



Workshops



Friday, May 17th

WORKSHOP 10:00 – 11:45

UNLOCK THE POWER OF HYPNOSIS INDUCTIONS D. Watkins

Are you ready to tap into the limitless possibilities of hypnosis? Unlock the Power of Hypnosis Inductions and discover the secrets to rapid, instant, and powerful inductions that will take your hypnosis skills to new heights. Whether you're a seasoned practitioner or just starting out, this interactive workshop will equip you with the techniques and knowledge needed to induce deep hypnotic states quickly and effortlessly. Prepare to amaze your clients with rapid results as you unlock the true potential of hypnosis inductions. Don't miss out on this transformative workshop!

Designed for both beginners and experienced hypnotists, this transformative workshop will equip you with quick, precise, and powerful techniques to induce deep hypnotic states in record time.

THE PARTNERSHIP IN PARTS THERAPY J. Young

Through this interactive workshop participants will be reminded of the incredible power of parts therapy.

Jackie's workshop will highlight how to highlight, develop, and utilize the inherent partnership with the unconscious mind to bring parts work into its finest form.

Attendees will learn how to establish a working relationship with the unconscious mind and let it guide the counselor to the best work necessary for the client's growth (according to the wisdom of the unconscious mind).

ENDING A RELATIONSHIP WITH A MALIGNANT NARCISSIST F. Souza-Campos

Unfortunately, it has become all too common for a person to say that their ex-partner is a narcissist. Some experts believe that we are witnessing a true global pandemic of narcissism. Nobody is sure as to why narcissism seems to be on the rise, but it is.

Talking to those who see themselves as victims of narcissism is eerie; their accounts are all nearly identical. The

details vary, but the flow of the relationship is uncannily similar.

The science on the exact nature of the injury caused by a relationship with a so-called narcissist is not clear, however. When survivors seek help, they seldom feel understood, delaying recovery sometimes for the rest of their lives.

These toxic relationships can leave deep emotional scars, affecting self-esteem, trust, productivity, and overall well-being. Some people never recover; others take their own lives out of desperation.

WORKSHOP 1:00 – 2:45

HYPNOSIS FOR CANCER PATIENTS B. Eimer

Being diagnosed with cancer is an extremely upsetting and often traumatic experience. The frightful aftermath of a cancer diagnosis is typically fraught with uncertainty. The side effects of most cancer treatments are often disruptive, and when cancer is metastatic, the physical symptoms are typically painful and unpredictable. Additionally, a cancer diagnosis and the course of cancer treatment are usually associated with marked emotional distress. In this workshop, you will learn how hypnosis can help cancer patients cope at every step of their cancer journey. You will learn a conceptual framework for employing hypnosis to relieve cancer pain, anxiety about dying, and secondary depression. You will also learn about hypnotic techniques for alleviating treatment-related side effects.

When you attend this workshop, you will learn the single most important thing you can do to make self-hypnosis your patient's most powerful emotional cancer healing tool. After completion of this workshop, you will be able to:

- Explain how hypnosis enhances the effectiveness of medical treatments for cancer.
- Explain how hypnosis can prevent or ameliorate depression in cancer patients.
- Explain how hypnosis can prevent or ameliorate cancer treatment side effects.

BALANCING CHAKRAS USING HYPNOSIS J. LeClaire

This workshop will explore the chakra system, where they are located, and what each one represents (which can also help in finding the source of problems!), techniques to scan for blockages, and a script, written by me, will be gifted to balance the chakras.

In this workshop, you will learn exactly where the chakras are located, how to tell if they are out of balance, and a script to help put them in balance.

HYPNOSIS FOR KIDS AND TEENS UNLOCKING THE POWER OF IMAGINATION C. Petersen

This workshop is designed to provide hypnotists with essential skills and techniques to work effectively with children and teenagers. Participants will gain insights into the developmental differences between young minds and adults, and learn how to incorporate storytelling, fantasy, the hero's journey, and role-playing into their sessions, creating a supportive atmosphere for healing and learning. Key topics such as rapport building, future pacing, anchoring, and ethical considerations will also be explored.

