

Lectures

Friday, May 18th

Lectures 10:00 – 10:45

MY LIFE AS A NATURAL SOMNAMBULIST

How I Overcame the Emotional and Mental Health Challenges of Being a Sleepwalker into a Life of Wellness and Self Respect
S. Hill

The Hyper-suggestibility of Natural Somnambulism can lead to many emotional and mental health challenges. Understanding the connection has changed my life. In sharing my story, I hope to make the wellness community aware of how destructive hyper-suggestibility can be, so it can be addressed hypnotically.

This talk will cover:

- Understanding natural somnambulism as a meta condition.
- Understanding the developmental cocktail that creates natural somnambulism.
- Understanding how reducing hyper-suggestibility may be more effective than meds.
- Learn how to give hope to clients who have no idea what is wrong with them.

TRAUMA INFORMED CLINICAL HYPNOTHERAPY **E. Rosen**

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

THE REAL LOVE POTION NUMBER NINE! **D. Lane**

Utilize this program to help build your clients love life and your client base at the same time. This program can be taught to the public in 3 classes; Involving Organic Hypnosis Techniques, including hypnotic

writing, trance and all senses. The class has resulted in several marriages! It has also been featured on local news when given around Valentine's Day. This program can be used to help people find their life mate and build up their confidence in the powers of the mind.

Lectures 11:00 – 11:45

PHYSICAL, MENTAL & EMOTIONAL HEALING WITH PAST LIFE REGRESSION

M. Johnson

Past Life Regression offers huge opportunities for healing on many levels. The more common forms of past life healing involve fear such as claustrophobia from being buried alive, fear of water from drowning in a past life and fear of heights as a result of falling to your death from a high place. Notice these all have something in common besides fear, they result in the end of the life.

There are many other possibilities when it comes to past life trauma that can follow a person into their current life. Physical pain can be the result of some injury that may or may not have caused the past life death. Certain parts of the body can be sensitive or even seem to be involved in specific health challenges such as Irritable Bowel Syndrome, psoriasis or even asthma.

In this lecture we'll discuss various challenges that have been resolved in a single past life regression session. It is important for the client to experience the past life for this type of healing to take place. Often just going through the experience is all the client needs. Though it's often up to the practitioner to connect the dots for the client and help them to understand the connection between the past life incident and their current life situation.

There are plenty of ways to heal the body, mind and soul. The more tools you have in your toolbox, the better off your clients will be. This interactive discussion will include case studies of sessions that resulted in amazing healing for past life regression clients and provided them with relief that had been eluding them their entire life.

GOOD & EVIL **D&J Chong**

We are hopelessly deceived and cheated by Political Correctness, PC. The

term Evil is so distasteful that in the world of PC, you may not use it on another person. The offence that will be taken will be of thermonuclear proportions.

The result is that we are now blunted on the spot to speak the truth.

In life, what is NOT GOOD, in the reality of opposites of Good versus Evil, must by definition be EVIL. And in our midst, are oceans of NOT GOOD doings. To be unable to speak to the truth that these things and the persons who do them are EVIL and find other alternative words is to fail to tell the truth-as-it-is.

As we advance into the 21st Century the most critical thing is that we must speak the truth as required by the Philosophy and the Theology of Western Civilization. If we do not, then, by definition, every utterance is not GOOD and hence it is Evil.

THE BENEFITS APPROACH: PROGRESSION FOR SUCCESS **R. Hunter**

This proven technique is a great starting point for habit control and motivation, and has passed the test of time. List the client's personal benefits for attaining a goal, and project him or her forward in time to imagine enjoying success.

The BENEFITS Approach enhances the client's motivating desire to be successful at achieving a goal, which increases the probability of attaining success.

Roy has used this approach with clients since 1983, and it has passed the test of time. Even if inner conflicts occur that may require parts therapy in subsequent sessions, clients who have a strong motivating desire to succeed are more likely to experience success from advanced techniques.

Lecture 2:00 – 2:45

REMOVING THE EMOTIONAL IMPACT OF A MEDICAL CONDITION **E. Finocchio**

Our emotional state can cause a delay in our recovery and even produce complications due to the impact that pain, stress and fear has on our body. Whether the physical state is a result of injury, illness, surgery, chronic or acute condition or disorder, the emotions play an important part in the healing process. Learn some safe

and simply techniques to help heal both physically and emotionally.

Learn the 3 Rs of empowerment (Receive, Release and Relax). Teach your clients to take charge of their healing!

This protocol is an enhancement of the Guided Imagery Pilot Program being used at several Banner Health Hospitals and Treatment Centers in Phoenix, AZ. This program goal is to reduce the amount of drugs needed for pain and stress.

