

# Lectures

**Friday, April 24<sup>th</sup>**

**Lectures 10:00 – 10:45**

## *TRANSPERSONAL HYPNOSIS*

*L. Thunberg*

Transpersonal Hypnotherapy concludes that we as human beings operate on all three levels: Body, Mind, and Spirit, with each component being affected by the other. It has also been described as Spiritually Centered Hypnosis; your client's spiritual beliefs meeting the earthly world for change and healing. It was described by Dr. Allen Chips as 'a Crossing of the Body, Mind & Spirit.'

Transpersonal Hypnosis is a holistic modality that can be used in Clinical, Regression Hypnosis, Life between Lives, and other techniques such as Quantum Healing Hypnosis. In this lecture learn what Transpersonal Hypnosis is, what happens in a session, and how you can incorporate it into your practice to facilitate positive changes your clients are seeking!

## *VISION BOARD EVENT: POWERFUL TOOL FOR CHANGE*

*C. Allyson*

Join us to learn a unique approach to creating successful, deliberate change in life for yourself and clients.

*Only here, learn three unique types of boards to use. Each of these boards is a different approach based upon where the client is in their process of change. This result is then combined with 2 additional, experientially based activities, to integrate on a cellular level achieving this vision of success.*

We know the subconscious mind "speaks" in images and works 24/7. Vision boards are a collage of images of what we want our lives to reflect, which is why they are powerful. The additional application of the experiential pieces taught here; create an unparalleled blueprint for success.

## *PAIN CLINIC*

*D. Pelles*

In this lecture we will discuss and demonstrate several waking-hypnosis ways to eliminate acute pain, and talk about when it is appropriate to do so. Time permitting; we will also briefly discuss chronic pain. This presentation is especially suited for individuals who are currently experiencing pain. Come learn several ways to eliminate pain, in yourself and others.

## Lectures 11:00 – 11:45

### *INNOVATIVE STRATEGIES FOR WORKING WITH THE SENIORS*

*M. Vallei*

Many seniors experience multiple challenges that affect both physical and psychological health and happiness. With a growing senior population, it is critical to more fully understand these issues and the additional family issues which are often different from those experienced by other age groups. This lecture details these issues and provides a new understanding of how to help this client population.

New approaches to standard communication and hypnosis protocols will be covered, including, in-take procedures, the hypnosis sessions, homework, and working with the senior client's family when necessary. Also, information about how to add this population to your practice will be discussed. Working with seniors is challenging, fun, uplifting, and a necessary area in which to apply your talents and skills.

With a growing population of seniors, learning new approaches and specific new skills needed to work within this population, attendees will be able to not only obtain new skills but also gain a new niche market to keep their practices growing. The information provided is practical and the approaches to be learned are innovative!

### *ANCHORING 2.0*

*S. Carson*

Gone are the old fashioned methods of kinesthetic anchoring, the olden days of anchoring by ‘touching a knuckle’. Welcome to the modern world of conversational anchoring! Your client’s unconscious mind gives you all the information necessary to lead them to transformation. All we need to do as coaches, hypnotists and change workers is to be eagle eyed and recognize exactly what the clients’ unconscious mind is telling us.

In this lecture you will learn how to:

- identify your clients most powerful resource states,
- enhance, power up and supercharge these resources
- fully utilize these unconscious anchors to create transformation

### *HYPNOSIS AND POP CULTURE*

*A. Scharlau*

This lecture will show the most common misperceptions of hypnosis as shown by popular media across the globe. We will see examples from film, books, television, and the internet. Participants will see exactly where the public is receiving misinformation and be better informed to educate and enlighten.

By attending this lecture you will be able to build better rapport with your clients by knowing what information they have been exposed to. We will also exchange ideas on how to respectfully correct misinformation and build positive images of hypnotists and hypnosis.

## Lecture 1:00 – 1:45

### *THE NATURAL COMFORT SPECIALIST*

*J. Acosta*

In this lecture, attendees will discover 3 secrets to helping anyone find fast relief from pain, fear and useless habits. This talk will give you confidence and essential skills to become more effective with your clients, regardless of your current level of experience and whether or not you're already working with dentists and their patients. Come ready to play and learn! You will gain confidence and skills to offer fast relief to yourself and/or anyone you talk to.

### *IDENTIFYING CLIENTS EATING TYPE FOR WEIGHT LOSS SOLUTION*

*S. Granger*

Weight loss can be the bread and butter of any hypnosis practice, and when you can create personalised solutions that get to the heart of the issue, your results can be truly phenomenal.

