

IBS AND HYPNOSIS – *R. Cantrell*

IBS (irritable bowel syndrome) affects up to 20% of the general population and approximately one out of three adult women. Symptoms are on the rise in the teenage population. After almost 30 yrs of research and treatment, hypnosis remains the most successful treatment approaches for chronic IBS. The response rate to treatment is 80+% in most published studies to date. Conventional medicine, however, has only been able to help 25% of sufferers.

Although IBS is not life threatening it is life changing. Hypnotherapy often helps individuals who have failed to get help from other methods. Using this gut specific protocol, the symptoms do not return when the session ends. This therapy program has consistently produced the highest success rates in the world since 1996. Come learn regarding methods that will produce symptom reversal in IBS clients.



Workshops

Saturday, May 18th

WORKSHOP 10:00 – 11:45



HYPNODONTICS

3 Techniques For Dental Issues – *J. Acosta*

This interactive workshop addresses the question “what technique do I use for what?” and gives attendees the tools to confidently work with dentists and their patients.

Participants will learn and/or practice at least 2 dental-appropriate inductions and 3 techniques used for dealing with pain, anxiety, fear, teeth grinding (bruxism,) and overactive gag reflex and other unconscious behaviors.

Participants will leave with tools, confidence, and motivation to work with dental professionals and their patients.

Juan has worked in multiple dental offices, with several thousand dental patients and hundreds of dental professionals. He teaches simple and effective techniques to audiences of dental and hypnosis professionals alike and advocate for the importance of working together and the logistics of how to do it.

FIBROMYALGIA AND HYPNOSIS – *R. Cantrell*

Learn how to use hypnosis for those suffering from fibromyalgia.

Learn to design hypnosis sessions that are more powerful and effective for every client by customizing them to fit each specific individual.

INSTANT AND RAPID HYPNOSIS – *S. M. Andrews*

Rapid and instant inductions give a hypnotist the flexibility to hypnotize more people, the confidence to be more effective, and the ability to draw more clients into the practice. Client safety is the most important consideration and simple rules to ensure the comfort and safety of the subject will be emphasized in this workshop. Ericksonian confusion techniques as well as shock inductions will be demonstrated.

Learn how to hypnotize difficult subjects and use these same techniques to build your business.

GETTING CONFIDENT AS A HYPNOTIST – *N. Wackernagel*

Confidence is one of the most important thing you need as a hypnotist and hypnotherapist. A lot of hypnotists worldwide are struggling with that. What is important to know? Why it is important to be confident? How you can get confident? Are there any shortcuts?

You will learn tips and tricks for gaining more confidence as a hypnotherapist – hypnotist.

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

HYPNO RHYTHMS – P. Blum

Here's your opportunity to learn from a master musician and sound healer how to begin incorporating simple applications of sound and music to enhance your hypnosis/healing practice. As we explore the principal of entrainment, students will have the chance to first observe/experience drums, rattles, singing bowls, and tuning forks. Following that, they will have the opportunity to practice with each other, using the presenter's large collection of instruments.

Participants, even those with no prior musical training, will learn how to instantly begin using music and simple instruments in their practice.

HYPNOTIC MASTER IN SMALL BITES:

The Earliest Recordings Of Medical Hypnosis – H.L. Elman

The first recordings of Medical Hypnosis techniques were on 78 RPM phonograph records with a severe time limitation. This restricted them to perhaps a single procedure per record. Listen and enjoy as instruction in hypnosis progressed from that time period to today's entire courses on You Tube and similar. Dave Elman's initial lessons form the basis for this workshop, but later authorities are included. The attendees are encouraged to consider differences in approach, delivery, and method-detail.

By observing several approaches to similar client problems over a range of time and of practitioners, the attendees will have a greater appreciation for the range of tonality, empathy, and personality characteristics which a hypnotist may use, and hopefully consider what they themselves should do when.

The recordings used in this workshop have had very limited exposure in the Hypnosis Profession. They are part of what may become a two full day event using much of the 50 hours of recordings by Dave Elman and similar or larger amounts by other greats.

REMOVING THE FAMILY CURSE:

Epigenetics And A Message Of Hope For Your Clients – F. Mau

The hundred year Nature vs. Nurture debate has ended, and Nurture wins hard. Epigenetics demonstrates emotional memory is passed to future generations via chemical riders alongside the genetic code. Emotional trauma can be inherited biologically. Positive changes made in the current generation are also inherited. This has profound significance for our understanding of past family traumas, even erasing the family curse and creating a new future; not just for your client, but for their children.

