

workshops

Saturday, May 14th

WORKSHOP 10:00 – 11:45

*STOP PROCRASTINATION!
AN INTEGRATIVE APPROACH
TO GETTING IT DONE*

M. Tiers

This workshop will teach you a systematic approach to help your clients (and yourself) overcome procrastination. You will learn how to recondition triggers, set up recursive loops, and a system that builds momentum for inspired motivation.

Participants will learn the easy way to stop procrastinating and start motivating. You will also learn an amazing goal induction that feels like a double induction for you and your client.

*WORKING WITH CLIENTS
WITH ASPERGERS/HIGH
FUNCTIONING AUTISM*

J. Kimmel

Young people with autism are a growing population in need of new alternatives in dealing with the challenges they face. You as a skilled hypnotist already have much of the tools and understanding to work with these people, but without specific training in what to do (and what not to do) specifically for this type of client, you could unwittingly miss out on the tremendous opportunities to increase quality of life, self acceptance and self esteem in your Aspergers/HFA client. Language is the biggest

challenge in working with clients on the autism spectrum for hypnotists not specifically trained in working with this group. Learn how to build rapport and reach these clients, how to structure your sessions; which techniques do and do not work with clients with autism; the best use of language and more.

Objectives

- * Learn and understand how individuals with Aspergers understand language differently than those not on the spectrum
- * Learn to communicate with this rewarding group of clients
- * Learn the traits of Aspergers
- * Understand how hypnosis can improve quality of life for this group of clients
- * Learn to explain the fight or flight system & relaxation response to these clients
- * Learn which techniques work with people on the spectrum and which do not, and why.
- Discover the single biggest error you could unwittingly make in working with a client on the autism spectrum.
- Learn how to create rapport with people on the spectrum.

*THE ART OF THE INTAKE:
MAKING THE MOST OF THE
SESSION*

D. Cleary

Why do your clients come to see you? Is it because they lack the ability to make the changes they desire? Probably not. Perhaps, because they are missing the clarity to recognize the 'What's Next?' step, or the hidden links to 'How Did I Get Here In The First Place?' While we can generalize and debate about the reasons, I think we can agree that

the intake session is perhaps the most important facet of the gem we call transformation.

Join with Dan and explore the dance of the intake session. His conversational style of establishing the relationship of transformation and eliciting the resources and abilities of success will perhaps come as a surprise to you. He makes the complex seem simple and the simple seem easy.

Get the most out of your sessions and have a good time doing it!

*AN INTRODUCTION TO
GENERATIVE TRANCE*

M. Watson

These processes are gentle, effective, “must have’s” for the practicing hypnotherapist.

Pioneered by Milton Erickson’s protégé, Stephen Gilligan, Generative Trance is a non-invasive, client-centered approach to growth and transformation. We will introduce methods that use trance to open the doorways of the creative unconscious. We will explore the notion of an emerging self that seeks expression in the world and we’ll discover how to invite and support it as it finds its way out. Resolving problems and making needed changes along the way.

This is a practical workshop in personal evolution and how to guide your clients through their own natural unfolding process.

“I am thoroughly enjoying (and learning) from the various presentations! Thank you for arranging this each year.”

Terri Raymond, Sedona, AZ

WORKSHOP 12:30 – 3:45

HOW TO REVERSE A CANCER

D. & J. Chong

(special pricing applies – 3 hr workshop)

Science allows a person to have any theory he has thought out and its conclusion. However science requires that there must be a test whose results verify and confirm the conclusion. It then requires a 2nd center somewhere else in the world to do the same test and this test must yield the results that verify and confirm the conclusion of the theory.

The 1st centre with the test results is in Oakville, Ontario. The 2nd is in Brisbane Australia under Alan Patching. By coincidence our 1st cancer inversion was a pancreatic cancer in 1999; Alan's was also a pancreatic cancer.

In 2012, Alan was to send us a 24 page document verifying his two cancer inversion. By what he sent us, we now have the scientific basis and witness to write the book. *How to Reverse a Cancer*. We have had to wait 13 years to do so. This has been a horrendous test of patience with grace and humility.