Learn from the Amazon best selling author of 'No More Diets' how to identify your clients' eating type easily, and know exactly what you need to focus on as a hypnotist to bring about results!

In this fast paced lecture, you will learn to identify four types of eaters, and exercises that you can use immediately to help your client break the food trance, and view their eating habits in a completely new light!

### *HOW A MAN OVER 40 CAN BE AWESOME AGAIN*

*F. Souza Campos*

Now you have a proven method to help a man over 40 become Awesome Again. It starts off as a need to impress someone. Sometimes the need to impress escalates into the sports car, the affair, and much pain for those around him. They call it a mid-life crisis. No man seems to escape the crisis all together, but the quality of his golden years will depend on how he manages this crisis.

For years I worked with men who felt that they 'lost their edge'. From this experience, we compiled the seven most important changes a man needs to make in order to become Awesome Again.

Hypnotherapists are in a unique position to work with these men because each of the 7 steps needed to become Awesome Again requires a change of mind on his part. Hypnosis is the best way to help someone change their minds about themselves, but without a proven therapeutic method, hypnotherapists often feel frustrated with the lack of results their clients experience.

We have done all the work for you: although every client is different and your results may vary, if you follow this protocol you will create awesome results for you male clients over 40.

## **Lecture 2:00 – 2:45**

### *HYPNOTIC COACHING 101*

*J. Marion*

Have you ever felt stuck with a client, unsure what to do next or confused why "it didn't work?" This is the danger of relying solely on a small handful of techniques. When you understand what is going on at a deeper level with your clients you can side step any obstacle on the path to transformation. Hypnotic Coaching will help you move beyond techniques and introduce greater flexibility, fun, and transformation into your sessions.

In this lecture you will discover the foundations of Hypnotic Coaching/conversational hypnotherapy. You will be introduced to the foundational principles which can be adapted to and enhance any approach to hypnotherapy. I will share with you a set of short techniques that are an entry way into the world of conversational hypnotherapy and Hypnotic Coaching and can be used immediately with your clients.

### *DEMOS OF THE SUBCONSCIOUS MIND*

*C. Blacconiere*

It's easy to have your client's experience how the mind works! In this lecture I will present demonstrations that can be used to gain rapport with clients. They also impress people in presentations.

In this lecture I will explain and you will experience how the subconscious mind works. These tools are great to use for self hypnosis classes.

### *READING UNSPOKEN LANGUAGE*

*S. Day*

There are powerful, yet subtle ways of communication beyond the spoken word. Often our clients are conditioned by outside sources in how they are "supposed" to feel. This conditioning can lead them to be detached from and unaware of their true inner emotions. Through observing subtleties expressed via body postures, facial expressions, and patterns of breathing, dialogues of exploration can be opened in non-threatening ways which facilitate the deeper dive to unearthing the client's buried inner truth.

Attendees will gain an awareness of the ways a client's facial expressions, breathing patterns, and body postures combine as a reflection of their true emotions. Hand-outs demonstrating various facial expressions and the possible related emotions will be provided. There will also be an opportunity to enact various incongruent postures, expressions, and breathing patterns for demonstration and deeper learning purposes.

## Lecture 3:00 – 3:45

### *MEMORY – STAYING OUT OF LEGAL PROBLEMS*

*R. Louise*

Memory is neither recorded nor retrieved accurately, but influenced by multiple factors such as attention, senses, and previous life experience. It can be corrupted or changed by questioning, the choice of words used in those questions, by misinformation, social pressures, visualization or imagination exercises, dream interpretation, and hypnosis.

Hypnotherapists need to know how memory works, to understand how easy it is knowingly or unknowingly create false memories, the severe legal ramifications, and what to do if false memories are already found or suspected. Many lives have been ruined, people falsely incarcerated, families torn apart, & therapists involved have been sued.

In this lecture you will gain a better understanding of how memory works, and how to avoid both the ethical and legal ramifications of memory retrieval, parts-therapy, past life regression, and even how questions are asked in the interview process.

### *EMBRACING AND RESISTING CHANGE*

*L. Bennett*

Why do clients come to see a hypnotherapist? Because they are seeking change, however, it may not be as simple as it seems. This lecture is about the stages of change and ways clients can resist at each level of change. Learn ways to confront the resistance and empower the client. Change is inevitable and it doesn't have to be painful!

