

International Association of Counselors and Therapists
International Medical & Dental Hypnotherapy Association



Hypno Expo 2026
Be the Change
May 1st to 3rd



Dear friend and colleague,

On behalf of the entire Hypno Expo 2026 organizing committee, it is an absolute pleasure to welcome each and every one of you to review this year's conference catalog!

We are thrilled to invite you to join us for what promises to be an inspiring, challenging, and transformational few days centered on our defining theme: **“Be the Change.”**

Why ‘Be the Change’?

For too long, we've looked to the future, waiting for something—or someone—to deliver the progress, innovation, or solution we desire to succeed. This is the year to bypass that passive approach.

This conference is not about sitting back and discussing what needs to happen; it is about standing up and committing to making it happen.

- It means taking ownership of the challenges in our industry and community.
- It means harnessing our collective skills, knowledge, and energy.
- It means realizing that the power to shift, evolve, and redefine success lies squarely within us.

During the conference, you will hear from visionary leaders, engage in practical lectures and workshops, and connect with peers who share the passion to innovate and improve. But most importantly, you will be challenged to identify the specific, tangible action you will take with you when you return home—to be the change in your own sphere of influence.

Your registration includes FREE access to:

- The Exhibitor Room, featuring the latest industry tools.
- Over 50 lectures, 15 hands-on workshops, and 5 courses.
- Admission to the exciting Friday & Saturday festivities.

To ensure a comfortable and productive experience, we're also pleased to offer a complimentary continental breakfast each morning (Friday, Saturday, and Sunday) and a variety of refreshments available throughout the day.

Finally, don't miss the chance to deepen your connections at our exclusive Saturday networking luncheon with **Fredric Mau** and our Sunday luncheon with **Flavio Souza-Campos** (pre- registration required). You'll find complete details on all offerings inside this catalog.

The 2026 Conference will be held at the beautiful **DoubleTree by Hilton at SeaWorld Orlando**. Featuring spacious rooms and stunning grounds that truly evoke a tropical resort experience, the DoubleTree ensures your stay is both comfortable and memorable. And speaking of memorable, upon check-in, be sure to enjoy their famous warm, freshly baked chocolate chip cookie—a sweet tradition that welcomes every guest!

Here's an exclusive incentive!

Maximize your conference experience and take the stress out of travel by booking your stay directly within our official room block at the host hotel. As a special thank-you for supporting the conference, we're delighted to offer every attendee who reserves their room through our dedicated link **FREE access to all 2026 Conference Lecture Recordings!**

That's dozens of hours of valuable content and insights you can revisit anytime—completely complimentary—just for staying where the action is.

To make attending the conference even more accessible, we're offering a flexible payment plan for full conference registration and select pre/post-conference courses. This interest-free plan, powered by Shopify through our online marketplace, allows you to budget your expenses while gaining invaluable knowledge from world-renowned experts. Contact Ashley in the business office to set up your payment plan today!

Our Invitation to You:

Step out of your comfort zone, ask the tough questions, and leverage this incredible gathering of talent. Let this conference be the catalyst for the next great chapter in your professional and personal journey.

Thank you in advance for joining us. Let's not just talk about change—let's **be** it. The assembly of the 2026 **Be the Change** Conference officially begins!

We'll see you there!

“Be the change that you wish to see in the world.” — Mahatma Gandhi.



The International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association® have once again joined forces to offer you an extraordinary opportunity for continued education, personal growth, and advancement in the profession.

When you attend HypnoExpo 2026 you are assured of an exuberating and enriching experience. Live participation provides a 360-degree perspective from experienced, well-informed educators. You'll have the opportunity to talk with your peers one-on-one about their best practices, case studies, tips and techniques. Never underestimate the value of hands-on training. While a picture may be worth a thousand words, a live presentation is *priceless!*

With that being said, we understand there are times when physical attendance is just not possible. So again this year, we're excited to offer you Virtual Conferencing!

We have nearly two decades of experience in bringing the conference to you *Streaming live!* This means you can attend the conference without ever leaving your home or office! Virtual conferencing is the wave of the future and we're happy to be the first hypnosis organization to offer this option. Whether you join us LIVE in sunny Orlando, Florida or 'Virtually', from the comfort and privacy of your home or office, you are sure to find the experience rejuvenating, invigorating and refreshing. Attending the conference in either venue also fulfills your annual obligation of continued education.

