



Lectures



Friday, May 17th

Lectures 10:00 – 10:45

**SUBLIMINAL AND AFFIRMATIONS:
DO THEY WORK?
W. Horton**

Unlocking the Power of Subliminal Messages and Affirmations: Insights from Research

In the vast landscape of psychology and self-improvement, the concepts of subliminal messages and affirmations have stirred both curiosity and controversy. Are these methods truly effective, or are they mere pseudoscience? Let's delve into the realm of research to better understand why subliminal messages and affirmations might work and how they can potentially influence our thoughts and behaviors.

**RELATIONSHIP TO OUR EMOTIONS
S.Fitzner**

Often times our conditioning leads us to have a different understanding or attachment to emotions. Understanding a client's relationship to emotions can promote self acceptance healing and understanding of childhood to recreate the perspective.

**FROM BURNOUT TO BREAKTHROUGH
M. McCool**

Burnout, as defined by the WHO, is a syndrome characterized by chronic stress that hasn't been effectively managed, leading to emotional exhaustion, depersonalization, and a diminished sense of personal achievement.

My mission is to aid clients in their journey to recover from burnout, reignite their passion for their work, and equip them with the tools necessary to achieve their business objectives without sacrificing their mental and physical well-being or their personal relationships.

In this talk, I'll guide you through my unique protocol, "5 Steps to Break Through Burnout and Prosper". This method is designed to empower those grappling with burnout to rebound with renewed strength, enabling them to return to their professional pursuits without the looming fear of experiencing burnout again.

Lectures 11:00 – 11:45

**THAT REMINDS ME OF A STORY:
NARRATIVE TRANCE WORK
P. Blum**

Just what is it about a story that enchants us? One of the most magical phrases in the English language is "Once upon a time..." In understanding stories, and their relationship to how we encode and decipher the world of information and experience, we can deepen our ability to utilize them consciously, as therapeutic tools. Story is the brain's "default setting". Learn how to choose or create hypnotic tales. Dr. Milton Erickson, one of the most influential practitioners of hypnosis, made extensive use of stories in his practice..

**KICKING YOUR BUTTS FOR GOOD!
N. Wackernagel**

Most smoking cessation programs have low success rates. Why do so many participants return to smoking? The reality is that almost everyone can STOP smoking... but the success is only short term. This talk provides tips and re-enforcement tools to enhance a client's opportunity to achieve success while enjoying a longer, healthier, happier, and more productive life as a non-smoker!

**HYPNOTHERAPY FOR IMPROVING YOUR
LOVE LIFE AND RELATIONSHIPS
E. Rosen & K. Rosen**

Our intimate Relationships can be a gauntlet of 'lust to disgust' and back again. This presentation helps you with a cutting-edge understanding of attachment theory, and the use of hypnosis to improve and create more fulfilling and satisfying relationships.

Learn how to identify your client's attachment style, providing a map for navigating, getting your needs met, and meeting the needs of those you love, care about, and endeavor to know.

Explore the fabric of relationship connections and how hypnosis can heal, restore, and maximize your love interests.

Lecture 1:00 – 1:45

INTEGRATING WITH THE MEDICAL COMMUNITY

P. Scott

Learn the three critical areas where you, as a Hypnosis professional, can become an indispensable asset to your local medical community. You will gain insight into how you can help educate and inform medical professionals about the unique contributions you can make to the medical team, making it easier, more comfortable, and practical for them to refer patients to you.

Attendees will receive a handout that includes additional useful medical research and material beyond what is covered.

ENDING THE CYCLE OF INHERITED FAMILY TRAUMA

S. Day

The root of client challenges, whether it's anxiety, depression, phobias, chronic pain, or obsessive thoughts, may not be based on their own life experience. Science has demonstrated that traumatic experiences of ancestors can be inherited by descendants and negatively impact future generations. This presentation provides insights, information, and an example protocol to help clients release unwarranted traumatic inheritances so they can live their own lives with balance, health, and vitality.

Attendees will gain an understanding of inherited trauma to help their clients identify, and then release traumatic legacies passed down through generations.

This is an interactive and participatory presentation. Attendees will leave with an understanding of ways to detect inherited trauma, as well as an actionable protocol they can immediately utilize with their clients.