### *HYPNOSIS AND GUIDED IMAGERY*

*S. Noble*

In this lecture you will learn about: 3 of the 7 areas of the Unconscious/Subconscious “Shadow” that hold the energy that fuel unwanted patterns. Discover how 3 of these levels: Emotions, Beliefs, Subconscious Mind can be cleared using Hypnosis and Hypno-Imagery. Explore theories that work to explain how the Unconscious/Subconscious “Shadow” may work to create feedback loops that can cause the continual iteration of unwanted patterns. Candice Pert, for example, in her book entitled, *Molecules of Emotion* details how emotions cause the creation of certain hormones and chemicals in the body. These chemicals then in turn effect the emotions and mood states causing an unwanted spiraling feedback loop.

Learn how to apply kinesiology to measure, track progress and convince your clients that they are moving energy and progressing in their healing. You will be introduced to at least 6 different methods including some original methods to track and measure Unconscious/Subconscious energy.

## **Lecture 4:00 – 4:45**

### *THE RAISIN EXERCISE*

*Teach Your Clients to Take Back Control in Their Lives ... One Raisin at a Time*

*R. Williams*

Originally published by researchers at Harvard Medical School, the Raisin Exercise has been studied by every major university and medical school in the world!

First developed by Jon Kabot-Zinn, this mindfulness exercise has been proven to reduce stress, anxiety, and depression. Participants in various studies have reported pain reduction equivalent to narcotic pain medications.

Attendees in this lecture will learn how this exercise came about, the research that supports the importance of teaching it to our clients, and how they can use it in their practice.

Attendees will receive the Raisin Exercise script, as well as experience this mindfulness exercise firsthand during the lecture.

### *FINDING YOUR CLUES*

*R. Green*

Your clients will tell you exactly what the "real" problem is and what their specific solution is. It is beware their awareness... or else they would not need to see you. Using skills developed over twenty years as a Police Detective, I can show you how to go from "active listening" and therapeutic questions - directly into a gentle non intrusive style of unconscious interrogation -- to elicit the solution they need!! Once revealed, your work is almost complete.

You will learn how to unlock and recognize the clues that the client provides in solving their issues. This method is non confrontational - and is simply added to the interview phase.

### *MENDING THE FUNNY BONE*

*P. Blum*

This lecture could also be called "A Light-Hearted Approach to Serious Healing". What the grand tradition of "crazy wisdom" brings to the party is the ability to see the "flip side" of things. To help a person regain perspective, and break out of their negative trance, the hypnotherapist may include in his/her toolbox a healthy dose of the medicine of absurdity. 'On the other hand, like love, laughter heals because it arises through viewing a small context from a larger and more inclusive one, which removes the observer from the victim posture.' - David R. Hawkins

You can help your clients who suffer from "seriousity" to see the humor inherent in all situations.

**Saturday, April 25<sup>th</sup>**

**Lecture 10:00 – 10:45**

*MOTIVATIONAL INTERVIEWING*

*A. Scharlau*

Motivational interviewing is an extremely valuable tool that will increase the effectiveness of all hypnotists. This method is especially effective for those clients who are ‘on the fence’ about the changes they may need to make.

Through a fun and informative PowerPoint presentation I will describe and demonstrate the principles of pacing and leading clients to a positive shift in emotional meaning. There will be many examples to clarify this process and build confidence in their application. A handout of strategies hypnotists can put to immediate use to raise the success levels of their clients will be provided.

The goals of this talk:

- Describe the Motivational Interviewing Process and how it relates to waking state hypnosis
- Understand MI and practical applications to help your clients succeed in their goals

Using Motivational Interviewing, every moment with your client becomes a productive, healing process that, added to your hypnosis skills, increases your client’s success in their goals.

*I AM NOT SURE I WAS HYPNOTIZED*

*S.M. Andrews*

Every hypnotist hates to hear this feedback from a client. What if there was a way to make sure that your clients know they were in hypnosis? This would certainly help your therapy stick better! Join me for this fun, EASY, and fool-proof way to prove hypnosis in your clients and increase your effectiveness! Your clients will no longer say "I don't think I was hypnotized."

*OVERCOMING ADDICTIONS*

*A. DeMarco*

Reap the benefits of studying with the presenter who is steeped in research into negative and positive re-programming of the unconscious mind from “brainwashing” to authoritative to permissive hypnotic approaches, and who, over 20 years ago, after witnessing the therapies of addicts at diverse self-help groups, and personally working with addict-clients, named and created this original, unique session-by-session treatment program, entitled “HypnoAddictionology”. This is ‘no-nonsense’ lecture.