So, register for conference today! We've taken steps to ensure that your registration experience is quick and easy. Online Conference Registration is available at www.HypnoExpo.com. You may also register by calling Hypnosis Headquarters (570) 869-1021, or download and print the conference registration form from the web. A dedicated fax line (570) 896-1249 (private and secure) is available 24 hours a day.

Although you may reserve a room at any time, deadline for reservations with a discount is April 1st or until the block of rooms is sold out. To reserve a room call the hotel directly. Call (855) 610-TREE. Use reservation code 'HYE'

BONUS! Reserve your room in our room block (through our website) and receive the conference recordings **FREE**.

We look forward to seeing you in sunny Orlando, Florida this May.

Robert Otto, President, CEO



**The International Assn. of Counselors and Therapists
The International Medical & Dental Hypnotherapy Assn.®**

8852 SR 3001, Laceyville, PA 18623
Phone: 570-869-1021 • Fax: 570-869-1249
www.iact.org www.imdha.com

CONFERENCE REGISTRATION:

REGISTER ONLINE: Go to: www.HypnoExpo.com

REGISTER BY PHONE: Call Hypnosis Headquarters at: (570) 869-1021

REGISTER BY FAX: Complete your registration form and fax to: (570) 869-1249. (The secure fax line is a dedicated line-available 24 hours a day).

REGISTER BY MAIL: Complete your registration form and mail with appropriate fees to: IACT/IMDHA, 8852 SR 3001, Laceyville, PA 18623. You may download a copy of the REGISTRATION FORM by going to www.HypnoExpo.com and selecting the Conference Catalog. Follow the prompts.

ROOM RESERVATIONS: Reserve your room by CALLING THE HOTEL directly at (855) 610-TREE. Use Reservation Code 'HYE' for special rate. A block of rooms have been reserved for April 27th – May 5th, 2026. You can reserve your room by using the ONLINE RESERVATION. Go to the Association's home page and select Annual Conference. Then select Amenities. Deadline to receive the special rate is April 1st or until the group block is sold-out, whichever comes first.

TRANSPORTATION:

Thrifty is proud to be the official car rental agency of Hypno Expo 2026. Use corporate code 3029669. Easy online reservations can be made directly through the Association's website; "Conference ->Amenities".

DIRECTIONS: Call the hotel (855) 610-TREE Address: 10100 International Drive Orlando, FL 32821

FULL CONFERENCE PACKAGE INCLUDES:

- Access to the Exhibit Area, plus daily continental breakfast and snacks (Citrus A)
- Complimentary ticket to the **Saturday evening Awards Banquet** (3-course meal)
- Admission to **all 45-minute lectures** (Magnolia A, B, & C)
- Admission to **any 2-hour workshops marked FREE** (Cypress A, B, & C; pre-registration recommended)
- Complimentary ticket to **An Evening of Mentalism & Hypnosis with Sean Michael Andrews** (Friday)
- Admission to **any 1-Day or 2-Day courses marked FREE** (pre-registration required)

TAX DEDUCTION: An income tax deduction is allowed for expenditures of education (including travel, meals and lodging) undertaken to maintain and improve professional skills. (See Treasury Regulation 1:62-5: Coughlin v Comm. 203F.2d307).

CANCELLATIONS: To receive a full refund (minus a \$25 administrative fee), cancellations must be made in writing and postmarked prior to April 15th.

CONTINUING EDUCATION: Full attendance of the event on Friday, Saturday and Sunday fulfills your annual CEU obligations in IACT and IMDHA. Additional credits are on an 'hour-for-hour' basis. Validation will be provided upon request.

RECORDING: We have contracted the services of a professional recording company. No personal recording is permitted. Recordings will be available for sale post conference. You may purchase recordings by completing the form or ordering through the online store.

CONSENT: There will be various professionals on site to photograph and record the event. By attending the conference you give consent to be a participant in any conference recordings or photographs.

CLASSROOM POLICY: Your opinion counts! Evaluation forms will be distributed for each class. Your co-operation in completing the forms will provide valuable feedback of each presentation. This is what is used in evaluating the speakers and topics for next year. Name badges MUST be worn at all times. Please be sure to silence your cell phones prior to the start of a lecture.