GO BEYOND HYPNOSIS WITH A HOLISTIC APPROACH AND SEE YOUR CLIENTS ACHIEVE OUTSTANDING, LONG LASTING RESULTS

J. Rose

You will learn how to create a complete holistic program for your clients to achieve maximum results. You will be able to guide your clients away from lifestyle habits that promote negative conditions, such as dehydration, sleep deprivation, exercise deficiency, nutrient deficiency, and over indulging in caffeine and alcohol; and provide new health-promoting protocols that will generate powerful and more complete changes from your clinical interventions. This information will serve as a model of excellence for all hypnotists who wish to offer a more complete practice. Your clients will be happier and more satisfied, and your practice will thrive, when they are able to achieve more powerful and complete changes in their life.

Learn the very latest research and cutting-edge protocols to put your clients on a whole new vibrant and healthy path in life. You will also have opportunities to increase revenues by offering proven health-promoting products in your practice.

FIVE NEUROSCIENCE SECRETS TO TRANSFORM YOUR PRACTICE

S. Carson

In this presentation Shawn will introduce attendees to 5 fundamental neuroscientific principles that when applied to hypnosis sessions increase success rates while building flexibility. The principles are easy to learn and apply to your hypnosis practice. Attendees will gain insights into how their brains work while also developing insights into how client's do prob-

lems and how we can find the shortest path possible to lasting positive change.

Lecture 3:00 – 3:45

OVERCOMING THE TRIGGERS OF ADDICTION

A. DeMarco

To combat addictions of every kind. To eliminate cravings, urges and obsessions. To elevate, stimulate and motivate.

We are one 'giant memory' that reacts to many stimuli that we have witnessed, whether real or imagined, since birth and before. The passion, or the circumstances, or the repetition with which any given stimulus is presented to us, dictates the effect resulting in specific reactions that please us, or empower us, or haunt us, or disturb us, or 'attempt' to destroy us. As hypnotists, we cannot fight fair fights with the enemy for the enemy itself never fights fairly. The subconscious mind must be befriended, beseeched, commanded, and de-programmed and re-programmed with, among other hypnotic techniques, Pavlovian-style triggers and Jungian symbols that counterbalance and overcome the old, learned, harmful stimuli. One of our goals is to neutralize and improvise.

Tony shall offer his further insights into the workings of the subconscious mind and the collective unconscious, the elevation of consciousness, and teach several effective triggers that he uses in his practice and has been teaching practicing hypnotists for many years.

Tony is the author of a widely acclaimed Addictions Practice Manual entitled "Slaying the Dragon of Addiction" in which 13 actual sessions are set forth in detail as if the student is 'taken by the hand' through the entire process of attaining abstinence. The triggers that he teaches are used not only to combat the cravings, urges, needs, desires, and obsessions of addictions and habit, but to give your clients the kick-start to get up, go out, grab life by the collar, and give it a good shaking.

THE 8 BEST WAYS TO EXERCISE YOUR BRAIN

A. King

Current research proves the mind can indeed alter the physical structure of the brain and we can all change our brains by changing our thoughts and perceptions. Sensory stimulus like sound/music,

light, vibration, motion and "learning" can "switch on" both genes and neural structures.

Our mind can direct its own unique healing if we have the desire, commitment, and motivation to practice some simple techniques repetitiously. Based on research by Andrew Newberg, M.D. and Mark Waldman, you can create a healthier brain by incorporating these exercises into your work with clients, your own life, or sharing with friends.

Learn these brain exercises:

- 3 ways to use your body.
- 2 passive ways to exercise.
- 2 types of activities.
- 1 spiritual practice that's at the top of the list.

HEALING FROM WITHIN

S. Drenner

This modality was developed for my own personal physical healing. As I tapped into my subconscious at a deeper level, I learned to bring forth practicals for my healing. This can be used for many types of healing - emotional, spiritual and physical. Your clients learn to trust the subconscious at a deeper level as solutions come from within. You will gain a new therapy that brings solutions from the clients subconscious mind to aide their healing. All will be given scripts to use with clients.

Lecture 4:00 – 4:45

MANAGING SECOND HAND TRAUMA

L. Bennett

Research indicates that caregivers are not immune to trauma and might experience compassion fatigue. Compassion fatigue is most common in the health care professions. Often with compassion fatigue we lose interest in our own self-care and both we and our clients can suffer. During this talk you will learn the signs of compassion fatigue and ways to address this phenomenon.