SELF-HYPNOSIS JUST FOR THE HEALTH OF IT

M. Babineaux

A subtitle for this presentation could be "Do unto yourself as you have done to others." Sometimes we are so focused on helping others that we forget about taking care of ourselves. Make self-hypnosis your self-help protocol for yourself, first. If you wash everybody else's laundry, you might need to clean your washing machine more often, right? Learn some rituals to incorporate hypnosis into your daily routine. Then instead of simply telling your client how to clear the mind, relax, set goals, or let go of anxiety, you can use yourself as the best example and actually show them how you do it yourself. A very powerful tool of empathy and rapport.

Lecture 2:00 – 2:45

IS FLYING SOLO THE ONLY WAY TO GO?

D. Castor & C. Hewerdine

Is a solo practice career best for you or could a cooperative or partnership hold more opportunities and benefits? Have you explored all the options available in this industry? Would it mean splitting your income? Or what if it meant even more income potential by expanding your presence in the marketplace? What if you could hone your skills, at your own pace, growing your business while having support, and learning to stand in your own authority?

We'll cover business presence, backup coverage, personal time off, income potential, sales calls, intake, sessions, follow-up, getting referrals, and expanding your market presence.

THE GRIEF OF AMBIGUOUS LOSS

B. Austin

This presentation shares the groundbreaking research of Dr. Pauline Boss, who presents the challenges and strategies for managing ongoing stress and grief for people whose loved ones are ambiguously lost.

RELEASING TRAUMA ON THE CELLULAR LEVEL

D. Papadakis

Are your clients aware of how past trauma is negatively affecting every aspect of their lives? These traumatic memories are stored on the cellular level, within the subconscious mind, and can arise when triggered by a current event. Hypnosis is the fastest and most effective way to access the root cause of the trauma and resolve it.

In this presentation, you will learn how to assist your clients in releasing old childhood traumas and patterns. We will discuss ways of helping your clients identify the perceived trauma and the emotions associated with it, then release those emotions and allow for forgiveness and healing, thereby transforming the old associations and forming new, healthier perceptions.

Healing trauma from childhood wounds and patterns using hypnosis helps your client get down to the cellular level and directly to the heart of the matter. By working with the subconscious mind, you help your clients access solutions and transform issues quickly, effectively stopping the cycle of repeated suffering and creating long-lasting, life-transforming results. Your clients will be able to reclaim their power and increase their self-esteem and overall well-being. As a practitioner, you will also increase your comfort level in dealing with trauma in clients and therefore your success rate.

Lecture 3:00 – 3:45

MEDICAL IMPROV: A HYPNOTHERAPY-RELATED TOOL FOR RECOGNIZING AND HEALING THE HEALTH CONSEQUENCE OF TRAUMATIC CHILDHOOD

W. Rocki

This presentation points to the Medical Improv, a close relative of hypnotherapy and NLP, as an effective tool to recognize ACE and heal its consequences. "Improv" is the short term for theatrical improvisation, known more commonly as "comedy improv" which is the same because when we are authentic and engaging we are also funny.

For years, medical improv has been recognized as a technique that facilitates communication and relationships between patients and their caregivers and the same among healthcare personnel. Based on the "Yes...and" routine, improv helps patients to explore the root causes of their illness and expand mental resources of their resilience and self-healing awareness. Variations of improv are used by hypnotherapists when they don't follow the script.

In my healing practice, I use both hypnotherapy and improv. I recognize similarities and believe that the awareness of medical improv may enrich hypnotherapy in working with patients and as self-healing care for hypnotherapists themselves.

I'M HERE! HYPNOSIS MARKETING IDEAS

J. Hanson

I'm Here! It's time to 'come out of your shell' and let your Hypnosis banner wave high. This is an idea-sharing session for Hypnotists on how to be seen and heard in your community.

Jessica will share her many advertising adventures with the pros and cons of each. If you are looking for new ways to get noticed as a Hypnotist, this presentation is for you. If time allows, we will do group brainstorming and help each other with ideas. This presentation will give you new ideas and it just might bring you 'out of your shell' to launch your hypnosis career.

HOW TO CHANGE CORE BELIEFS IN A CHILD'S SUBCONSCIOUS

N. Gerey

Our life depends on the core belief system that we build in childhood. If we learn we are lucky, unlucky, rich, or poor, we will be through our lives.

In this lecture I share how the belief system develops and how to ensure that children develop a healthy, positive belief system, that will support them through life, providing self-confidence and emotional resilience.