Be “led-by-the-hand” as you are walked through various session formats of the program that you will use as a working model in your practice. Be able to guard against common hypnotherapeutic pitfalls and mistakes. Understand the suffering depth of addicts by hearing the real-life horror stories known personally to the presenter. Benefit from the failures as well as the successes of the addicts. You have an

abiding obligation to yourself and to your addiction-suffering-client to build a solid foundation for the use of hypnosis in gaining abstinence.

### **Lecture 11:00 – 11:45**

#### *NEURO BIOLOGY OF NLP AND HYPNOSIS*

*W. Horton*

As professionals it is important we move past analogies and get into the science of what we do. In this lecture, you will learn the biology and Neuro-chemicals that are involved in hypnosis and NLP; what neuro Pathways are involved in NLP and Hypnosis and the HOT model. This lecture is easy to understand while giving you a good background on topic.

#### *OVERCOME FEARS AND EXCEL IN LIFE*

*D. Papadakis*

This lecture will introduce you to new, simple, and powerful hypnotic techniques that will enable the practitioner 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 lecture will prepare you quickly and effectively to 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 lecture will include a demonstration with a volunteer to resolve their own fears. By learning these simple, ground-breaking, powerful, and effective techniques, practitioners will improve their skills in this booming field of hypnosis and place themselves at the forefront of work with fear!

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 how to use desensitization and other simple but powerful techniques to help clients overcome 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



## *SPIRITUAL HYPNOTHERAPY*

*R. Hunter*

Roy discovered spiritual hypnosis over three decades ago which has the potential of changing the paradigm of our profession. Many clients have made life-changing breakthroughs as a result of accessing Divine wisdom during hypnosis sessions. To date he has two books in print with amazing case summaries contributed by well-known hypnosis professionals from around the world. Most contributing authors are trainers and/or authors themselves. Learn how Roy is boldly going where few have gone before.

### **Lecture 1:00 – 1:45**

## *PAIN RELIEF IN AN INSTANT*

*K. Neill*

Pain is part of life, but suffering is a choice. Pain is physical while suffering is emotional. Learn the energy of pain and how to transform emotional energy to alleviate suffering. Yes, it can be done in an instant. Watch Kweethai demonstrate how to alleviate suffering instantaneously. We will allow for questions time permitting.

## *TRUST YOUR ETHICAL MINDSET*

*M. Babineaux*

Instead of considering a Code of Ethics as simply a set of rules, view your ethical behavior as a tool to enhance a relationship of trust between you and your client and the public.

This lecture is a review of the ethical behavior expected of every hypnosis practitioner at every level of practice and certification and a Council of Professional Hypnosis Organizations (COPHO) update on any relevant developments or changes in the hypnosis community.

This will also include a reminder and brief synopsis of the requirement of ethics training certification for all new IACT/IMDHA members.

## *MEANING AND THE BRAIN*

*F. Mau*

It is time for new language to encompass what we now know about hypnotic processes. Emotional reactions by the brain's limbic system happen before cognitive neocortex responses. For this reason cognitive therapies work to manage reactions which have already happened. Hypnosis takes advantage of brain reactivity to shift emotional responses in a more healthy direction, before cognitive processing even comes into play. This lecture proposes a new neurologically-based understanding of the nature of hypnosis and provides an understanding of how our processes get in on the front end to facilitate healthy emotions and behaviors.

Older terminology like 'subconscious', 'unconscious', the 'critical factor', and even debates like what constitutes a 'state' of hypnosis rely on constructs from the turn of the last century. It is time to rethink our understanding of hypnosis in the light of modern neurological discoveries and to create a model of

hypnosis which speaks more accurately and effectively to contemporary clients as well as medical and mental health professionals.

By attending this lecture you will be able to better describe hypnosis based on the latest neurological research, and use this in practice to help clients more effectively.

### **Lecture 2:00 – 2:45**

#### *TO RESHAPE RELATIONSHIPS – STOP THE BLAME GAME*

*S. Stork*

Clients with unsatisfactory relationships find it easiest to blame others. So, how does the hypnotherapist go about convincing the client one can only change oneself, not others? And how do you reverse a perpetual downward spiral? Start with validation, then use pattern breaks to start re-orienting from the past to the future.