"We have not been directly exposed to the trauma scene, but we hear the story told with such intensity, or we hear similar stories so often, or we have the gift and curse of extreme empathy and we suffer. We feel the feelings of our clients. We experience their fears. We dream their dreams. Eventually, we lose a certain spark of opti-

mism, humor and hope. We tire. We aren't sick, but we aren't ourselves." C. Figley, 1995

Avoid the trauma of working with those suffering from trauma and PTS.

I AM A HYPNOTIST – NOW WHAT? C. Blacconiere

Most of you have taken training and are practicing some hypnosis. A lot of new hypnotists don't know where to really start to build a business or what area they would like to work. The field of hypnosis is quite unique. Once you learn how the mind works and how to influence it, you can work in almost any field.

WAKING HYPNOSIS H.L. Elman

A state and a tool you should know how to use. This presentation will both introduce and teach waking hypnosis as a tool for both your clinical work and for building our practice.

Lecture 5:00 – 5:45

FUNNELING TOWARDS CHANGE S. Stork

This talk will cover how to use probing questions, sentence stems, etc. as a means of helping a client construct understanding of their issue.

It is not enough to merely address a client's issue; the hypnotherapist needs to find the source of emotional energy underlying the issue and address that as well.

Steve is curating the work of Kweethai Neill, PhD. Using his background as a qualitative researcher, he is teasing out the components of her ability to catalyze change in clients. Though she uses elements of energy medicine in her work, this session deals only with strategies most hypnotherapists will find familiar.

HYPNO-IMMUNOLOGY: SLOW DOWN THE AGING PROCESS P. Winkler

Pam will provide the Winkler Method of mind-directed cellular regeneration that promotes and maximizes the body's ability to repair itself on the cellular level.

We are only now beginning to understand the unlimited power of the inner mind to improve our health through the process of directed cellular rejuvenation. This area of Hypnotherapy provides the link of biological science with the gentle art of natural healing. Pam will provide time-tested techniques that enable the inner mind to direct the body's natural healing power to be used as the ultimate strategy for self-healing.

Those who attend will learn stress techniques that have been successfully used to balance the mind-body-spirit connection for self-healing.

SO WHAT! HEALING SHAME B. Zottmann

Shame is a powerful emotion. And it is the most destructive of human emotions. Shame is a feeling deep within us of being unworthy. It can damage a person's image of themselves in ways that no other emotion can, causing a person to feel deeply flawed, inferior, worthless, and unlovable.

Compassion is the antidote to shame. As it is with most poisons, the toxicity of shame needs to be neutralized by another substance if we are truly going to save the client. Compassion is the only thing that can neutralize shame. I will share with you a powerful exercise in self-compassion. So, that you feel the difference inside yourself.

The attendees will recognize how destructive shame is, learn about the neuroscience behind shame and self compassion and experience compassion as the antidote to shame.

Saturday, May 19th

Lecture 10:00 – 10:45

EMOTIONAL DIVORCE – WHAT IS IT AND HOW DO I GET ONE? S. Gilbert

This technique combines hypnotherapy and the Gestalt Empty Chair technique. The relationship may be over, but if your client's subconscious hasn't let it go, they cannot move forward.

This technique creates the emotional separation and healing needed for your client to take their power back and create

a new life for themselves. It can also be used to help a client release the hold any old circumstances or even substances may have over their lives.

Attendees will be able to better support their clients who need to change the control and power that an old relationship (or substance) has over their life.

This technique helps clients to create immediate change in their lives.

MASTERING SUBMODALITIES J. Linett

Break through the surface structure of your client's issue and truly empower change. Submodalities are "the building blocks of subjective experience," and this NLP process is one which can take any hypnotic change from good to great. Learn methods to ask the RIGHT questions to get the best feedback, how to supercharge hypnotic rapport, and how to best identify your client's resource states. Learn the methods I've tested for you with thousands of clients to get instant gratification and lasting change.

Learn how to crumple the realities of your client's problem-state and rebuild the foundation and fortress of their success.

This is an interactive, hands-on class in which participants will leave with strategies to implement in their office right away.

HOW TO DO KILLER DEMOS AND FILL YOUR PRACTICE S. Andrews

Do you want to wow the crowd and attract LOTS of clients? Maybe you just want to show off at a family gathering or high school reunion. Learn the building blocks for performing amazing demonstrational inductions and suggestibility tests. Sean also shares all his secrets for how he ALWAYS chooses the best hypnotic subjects so that success is virtually assured!

You will learn:

- The magic 58-second pre-brief that prepares your subject for trance.
- How to induce instant hypnosis.
- The cool induction that even works with poor subjects.
- How to identify someone who will go into trance easily.