Lecture 4:00 – 4:45

SELF-CRITICISM VS SELF-ACCOUNTABILITY & SELF-COMPASSION

S. Gilbert

Did you know that neuroscience has actually discovered that holding ourselves 'accountable' (usually done with self-criticism and smacking ourselves in the head with the metaphorical 2x4!) is a form of self-sabotage? The true key to learning, growing, and becoming is self-compassion.

Let's teach our clients (and practice for ourselves!) the tools that will develop the self-compassion we need to have to truly become our best selves.

We will focus on why we are so hard on ourselves and the simple tools that will help us develop the self-compassion that will actually help us achieve what we want to achieve.

HYPNOSIS AND NLP FOR ACTORS

A. Bramante

In this talk, I will share real-life success stories of actors who have harnessed the power of hypnosis and NLP to overcome stage fright, master character development, and elevate their craft to new heights

In this lecture, you will:

- Understand the core concepts of hypnosis and NLP and their relevance to acting.
- Discover how these techniques can enhance performance, reduce anxiety, and improve emotional depth.
- Learn practical exercises to implement in an acting practice.
- Leave with a renewed sense of confidence and a toolbox of techniques to assist actors to excel on and off the stage.

INTRO TO IEMT

L. Donnelly

Integral Eye Movement Therapy (IEMT) goes beyond traditional therapeutic approaches, offering a transformative journey into the therapeutic power of eye movements. Through this process, we unlock neural pathways storing our deepest emotions and experiences. As negative memories are released, you'll also gain a deeper understanding of past events.

Join us on this exploration as we shine a light into the complex interplay of the human psyche, bringing clarity, healing, and integration to the darkest corners of our minds.



Saturday, May 18th

Lecture 10:00 – 10:45

ESSENTIAL NLP FOR HYPNOTHERAPISTS
S.M. Andrews

Many hypnotherapists use Neuro-linguistic programming (NLP), but what are the most important NLP skills that every hypnotherapist should understand and use? Master Practitioner of NLP Sean Michael Andrews breaks down the most useful rapport-building skills and the therapy shortcuts that NLP offers. Get more clients and help them succeed faster using Neuro-linguistic Programming.

Learn essential rapport-building and therapy shortcuts to make you and your clients more successful.

MIND GAMES
M. Geers Dahl

Anton Mesmer used hand passes and magnetism. Modern healers use a variety of terms to describe hands-on healing. We will explore how many of the attendees can perceive the energy field, and practice using hand passes in a format of scanning and unruffling to share healing energy with each other. Come prepared to explore your natural capacities for sensing/perceiving energy, and ideally leave the experience feeling more relaxed and upbeat.

**TRANSFORMATIONAL CORE
CONTINUUMS:
USE OF HYPNOSIS TO MAXIMIZE
SELF-POTENTIAL**
E. Rosen

Clinical hypnotherapy strives to make the hardened automaticity of troublesome internal conflicts, problematic symptoms, and plaguing habits become malleable, available to pliable change, and then creating new positive automaticity. Oftentimes, our goal as clinical hypnotherapists is to restore what in computer terms is our human 'natural settings,' the default position of human potential. Learn a new model to identify the core ingredients of effective human beings, how disruptive forces undermine these continuums of being, which hypnosis can identify and enrich. Use hypnosis and the Transformational Core Continuum to restore your client's internal cores of affirmative living.



Room Share
sign up here
tinyurl.com/ExpoRoomShare

Lecture 11:00 – 11:45

AI FOR HYPNOTISTS
**HOW TO USE THE TOOLS TO MAKE YOUR
MARKETING EASY AND SIMPLE**
S. Granger

It's a phenomenon that is sweeping across industries, igniting imaginations and unlocking potential at an unprecedented rate.

This past year has been quite the adventure, of researching and exploring the world of AI. I've been lucky enough to share my insights in four different countries and now I want to bring all of that knowledge to you.

Why? Because AI is here, it's here now, it's here to stay and it's changing the way we work. Honestly, it's like having a new member on the team, one that helps get things done faster, better, and with the added sprinkle of creativity that we didn't even know we were missing.

Have you played around with all the available AI tools yet?

Whether you love it or are still getting used to it, it's a powerful tool and, when used right, it's the key to us achieving more in our hypnosis practices, easier and faster!

AI enables us to achieve what was once thought impossible. Whether it's overcoming time constraints, enhancing your creativity, or accelerating your practice 10x faster, AI has the answers.

It's not just a tool; it's an ally that empowers us to be more and do more. With ChatGPT and other AI programs, the potential is limitless and the journey has just begun.