In 2004 biochemists published evidence that emotional memory can be inherited, "not genetically, but chemically" and established the new science of behavioral epigenetics. 2004 is a minute ago in terms of scientific advancement, but already new data is rewriting the way we understand every mental health diagnosis. Epigenetic inheritance is different from genetics, though in that, it can be changed! Clients can feel defeated because of the family curse-- the fatalistic sense that our family has always struggled with this, and I can't escape. Providing an accurate, empirically based scientific understanding is a profound message of hope and a catalyst for change for our clients.

History is not destiny - your clients will understand both the science of emotional inheritance, and how the cycle can be truly broken.

WORKSHOP 4:00 – 5:45

ACCESSING MORE: THE INFINITE INTELLIGENCE PROCESS – R. Louise

What if you could add simple verbiage to every hypnosis session to immediately help your client resolve issues, solve practical problems and achieve their goals by accessing inner resources below the level of conscious awareness? What if you could install a hypnosis program that is activated with a trigger phrase so that your clients can do the same for themselves anytime, day or night, eyes open and fully awake, for immediate stress relief, better sleep, greater productivity and peace of mind? And what if you could do this for yourself?

The Infinite Intelligence Process is a simple modality synthesized by Roxanne Louise that circumvents the ego, conscious mind, internal or external blocks, and inhibiting energies. Add it to formal hypnosis for greater client results. Without formal trance, it is adaptable by ordinary people to real life issues and situations. It is easy to learn and works very fast. Use it before bed to process the day's events and clear out the excess stimuli for better sleep. Do it at the start of the day for a smoother, more efficient, and optimally productive day. Teach it to ALL your clients!

Attendees will increase their own as well as client effectiveness and satisfaction in session with long-term residual benefit.

HELPING CLIENTS TO LIVE FULLY WHEN FACED WITH DYING – M. Vallei

Living Fully, is what this is about, not death and dying, in whatever time a person has left to live is exactly what working with clients who have received an end-of-life diagnosis or a diagnosis of a debilitating illness. Providing hypnosis services to such Clients can provide joy, fulfillment, and peace to both the Client and the Practitioner, and often to family and to caregivers. Death and Dying Clients have particular needs and issues which other populations may not have. Besides health issues, these Clients have unique personal needs, and must often deal with family issues and face societal challenges and obstacles. There are particular approaches and

techniques in the application of Hypnosis which have been developed and work effectively for the population. Learn what these are and how to incorporate them in to your practice. Also learn simple ways to handle the client's issues and remain connected without sorrow or burden. Working with this population is, actually, a true sharing of life from person-to-person, spirit-to-spirit. Also learn how to develop a network of broad and complete resources for the clients and, in so doing, also create a deep and wider referral network for your practice. Mary Vallei has served over 500 clients who have received end-of-life diagnoses. Therefore, she will share a wealth of experience and effective practices with you. This topic is often not addressed perhaps because of fear or because not wanting to think about death at all. However, it is a gift to be able to calmly, with peacefulness, and effective practices to help another live fully while they can. And, it helps to remind a practitioner every day, to live fully yourself every day.

Attendees will gain a thorough understanding of the issues, family situations, and societal issues and practices which confront an end-of-life client and will learn how to be capable of providing effective, uniquely customized hypnosis sessions which help the client live more fully and happily as long as they are alive.

HYPNOTHERAPY PAIN CONTROL – P. Coleman

My father, Richard Coleman, was a full time Clinical Hypnotherapist for 29 years. He founded Coleman's Hypnotherapy Clinic in 1977 and took me through Gil Boyne's clinical hypnotherapy 101 training course when I was nine years old. The original purpose for teaching me this information at such a young age was to control pain from a serious jaw injury. Leading me to this profession as a second generation full time clinical hypnotherapist, specializing in non-evasive pain control and behavior modification.

I work with Dr. Jayne, family practitioner, at Aesthetic Clinic of Edmond as a medical hypnotherapist.

THE GOULDING PROCESS

Teach The Parents To Develop Balanced Children – N. Gerey

The Goulding SleepTalk® Process is a unique, parent-delivered process that acts as the mind's emotional firewall for children. It improves self-esteem, improves behaviour and deals with a variety of behavioural disorders. Created by Joane Goulding and proven through use by thousands of parents and their children, SleepTalk® is one of the most remarkable children development tools ever created.

It is not a therapy but a process that is compatible with any therapy a child might need. As a SleepTalk®. Consultant, you will teach, guide and supervise the parent who delivers the technique herself. You will help them to help their kids to grow happy, confident and emotionally balanced. Based on the power of suggestions (hypnosis), sleep researches and the latest evidences of brain plasticity, the Goulding Process - SleepTalk® is a valuable addition to any therapist's portfolio.

Participants will understand what the Goulding SleepTalk® Process is and, they will be able to use it with their own children and decide if they would like to become a certified Goulding SleepTalk® Process consultant and include it into their business as a new modality.