Now you will be prepared for when they say, "You're a hypnotist? Show me something!"

Lecture 11:00 – 11:45

ETHICS AND PROFESSIONALISM IS YOUR BUSINESS M. Babineaux

Adhering to ethical conduct and practice creates an expectation of trust with the public and is a direct benefit to your business and the entire hypnosis community.

This class is an overview of business structure, Codes of Ethics and Codes of Professional Conduct and a discussion of behavior in regard to the public and colleagues. Sample forms in regard to disclosure and release will be provided as well as a Council of Professional Hypnosis Organizations update on legislation and cases of interest to the hypnosis community. Learn the importance of knowing and respecting your scope of practice.

This presentation is general in nature and not intended to be legal advice. Any question as to the legality and licensing of your practice should be directed to licensed legal and accounting professionals in your particular province or state.

THE ATHIEST'S GUIDE TO PAST LIFE REGRESSION M. Tiers

In this class you will learn new ways to dive deeper into past life regressions. Whether you believe in past lives or not doesn't seem to matter to the metaphoric and symbolic richness of the mind. Melissa will share many different processes to take this form to the next level.

From her "Past Lives Pavilion" to "coasting the wheel of life" you will discover new ways to mine the mind for resources.

Participants will learn new ways of thinking about an old form.

DIVERSIFY YOUR DEEPENERS C. Elman

Ever get bored of counting to take your client into deeper trance? Are you using deepeners as stand-alone "scripts" after your inductions? Attendees will learn through lecture, discussion and demo, a variety of deepening techniques and how to creatively place them in their sessions while weaving them in a client-centered manner.

Learn a variety of ways to deepen or modulate a client's trance, with a "fresh", creative and effective method of being client centered.

The class will include lecture and discussion on various methods including but not limited to Fractionation, Re-induction, Pyramiding, Counting methods, Non-Verbal, Catalysts and many more. Whether 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.

Lecture 2:00 – 2:45

MAGIC WORDS AND LANGUAGE PATTERNS K. Hand

Hypnosis looks like magic. And it feels like magic! Imagine how magical you will sound when you naturally use hypnotic language patterns to craft irresistible suggestions.

Discover the Top 20 Magic Words for cutting through resistance. Have fun with the top 10 language patterns that work for any issue. Now make scripting your sessions in advance or on the fly as easy as counting up to 5. Be aware, participants will have a new confidence in their ability to work with any subject even when there is no script. Past Participants say they keep the two handouts on their desk and it's the only "script" they ever use! They also tend to smile when they realize the words and patterns are so automatic, they no longer need the handouts.

YOUR CREATIVE GENIUS P. Blum

It is well known that many of our greatest scientific breakthroughs and artistic creations throughout history came in a dream, vision, or day-dream while in a state of auto-hypnosis.

We will explore how to open and encourage creativity with your clients and yourself. Whether it is to enhance an existing skill, to express oneself artistically, or to create a new business, hypnosis is an excellent tool to access our creative resources. Excellent for thinking outside the box to problem solve, and also enhance an already successful life. Participants will find their own map to buried treasure.

MODELING THE MASTERS From Novice to Pro, in Record Time! G. Bien

Hypnosis Master Trainer, George Bien's journey goes from novice to pro, and becoming the clinical director of "Dynamic Changes". Owned by Marketing Genius, Richard Schefren, during their tenure, Dynamic Changes were the world's largest and most successful hypnosis centers, generating over \$7 million a year. George also worked with marketing guru Alex Goen (Founder of TrimSpa), and training the staff of Goen Seminars; In addition, George trained numerous icons in the hypnosis field, including Marie (Mickey) Mongan, Best-Selling Author, Founder of "HypnoBirthing®" who said, "I owe my career in hypnosis to George Bien"! Leading NLP trainer, Dr. Wil Horton said, "I believe that George is one of the top three hypnotherapists in the world!" George's hypnotic journey also included becoming the principal trainer for three of the most prestigious hypnosis organizations: NGH, ABH, and IACT.

Topics will include:

- Observational learning by imitation alone.
- Taking on the genius of others.
- Carbon copy is NOT creative copy.
- Following through with no excuses.
- Bending without breaking and much more!

Lecture 3:00 – 3:45

YOUR HYPNOSIS IN CORPORATE BUSINESS S. Granger

Learn how to talk the language of the decision makers and secure work in the corporate market. From working with sales teams helping them sell more, to increasing productivity. You will learn - How to position your services, a framework for your hypnosis sessions in the business world and the three most effective marketing strategies for getting your foot in the door.