So, what will we explore together in this mind-blowing session?

- Understanding AI's role in your practice—it's like having a new team member!
- Guiding AI in the right way to create beautiful, engaging content.
- Picking the right tools that make sense for you, not just following the hype.

I've prepared a special PDF Training Guide with Prompts to get you started right away. It's a little gift from me to you.

**CREATIVE COMMUNITY EVENTS
TO BUILD YOUR PRACTICE**
M. Watson

This is about how to meaningfully connect with your community as you grow your practice.

Public service presentations, workshops, and fun get-togethers can bring you new clients. I'll include a complete outline that you can use to do programs of your own.

Make a difference! Create a community and build your practice. We'll even talk about how to do it online!

Becoming recognized as a contributor to the community establishes you professionally. Be an influencer.

SIMPLE SELF-HYPNOSIS—5 EASY STEPS

J. LeClaire

You will receive a very simple handout that describes the five easy steps. This can be used on self or as a tool to put clients into hypnosis.

This is a quick and effective method to enter the hypnotic state to create positive change. This method can be used on self, individual clients, or groups.

Lecture 1:00 – 1:45

PEELING AWAY LABELS

W. Moyer

What descriptive labels do you apply to yourself that may be limiting your ability to excel in life? This presentation will help you re-evaluate the way you define/view yourself, eliminate restrictive labels, and rediscover the true nature of your being.

THE RELATIONSHIP CODE HEAL YOUR WOUNDED HEART

D. Papadakis

The Relationship Code is a systematic combination of conflict resolution techniques using the secrets of ancient healing and visualization. As demonstrated in her new book, *The Relationship Code: Heal Your Wounded Heart*, Debbie has further enhanced this system with the power of hypnosis, making it a highly dynamic tool for Hypnotists and Hypnotherapists.

Learn how to facilitate this very simple, yet powerful system to assist clients in healing their wounded hearts. Yes, you too, can learn to help your clients transform any relationship! Debbie will guide you through a step-by-step demonstration using the techniques required to restore and renew your clients' relationships and heal their wounded hearts by removing the blockages that hinder them.

Attendees will learn techniques to get to the root cause of their clients' relationship issues and assist them in clearing the emotions/beliefs, traumas, and childhood issues that hinder their relationships.

PURPOSE AND PROTECTION OF THE ETHICS CODE

M. Babineaux

This talk is a general overview and review of the major tenets of the ethics codes of IACT and IMDHA in view of the requirement of ethics training for all new members.

Remind yourself that the easiest way to develop and maintain a professional reputation is to familiarize your-

self with the recognized code of professional conduct in your scope of practice and adhere to it.

Lecture 2:00 – 2:45

SORTING OUT HYPNOSIS, MINDFULNESS, PSYCHEDELICS AND SUCH

F. Mau

There seems to be confusion about the distinctions between mindfulness, hypnosis, meditation, and contemplation and about how they are practiced. For example, the use of hypnotic induction in mindfulness exercises occurs with increasing frequency. How should these tools be utilized in clinical practice and what is the current understanding of how they work? Does psilocybin work by inducing a dissociative phenomenon similar to trance? And how does dissociation and confusion contribute to change thinking and creating new meanings in your life?

Participants will be able to distinguish between hypnosis, mindfulness, and hyperemia and will understand how to use these processes to help clients create meaningful and lasting changes in their lives.

FUNDAMENTALS OF PAIN CONTROL

B. Eimer

This talk provides a foundation of knowledge for using hypnosis to manage pain. Attendees will have a better understanding of how to choose an appropriate pain relief induction, formulate an effective pain treatment strategy, teach self-hypnosis for portable pain control, and minimize risks of inadvertent negative consequences.

“YOU’RE A HYPNOTIST? CAN YOU SHOW ME SOMETHING?”

S.M. Andrews

What should you do when people ask you to show them some hypnosis? Many hypnotists struggle with this situation. Should you demonstrate an induction? What if it doesn't work? Perhaps you should show a suggestibility test or just explain how hypnosis works, but is that enough? Here's how to impress them!

Sean will demonstrate a proven strategy to respond to this oft-posed question. Discover how to “show them something,” educate them, and also amaze them. And did I mention that you cannot fail?

Objectives:

- Participants will learn how to identify highly hypnotizable subjects.
- Participants will learn how to quickly dispel fear in subjects.
- Participants will learn how to set up suggestibility tests.
- Participants will learn how to move seamlessly from suggestibility to induction.