Last call at the pity party. Redirect the client from perseveration on blame and recrimination toward desired outcomes.

By attending this lecture you will be prepared to use the following sequence to help clients with relationship issues:

- Validate the client's experience
- Help the client identify and clarify emotional states
- Discriminate between Position and Interests
- Redirect orientation from Past to Future
- Set intentions
- Rehearse situational response vs. reaction

#### *FORGIVING THE MYTH OF SAFE PLACE*

*Belief In Action*

*D. Cleary*

The understanding of trust in our self is liberating. This program explores the myths of forgiveness, safe place and trust as experiences outside of self.

Forgiveness has been cited as a powerful tool and it certainly can be, when used well. There are times however, when it may seem impossible to forgive; what happens then? When you think of a 'Safe Place,' does that infer that other places in your life are unsafe?

What are we forgiving, and what, or who, are we trusting? Forgiving does not mean forgetting to protect oneself in the future. According to neuroscience, 'thoughts that fire together, wire together', and the emotional charge that fires when we think of the past experiences with 'THAT' person or even similar ones with other people, will bring up a similar experience in the moment, even though the past event is not happening as we are lying there in bed trying to get to sleep. When we react in the manner of that

past event, we flood our system with our own biochemicals of stress, anger, etc. Forgiving our past reactions as habits we adopted (neither 'good' nor 'bad,' simply what we did THEN...) and bringing our self into the moment, breaks the physiological response pattern and changes the cycle.

Writing to you about this, will all-ways fall short, because you must be 'Present to Win!'

### *HOUSE-TREE-PERSON DRAWINGS*

*S. Gilbert*

Learn how to use this fun, easy technique to help your client connect with inner issues and trauma. You can identify where to go with your next hypnosis session.

Come to this lecture prepared to connect with your inner child, have fun and learn something about yourself. You'll gain a new technique that's great for clients who don't open up to you easily.

### **Lecture 3:00 – 3:45**

### *EPISTEMOLOGICAL POINT OF VIEW*

*D&J Chong*

We believe that the answer to the question: “What is Hypnosis?” is still an open question. Anyone can step up and offer their definition of it; and in doing so be an expert on the subject. We are not here to remove the robe of being an expert from anyone in Hypnosis. What we seek to do is offer an insight as to what we think it is from an Epistemological point of view.

Those who have had the privilege to witness the top stage hypnotists evince these phenomena were left to marvel at what they witnessed but they remain bereft of the knowledge as to what has to happen for the phenomena to be possible.

Attendees will be able to understand what has to happen for all the phenomena of Hypnosis, from the most simple to the most incredibly complex, to happen under the direction of the hypnotist; and to understand how it comes about when they do not happen. Whatever is the definition of Hypnosis, it has to be able to explicate the phenomena of stage Hypnosis and the phenomena of Clinical Hypnosis. This lecture proposes to do exactly this.

### *ACADEMIC TEST ANXIETY WITH WAKING HYPNOSIS*

*H.L. Elman*

Improving Academic Performance, especially in the face of Test Anxiety, is well defined. Improve Self-Esteem; Improve Study Habits; Improve Retention; Improve Recall; Provide a Trigger (particularly for Recall) to activate when the Client sits down at the test.

Let's add two ideas. First, efforts on this should NOT attract the attention of the institution lest the school consider this a form of cheating (which it is NOT!). Second, why not make much of this

achievable via Waking Hypnosis? If the Hypnotist is adept at Waking Hypnosis and uses the proper Semantics, all of these objectives can be combined.

Those in attendance will learn a skill in Waking Hypnosis and will better understand Clients with Academic Problems. These techniques also work for Sports Performance and many other Client needs. I have personally used this while employed as a Tutor at a tutoring firm.

*FIBRO... WHAT?*

*M Roth*

Fibromyalgia strikes 10% of the population and those numbers are rising due to greater awareness and better diagnosis. Conventional medicine has little to offer the fibromyalgia sufferer. And, in spite of 20+ years of research we still don't know what causes it or what to do about it. Despite the TV ads touting various drug treatments, conventional medicine has been able to relieve the symptoms for about 20% of sufferers. This hypnotherapy protocol has produce symptom relief for over 80% of sufferers since 1997. And the symptoms do not return when the sessions end. Over 90% of fibromyalgia patients already utilize one or more complimentary therapies. Why not you? Come learn how to do this therapy protocol and increase your client base while providing lasting relief to people who are truly suffering.