HYPNO EXPO 2026

PRE & POST-Conference Courses

Magnolia A

J. Hanson

Client-Centred Parts Therapy Facilitator
w/Optional Specialty Certification

Magnolia B

E. Rosen & P. Scott

Medical Hypnotherapy Specialty Training
w/Optional Certification

Magnolia C

R. Guzzi

Yes: Your Hypnosis Excellence

WEDNESDAY
APRIL 29TH

Magnolia A

J. Hanson

Client-Centred Parts Therapy Facilitator
w/Optional SP. Certification

Magnolia B

E. Rosen & P. Scott

Medical Hypnotherapy
Specialty Training
w/Optional Certification

Magnolia C

J. Andre

How to Produce
Profitable Events
and Retreats

Cypress C

N. Wackernagel

The Joy of Hypnosis:
Fun, Phenomena &
Spontaneous Magic

FREE ADMISSION

Cypress A|B

I. Bernhoff

The Warehouse
of Emotions

FREE ADMISSION

Cypress C

G. Zak

Handwriting Analysis
for Coaches & Therapists:
Secret Insights to Secure
Success with Your Clients

FREE ADMISSION

Magnolia A

M. Watson

Stress Management Consultant
Specialty Certification

Magnolia B

J. Hanson

Train the Parts Therapy Trainer

Magnolia C

S. Stockwell-Nicholas

Spiritual Hypnosis

Dogwood

G. Zak

Handwriting Analysis
for Coaches & Therapists:
Secret Insights to Secure
Success with Your Clients

G. Zak

Handwriting Analysis
for Coaches & Therapists:
Secret Insights to Secure
Success with Your Clients

G. Zak

Handwriting Analysis
for Coaches & Therapists:
Secret Insights to Secure
Success with Your Clients

G. Zak

Handwriting Analysis
for Coaches & Therapists:
Secret Insights to Secure
Success with Your Clients

HYPNO EXPO '26 BE THE CHANGE!

Friday, May 1st to Sunday, May 3rd

Magnolia A

M. Watson

Stress Management Consultant
Specialty Certification

MONDAY

MAY 4TH

TUESDAY

MAY 5TH

Friday, May 21st, 2026 | AG-A-GLANCE

Magnolia A Magnolia B Magnolia C Cypress A Cypress B Cypress C Seagrape

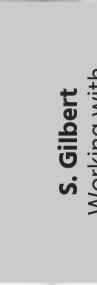
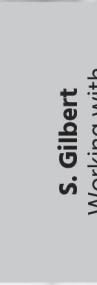
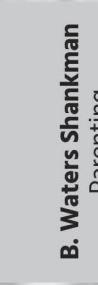
9:00 AM Conference Orientation & Welcome Address in Citrus B

10:00 AM to 10:45 AM	S. Andrews Essential NLP for Hypnotherapists	S. Bray The HypnoBiz Success Blueprint	W. Rocki How to Be the Change for Your Client and Yourself	C. Chalah The Intake Advantage: Turning First Sessions into High-Value Commitments	L. Donnelly Be the Change: An Introduction to Integral Eye Movement Technique (IEMT)	M. Hoffer Overcome Domestic Violence and Narcissistic Abuse	Chapter Meeting
11:00 AM to 11:45 AM	S. Granger 5 Ways To Hit \$20K Months—Without Burning Out	V. Bharadvaj Healing Smiles	S. Prakash The Inner Tiger: Harnessing Emotion for Healing Power				IMDHA School Meeting
LUNCH BREAK							
1:00 PM to 1:45 PM	C. Hewerdine The Hero's Journey as a Healing Map	L. Howard The Straight Edge Hypnotic Protocol	R. Fraser An Intro to Narcissistic Abuse Recovery & Hypnosis	L. Hunt Empower Your Business	Z. Grant Hypnotic Coaching for Hypnosis Practitioners	R. Popowich Healing and Empowering the Inner Child: A Hypnotherapeutic Approach	S. Prakash Fertility Beyond IVF: Unlocking Subconscious Barriers Through Hypnotherapy
2:00 PM to 2:45 PM	F. Mau Up, Up, and Away! Hyperemperia —Not Hypnosis!			J. Kaur Emotional Chess			FREE ADMISSION
3:00 PM to 3:45 PM	S. Mitera Building Professional Partnerships	C.H. Tsai A First Trial of IMDHA-Guided Group Hypnosis	M. Mikolajczak Client-Centered Hypnosis		S. Day 7 Keys to a Million Dollar Mindset		M. J. Dias The Healing Power of Forgiveness
4:00 PM to 4:45 PM	M. McCool Breaking the Glass Ceiling in Your Mind	B. Rhodes The Energy of Words: The Words of Energy	G. Russo NonVerbal Hypnosis: The Italian Tradition				FREE ADMISSION
7 PM	Let loose at the No-Host Cocktail Reception with live entertainment by <i>Splash</i> on the Harbor Terrace.						
9 PM	An Evening of Mentalism & Hypnosis featuring <i>Sean Michael Andrews</i> in Citrus B						

