please enjoy his performance, a Romeo and Juliet sketch from his One Man Show "It is good to shut up sometimes." This classical mime piece plays the famous "Balcony scene" in five different versions, colored by the music of Zeffirelli's movie. Don't be shocked if you find yourself playing a role in the play...



The hypnotic ritual of Belly dance will be performed for your enjoyment. As a spiritual activity, belly dance is viewed as a form of focused attention and quieting the mind.

It's recognized as a moving meditation, ritualistic performance and often serving as a form a worship. In this sense, belly dance is similar to traditional rituals, such a chanting, responsive readings, taking communion, etc.

Angel Bellydance

*entertainment included in FULL Conference Registration

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Doubletree by Hilton at Sea World in Orlando, Florida May 19th – 21th, 2023

FULL Conference – Member before April 19th after April 19th\$299\$359
 FULL Conference – Non-members\$379\$439
 Friday **ONLY**\$159
 Saturday **ONLY** *(dinner not included)*\$159
 Saturday Awards Banquet Dinner\$59
 Sunday **ONLY**\$119
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*Includes unlimited access to **one** live stream room, lecture handouts to every presentation, **PLUS** recordings of all recorded lectures in mp3 format (\$720 value if purchased separately)*

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ONLINE: www.HypnoExpo.com **PHONE:** 570-869-1021 **FAX:** 570-869-1249 **MAIL:** 8852 SR 3001, Laceyville, PA 18623

ROOM RESERVATION: Doubletree by Hilton at Sea World 855-610-TREE (Use reservation code 'HYP' for special rate)

CANCELLATIONS: Full refund (less \$25 administrative fee) **must** be received in writing *prior* to April 24th, 2023.

FRIDAY 2-HOUR WORKSHOPS **\$35/ea.**

| | |
|--|------|
| Mind Games for Personal Growth (Geers Dahl) 10am | FREE |
| Fears & Phobias Gone (Light) 10am | |
| In the Moment Stress Reduction Techniques (Austin) 10am | |
| Tools for Emotional Divorce (Gilbert) 1pm | |
| Recognizing the Signs of Suicidal Ideations (Nash) 1pm | |
| The Toggle Effect: Stress Management Program (Heusinger) 1pm | |
| Integrative Approach to the Experiential Mind (Fatemi) 3pm | |
| Hypnotic Tarot: Elicit Metaphors for Change (Hand) 3pm | |
| Why Pain Suppression Should Be Mandatory (Elman) 3pm | |

SATURDAY 2-HOUR WORKSHOPS **\$35/ea.**

| | |
|---|--|
| Ending the Cycle of Inherited Family Trauma (Day) 10am | |
| The Gut-Brain Connection (Root) 10am | |
| The Importance of the Heroes Journey (Bennett) 10am | |
| The Medicine Wheel and Journeying (Blum) 1pm | |
| Improvisation & Hypnosis Routines for Wellness (Rocki) 1pm | |
| Historical Inductions (LeMaire) 1pm | |
| The Never Fail Hypnotic Feedback Loop (Boyd) 3pm | |
| From Burnout to Breakthrough (McCool) 3pm | |
| Kids & Teens: Indispensable Skills for Success (Peterson) 3pm | |

SUNDAY 2-HOUR WORKSHOPS **\$35/ea.**

| | |
|---|--|
| Group Mindfulness Journeys Made Easy (Daoust) 10am | |
| Intervention for a Healthy Sleep (Eljay & Papadakis) 10am | |
| Stage Secrets, Demos & More (Andrews) 10am | |
| Hypnosis: Standard of Care Relief for Physical Pain (Mau) 1pm | |
| HypnoKids: ADHD Diagnosis (Scholl) 1pm | |
| Identification Therapy (Chong) 1pm | |

SUNDAY 2-HOUR WORKSHOPS **(FREE)**

| | |
|---|--|
| Don't Hold Your Breath (Babineaux) 3pm | |
| Playing Your Vagus Nerve like a Violin (Stockwell-Nicholas) 3pm | |
| Breaking the Trance of Grief (Hanson) 3pm | |
| Using Hypnotherapy for Spirit Release (Svatek) 3pm | |
| 2-Minute Sleep Talk Process (Gerey) 3pm | |
| The Six Basic Induction Types (Hunter) 3pm | |

UNDECIDED? PAY NOW & CHOOSE LATER! (2-hour workshops) **\$35/ea.**

(Enter quantity of desired workshops)

PRE & POST CONFERENCE COURSES (10am-5pm Daily)

| | |
|--|----------------|
| 5-Day Train the Trainer (Watson) Tues-Wed-Th-Mon-Tues | \$1,795 |
| 4-Day Parts Therapy Trainer (Hunter) Wed-Th-Mon-Tues | \$995 |
| 2-Day Hypnotherapy (Geers Dahl) Wed & Th | FREE |
| 2-Day Metaphor Magic (Hand & Gilbert) Wed & Th | \$275 |
| 2-Day Intro into Waking/Covert NLP (Horton) Wed & Th | \$275 |
| 2-Day Client Centered Part Therapy (Hunter) Wed-Th | \$275 |
| 2-Day Parts Therapy Trainer (Hunter) (Pre-Approval Required) Mon & Tues | \$720 |
| 1-Day Medical Hypnotherapy (Scott) Thurs | \$175 |
| 1-Day Future Shaping (Blum) Mon | \$175 |
| 1-Day Transformation & Flow (Jorre) Mon | \$175 |
| 1-Day Mindfulness (Stockwell-Nicholas) Mon | \$175 |
| 1-Day Past Life Regression (LeClaire) Mon | \$175 |

FULL CONFERENCE INCLUDES:

- 51 FREE Lectures
- 1 FREE Pre-Conference 2-Day Course (Geers Dahl)
- 1 FREE Friday 2-Hour Workshop (Geers Dahl)
- 6 FREE Sunday 2-Hour Workshops
*(choice of 1 w/Full Conference Registration)
- 3 Days of shopping in EXPO Exhibit Area
- Continental Breakfast (Friday, Saturday & Sunday)
- Friday Social Hour & Entertainment
- Saturday Awards Banquet & Entertainment
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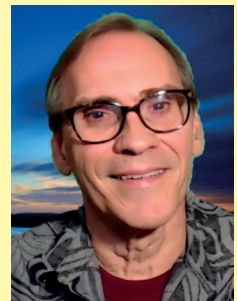
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Your Trainer – Michael Watson

Michael is a creative and innovative trainer of hypnosis, hypnotherapy, and NLP with over 40 years of experience. An IACT Educator of the Year and a Diplomate of IMDHA, he is a frequent presenter at conference and workshops at home and abroad. And he is COMMITTED to your success.



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