**Lecture 4:00 – 4:45**

*TRAUMA INFORMED CLINICAL HYPNOTHERAPY*

*E. Rosen*

This Trauma Informed Clinical Hypnotherapy lecture is a must for clinical hypnotherapists, valuable for both licensed and non-licensed certified clinicians and professionals. Attendees will gain invaluable, state of the art information about current understandings of traumatology, with application of hypnotic techniques used in a trauma informed model of service delivery, toward creating safety, empowerment, and healing for clients/patients. It fosters a collaborative relationship and is a strength based approach toward building happiness and contentment.

Take your hypnotherapy practice to new levels with state of the art information about hypnotherapy techniques that are current with traumatology research, learn new models for trauma treatment using hypnotherapy methods, and focus on symptom reduction, and building contentment.

*ESSENTIAL INGREDIENTS OF A LUCRATIVE STOP SMOKING HYPNOSIS PRACTICE*

*B. Eimer*

This lecture will provide the knowledge that a practicing hypnotherapist needs to understand how the psychology of habit formation and addictions can inform the effective use of hypnosis for smoking cessation. Smoking cessation is a 'bread and butter' area for the practicing hypnotherapist. By attending this talk, you will learn how to make your hypnotherapy practice stand out above the rest because you will learn a protocol that gives clients everything they need to stop smoking in one visit.

Bruce has been using this protocol since 1998 and has helped thousands of people stop smoking permanently. He has co-authored a book about this protocol as well. We'll cover the initial phone consultation, the intake interview, waking state reframing, the hypnosis pre-talk, choice of induction, tying trance state suggestions to waking suggestions, teaching instant stress reduction strategies for the 'ex-smoker' and the 'non-smoker', post-hypnotic suggestions and post-hypnotic imprinting, how to offer and do follow-up sessions, and marketing this specialty.

Attendees will learn how to help most clients stop smoking in a single visit.

*THE SOUL GAME*

*S. Prakash*

The immaterial essence of an individual life is always pitted against the effervescent, the ever-existing Soul and has been a subject of much interest and discussion since the onset of humanity.

Through various religious teachings and philosophies, it has been continuously reinforced upon us that the Soul leads us into progressing spiritually and becoming one with the Creator. Our belief system has imbibed in us that the words 'Life' and 'Soul' may be used interchangeably, purely because of the reason that life exists as long as the Soul stays with the Body. The entire system of 'Life' has been made extremely complicated - not by our 'Body', not by our 'Will', but by our 'Soul'.

A 'Human Body' is just being used as a mere 'Bank Account' by this 'Accountant' called the 'Soul'. It is our Soul that maintains the account books of not only this current Life but also of all its previous as well as future lives.

During my lecture I will expose the self-serving intentions of the Soul & how we as 'Body' gets intertwined in this karmic wheel created by the Soul. I would like to undertake a phenomenal eye-opening journey for my audience through the example of my actual cases and enrich them with an understanding of the tightly knit, yet twisted relationship between the Body, Mind and Soul.

**Sunday, April 26<sup>th</sup>**

**Lecture 9:00 – 9:45**

*SUCCESS IS A PRESUPPOSITION*

*K. Hand*

Discover how the presuppositions of NLP can: set you free as a hypnosis practitioner, guide you toward client-centered work and enhance your practice for good no matter what style of change-work you utilize. Light trance, deep trance and/or wide-awake hypnosis all benefit from the astute observations of human nature in the NLP Presuppositions. In this talk you realize it's that frame of understanding that lightens your load as a facilitator and increases your client's ability to dance with success.

Participants will gain a realistic view of their responsibility in the hypnotic dance. This talk includes tips and techniques for bringing out the resources held within each client.

### *HOW TO GET MD REFERRALS*

*M. Roth*

Learn how to talk to physicians of almost every specialty so they will refer their patients to you!

Over 66% of physicians are interested in referring their patients to complimentary practitioners. They don't because they don't know you exist. They also don't know what conditions to send to which type of practitioner. So, they do nothing. But, you can provide them a valuable service of educating them about how hypnotherapy can benefit their patients. As a result you will get a steady stream of clients. This lecture provides you the tools to talk to physicians in such a way that they will refer their patients to you.

I built a full time private practice in Colorado in 6 weeks by using these techniques.

### *HYPNOTIC RECALL OF NEAR DEATH EXPERIENCES*

*P. Aurand*

There is scientific validation of regression therapy and the continuation of consciousness after “death”.