Remember to visit Citrus A for exhibits & refreshments!

Saturday, May 2nd, 2026 | AG-AG-GLANCE

Sunday, May 3rd, 2026 | AG-A-GLANCE

Magnolia A	Magnolia B	Magnolia C	Cypress A	Cypress B	Cypress C
9:00 AM to 9:45 AM S. Stockwell-Nicholas Great Relationships: Love Me, Love You, Love Us	M. Babineaux Do the Right Thing, the Right Way	N. Gerey Coming Out of the Spiritual Closet	Y. Reznik Beyond Words: The Science of Music in Hypnosis	C. Rickard Navigating Dementia with Dignity	
10:00 AM to 10:45 AM K. Hand The Curiosity Protocol for Conversational Change	D. Oatley Hall Demonstration Presentations That Spark Change and Business	L. Diaz The Trinity of Healing: Sound, Colors, and Hypnotherapy	D. Ellis Utilizing AI to Supercharge Your Practice	C. Sheehan Clinical and Spiritual Benefits to Hypno-Reiki Integration	
11:00 AM to 11:45 AM E. Rosen Integrating Motivational Interviewing Techniques into Hypnotherapy	M. Watson Transforming Grief & Loss: An NLP Approach	K. Laing From Stress to Soul Wisdom: Integrative Hypnosis for Psychosomatic Healing			L. Thomson The Release & Replace Method
LUNCH BREAK			When All Else Fails, Call Your Hypnotist <i>—with Flavio Souza Campos (in Citrus B)</i>		
1:00 PM to 1:45 PM D. Turnbull Stuck, Stalled, or Surging Ahead	N. Natale Seven Hypnotic Secrets of Ecstasy	R. Guzzi Gorilla Guerrilla Hypnosis™ The Rapid Induction Domination System	L. Hunt Harnessing Hypnosis and Chakra Healing for Lasting Change	N. Wackernagel The Hypnotic Pain Control Protocol	
2:00 PM to 2:45 PM P. Scott Are You Response-able?	T. O'Connell Script-Free Flow on the Go!	J. Andre How to Produce Profitable Events and Retreats			
3:00 PM to 3:45 PM W. Rocki The Process of Change: Are You Being the Change?	C. Saucic Regression Beyond Time: Alchemical Regression and the Evolution of Healing	G. Zak Two Minds Technique: Leveraging Conscious Awareness in Hypnosis	B. Austin I'm Not Old... I'm Classic		
4:00 PM to 4:45 PM 					

Remember to visit Citrus A for exhibits & refreshments!



Lectures



Friday, May 1st

Lectures 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.

Students will learn:

- Rapport Skills:
- Phone skills for booking clients
- Matching in the office
- Sub-Modalities
- Belly Button Rule Therapy Skills:
- Fast phobia cure
- Anchoring
- Michael's Cool Forgiveness Technique

THE HYPNOBIZ SUCCESS BLUEPRINT **S. Bray**

Most hypnotists are trained to help clients transform their lives, but very few are taught how to build a sustainable business around their skills. The HypnoBiz Success Blueprint was created to solve this problem. In this lecture, you'll discover a proven 90-day framework designed specifically for hypnosis professionals who want steady clients and reliable income without tech overwhelm or burnout.

You'll learn how to:

- Lay the foundations for a thriving practice
- Streamline your client journey with simple systems and automations
- Master consults that convert
- Build visibility and credibility with ease
- Create long-term growth through referrals, community, and consistent engagement

This session is practical, supportive, and designed to give you actionable strategies you can implement right away. Whether you're just starting out, stuck in feast-or-famine, or ready to scale, the HypnoBiz Success Blueprint gives you the clarity and tools to succeed.