This talk will help you gain the confidence to deliver any hypnosis programme to businesses, and the marketing know how. This has been tried and tested repeatedly in the real world.

MAGIC FORMULA TO PRICE YOUR SERVICES

K. Neill

Do you want to charge what your colleagues charge for similar sessions? Or, do you want to charge more but don't know how? Maybe you feel you should charge less? What is the magic formula? Recently a well-established hypnosis professional asked me for that magic formula. Join us to find out.

Attendees will learn how to set an optimal price for their services and be comfortable with it.

Attendees will learn how to value their services and how to give value to their clients through their delivery of excellent services.

PAIN CLINIC

D. Pelles

This presentation is especially for individuals currently experiencing pain. We will discuss and demonstrate several waking-hypnosis ways to eliminate acute pain, and talk about when it is appropriate to do so. This is much the same as my bi-monthly seminars at Hope Connections for Cancer (Bethesda, MD). If there is time, we will also briefly discuss chronic pain. Participants will learn several ways to eliminate pain, in themselves and others.

Lecture 4:00 – 4:45

HOW TO HAVE NURTURING AND HIGH QUALITY RELATIONSHIPS IN LIFE

P. Wong

Transform your daily stresses and triggers into more patience, compassion, and love for those you care about. You will learn a systematic approach for nurturing relationships based on Eastern principles to resolve and process the 9 types of subconscious suffering with the Heart Wisdom Process.

HYPNOSIS - THE PERFECT HEALING FOR TRAUMA: THE NEUROSCIENCE OF SUGGESTIBILITY

F. Mau

The same brain functions facili-

tate high suggestibility, dissociation, and negative posttraumatic responses. A neurological understanding demonstrates hypnosis is the perfect healing approach because it heals trauma, dissociation, and conversion issues in the same way they were created.

Neurologically speaking, hypnosis heals in the same way trauma hurts, so hypnosis is the perfect healing approach for trauma. If you'd like to listen in on a cutting-edge presentation on the neurology of hypnosis, this is it.

ELECTRIFY YOUR PRACTICE WITH THE LIGHTENING PATH TECHNIQUE

S. Carson

The Lightning Path technique is a fast and effective way to create powerful transformation. This technique, rooted in the ancient structure of the Tree of Life, allows you to tap into each element of the marvelous complexity of human experience to create powerful change.

The transformational Tree of Life allows you to build almost unlimited flexibility into your change work, create powerful hypnotic coaching patterns that are specifically designed for each individual client and to know exactly what to do when what you're doing isn't working.

Within this hands-on class you will learn the structure of the Tree of Life as a system for change and experience the 'Lightening Path' technique for fast, effective and comprehensive change both as coach and as client.

Lecture 5:00 – 5:45

BECOMING CONFIDENT WITH YOUR INDUCTION

N. Wackernagel

Confidence is one of the keys to being successful with your hypnosis practice. But what makes you confident? Are you sure that the client is 100% hypnotized whether in the clinic, on the stage or even on the street? And how do you know it? Learn these little tricks and tips to what makes you not only more confident but also learn how to get almost ANYONE into hypnosis, almost EVERY time! As a special bonus, learn the trick that banishes that age-old problem... Never again hear the phrase, "I'm not sure I was hypnotized".

PRETALKS – THE MOST IMPORTANT PART OF YOUR SPEECH

A. King

What you say and how you say it before you formally induce hypnosis has everything to do with your success rate and referrals. Learn the most important information to convey to your client in order to guarantee cooperation and results. Find out how to increase your success rate by conducting a pretalk on the specific subject the client is addressing. Included are points to cover for various subjects like: sports, fears, weight, smoking, healing, and pain control.

Participants will learn:

- 3 Ways to Establish "Belief" in Your Clients.
- 6 Tips to Use with Every Client.
- 12 Essential Ingredients When Explaining Hypnosis.
- 5 "Tools" for the Client to Use on Their Own.
- How to Best Explain and Utilize Suggestibility Tests.
- The Importance of "Ending" Suggestions.

SHIFT ACTUALIZATION PROCESS™

B. Barness

The SHIFT Actualization Process™ was created by Bonnie Barness, a psychotherapist, hypnotherapist and life coach. It is a step-by-step process that you can utilize to create a SHIFT in your clients. Within the first session, your client will begin to Experience the Shift, a shift in consciousness that leads to a completely different way of seeing, thinking and being. New options and possibilities will be available that had been unseen before THE SHIFT. This event will give a general overview of the process.

