

# Full-Day Courses

**ALL FULL-DAY COURSES RUN 10 AM – 5 PM**

*\* YOUR CHOICE 2- OR 4-Day Course*

*PARTS THERAPY*

*C. Roy Hunter*

*Wednesday - Thursday*

*May 15<sup>th</sup> -16<sup>th</sup>*

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

Participants will learn:

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

\*\*\*\*\*

*TRAIN THE PARTS THERAPY TRAINER*

*C. Roy Hunter*

*Monday - Tuesday*

*May 20<sup>th</sup> -21<sup>st</sup>*

After successful completion of this 4 day Training, participants will have all the tools necessary to teach client centered parts therapy to hypnosis students and professionals - using an optional PowerPoint Certified presentation, designed for exclusive use of Certified Parts Therapy Trainers. While the first two days (May 17-18) are devoted to learning parts therapy, during the last two days (May 22-23), Roy Hunter will teach you how to train others to properly employ parts therapy. Prerequisite for Parts Therapy Trainer: Must have at least two years of full time experience with professional hypnotherapy (or three years of part time professional experience). And EITHER (1) take the 2-day training on May 17-18, or (2) must have previous training in client centered parts therapy. PLUS professional experience using parts therapy with clients. Exceptions must be cleared by Roy Hunter before start of class.

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

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

\* 2-Day Course  
**CERTIFIED STRESS MANAGEMENT CONSULTANT CERTIFICATION**  
M. Watson  
Monday - Tuesday  
May 20<sup>th</sup> - 21<sup>st</sup>

**What the world needs now** - In the 21st century, stress is epidemic. It damages our health, our work, and our relationships. It destroys families, businesses, and lives. It costs corporations more than 300 billion dollars every year in health costs, absenteeism and poor performance. And one in three adults suffers from the effects of unmanaged stress. The need for qualified professional assistance has never been greater.

**That's where you come in** - This training will prepare you to meet that need. More people are seeking therapy and medical treatment for stress related issues than ever before and companies and businesses are reaching out for help. This is an opportunity for you to develop some expertise in this crucial field and to open your practice to those who really need you. Make a real difference while you advance your career and distinguish yourself with this professional designation.

**You will learn about stress** - what it is, how to assess it, how to educate people about it, and what to do about it. We'll teach you how to intervene in a crisis and strategies to manage chronic stress. You'll learn to work with clients one-on-one, with groups, or even with corporations. We'll give you all the information and resources, over twenty techniques to use with clients and groups, and we'll even include complete outlines and instructions that you can use to offer 1-hour, 2-hour, or full-day seminars of your own.

Topics include:

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li>• Stress and Stressors</li><li>• The High Cost of Stress</li><li>• The Perceived Stress Scale</li><li>• Conducting Stress Assessment Interview</li><li>• A Balanced Life</li><li>• Stress and Health</li><li>• Personal, Family and Workplace Stress</li><li>• Importance of Self Care</li><li>• Quantum Focusing</li></ul> | <ul style="list-style-type: none"><li>• Coping Mechanisms</li><li>• How to Become Resilient</li><li>• Disempowering the Inner Critic</li><li>• Meditation, Mindfulness and the Relaxation Response</li><li>• Neuroscience and Stress</li><li>• Stress and Anxiety</li><li>• When Push Comes to Shove</li><li>• Managing Crisis</li><li>• Self Hypnosis and Hypnotherapy</li><li>• Eye Movement Integration Technique</li><li>• Stress in the Workplace</li></ul> | <ul style="list-style-type: none"><li>• Personnel Dynamics</li><li>• Frustration and Burnout</li><li>• Groups in Stress</li><li>• Emotional Intelligence</li><li>• NLP Interventions</li><li>• The Power of Thought</li><li>• Stress and the Creation of Meaning</li><li>• Opening to Insight</li><li>• Consulting for Business</li><li>• Doing Programs for the Public</li><li>• One on One Consulting</li><li>• Online Operations</li></ul> |
|---|--|---|

### Benefits

- Programs that you can present in your own office or for businesses and groups.
- Over 20 techniques and processes to add to your repertoire.
- Enjoy the prestige and respect of your colleagues and clients with a professional CSMC credential
- Participate in an exciting online learning environment with other like-minded professionals from the comfort of your own home.

**Prerequisites:** Education/Experience in any of the following:

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li>• Hypnosis/Hypnotherapy</li><li>• Psychotherapy</li></ul> | <ul style="list-style-type: none"><li>• Neuro-linguistic Programming</li><li>• EFT Wellness Coaching</li></ul> | <ul style="list-style-type: none"><li>• Spiritual Healing</li></ul> |
|---|--|---|

**Note:** Substitutions are possible such as Corroborated Life Experience.

**Non-Members:** If you are **NOT** a member of the **IACT** or **IMDHA**, you will also be awarded a prestigious **Professional Membership** to the **IACT**, in addition to your Certification as a Stress Management Consultant.