Participants will learn the algorithm of how to reverse a cancer and how to apply it immediately in their practice and they have our word that we will help them if they are in any difficulties.



WORKSHOP 2:00 – 3:45

TREATING PTSD NATURALLY

L. Bennett

Use the benefits of imagery work and hypnosis as a vehicle to treat PTSD naturally

PTSD has historically been managed much through medications and traditional psychotherapy. Learn new ways to address this debilitating condition naturally. This workshop will discuss the benefits of imagery work and hypnosis as a vehicle to bring relief to many that are suffering. Attendees will have the opportunity to work with tools that will help to elicit positive results for your clients.

STUTTERING, OBESITY, FEARS, ALLERGIES, & MORE: UNDERSTANDING SIMILAR ORIGINS *H.L. Elman*

Stuttering, Obesity, Fears, Allergies, and several other common Presenting Problems have similar origins and share characteristics which give hypnotic procedures for these problems many similarities. For example, stuttering is normally not a problem from birth -- it starts with an ISE and becomes a habit. As this habit progresses, it causes self-esteem issues. Similarly, obesity begins SOMEWHERE and eventually couples itself with self-esteem issues. Correct hypnosis approaches to these two have similarities. Both also often have a security component. Phobias, fears, allergies -- these maladies include similar characteristics as well.

(Admittedly, some of these may be "outside normal scope of practice," but these are problems which can be alleviated with hypnosis when a physician provides approval.)

When a hypnotist recognizes the similarities of these problems, and more importantly has the tools to recognize the causative events, hypnotic alleviation becomes practical. Age regression techniques can locate the ISE for these classes of problems, but the hypnotist must be able to recognize what he/she is searching for. Both Recall Mode and Revivification Mode can be useful in these problems - - the author prefers Revivification, but there are cases where each has its unique assets; a means of moving from one mode to the other will be discussed. Abreaction techniques will also be covered.

The inter-relationships covered in this Presentation are central to the more advanced classes taught at the Dave Elman Hypnosis Institute. Almost all physician-students of Dave Elman in the 1950's and 1960's used the approach advocated here.

Q&A -- Attendee participation -- will be encouraged.

HYPNODONTICS: 3 TECHNIQUES EVERY DENTIST NEEDS. SO YOU NEED *J. Acosta*

In this upbeat workshop Juan will share with you 3 techniques every dentist needs to know and therefore you need to know! This workshop is for you if you want to interact with dental professionals and work with

them in any capacity: as a resource to refer their patients; as a team member in their practice; and/or as a consultant and trainer helping them improve their overall results.

Attendees will learn 3 important ways to interact with and motivate dental professionals to refer clients or add a hypnotherapist to their treatment team.

WORKSHOP 4:00 – 4:45

CHOOSING YOUR COMPULSION

S. Drenner / P. Singleton

Learn more than just a script for helping your clients let go of habitual behaviors. In this class we'll teach you principles, ideas **and** methods for you to use with clients struggling with compulsive behaviors such as over-eating, drinking too much, gambling, smoking and more. You can use these principles and processes in individual sessions or in group settings.

We'll provide some essential principles for your understanding, as well as a Step-by-Step Protocol to use in creating positive and lasting changes in behavior. The methods come from both Hypnotherapy and adaptations of NLP techniques. Note that this is not a "standard" NLP Approach, but one that uses NLP technology along with Hypnotherapy to produce a system of congruent change for your clients.

THE DAVE ELMAN INDUCTION IN A NUTSHELL C. Elman

The effectiveness of the Dave Elman Induction has withstood the sands of time, and has been the foundation of many hypnotist practices worldwide. Learn the true keys to how and why the DEI works, with its blend of processes and built in Tests and Convincers, not merely "Magic Words". Take the opportunity to practice the DEI as BOTH hypnotist and "client", plus experience Cheryl Elman's adaptations for group situations and troubleshooting.