Hypnotherapists and Life Coaches will have a practical step-by-step guide that they can follow and apply with their clients creating, the positive change and SHIFT that their clients desire. People want to feel better and look for answers. They read books and listen to specialists in various fields, including psychology, self-help and spirituality. As they gather information, they try to apply it to their lives. Usually they will see some change but do not understand why they cannot attain the happiness and the higher levels of spiritual transformation that they desire. The Bar-

ness SHIFT Method puts all of the various wisdom and knowledge together in a way that actually allows individuals to achieve this. This SHIFT can happen quite quickly allowing the individual to see an immediate change, bringing with it clarity, understanding and excitement about their life!

Sunday, May 20th

Lecture 9:00 – 9:45

MORNING SERVICE

Lecture 10:00 – 10:45

THE 'SHIFTING AWARENESS' HYPNOSIS INDUCTION R. Nongard

This class will teach you the Shifting Awareness Hypnosis Induction and how to quickly take clients into deep trance states. You will learn how to use this induction as a stand alone experiential process for quick induction and how to integrate it into other longer inductions as a skill-building tool.

By having multiple induction strategies, you increase the success of your clients, and you make your work more enjoyable. This induction is among the best, because it not only follows a process, but creates an experience for your clients.

By mastering the SAHI (Shifting-Awareness Hypnosis Induction) you will have a new tool for taking clients quickly into both deep trance states, and the resource state of hypnosis that can change lives.

HOW WE 'DO' PROBLEMS J. Marion

Have you ever had a client contact you and you had no idea how to help them? Have you surfed the web desperately trying to find scripts and advice on how to work with that client? If you've ever experienced this you may feel more confident knowing that there is an easier way to work with these clients.

Our clients have some specific skills that have lead them to reaching out to us.

The chief skill they've used is their ability to 'do' their problems. Problems don't just happen to our clients; they are the result of a sophisticated process. When we understand that process and therefore the structure of the client's problem it becomes easy to undo it. When you apply the principles taught in this class your confidence will grow as you are able to comfortably navigate your clients' problems and solutions.

Attendees will feel more confident in working with new clients and problems that haven't seen previously.

In this class attendees will learn:

- How problems are created and generalize.
- The unconscious strategy clients are running to have the problem.
- How to elicit that strategy.
- The key part of the strategy to change that will create positive change in your client.

THE JOY OF STRESS M. Smith

Stress is the number one killer in the United States today, ahead of cancer and heart attack.

We will be exploring the stress factor that accompanies many issues facing clients. In doing so, you can make your job easier while guiding your clients to their needed change. Stress is the common denominator in so many human conditions. Being able to identify the stress relationship in any issue can allow you to work smarter, not harder.

Lectures 11:00 – 11:45

OVERCOME FEARS AND EXCEL IN LIFE D. Papadakis

This talk will introduce students to new, simple, and powerful hypnotic techniques that will enable them to clear any of their clients' fears. Whether it is fear of water, heights, confined spaces, or spiders, these are the tools to resolve it for good!

Many people possess acute fears that debilitate their lives. This talk will prepare students to quickly and effectively clear the fundamental causes of any fear and uncover the emotions contributing to it. Once those associated emotions are cleared, the fear will disappear automatically and the client's

life will be transformed for the better. The talk will include a demonstration with a volunteer to resolve their own fears. By learning these simple, ground-breaking, powerful, and effective techniques, students will improve their skills in this booming field of hypnosis and place themselves at the forefront of work with fear!

Participants will learn effective techniques to trace the root cause of any of their clients' fears, remove those fears, and empower them to enhance and transform their lives.

Participants will observe In-class Demonstrations and Engage in Powerful Class Presentations to:

- Learn how fears are created.
- Learn how to identify fears.
- Learn how to effectively access the root cause of their clients' fears allowing them to permanently clear the problem at its source.
- Learn simple but powerful techniques to help clients let go of their fears.
- Explore proper and sympathetic language tools.
- Enhance their confidence and their practice.
- Learn how to help clients move forward by releasing emotional charges associated with the root of their problem.

SENIORS AND HYPNOSIS: TECHNIQUES DESIGNED FOR THIS POPULATION M. Vallei

Aging clients often experience issues that are psychological, emotional, and social which are less pertinent to other populations. Knowing about these issues, how they affect the lives of seniors, can greatly increase the practitioner's ability to work effectively with these clients. You will learn what these issues are; how to adapt and apply standard hypnosis techniques and approaches in new ways that are geared specifically to the senior population. In addition, you can learn about how to deal with specific issues of ethics, family, and safety which are more encountered with seniors and with which you can help. Learn how to develop resource lists to aid the seniors who need more assistance beyond hypnosis. Seniors are open to hypnosis. Working with them also is a great way to increase your business. You will have an opportunity to learn simple things you can do to increase your business when you have senior clients.