Workshop Objectives:

- Understanding Developmental Differences:
- The Magic of Storytelling and Fantasy:
- The Hero's Journey and Role-Playing:
- Creating a Healing Atmosphere and Creating Rapport:
- Engaging Hypnotic Techniques:
- Ethical Considerations, Challenges, and the Role of Parents:

This workshop will feature a mix of presentations, hands-on exercises, and interactive discussions. Participants will have the opportunity to practice techniques and engage in role-playing scenarios.

By the end of the workshop, participants will have gained valuable insights and practical techniques to effectively work with children and teenagers using hypnotherapy. They will understand the unique aspects of young minds, confidently use creative techniques, and create a nurturing therapeutic environment. By establishing rapport, employing engaging methods, and practicing ethical guidelines, you will be prepared to guide young minds toward healing and positive personal growth.

WORKSHOP 3:00 – 4:45

RELEASING PAIN BY RELEASING TRAUMA M.B. Svatek

Working with clients with pain was the least of my intentions upon becoming a hypnotherapist. While I was aware of the many techniques that the therapist can use and teach to manage pain, regression, and release therapy were not on my radar until my very first pain client. Having always used intuition to guide me on the path that each session should take, I was surprised at the direction this session and every other pain session took. While each is still unique to each person's needs and goals, as well as tailored to give every client a positive and unique experience, I found one key approach that gets to the root of the chronic pain every time and in many cases, this not

only cured the presenting pain, but other bodily pain that resulted from tensing from the original pain and using the healthy parts of the body to support the painful parts.

Practitioners can gain a new perspective on pain management so that they can assist clients in tuning into the mind-body connection and understanding the true source of the pain.

THE KARMIC CYCLE OF REINCARNATION S. Prakash

Most religious sects believe that the human rebirth cycle takes place from one life to the next. When this process is there then there must be a reason for which it takes place. The reason as per us, the hypnotherapists, is the karmic cycle.

In each life, we commit some good things and some bad things. The definition of good and bad is our own, but it is there. In other words, unlike our yearly balance sheet of accounts, we have debtors and creditors, which continue year after year and never get to zero, so our karmas also never get to Zero. So each life we come to clear some outstanding accounts and in the process, we create new ones too.

IDENTIFICATION THERAPY D. & J. Chong

To identify is to assert that two variables share the same substance and the same metrics. Twins share the same DNA and therefore they can be identified with each as IDENTICAL. However, as they grow and evolve, they will express quite separate personalities in the same context and they will unfold different characters.

In the instance of inanimate objects, in an assembly line production, all BMW cars are replicants of each other. This is true of all Boeing airplanes that come from the same factory.

In Identification Therapy, we acknowledge the uniqueness and therefore the singularity of a given identity.

This is how the owner of his passport knows his passport is unique and singular.

What we do in Identification Therapy is to dissociate the person from his body; and then from the dissociated position he can then take a look at his body. On closer examination, he will then be able to see the imprint of his identification on his body. The imprint of his identification will, on closer examination, reveal the imprints of the good and fine things he has done in his life. Then there are the markers on the identification of his flaws and life mistakes. From this survey of his identification, he can confirm which of all these flaws, mistakes, and errs is the main problem that he now wishes to deal with. This will be dealt with from a META position. So all we need to do is apply the principles of Meta Therapy to extract the person out of their problem state.

"Thanks for ALL everyone does behind the scenes. I love being able to bring new hypnotists into a supportive and positive environment. It's also nice to have other trainers to hand students off to, so they can continue learning."

-Jessica Hanson, Willmar, MN

Saturday, May 18th

WORKSHOP 10:00 – 11:45

REVERSE FRACTIONATION TECHNIQUE **K. Hand**

Hypnosis Happens with or without a formal induction.

By the time clients reach out for help from a Hypnotist, they've already been entranced. Clients most often need us to De-Hypnotize their already existing trance.

Discover how the Reverse Fractionation Technique works quickly to collapse limiting beliefs and bad habits. Learn what signals parts work or regression or forgiveness, etc. And unravel the existing trance on the way to finding the new solution.