Lecture 3:00 – 3:45

HYPNOTIC HEALING: MASTERING PAIN AND FEAR IN THE MEDICAL ROOM

N. Wackernagel

Unlock the power of the subconscious for pain management

- Transform pre-op jitters into calm confidence
- Discover evidence-based approaches for enhanced recovery

Empower yourself with the transformative science of hypnotherapy to master pain, conquer medical anxieties, and enhance recovery.

Addressing pain management and anxiety within the medical realm is crucial for patient well-being.

Nicole, with her extensive experience as a hypnotist in Swiss hospitals, has witnessed firsthand the profound impact of hypnotherapy.

Over time, hypnosis has gained momentum and is increasingly being recognized as an integral piece of the medical puzzle. Before diving into the intricacies of the topic, it's essential to understand the growing acceptance and the real-world results Nicole and many others have seen in hospitals throughout Switzerland.

TUNING YOUR CLIENTS: FORKS AND BOWLS 101

P. Blum

Participants will be introduced to simple protocols for induction using singing bowls and tuning forks. Many people believe that rhythm and the power of vibration will be key to the future of medicine and healing. Without any prior musical training, you can learn to incorporate these powerful tools for transformation into your personal growth program, or professional practice.

Here's your opportunity to learn from this master musician exactly how to choose and use tuning forks and singing bowls to enhance your practice.

JUMPSTART YOUR PRACTICE (PANEL)

S. Granger, K. Hand and M. Watson

Starting your practice (or expanding it) can be a challenge for hypnotists that is not often covered in their training courses. This panel offers the opportunity for you to hear from four successful hypnotherapists who have built and maintained a professional practice. They'll tell you what they've done, what's worked and what hasn't, and how to take the next step. Expect a lively discussion from Sean Michael Andrews, Sheila Granger, Karen Hand, and Michael Watson.

Lecture 4:00 – 4:45

THE JOY OF BLISS

L. Bennett

'Follow your bliss and the Universe will open doors for you where there were only walls'. Joseph Campbell

Participate in a compelling conversation and resources to help clients identify their bliss and why it's important. Explore the importance of sacred space to invite the journey of uncertainty of life and the willingness to make lives even more fulfilling and joy-filled.

USING THE ENERGY MODEL OF THERAPEUTIC CHANGE TO CREATE LIFELONG HARMONY AND BALANCE

M.B. Svatek

In this talk, you will learn about the nine energy core areas and how they interact with one another, either causing chaos or balance. Practitioners will learn to use this model to help clients learn to do their own 'rootology' scan to see and understand where the presenting issues are rooted and how it is affecting all of the energy core areas.

In my eighteen years in the traditional mental health field, I found that the presenting issues are often rooted in completely (and often unsuspecting) energy core areas, thus the treatment never reaches the cause. By coaching clients to understand what their nine energy core areas are and how these interact with one another to manifest their reality, therapists can help their clients get long-term results from this lifelong energy alignment method.

CLIENT-DRIVEN HYPNOSIS AND THE HYPNOTIC RELATIONSHIP

M. Watson

In the past two decades, modern hypnosis has seen a change in the roles and relationships of practitioners and their clients. Therapists are learning that rapport and authentic connection are the key factors in success. Erickson once said, "Hypnosis is a relationship." Gone is the day when hypnotist take the lead and direct the thinking of their client. In this lecture, you'll learn how to elicit hypnosis and personal resources while being guided by the client. No need for the hypnotist to "figure it out" in advance. Learn to let the session unfold naturally, and effortlessly.

"I wanted to let you know how much I got out of the Virtual Conference. The speakers were all great! I'm guessing that was an intentional mix and I wanted to let you know how much I enjoyed it! I'm planning on coming to the Conference in person next year.

IMDHA is definitely the finest & funnest conference I've ever attended.

I'm so proud to be a certified member. GREAT JOB, EVERYONE!"

-Nancy Brown, Dunedin, FL

Sunday, May 19th

Lecture 9:00 – 9:45

MIND GAMES: NEUROBICS AND MENTAL CONDITIONING

M. Watson

Drawing from the work of Jean Houston, Stanislav Grof, and John Grinder this presentation will discuss and demonstrate several exercises that you can use to creatively stimulate neurology and increase the capacity for deeper, unconscious exploration and development. Develop and support mental fitness to empower your life.