I will present the results of a pilot study of twenty sudden cardiac arrest patients regressed back to their Near Death Experience (NDE). You will see video clips of the actual regressions where patients describe leaving their bodies, describe attempts at resuscitation, and meet loved ones and other wise beings before being shocked and returning to their bodies.

### **Lecture 10:00 – 10:45**

### *BLENDING DEEPENERS AND INDUCTIONS*

*C. Elman*

What constitutes an Induction or a Deepener? Where does one begin and the other end? Do you use them as stand-alone "scripts"? Learn to swirl them together to help clients form deep trances and vivid experiences using ‘fresh’, creative and effective methods of being client-centered.

Learn to use creative techniques of freshening their palettes to create a blending between inductions and deepeners of client’s trances to form effective ways of being client-centered.

The class includes lecture and discussion on various methods including but not limited to Fractionation, Re-induction, Pyramiding, Counting methods, Non-Verbal, Induction Catalysts and many more. Whether used as stand-alone processes or creatively strung together, participants will attain more confidence in their ability to use a variety of techniques to enhance the effectiveness of sessions for their clients, plus stimulating the practitioners' own enjoyment within their sessions.

*BECOME THE LOCAL HYPNOSIS EXPERT FAST WITH FREE MARKETING*

*P. Scott*

Building a private Hypnosis practice can be time consuming and expensive, and often with little or slow results. After 11 years in private practice in California, I moved to Florida and within 6 months became THE local Hypnotist that everyone was talking about. Now, 18 years later, the internet can be great for follow-up and continuing communication, but in the practice of Hypnosis it is still personal contact and word of mouth that builds your client base. In this seminar, I'll share with you multiple creative and free (or cheap) ways to quickly meet, network with, and gain recognition from the people who will either become your clients or be powerful referral sources.

Attendees receive a nice handout with additional possibilities.

*SCIENCE-BACKED RESEARCH AND COMMUNICATION BETWEEN CELLS*

*N. Gerey*

I am working with a bio cybernetic scientist that is researching the communication between the cells of the human body. While this is not hypnosis, the quality of this cell level communication influences everything in our body, including our mood, addictions, cognition etc. It can also be enhanced or decreased by thought and emotions and by what we eat.

We know that a lot of mental conditions are induced by nutrition deficiency and can't be permanently solved without addressing that issue. Now I can explain how it works. I can also explain and demonstrate Bio Regulation Technology, a new technology that helps to provide the ideal electromagnetic environment for the body to start or enhance its natural self-repairing capability. It is also being used with hypnosis too, as in this environment or electromagnetic field, cell level relaxation automatically occurs.

This is a very interesting topic that helps people to change their perspective from "if something is wrong let's get medicine to fix it" to "the body knows how to rebuild itself, our responsibility is to provide the right environment for it". This is pretty much the approach of hypnotherapy.

**Lectures 11:00 – 11:45**

*REVERSING COMPLEX REGIONAL PAIN*

*G. Lalonde*

CRPS/RSD can be and has been successfully reversed using the power of their mind through hypnotherapy!

CRPS/RSD is a painful incurable condition. Millions suffer with it here in the USA. In 1991 I treated my first client with RSD and 28 years later this client is still enjoying a complete recovery.

Most clients with CRPS/RSD are experiencing pain and a deep cold feeling to the area injured. Warming that area so the client can sit in comfort during the session is almost as important as what to do when dealing with the condition.

This learning experience will empower the attending Hypnotherapist how to successfully deal with the condition.

### *THE MARKETING PUZZLE MADE SIMPLE*

*M. Vallei*

This lecture is geared to the new Practitioner but is open to anyone wanting new ways to grow a practice. Marketing is often a puzzle made of many sound, viable pieces but without showing the whole picture at the start. The challenge of marketing is how to put the pieces together in order to build and grow a practice while not risking too much money. How do you decide what pieces to choose? How do you know what will work best for you? How do you know what marketing voices/advice you should follow? There is a simple way to make these determinations. This lecture provides exactly that information. You can learn how to create the finished puzzle first and then follow a simple process which helps you create a workable, financially feasible process of getting the word out about your practice, also known as Marketing. Once you have the picture, learn three marketing approaches that can help you grow and learn how to apply these key pieces which reflect you and thus offer give you the best way to create the practice, also known as completing the puzzle successfully.