Participants will leave with the understanding that Accidental Hypnosis is the #1 reason people choose Hypnosis on purpose.

This Trance-without-trance technique can be a stand-alone intervention or can be used as an adjunct to any other protocol, system, or modality. Plus, this reverse fractionation technique provides all the information necessary for building belief in making lasting change for good. It is a fun, playful, and effective pattern interrupt that effectively changes perspective and leads to desired solutions.

DANCING WITH THE SHADOW **L. Bennett**

Carl Jung first popularized the concept of the shadow in his work with the unconscious aspects of the self. He was quoted as saying the shadow is the sum of all those rejected aspects of reality. This presentation is designed to assist clients who are struggling with self-condemnation and helps to integrate the shadow in a positive light.

Teach clients to embrace and grow from the shadow self.

THE POWER OF 'O' **D. Castor**

This workshop is interactive, conversational, and experiential.

Our goal is to discuss the issue of orgasms, intimacy, fantasy, and ways that the mind helps create, support, and influence the benefits of each and how they may cancel some benefits. The discussion will include group hypnotic processes to improve relaxation and boundaries with intimacy. This is a group experience with adult conversation intending to give you a better understanding to assist you in helping your clients achieve their intimacy goals.

While this is experiential, the point of the group hypnotic session is to expand the minds of the attendees, not achieve a climax.

WORKSHOP 1:00 – 2:45

UNLOCK THE MONEY IN YOUR MIND **M. McCool**

Join Melanie McCool, the Entrepreneur's Hypnotherapist, in this transformative workshop. Discover why limiting beliefs about money act like blinders, obscuring the abundance of clients around you. Learn what sets six-figure hypnotists and coaches apart and how you can work less and earn more—it's likely not what you think! With 22 years of entrepreneurial experience, Melanie will guide you through overcoming self-sabotaging beliefs and identify what professional skills you must hone to succeed.

This workshop is a pivotal point for practitioners seeking to bridge the gap between their current status and consistent \$10K+ months. By the end, you'll have a clear roadmap to success and actionable strategies for immediate results. Consider this your invitation to unlock the money in YOUR mind.

SWITCH OFF TRAUMA RESPONSES—IS IT POSSIBLE TO RECOVER FROM PTSD? **B. Smith Varclova**

Is it possible to achieve a full recovery from PTSD? After this workshop, you will know that it is. In this workshop, we will discuss how trauma responses are created and shown during hypnotherapy sessions, especially in conversational hypnotherapy. What to look for and how to include work with bodily sensations in hypnotherapy for releasing the emotions causing trauma responses such as flashbacks, panic attacks, and sleeplessness. Including practical examples of work with emotions and case studies.

The reasons behind a wide range of diagnoses such as PTSD, Borderline Personality Disorder, Bipolar, and Dissociative Personality Disorder are the same—childhood trauma resulting in living in Survival Mode. By working with a wide range of clients, I see patterns, which created a base for understanding that with hypnotherapy we are able not just to manage these responses of survival mode but actually switch them off. So hypnotherapy can become the leading tool of alleviation for those who suffer.

BREAKING DOWN THE BARRIERS OF LIMITED BELIEFS **B. Austin**

This interactive workshop will explore the limiting beliefs that clients present that stop them from changing their behavior. What is interfering with a client who wants to stop smoking or lose weight?

What barriers prevent a client who has created a repetitive behavior pattern from letting go of those behaviors? The use of various hypnosis and NLP techniques can assist a client with identifying and eliminating those beliefs to give them a new perspective on life.

Break down the barriers caused by limited beliefs and gain new perspectives on developing a more positive life.

WORKSHOP 3:00 – 4:45

SELF HYPNOSIS AS COMPLEMENTARY MEDICINE

W. Rocki

Therapeutic hypnosis is uniquely capable of complementing medical efforts to reverse chronic diseases rather than just managing their symptoms. Therapeutic hypnosis can partner with medicine by expanding patients' awareness and support of self-healing, the core mechanism of health. Self-healing exemplifies a continuous, automatic, and nonconscious form of self-hypnosis in the mind-body complex. Therefore, self-healing can be enhanced by skillfully recognizing and modifying patients' self-hypnosis, and that process complements/ completes efforts of medicine, conventional or alternative.