In the Troubleshooting portion, learn what to do if their "eyes pop open" or "they do not lose the numbers", or ... many more tips to give you the confidence to do this Induction effectively and with confidence, ANYWHERE, ANYTIME. The sharpening of the participant's skill with this under 4 minute induction provides the participant with more time to work on both rapport building and the clients' Presenting Problem issues.

In the Group Induction portion, learn tricks that will build your business by allowing you to give truly impressive public demonstrations. Using the DEI with modifications for public appearances will not only provide an additional "tool," but will also assist you in learning things to consider when modifying ANY of your existing "tools" for a new use or a new environment.

Learning the DEI in both office form and public demo form, along with how to handle "The Client From Hell," will expand

the attendees' choices and improve the quality of their practice.

The DEI, properly taught and used, can serve as a "template" for many other procedures in our profession. For example, the DEI shows the critical role of Convincers and Deepeners and their relationship, the entry into Somnambulism, and more.

DEVELOPING A COMMUNICATION TEMPLATE FOR ACHIEVEMENT & EMOTIONAL RESILIENCE J. Goulding

The Goulding SleepTalk® Process – Teaching and Empowering Parents to Work with Their Child During Sleep.

The process developed in the early 1970's in Australia, assists in the development of a child's emotional resilience. The process empowers parents to assist their own child to create a positive and confident, happy self-image. Taking only a few moments each night, parents apply the process while their child sleeps, creating opportunities for positive unconscious beliefs, developing the child's confident self-image, managing behavior modification, anxiety and stress. The process is non-intrusive, ethical and safe, with benefits lasting for life, essential knowledge for hypnotherapists.

HYPNOGAMES FOR HYPNOJUNKIES S. Carson / S. Carson / J. Marion

Fun games to build hypnotic skills. A fun workshop and great tools for anyone and everyone who runs meet-ups or other

practice groups, trainers, or hypnotists who want to build hypnotic response in their clients in a fun way

Sunday, May 15th

WORKSHOP 10:00 –11:45

*BOUNDARIES
COMMUNICATION AND
CHOICE*

C. Allyson / M. Vallei

Boundaries, Communication and Choice are the building blocks needed in order to help you grow as a person and as a therapist. These building blocks are also necessary for your clients to learn so that they can achieve their best states of being. In this workshop you will have an opportunity to learn how to identify, set, and follow personal and professional boundaries; to learn what communication truly means, how to increase your skills in communication, the nuances of speaking and listening, how to reframe what you say; and to learn the differences in perceptions of choice, what it truly means, and how to employ it. Furthermore, you will learn ways to help your clients learn the same. Benefits to you, the Therapist, will be delineated as well as benefits to your clients. Benefits include both personal and professional aspects and also relate directly to the work you do in hypnosis.

This workshop will include lecture, discussion, experiential exercises, demonstration role-play, and simple tips in the areas of boundaries and communication to use when working with your clients.

*METAPHORS OF MOVEMENT:
UTILIZING UNCONSCIOUS
METAPHOR*

M. Andreas

Metaphor has long been recognized as a powerful tool, not only in hypnotherapy, but for thousands of years of human communication and storytelling. Now Andrew T. Austin of the UK has developed a sophisticated and fundamentally new model for uncovering and engaging the metaphors we already use. These unconscious metaphors for moving through life impact who we are and what we're able to do (or not do). I will introduce this new method of working, demonstrate with the group, and discuss how the Metaphors of Movement process is fundamentally different from established uses of metaphor in hypnotherapy.

You will learn what our metaphors communicate about our problems or stuck states, and how to respond in metaphor to elicit useful change.

*THE POWER OF
ASTONISHMENT*

L. Handwerker

The simplest purest state of consciousness is astonishment. That moment of beautiful rapture. Unfortunately that state has also become one of the rarest experiences in our adult lives. In this workshop I will give participants the experience of astonishment through sleight of hand, mentalism, and hypnosis, then teach techniques designed to induce astonishment while showing participants how they can enjoy the healing state of wonder on a daily basis.