Participants will learn:

- What the Goulding SleepTalk® Process is
- Why it is an excellent addition to their existing counselling or therapy business
- What the scientific background of the Process is
- How to apply the process to their own children

Participants will understand what the Goulding SleepTalk® Process is. Why it is an effective and safe approach. They will be able to apply the process to their own children (normally to learn it costs \$400-600).

Sunday, May 19th

WORKSHOP 10:00 –11:45

INSOMNIA RELIEF: A Reliable Protocol – T. Adams

Attendees will learn a practical and reliable hypnosis protocol to help clients get to sleep, stay asleep, and get better rest in the long term. Sometimes insomnia clients will sleep well for a night or two after their sessions and then seem to rebound -- this session gives step by step tools for consistent, long-term success. About 1/3 of the world's population suffers from sleep issues, and hypnosis is a wonderful solution (and will bring a stream of referrals). The protocol is a flexible approach that creates a positive place for practitioner and client to succeed.

Attendees will learn a practical and reliable protocol to help clients get to sleep, stay asleep, and get better rest in the long term. Follow up and support materials are available to those who attend.

THE JEFFREY STEPHENS PROTOCOL – R. DeGroof

This is an exclusive ten-step process for creating rapid, positive change in as little as 20 minutes or less! Rob was personally trained by Jeffrey to teach this protocol in Belgium. When Jeffrey died, the family gave Rob the rights to continue Jeffrey's work around the world. Rob will talk about the fundamentals of this direct hypnosis protocol and will learn one of the steps completely: The Boilerplate.

You will learn how to bind the client better into the hypnotic process using The Boilerplate. I have built my successful Hypnosis Center in Belgium (3 cities, 7 therapists) on the success of this protocol.

HYPNOSIS FOR PEAK PERFORMANCE IN SPORTS – *P. Blum*

Golfer, tennis players, runners, wrestlers, I have worked with them all, from “weekend warrior” to world class. Learn time-tested ways to teach your athletically-inclined clients self-hypnosis, visualization, and positive self-talk to improve their existing skill set. Though focusing primarily on sports, we will also be learning how the same approach can be used for all types of performance, from public speaking, to music, dance, and test taking.

SUBCONSCIOUS INTERVENTION THROUGH HYPNO-KINESIOLOGY – *L. Bennett*

Explore ways to introduce muscle testing as a tool to enhance the process of hypnosis. Just as Ideomotor techniques assist in the communication with the subconscious, muscle testing can go directly to identifying blocks and streamline the releasing process. Many clients are struggling with success because they are double minded. Their head is going one way and their hearts another. Through this process practitioners can clarify client’s intentions and create a cleaner path to desired outcomes.

In this workshop, you will learn to align head and heart through muscle testing combined with hypnosis.

WORKSHOP 2:00 – 3:45

CRAFT YOUR CLIENT–ATTRACTING HYPNOTHERAPY OFFER – *K. Caetano*

Get more clients, and create consistent income you can count on!

Through this hands-on, interactive workshop, I will guide you through a step-by-step process to create valuable client-attracting offers that SELL.

By the end of the workshop you will:

- Know what to include in your programs so that clients get results.
- Understand how to combine all your talents & gifts into one offering.
- Feel confident in the transformation you provide.
- Demystify pricing with formulas that make sense.
- Learn what makes clients immediately say YES.
- Have a completed template of your new signature program.
- Know your exact next steps to start enrolling new clients!

Implementing these same strategies was the KEY that helped me create reliable income in my practice, and quit my 9-5 job to run my dream business FULL TIME.

OVERCOMING FEAR: Hypnosis And Life Mastery – *A. Caputo*

In this experiential workshop, we will be exploring innate and learned/shared fears as well as covering what is going on in the brain when we are “scared out of our minds”. Learn the difference between fear and anxiety. Discuss the most common phobias here in the US and globally and learn techniques to overcome, interrupt, and alleviate all of the above utilizing a few yogic breath-work techniques (pranayama).

The most important benefit of this workshop is the ability to use (and to be able to assist clients to use) the breath to affect neurological, emotional, and physical change which will empower one to have a better sense of control in attending to the “fight or flight” response in the brain.

This is an experiential workshop that will include a waiver for certain physical and mental conditions including, but not limited to uncontrolled hypertension, heart conditions, pacemakers, respiratory illness/difficulties, pregnancy, glaucoma, vertigo, seizures/other neurological issues, and serious mental health issues.

TRANSFORMATIONAL JOURNEYS: Creating A Structured Session Through Stories – *R. Green*

Learn how to create a structured session weaving a story that bypasses the Critical Faculty.