In our experiential workshop, we will use/ play with the principles and techniques of medicine, hypnotherapy, medical improvisation, and our personal experience of being patients. Our goal will be to expand the awareness and support of our self-healing by recognizing and modifying self-hypnosis. As a result, we will develop new skills and routines which we can use working with our clients or apply to our health. I will contribute my experience of practicing both conventional and alternative medicine in addition to my personal healing journey as a cancer patient who uses self-healing to complement multiple medical resources.

BREAKING THE TRANCE OF GRIEF

J. Hanson

What is scarier and more taboo than being a Hypnotist? Grief.

Grief is a special Trance with a Shock Induction that everyone enters, but few fully emerge from. For some, the trance lasts a lifetime and becomes a new reality. Learn how to help your clients terminate the trance of grief and live again. You will hear real examples from someone who has lived through the worst grief has to offer.

Let's begin to break the stigma about grief, it encompasses more than death. Any sudden change can trigger a grief response. Have you ever had your dreams shattered, or misplaced a cherished item? Learn the signs of grief and help clients live life again instead of just going through the motions of existence.

You are already working with grief-related issues, it's time to learn how to more confidently and compassionately work with them. Let's do your own grief work first, so you can help others. Come on, what are you waiting for? You're a Hypnotist, remember! That's scarier than Grief!

AI FOR HYPNOTISTS AND COACHES

A. Bramante

This workshop is a unique opportunity to stay ahead of the curve in your field. Gain a deep understanding of AI concepts and terminology. Learn practical applications of AI relevant to your profession. Acquire hands-on experience with AI tools and platforms. Enhance client experiences and streamline practice processes. Join a supportive community of professionals embracing AI in their work. Attendees should bring their laptops or tablets for hands-on exercises if possible. I will share resources and recommendations for staying updated on AI advancements and continuously improving their AI-related skills. We can foster a community of practitioners who can support each other in their AI journeys beyond the workshop. We will encourage attendees to collaborate, share insights, and brainstorm innovative ways to integrate AI into their practices.

Sunday, May 19th

WORKSHOP 10:00 – 11:45

HYPNOSIS AND CHRONIC PAIN

S.M. Fatemi

This workshop examines, reviews, and discusses evidence from controlled studies assessing the efficacy of hypnosis for chronic pain, and information regarding patient and treatment-level factors that may influence treatment outcomes.

Chronic pain is recognized as a major public health problem, affecting approximately 20% of U.S. adults and costing the healthcare system approximately \$635 billion annually (Dahlhamer et al., 2018; Gaskin & Richard, 2012) Chronic pain occurs when pain persists or recurs for 3 months or longer, far beyond the time expected to heal from acute injury and no longer having an adaptive purpose (Claw et al., 2019; Treede et al., 2019). Some of the most common chronic pain conditions include tension-type headaches, low back pain, and chronic neck pain.

Pain itself can be influenced by one or multiple mechanisms, such as nociceptive, neuropathic, and nociplastic or 'centralized' pain processes. Nociceptive pain includes that associated with actual or threatened tissue damage, such as arthritis. Neuropathic pain includes that caused by damage or lesions to the somatosensory nervous system. It often involves 'burning' or painful 'tingling' sensations, present in conditions such as diabetic neuropathy. Nociplastic or centralized pain refers to widespread pain with no observable pathology, with representative conditions including fibromyalgia or irritable bowel syndrome (IBS).

Attendees will receive guidance with case formulation and treatment planning, using a specific case example and step-by-step example treatment plan for reference.

FORGIVENESS AND SETTING BOUNDARIES **W. Moyer**

"Forgiveness is for you, and your clients, to be free from pain, resentment, disappointment, guilt, and limitation resulting from past experiences.

Setting Boundaries protects you from similar future situations.

This experiential workshop presents a step-by-step guide to release those pent-up emotions once and for all, to set yourself free and open the future to what may be possible."