By experiencing wonder we free ourselves of fear, doubt, pain and anger and embrace the wondrous lives we lead. We experience fully in each moment, unobstructed.

Attendees will experience astonishment and learn how to live a life filled with more wonder.

*SERIOUS HELP FOR YOUR
CLIENT WITH SLEEP ISSUES*

C. Locher

Typically, sleep issues respond very well to hypnosis. But what do you do with the client that does not respond to the usual suggestions and approaches? Clients with sleep issues are often impatient for a fast result! Use this information to get to the root cause quickly. Cindy shares 3 types of underlying subconscious causes for sleep problems and provides a guide to choosing the right hypnotic technique for each type of client issue.

Attendees will gain a deeper understanding of the underlying causes of sleep issues and understand what hypnotic techniques are best suited to each type of cause in order to resolve client issues more quickly.

Numerous case studies will be covered, and scripts are provided to those who attend.

"Thank you for inviting me to be a part of this terrific conference. As always it's so wonderful to be surrounded by so many likeminded people."

Linda Bennett, Mesa, AZ

WORKSHOP 2:00 – 5:45

ADJUSTING PERCEPTION

A. King

Special pricing applies - 4 hr workshop

How we feel (and thus, how we experience life) is based on how we perceive our numerous experiences. Some people label the events of life as “good” or “bad” and are directly affected by them. Others are able to draw on their inner strengths and resources to deal with the same problems, are less affected emotionally, and more able to cope and move on with life.

Helping your client change the way they perceive life can be done in numerous, easy ways. We will discuss both waking and hypnotic suggestion, visualizations, specific exercises, and how the client can participate between sessions.

Participants will learn:

- 3 important things your client should always remember
- 3 easy (repetitive) steps which will change neural connections
- 3 exercises to heal relationships
- 13 ways to help clients improve their relationships

WORKSHOP 2:00 – 3:45

CLINICAL APPLICATIONS OF HYPNOTHERAPY IN TREATING DSM-V DIAGNOSES

E. Rosen / P. Scott

This workshop is designed to familiarize both licensed and unlicensed clinicians with the new DSM-V and explain how to utilize various hypnotic techniques for specific diagnoses, allowing for greater communication between clinicians. This workshop will present sample scenarios with recommended clinical applications with reference to the specific diagnostic code and provide role-playing exercises to enhance your learning experience.

With more and more Hypnotherapists integrating their expertise with traditional practitioners, it is imperative to have a basic knowledge base from which to have effective communication with referring physicians. This workshop offers a solid initial understanding from which to build these important relationships.

Both licensed and unlicensed clinicians will become familiar with the new DSM-V and how to utilize hypnotic techniques for specific diagnoses.

REFRAMING CREATIVITY WITH HYPNOSIS

A. Emrich

Come to this workshop with an issue that you need/want a resolution for, and leave with new ideas for success and a creative response to your issue

from your unconscious mind.

Art has presented programs at the last 7 annual Florida Creativity Weekends in Sarasota. He introduces unique approaches to creativity using NLP and hypnosis.

Topics Include:

- What is creativity?
- What are the 8 types of "frame shifting"?
- What is "reframing" in NLP?
- What is the difference between CM and UCM creativity?
- How to use 7 questions to avoid frame blindness.
- Using hypnosis to enhance your creativity. (Demo)

FROM CANCER TO REMISSION

M. Smith

Hypnotists don't "heal" or "cure", but their clients get better.

Being diagnosed with cancer is most frequently accompanied by a severe stress state. Releasing that stress is the first step to creating a healing environment. You, as a hypnotist, are the most qualified person to help empower your cancer client and promote healing. In this workshop you will learn strategies and techniques to empower your cancer client to achieve "spontaneous remission".

Most cancer patients can get better if we don't allow them to be convinced otherwise. It's time for you to step up and be the catalyst for healing.

"Thank you for making it possible to have the best conference experience ever! I am especially grateful to both learn from and present alongside some of the 'rock stars' in our field. The quality of your support is without parallel. All in all the 2015 IMDHA conference was a singularly positive experience."