Participants can gain new insights

into issues affecting the senior population; new insights into what this population seeks; new ways to apply the techniques and protocols of hypnosis in order to help their clients achieve optimum success; and how to increase the therapists business as well.

The Senior Population comprises close to 1/3 of Mary's practice. This includes having worked with hundreds of persons over the age of 75 to the age of 96. In addition to working with these clients, Mary has done extensive research into the issues affecting aging persons, and has developed a network of resources to make available to Seniors. Mary is among the few practitioners who specialize in this population.

MAGIC HANDS **M. Watson**

This program includes a complete teaching demonstration of a powerful process developed by Milton Erickson and Ernest Rossi. Combining elements of hand and arm levitation, catalepsy, ideomotor responsiveness, this easy-to-learn technique can help resolve deep seated issues that your client has been struggling with for years. This gentle and generative pattern doesn't require a script and can be applied to almost anything. Variations, exception handling, and additional patterns will be included.

Lecture 2:00 – 2:45

LET ME TELL YOU A STORY **H. Breward**

The aim is to encourage and build confidence in practitioners to use story telling with their clients, not just scripted stories, but more importantly writing their own. Also, to provide a few practical tools that they can draw upon to enable putting pen to paper or finger to keyboard. Finally, to remember the hypnotic power of a good story.

Improve your storytelling skills and learn how you can write your own stories for your clients, they will love it. There will be hints, tips and tools to help you become a true story teller and writer. Remember, how great it was as a child to listen to a story? Remember, how focused and entranced you were? What better way to help your clients than through a story you have written just for them?

Remember the enjoyment of listening

to a story and have the tools & confidence to write their own stories for their clients.

During this presentation participants will learn:

- A little history of storytelling and its purpose.
- How to write a story for their clients, with hints, tips and a few story starters.
- Experience the power of a story.

As a primary school teacher there were very few days that went by, without me telling a story. Now, anyone can read from a book or script, but telling a story is a different skill. I learnt very quickly how to keep 30 five year olds engaged with a book, not through the pictures, although they did help, but with the tone of my voice and actions. I want to encourage others to become story tellers, to use these skills with clients. We often get a message through to the subconscious with a story, especially with those who find it difficult to relax or engage. What better skill to learn than how to write a specific story with confidence for a client? Even easier if you have a few tools to help you achieve that.

SIX PRINCIPLES FOR HYPNOSIS AND NLP SUCCESS **A. Emrich**

Spoiler Alert! Principle 1 is, "Establish rapport with your client(s). Principle 6 is, "If what you are doing is not working, do something different!" Come to this program to discover the 4 missing principles. You will be glad you did, because using these principles is critical for success.

Attendees will learn an effective sequential process for sessions that produces success for clients.

Q&A Process will be used - but this time, I will ask the questions and participants can answer. Practical examples of each principle in use will be provided. Humor is a foundational element of the presentation. Hey, it's not rocket science - but neither is the wheel - simple, powerful, adaptive.

TAMING CHRONIC PAIN **B. Eimer**

This lecture will present the rationale and principles of a new and proven approach to using hypnosis to help chronic pain patients get pain relief without fight-

ing or overly relying on narcotics. The presentation will describe the steps of the A.W.A.R.E. Mindful Hypnotherapy protocol for taming chronic pain. Participants will experience a simple mindfulness meditation exercise that they can immediately use in their practices.

This lecture is based on a forthcoming book by Bruce Eimer and Roy Hunter entitled "Taming Chronic Pain Using Mindfulness and Compassionate Self-Awareness". It also introduces the principles and methods that are taught in the authors' 2-day "Hypnotherapy and Mindfulness for Taming Chronic Pain" course.

Lectures 3:00 – 3:45

THE 5 DIRECTIONS OF CHANGE **S. Carson**

Every problem a client brings into your office will move in one of five ways. That motion is an integral part of the structure of the client's problem. Once you understand which way the client is moving in the problem you can use the same principle to help the client undo the problem.

In this lecture you will discover:

- The five directions problems and solutions flow.
- How to identify which direction your client is moving in the problem.
- How to use that direction's opposite to introduce resources so the client easily changes.

MESMERIZE THE MEDIA **S. Winslow**

Free media publicity is always welcomed, but being labeled an "expert" by the media - that's essential to global name recognition. But, how do you go about achieving this task? And, who do you talk to, to secure your 15 minutes of fame?