THE MYSTICAL SHAMANIC JOURNEY
C. Hewerdine

This adventure begins with understanding the current plant medicine journey industry, the vast number of clients who need integration afterward, and how to address their needs. But we go further into understanding what is involved in this ceremonial journeying, and we end up with a pseudo experience using hypnosis which can be even more powerful than an ayahuasca or psilocybin journey

NLP & THE LAW OF ATTRACTION
W. Horton

Introducing our groundbreaking NLP and Law of Attraction Mastery Program, where you can unlock the power of your mind and manifest the life you've always desired. This transformative program combines the principles of Neuro-Linguistic Programming (NLP) with the Law of Attraction to create a dynamic synergy that accelerates your manifestation process.

With NLP, you'll learn how to reprogram your thoughts, language, and behaviors, allowing you to break free from limitations and align your mind with success. The Law of Attraction states that like attracts like, and by leveraging NLP techniques, you can amplify its effects, attracting abundance, love, and success into your life.

Don't wait another day to tap into the limitless potential of your mind. Join us and embark on a journey of self-discovery, empowerment, and ultimate success. Turn your dreams into actionable goals and create the life you've always envisioned.

"It was my first year attending and I am filled with so much gratitude to be able to be part of such a wonderful organization. Every single lecture and workshop was so insightful, every speaker was so knowledgeable. I took SO much away from this on a personal development level as well as tools I'd like to incorporate into my practice. I look very forward to next year."

-Shayna Daniel, Miami, FL

Lecture 10:00 – 10:45

HYPNOSIS FOR WEIGHT LOSS – THE VIRTUAL WAY

S. Granger

You've likely caught wind of the media frenzy around the latest weight loss jab, endorsed by celebs globally, seen as the new weapon in the fight against obesity. It's a hot topic, and as a hypnosis practitioner, you're in the right position to seize this wave of interest.

But, what if we could achieve similar results with hypnosis?

This session will explore the key areas of hypnotic suggestion and delve into Five key elements of a hypnotic weight loss program that might emulate the effects of the weight loss jab. And, how you might tailor your existing weight loss program with the knowledge of the weight loss jab

How to navigate the narrative of the weight loss jab with strategic messaging that highlights the value of your hypnosis, driving attention to your practice, and compelling clients to book your services.

The trio of opportunities the weight loss jab phenomenon offers to hypnosis practitioners today looking to help more clients with weight loss.

Crucial steps to design a unique hypnotic weight loss program that delivers results, and amplifies those word-of-mouth referrals.

**SELF HYPNOSIS:
IT'S WHAT'S FOR WINNERS**
C. Petersen

Self-hypnosis is a powerful tool that allows individuals to enter into a state of focused concentration and relaxation. This technique can be used to access the deeper levels of the mind and make positive changes in one's life. Self-hypnosis is easy to use and can be practiced by anyone, regardless of their prior experience with hypnosis.

The benefits of self-hypnosis are numerous. By entering into a state of deep relaxation and concentration, individuals can access their subconscious mind, where they can work to release negative beliefs and patterns that may be holding them back. By tapping into the power of the subconscious mind, individuals can make positive changes in physical health, emotional well-being, and spiritual growth. With regular practice, self-hypnosis can become a valuable tool for personal growth and transformation.

During this experiential talk you will learn how to teach your clients the states of the conscious, subconscious/unconscious mind as well as the numerous times throughout normal waking hours we are in a state of trance. We will then explore the best times during your day to use self-hypnosis skills as well as the importance of learning and teaching self-hypnosis to your clients.

You will create your own hypnotic suggestions, learn an effective self-hypnosis technique to install them, and wrap it all up with an immersive hypnotic experience. By the end of class, you will not only create your own self-hypnosis scripts, but you will also have a therapeutic tool to use with your clients, helping them create a more fulfilling and joyful life.

RELATIONSHIP SUCCESS FOR THE CHRONICALLY SINGLE

F. Souza-Campos

In a world of fleeting connections, the chronically single often yearn for profound relationships yet face frustration. In this presentation, I will show you how I help chronically single individuals enter a satisfactory love relationship using hypnosis. This presentation is NOT about dating advice or strategies. Rather, this presentation will focus entirely on the inner game, or subconscious processes within the chronically single person who now desires love and intimacy.