Join me as I present a unique method to weave a story around almost any technique or protocol. By entertaining the conscious mind you can go deep and access the unconscious mind. Part of the storyline actually allows the client to order the Critical Faculty to “step aside” as we go in to make all the changes they desire. Even the most analytical client goes deeper into the story - and allows change to happen. No matter the technique or protocol you use -- you can find a way to incorporate this into your sessions. And, this makes it easy to transition seamlessly from one technique to the next.

By attending the workshop you will gain the confidence to structure an entire session with a multitude of techniques in a flowing and seamless flow.

BLUEPRINT OF THE DAVE ELMAN INDUCTION – *C. Elman*

The effectiveness of the Dave Elman Induction has stood the hands of time, and has been the foundation of many hypnotist practices worldwide. In this energized, presentation you 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”.

The demo will be a Group Elman, so everyone experiences the DEI from the inside out plus tips to counter the non-compliant client.

The sharpening of your skill with this under 4 minute induction allows more time to work on rapport building and clients’ issues resulting in an increase of reliability of results

Participants will be able to understand a unity of the varied processes in the Dave Elman Induction and see how they will be able to modify and extend these techniques into other methods in their toolbox.

Free WORKSHOP 4:00 – 5:45 Free

POWER ON PURPOSE: Aligning Logical Levels To Fire Up Motivation – M. Watson

This interactive program will introduce the logical levels of change. We'll explore how their alignment leads to a powerful congruity and supercharged motivation. When Spirit, Identity, Beliefs and Values, and our Capabilities are all aligned with our desired outcomes and express themselves through our action in the world, the motivation to pursue our goals becomes effortless and exciting. We'll take you through it step by step so that you can start using it right away. Originally presented by anthropologist Gregory Bateson and further developed by Robert Dilts, this advanced NLP technique can be seamlessly integrated into hypnosis sessions adding a deep richness to further enhance the work you already do.

CHILDREN AND THEIR PARENTS: You Can't Help Children Without Helping the Parents Too! – M. Vallei

When a child is your client it is imperative to work with the parents. Sometimes this seems difficult. This workshop presents ideas, approaches and tools that you, the therapist, needs to make it possible to involve the parents or guardians in a way that allows for your work with the child to go smoothly, for the child's change and growth be more successful, and to be more sustainable. These tools and approaches also can provide a positive impact on the child's environment without any interference or interjecting oneself into the child's home environment.

This workshop will provide: practical steps to use in working with the parents and additional ways to help the child develop tools to help him cope within the home environment; information about how to integrate the parents into the therapy in a simple yet powerful way; tips on how to incorporate these tools in a child's hypnosis session. The workshop will include lecture, discussion, Q&A, role-play, and one-on-one practice.

MEDICAL HYPNOTHERAPY FOR PREVENTION, TREATMENT, & RECOVERY – R. Nongard

The best way to create a thriving practice with referrals from physicians, is to offer very specific services for prevention, treatment and recovery that actually work. And of course, hypnosis in each of these three areas have different techniques that should be used. In this class, Richard will both describe and demonstrate these techniques; and share scripts so that participants can replicate these strategies.

THE SIX CATEGORIES OF INDUCTIONS – C.R. Hunter

Charles Tebbetts taught that there are six basic categories of inductions. Understanding these induction types resembles the three primary colors, which form the basis of all the shades of colors under the rainbow. By understanding these categories, you can design techniques as limited or limitless as your imagination. This workshop is experiential, and will include inductions for the analytical resisters.

THE THREE POINT APPROACH TO RELIEVING ANXIETY – S. Gilbert

This workshop addresses the relief of anxiety by taking a holistic approach using hypnotherapy techniques to resolve the subconscious triggers, anchors and coping skills to retrain the fight or flight response, and techniques to retrain the circular thinking patterns in the brain.

Attendees will learn a three point approach that moves clients through anxiety and panic attacks and into the happy lives they deserve. These techniques are easy to master and put into immediate use.

TEN CONVERSATIONAL INDUCTIONS – S. & S. Carson and J. Marion

This fun and interactive class will introduce you to our top 10 favorite conversational inductions. These inductions create a seamless transition from regular conversation into deep hypnotic states and hypnotic phenomena. You will also discover 10 core hypnotic principles that you can use in any conversation to create a more hypnotic environment. This course is interactive and will include demonstrations and opportunities to practice the inductions.

NEUROPLASTICITY AND CREATING NEURAL PATHWAYS – M. Babineaux

Learn to use mental rehearsal as the format for developing muscle control and body balance. Practice using self-hypnosis for progressive muscular control rather than for progressive muscular relaxation. This is a fast and fun way to improve any movement or technique whether it be very specific or whole body.

The concept of neuroplasticity suggests that you can help your clients create and improve neural pathways which can be used for issues as serious as stroke and trauma recovery or as simple as performance enhancement.

This presentation is based on personal experience with trauma recovery.