FINDING YOUR HARMONY & HEALING IN THE MIDDLE OF THE SHIT STORM **S. Gilbert**

Harriet Lerner discusses the concepts of over-functioning and under-functioning in the midst of crises. Whether you are the classic over-functioning person who makes a list and keeps going as though nothing is happening, or you are the under-functioning person who simply cannot accomplish tasks when in the middle of a crisis—you need to know how to find your harmony and healing in the middle of the shit storm. And you need to be able to help your clients do the same!

Attendees will learn how to identify which category they fit into (or their client) and some specific tools to find their harmony and healing.

WORKSHOP 1:00 –2:45

CONVERSATIONAL (COVERT VERBAL) HYPNOSIS **P. Blum**

The most skillful hypnotists understand that inductions and the making of hypnotic suggestions need not always be formally announced. Often the most powerful work is done covertly when the client's conscious defenses and resistances are relaxed and least expecting it.

Learn how to do conversational hypnosis, including skillful shifting of tenses, anecdotes, 'nested' or 'looped' storytelling, embedded suggestions, implied directives, confusion, etc., through demonstration and practice sessions.

Attendees will realize how easily they can incorporate hypnotic language patterns into everyday communications.

THE HEALING CIRCLE TRIAD **P. Scott**

The Healing Circle Triad process was an inspiration I received while teaching my Medical Hypnotherapy Specialty Certification training in 2020. This technique uses three circles that are designed to help the client access inner intelligence and resources to achieve complete balance physically, emotionally, energetically,

and spiritually (or whatever term you and your client have for the ethereal realm). This process is designed to guide the client to stand and physically step into each circle throughout the process; however, I have been guiding students through the process online and it seems to have identical results.

Attendees will learn a simple, yet powerful, process that can be used with clients who have health challenges.

This workshop includes a handout, guided demonstration, and breakout session practice.

IEMT USE INTEGRAL EYE MOVEMENT TECHNIQUE IN YOUR HYPNOTHERAPY PRACTICE **L. Donelly**

Integral eye movement technique (IEMT) is a cutting-edge technique in the world of mental health and is fast becoming the Therapy model of choice amongst the professional change work community. Practitioners trained in the technique have reported that even the most resistant emotional problems have been quickly resolved, usually in a single session.

Attendees will be introduced to the basic kinesthetic algorithm for working with negative or traumatic memories. They will be able to practice and facilitate within the workshop and be able to take that skill to their clients immediately.

IEMT Integral eye-movement Technique is a rapidly growing therapy used worldwide and is newer to the United States. I am the only person in the United States currently training and certifying in person. IEMT can be used on Zoom and even over the phone.

WORKSHOP 3:00 –4:45

FREE to all conference-registered participants

THE 15 SECRETS THAT SUPER-SUCCESSFUL HYPNOTHERAPISTS KNOW & DO TO BUILD THEIR PRACTICE, GAIN A PREDICTABLE, CONSISTENT FLOW OF CLIENTS AND EARN A FABULOUS INCOME IN 2024 **S. Granger**

All whilst helping people change and improve their lives with hypnosis!

After building a hypnotherapy clinic that had a consistent stream of 35+ clients per week, mentoring hypnotherapists globally to achieve their business goals, and winning the UK Business of the Year in the middle of a pandemic! Sheila has discovered there are just 15 secrets to building a wildly successful Hypnosis Practice. Be that working online or in person

In this high-energy, fast-paced training workshop, Sheila shares the 15 secrets that drive a wildly successful hypnosis practice in 2024

Sheila built an internationally successful hypnotherapy business from scratch and her business growth is peppered with awards, including the Federation of Small Business's "Exporter of the Year", and the 2020 "Business of the Year".

She is the creator of the widely acclaimed Virtual Gastric Band weight loss program and the author of three Amazon best-selling books: *No More Diets*, *How To Build A Hypnotherapy Business*, and *"Coping With Long Covid And Other Long Term Health Conditions"*.

Throughout the Covid lockdowns, Sheila helped hypnotherapy businesses across the globe to survive and then thrive in the online world.