Alena Guest, Mendocino, CA

WORKSHOP 4:00 – 5:45

MISSING PIECES – BECOMING WHOLE AGAIN

M. Ellner / J. Wagner

Helping clients cope with loss is a huge untapped market!

This workshop will include techniques and strategies for helping people with pain and body image related aspects of feeling whole again. Janet not only walks her talk, she lives it with grace on a daily basis. The combination of her personal and developing professional experience and my professional experience will give you the necessary tools and strategies for offering your hypnotic assistance to people that are truly in need of your help.

Attendees will learn how to individualize hypnotic models and techniques for assisting these clients which is often a missing piece of medical hypnosis trainings.

MUSIC IS HYPNOTIC: WHY & HOW TO USE MUSIC TO GUIDE HYPNOSIS SESSIONS

J. Giunta

This interactive workshop will teach, through demonstrations, a few very simple principles that can be applied to music. Hypnosis uses language. Music is a universal language—combine these ideas and be amazed.

Even if you don't play an instrument and even if you know NOTHING about music, you can and will learn to use music to guide your sessions with impressive results.

GETTING CLIENTS OUT OF THIN AIR – BUILD OUR SOCIAL MEDIA EMPIRE

F. Jaffer Jeraj

Get clients out of thin air, with this social media workshop and book yourself solid. This is social media for the psychologically-minded.

Farzana is a bestselling author and ranked as one of the top Social Media Influencers in the Twittiverse. With over 100K followers and a remarkably high engagement, Farzana gets clients out of thin air and so can you. In this workshop, you will learn how to make the most out of Twitter, Facebook and much more. Book yourself solid and get clients out of thin air. Learn how to find and make contact with your tribe, build your own community and monetize.

WORKING WITH SELF- CONCEPT AND SELF ESTEEM

D. Pelles

This workshop will introduce you to working with self-concept. Self-concept influences our thinking, feelings, and behavior in pervasive and multiple ways. We will pay particular attention to the *qualities* - intelligence, honesty, persistence, likeability, laziness, etc. - that make up a major component of self-concept, the things a person believes are true (or not) about her, that he may like, dislike, or be uncertain about.

We will demonstrate how to elicit the mental *structure* ("database") of these qualities, how to strengthen positive

qualities and transform those that are ambiguous or negative; and how to guide someone to actually *change* aspects of their self-concept and with this, their self-esteem (having qualities about yourself that you *like*).

In this 2-hour workshop, I will present and demonstrate the ideas. Participants will work in pairs, to learn and practice actually transforming self-concept and enhancing self-esteem.

RAPID RELEASE OF EMOTIONAL BLOCKS AND INTEGRATING INNER

CONFLICT

W. Wood

In 2015, I had a series of powerful integration experiences from practicing several different meditation techniques. The level of personal integration shocked me and I immediately started to model out my personal breakthroughs and created a series of guided meditations to help clients rapidly release negative emotions and integrate conflicts in a gentle and effective way. I have now used these rapid change approaches with more than a hundred clients and find that major emotional blocks can often be released in just a few minutes using this approach. This two hour workshop will cover at least three of the five processes I have been working with over the last year. Participants will view a demo of the three processes. There will also be time to practice the techniques learned.

"I've been to instructor meetings of many organizations – this was the first PRODUCTIVE one I've been to."

H. Larry Elman, Henderson, NC

*OPTIMAL HEALTH: ACHIEVE
SUCCESS WITH YOUR
WEIGHT MGMT CLIENTS
WITHOUT DIETING
P. Presnoples*

Turn your weight loss practice into a program people can and will follow forever.

This is a successful approach to weight management without dieting, using critical lifestyle choices to achieve health and wellness.

This workshop will give you a blueprint for a wildly successful weight management practice. Turn your weight loss practice into a program people can and will follow forever. In this step by step program you will learn easy and effortless techniques to change your clients lives forever and turn them into an army of walking advertisements for your practice.



HypnoExpo 2015

Photos