*Participants must complete the program hypnosis training, which includes in-class supervised practice, and successfully pass the oral instructor assessment to qualify for Certified Stress Management Consultant.*

*\* 2-Day Course*  
*TAMING PAIN WITH CLINICAL HYPNOSIS*  
*B. Eimer*  
*Monday - Tuesday*  
*May 20<sup>th</sup> - 21<sup>st</sup>*

The clinical use of hypnosis to control pain is fraught with challenges given the complex problems of people with chronic pain. Expand your practice into the profitable niche of Pain Control Hypnosis. This fundamental 2-day course covers the principles and practice of using hypnosis for the control of pain and evidence-based hypnosis pain treatment strategies. Thoughtfully combined lectures, demonstrations, and clinical session videos are reinforced by supervised practice of pain control hypnosis techniques. After completing this course, you will be able to choose an appropriate pain relief induction, formulate an effective pain treatment strategy, construct powerful post-hypnotic suggestions, teach self-hypnosis for portable pain control, and minimize the risks of inadvertent negative consequences.

After completing this course, you will feel confident about using hypnosis to create immediate pain relief, and you will be able to demonstrate convincingly to a person in pain the power of hypnosis to change their pain experience. We will address clinical applications of hypnosis for low back pain, complex regional pain syndrome, post-herpetic neuralgia, chronic headaches, chronic pelvic pain, fibromyalgia, post-traumatic pain, and cancer pain.

\*\*\*\*\*

*\* 1-Day Course (FREE)*  
*HYPNOTHERAPY ELECTIVES*  
*M. Geers Dahl*  
*Thursday*  
*May 16<sup>th</sup>*

This pre-conference full-day **FREE** course is intended to set up your body, mind, and spirit for a fabulous hypnosis weekend.

We will use the day to experiment with neurolinguistic strategies of timeline, release of the four negative emotional clusters, the smear technique; and we will practice with the use of color in hypnosis. Come prepared to clear out clutter in your head and heart, align yourself with a comfortable well being, so that you are open to the learning, growth and development of our remarkable hypnosis conference.

This course is part of the HYPNOTHERAPY trilogy of what works in hypnosis, compiled and first published in 1994.

\*\*\*\*\*

*\* 1-Day Course*  
*HYPNOSIS FOR SURGERY PREPARATION*  
*B. Eimer*  
*Thursday*  
*May 16<sup>th</sup>*

There is a plethora of clinical anecdotal and empirical evidence that patients under general anesthesia hear and interpret voices and sounds in the operating room. Because the unconscious is solely concerned with survival, and the OR is a place where life or death can result, the anesthetized patient's unconscious is hyper vigilant to anything that could be interpreted as a sign of imminent death. As a result, negative comments are interpreted pessimistically. Many cases of unexplained persistent pain following surgery can be traced back to negative comments the patient's unconscious heard in the OR. Therefore, it is important to prepare the surgery patient consciously and unconsciously to ignore unnecessary utterances and conversations in the OR. Proper psychological preparation for surgery with hypnosis can facilitate positive outcomes post-surgically and prevent surgery induced PTSD. This full-day course will introduce a step-by-step hypnotically assisted protocol for preparing patients for surgery that will reduce the patient's anxiety, promote positive expectations of success and a healthy recovery, and inoculate the patient against untoward comments uttered in the OR. Your course instructor, Dr. Bruce Eimer learned this protocol personally from Dr. David Cheek and Dr. Dabney Ewin, both of whom were surgeons and medical hypnosis pioneers, and Bruce has used this protocol for over 27 years with great success with pre-surgical patients.

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

After completion of this course, you will be able to:

- Explain why surgery outcomes are improved when pre-surgical patients are psychologically prepared.
- Explain the role of hypnosis in the psychological preparation of a patient for surgery.
- List the steps in psychologically preparing a patient for surgery.
- Explain the single most important prognostic indicator for an unfavorable surgery outcome and how this can be communicated effectively to the patient and surgeon.

\*\*\*\*\*

*\* 1-Day Course*  
*MEDICAL HYPNOTHERAPY*  
*P. Scott & E. Rosen*  
*Thursday*  
*May 16<sup>th</sup>*

Learn advanced medical hypnotherapy theory and approaches to expand your practice working with health issues such as chronic pain, IBS, fibromyalgia, anxiety, allergies, cancer, diabetes, depression, pre/post-surgery, etc. We'll also discuss and/or expand on the physiology of healing, psychoneuroimmunology, cellular regeneration, brain plasticity, working with medical referrals, legal issues, and more.

Attendees will gain confidence and practical tools to expand their practice by becoming an essential partner in the integrative health care team. You will receive a workbook, PowerPoint presentations, hypnosis scripts, additional materials, and a 'Certificate of Completion' for this 1-Day training in Medical Hypnotherapy. Those wanting to go forward to receive the optional IMDHA & UPHI Specialty Certification as a 'Medical Hypnotherapist' (50 CEUs) may complete additional requirements post-conference for an additional fee (includes on-line interactive ZOOM training & outside assignments).