Her mission is to educate, motivate, help, and inspire other hypnotherapists to achieve more than they ever thought possible with their businesses.

This explosive workshop cuts right to the chase and reveals the 15 Secrets to ensure any hypnosis practitioner can thrive!

It will be a 100% P-R-A-C-T-I-C-A-L session,—and with the opportunity for you to get your questions answered as well!

GET A GRIP BY LETTING GO **M. Babineaux**

Sometimes Peace of Mind starts with Pace of Mind. This interactive class is a review and practice of triggering, anchoring, and breathing techniques for self-hypnosis, client induction, and issue resolution.

Learn the importance of triggering and anchoring collapse in creating a somatic response to reduce stress, overcome unreasonable fears, and suppress unwanted habits.

SHIFTING ROLES IN HYPNOSIS: A HYPNOTIST PANEL DISCUSSION ON UTILIZING TRANSFERENCE AND COUNTER-TRANSFERENCE IN THE OFFICE **S.M. Andrews, J. Hanson, N. Wackernagel**

Transference and Countertransference are valuable sources of information about a client's and practitioner's inner world. Transference and Countertransference are often discussed in the traditional realm, but never with Hypnosis. Yet, Transference plays a pivotal role in the success of a hypnosis session. As Hypnotists, we often say, 'We are in and out of several trance states all day long.' Did you know that you are in and out of Transference and Countertransference all day long as well?

Come and learn about Transference and Countertransference and how to utilize it for better client Trance-Formation. Also, learn how to help safeguard yourself from crossing the line with clients. (no profession is immune to Transference and Countertransference). A good Hypnotist knows how to pace and lead, as well as utilize Transference for the best Trance-Formation outcome.

Three panelists will discuss: what is Transference and Countertransference, experiences in the office, ways to stop or utilize Transference and Countertransference, and

offer some unique ways to strengthen your skill set as a hypnotist.

THE MAGIC POWER OF RISK **S. Day**

Living inside predictable habits and behavior patterns can be comfortable, yet it offers merely a stale, robotic existence. Risk is the key to escaping the confines of the past and stepping into a new future. A willingness to risk trying new things is an essential ingredient for evolving our lives. It shifts our worn-out routines so we can explore the unknown, make new choices, and have adventurous experiences. We are meant to enjoy life, to continually be curious, grow, and change. The magical path of risk and change is a powerful route for discovering the person you are meant to be. This workshop is crafted for practitioners to gain insights into what could be available when the magic of risk is invoked. Of course, the process is one which you can adapt for your clients as well. The saying is, "You go first."

Attendees will gain insights into how their personal and professional lives can powerfully move forward by opening to risk, taking new actions, and making new choices.

This is a highly participatory and interactive workshop, designed for practitioners to turn the spotlight inward to discover the power of risk, as well as utilize the process with their future clients.

PARENTAL SUPPORT FOR CHILDREN IN HYPNOTHERAPY **N. Gerey**

Wouldn't your work with children be much more effective, if their parents had a tool to help them at home as well? In this workshop, I introduce you to an easy way to teach and an even easier-to-implement process, designed for parents to help them to help their children. If you work with children, you know that they can't get real help from their parents because they don't have any tools to help. You do your best, but you know your job would be much more effective if you could get the parents to participate. Now you can learn about this simple, safe, well-tested tool that you actually can teach them to use at home. Even if you are the best ADHD, OCD, Spectrum, Learning disorder, or Selective mutism expert, you know you still would be 100% more effective, if you could involve the parents. So learn how to do it!

Come and learn about a tool that you can teach parents to work with their children at home while you work with them at your clinic.

THE FIVE PHASES OF HYPNOTIC REGRESSION THERAPY **C.R. Hunter**

My presentation includes warnings about inappropriate leading, as well as an overview of the five phases:

- Phase 1: Client Preparation
- Phase 2: Regression techniques (to discover the cause)
- Phase 3: Abreactions and Release
- Phase 4: Subconscious Relearning (Reframing or Reprogramming)
- Phase 5: Concluding the Session