Attendees will be able to create a unified vision of what their practice should be and then gain three, simple necessary, inexpensive tools and approaches to marketing which reflect who they truly are and which can lead to fulfillment of their vision for the building of their practices.

### *THE IDENTITY SPLITTER*

*S. Carson*

Do you ever find your client objecting to the very change they have asked you for? Make your change work effortless with the Identity Splitter.

We all have many 'identities', hypnotist, client, father/mother, child, brother/sister, friend, sportsman/woman, musician, teacher, and student. Each identity comes with its own set of resources, values, beliefs, perceptions, realities, yes and problems. Your client brings their problem to your office, wrapped within one (or sometimes more) of their identities.

In this fun and interactive lecture you will learn a novel pattern to switch your client into another one of their identities, one in which their problem is 'defenseless' and easily changed.

Learn this simple, yet powerful pattern to allow your client to change effortlessly.



## **Lecture 1:00 – 1:45**

### *HYPNOSIS SUCCESS WITH PLACEBO-BASED ROUTINE*

*J. Eljay*

Placebos are nature's gift to healing. Focus on adding placebos to your effective arsenal of tools. Increase your successful outcomes by understanding habits and change. See how the debate on use of placebos are the same as hypnotic effects the practice of hypnosis. Extend your practice by using placebo effects both in your patter and scripts e.g. smoking cessation, anxiety, stress, depression and/or deep sleep improvement. Learn a step-by-step process on incorporating placebo effects into your patter and your scripts. In this give and take lecture, learn to focus your practice on multidisciplinary processes yielding successful results.

Seasoned or novice hypnotists will increase their success with clients by adding a placebo-based routine reinforcing the desired health outcome.

### *GUT DIRECTED HYPNOSIS FOR IBS*

*E. Clark*

Hypnosis has been researched for its use with irritable bowel syndrome (IBS) for over 30 years. It has proven to be most effective with the hardest cases that do not respond to pharmacology. The National Institute for Health and Care Excellence in the UK actively recommends its use for those cases.

This presentation will help you understand how the mind affects the digestive system and the 3 key areas to cover in the basic IBS protocol.

### *HABITS OF SUCCESS*

*Z. Grant*

Success is a choice in both what it means to you and how you can achieve it. Habits are automatic behaviors that support us in achieving success. Develop the habits to continuously build the personality of success. Learn the 4 key things to release and the 3 important things to enhance. You leave with a greater awareness about how to become more successful.

Enhancing your life through the power of positive habits is a shortcut to success!

## **Lectures 2:00 – 2:45**

### *THE TURTLE AND THE RABBIT*

*J. Hanson*

A visual you'll remember to remember and have a hard time forgetting to remember! By using the lessons from a children's fable you'll easily remember to slow down and focus on your client, rather than rushing to the end. When you learn how to pace you'll help clients win more often.

This is a look at pacing vs. leading that you'll remember to remember.

## *CLAIMING PERSONAL SOVEREIGNTY TO FIND TRUE NORTH*

*N. Yolles Young*

This lecture is about approaching the topic of personal sovereignty as a diagnostic vehicle for exploring and identifying where a client is on their healing, self development journey. Personal sovereignty refers to the idea that human beings have a trained tendency to seek external approval for their actions and accomplishments in life. In individuals, this can negatively impact lives. When an understanding of the inner self has not been developed, it causes a diminishment of sovereignty in the self, in essence, relinquishing the awareness of what the deeper self wants to the opinions of others. When choosing the opinions of larger groups, it can be a source of strength in numbers, and powerful and potentially dangerous group think. I have found that clients have a deep desire to know their true opinions about things. To access the layers of perception that lay beyond the expectation of social mores and norms to access the truth that resonates as the unshakeable bedrock of personal knowledge and awareness of one's

'True North'. A truth that is sourced from the foundation built upon the sovereign self.

Attendees will be able to clearly understand the significance, ease and benefit of including self sovereignty strengthening in their practice and personal lives.

## *THE BREATHING INDUCTION*

*S. Norman*

Breathing is a direct link to the nervous system. By altering how we breathe, we change our states of mind, which are corollary to the nervous system. This lecture will introduce you to a few breathing techniques, called Pranayama, (breath control) taught by the oldest known philosophies for accessing altered states of consciousness known, yoga. Breathing can be a powerful hypnotic induction and deepener as well; you can teach yourself and your clients how to diffuse stress and anxiety through simple breathing techniques.