The objective of this talk is to equip hypnotherapy professionals with insights and techniques to guide chronically single clients in overcoming their unconscious blocks to love and intimacy, and in becoming magnetically attractive to the love they desire. Rather than prescribing dating strategies, our focus will be on fostering authentic inner healing, self-awareness, and creative attraction.

Lectures 11:00 – 11:45

HYPNOTIST TRACKING TOOL FOR SESSION ORGANIZATION

K. Hand

Discover a handy one-page form that allows you to easily track client representational systems, success strategies, benefits, and personal trance words to use in your current session and beyond.

This Hypnotist Tracking Tool is essential for use from intake to follow-up sessions and will be used even years later when a client calls back for a refresher or a different change.

Participants will walk away with a technique and a tracking tool for use with clients from the first conversation through the successful change. This tool makes it easy to be congruently present with each client on each subsequent visit. It is very useful if you're navigating through multiple clients each day or week.

ANCHORING HAPPINESS IN THERAPY AND COACHING

D. Castor

Experience ways to bring happiness in therapy as a process, event, and practicable habit in this experience-driven group work.

This is an interactive discussion regarding anchoring happiness to your clients' sessions. Exploring happiness with the client allows it to become a fundamental cornerstone for them. You're clients' progress increases as you add in this process, anchor, and then help them practice happiness.

This class is more of a conversation and exploration for discovery and includes group work and meditation.

IMPOSTER SYNDROME – WHY NOT ME?

S. Fitzner

Imposter syndrome is a conditioned response to the constructs of the world that we no longer need to subscribe to; it is time to understand it.

Imposter syndrome has become a lifelong companion to so many. It is the reason we stay small and have limited engagement with our own abilities and ambitions. It is time to shed this limiting "phenomenon". With a fresh take on what it is, where it comes from, and what to do about it.

Lecture 1:00 – 1:45

HELPING THOSE ON THE AUTISM SPECTRUM

B. Waters Shankman

There is a wide variety of treatment modalities being used to address Autism or Autistic Spectrum Disorder (ASD). There is no cure.

As Hypnotists, we are experienced in helping our clients manage the wide variety of symptoms with which children and adults with ASD need to cope. We can creatively apply our knowledge and experience to helping this growing population as they face one or more symptoms including but not limited to stress, anxiety, depression, easily triggered fight or flight syndrome, sleep difficulties, calming, listening to subconscious, fears and phobias, low self-esteem, low self-confidence, OCD, difficulties communicating their emotions, and more. Simultaneously, parents and family members face stress, anxiety, and other challenges with which we can help.

Attendees will learn they are well-equipped to help with this growing population of children and adults diagnosed with ASD and how they are able to apply their knowledge to help this group of individuals and their families.

STATE CONTROL: GETTING INTO THE MINDSET

N. Myronyuk

Mindstate control involves the intentional regulation and manipulation of one's cognitive and emotional states for therapeutic as well as personal purposes. By tapping into techniques like mindfulness, therapists can enhance their self-awareness, emotional resilience, and empathy. This control enables therapists to maintain a balanced perspective during challenging sessions, reduce burnout,

and effectively manage their own emotional responses. Moreover, applying these practices in their personal lives helps therapists attain greater overall well-being, fostering a deeper connection with themselves and others, which in turn translates to improved therapeutic relationships and outcomes for their clients.

Attendees will learn how to access the best state of mind to serve their clients.

HYPNOSIS & ANXIETY **S.M. Fatemi**

Anxiety disorders in the United States generate a staggering annual economic burden of \$42.3 billion to \$46.6 billion, with nearly 75% of these costs attributable to morbidity, mortality, and reduced productivity (DuPont et al., 1996; Greenberg et al., 1999).

This talk will demonstrate how hypnosis has been shown to effectively alleviate anxiety by facilitating adaptive coping skills, fostering more realistic thinking, improving stress management, enhancing control of one's physiology, and improving effective problem-solving skills. Clinical hypnosis can be conceptualized as an array of tools (e.g., interspersal, fractionation, anchors, posthypnotic suggestions, ego strengthening) within a therapeutic toolbox that is ready for clinicians to select from that empowers their patients to help themselves by alleviating suffering from anxiety.

While discussing a case formulation for treating anxiety through hypnosis, the talk will provide the audience with protocol, the interview, the inductions, and step-by-step interventions for treating anxiety.

Lectures 2:00 – 2:45

GETTING PUBLISHED **C. R. Hunter**

Good grammar and spelling are VERY important.

Learn the value of getting published. An article published is free advertising. Getting a book published is

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