This lecture will walk you through the steps, and give you powerful tips to get you the recognition you deserve. Learn how to "pitch" yourself and your ideas so you're always in the spotlight.

You'll learn:

- Who/how to contact in a newsroom.
- How to pitch a story.
- How to respond to media inquiries.

Prior to becoming a hypnotherapist, I was a news anchor and entertainment show host for 14 years. I'm married to Bob

Donaldson, news anchor for the CBS affiliate in Indianapolis. I worked as the PR Director for the Little Rock School District, Corporate Relations for the nation's largest privately held phone company, and ran my own PR Company for years.

WHY ORGANIC HYPNOSIS

D. Lane

As new hypnotists we are eager to learn every method available, read every script written and put our clients in trance

to create change. Over time we may wean ourselves off of the scripts or begin to write our own. Still we cling to the protocols we are taught. What if I tell you it is all just ritual? What if even trance is a ritual? I will encourage participants to work empathically, mixing and matching various methods. Listening to the client intuitively and then channeling the appropriate words will create a constant stream of successful outcomes. Automatic writing, cards, ink blots, whatever tools make you feel most comfortable are a good starting point for develop-

ing your intuitive listening skills. There is time spent communicating while limiting which senses are used, thereby enhancing all senses when combined in a session.

Participants will learn to forget rigid rules and go for successful outcomes with clients instead.

"Truly a group of people bringing heart, meaning and professionalism to the field of hypnotherapy. My favorite conference!"

Cindy Locher, Apple Valley, MN

Workshops

Saturday, May 19th

WORKSHOP 10:00 – 11:45

NEUROLOGICAL LEVELS AS A HYPNOTIC INDUCTION **A. Emrich**

The neurological levels evolved through the work of pioneers in NLP and hypnosis, and is attributed first to work done by Gregory Bateson. Michael Watson has developed a powerful NLP protocol that includes his masterful work in "walking" interventions. I have continued to apply the model to hypnotic work as a way of introducing an evolutionary change process to clients who want/need a longer-term framework for dealing more successfully with life changes and surprises. This workshop will introduce the model, provide time for Q&A, and also give participants a chance to experience the model as a group demonstration.

Attendees will gain a new tool for developing hypnotic interventions for clients who want/need a longer-term model to apply to life challenges for decades into the future.

CUSTOMIZING CLIENT SESSIONS **A. King**

Learn to design hypnosis sessions that are more powerful and effective for

every client by customizing them to fit each specific individual.

Find out which types of suggestions and techniques will most benefit each client and provide the most impetus for change. Learn how to easily personalize generic ideas and turn them into dynamic, empowering resources. Discover how to get your clients to use their own unique abilities, talents, and knowledge to accelerate goal achievement. From the intake through the pre-talk, the hypnosis session, and the post-session interaction, make your time with each client more successful than ever before.

LIVES BEFORE – LIVES BEYOND **J. Souglides**

This workshop will discuss the parallel lives and the lives between them. Why it is important to work with other aspects pertaining to our existences within a past, parallel, present and future reality within the present time.

This workshop is for those wishing to explore and understand the parallel aspects of themselves / patients.

THE MAJESTY AND THE MASTERY OF WORDS **M. Vallei**

Shakespeare wrote, "What's in a name". Hypnotherapists must ask "What's in a Word". Words hold the keys to creating a sense of openness, safety, personalization, beauty, and empowerment when they are used masterfully when working with our clients. It is not enough to be careful in choosing words that are clear and positive in creating suggestions and other

messages. We need to become storytellers and wordsmiths. In this workshop you can learn there are several simple things you can do to improve your proficiency, in using words in your hypnosis sessions and which will help you weave a consistent, beautiful image and vision throughout the hypnosis session which will reflect the client's goal and intentions. Learn how to discern the true definitions of the words the client uses to describe this current state and how to use that to help the client discover what he most truly wants to create. Be able to personalize each session in a totally new way with words. Boost your own creativity through mastering a new approach to using words.

Attendees will receive the opportunity to gain knowledge of how to use their client's words and definitions of words to create unique, personalized inductions, images, suggestions to enhance the clients' ability to create positive change.

Mary started her career teaching English and Creative Writing at the high school and the college level. She has published children's stories and poems. In her career as a Nonprofit Management Consultant, a large part of her work was writing grant proposals and reports needed to secure funding from governmental and private foundations. She was successful in obtaining over 14 million dollars through her written grant proposals. Mary brings her understanding and use of words to her hypnosis sessions and has developed techniques which use the client's words in unique ways to enhance the client's success.