HOW TO BE THE CHANGE FOR YOUR CLIENT AND YOURSELF

W. Rocki

In a typical hypnotherapy session, we respond to the client's desire for change by using our tools, personal experience, intuition, and whatever cues we receive from the client. Then, we choose a particular way to facilitate the changes that the client desires. While this approach is certainly practical, it puts the practitioner in the position of second-guessing, trying to read the client's mind, and interpreting the client's story to determine the best path to take. Indeed, by being respectful and attentive, we strive to maintain a client-oriented approach throughout the session. However, there is a danger that we may impose changes that we believe are beneficial for the client, and the client, considering us as an authority figure, may go along with it. The outcome is that the client may indeed feel better upon leaving our office, but in the long run, their mind will be reset to its original condition. Is there any other way to tackle the situation? Perhaps an alternative approach is for the hypnotherapist to become the change that clients desire. When this happens, the action of mirror neurons can evoke similar transitions in the client, turning the session into a healing collaboration rather than a one-directional therapeutic intervention. When both the therapist and the client experience a change in their desire, this allows for creative, intentional improvisation as the modality leading to curiosity and adjustment in the different changes. This may be the pattern of truly patient-oriented hypnotherapy. Resulting changes will have a better chance of being

encoded in the subconscious mind for long-term benefits. However, as they say, "Nothing changes until you do." Therefore, in our lecture, we explore and discuss existing and potential models, evaluating their capacity to induce the change we want to see.

Learning Objectives:

- Exploring the transition from the mental image to whole body, mind experiencing of being the change.
- Discussing and trying out multiple paths that lead to the above objective.
- Building the bridge between the personal experience of the change by the hypnotherapist and the changes created in the session as a result of the partnership between the hypnotherapist and the client.

Lectures 11:00 – 11:45

5 WAYS HYPNOTHERAPISTS ARE REACHING \$20K MONTHS—WITHOUT BURNING OUT

S. Granger

What if growing your hypnotherapy practice didn't require burnout, social media overload, or complicated funnels? In this energizing and practical session, Sheila Granger will reveal five proven ways hypnotherapists are reaching consistent \$20K months—without sacrificing their wellbeing or values. Drawing on real-life examples from practitioners around the world, you'll discover how others are building successful, sustainable practices by simplifying their strategies, focusing on what actually works, and creating authentic client connections.

This session goes beyond inspiration, it's packed with actionable take-aways you can use right away, whether you're just starting out or ready to scale. You'll learn how to position yourself with confidence, generate more consistent referrals, and structure your services for growth, all without compromising who you are. Alongside these practical tools, Sheila will explore how this shift in approach is helping move hypnotherapy from the margins of "alternative" to a respected, results-driven profession. If you're ready to grow your business, work smarter, and play a part in shaping the future of the field, this session is for you.

All attendees will receive a full PDF training guide to go with the lecture so they can implement everything shared after the event.

HEALING SMILES: RELEASING DENTAL ANXIETY WITH HYPNOTHERAPY

V. Bharadwaj

As an endodontist, one of the greatest challenges I encounter daily is not the complexity of root canal anatomy or surgical precision—it is the fear sitting inside the patient's mind. Dentistry is unique among medical specialties because patients often walk in already tense, hesitant, or even resistant. They delay appointments until pain is unbearable, avoid treatment altogether, or undergo procedures under high levels of stress and anxiety. For many, just the thought of dental work is enough to trigger panic-like symptoms.

When applied alongside dental treatment, hypnotherapy helps patients:

- Reduce fear of injections and drilling by reframing the sensations as manageable and temporary.
- Stay calm during extractions by reducing anticipation and focusing on relaxation cues rather than fear.
- Control gag reflexes by retraining the subconscious to respond differently to dental instruments.
- Increase tolerance for keeping the mouth open by teaching the body to remain relaxed and at ease.
- Shorten appointments by improving cooperation and stillness, allowing procedures to proceed smoothly.
- Prevent panic attacks by instilling coping strategies, slow breathing, and a sense of safety.
- Minimize physical stress reactions such as trembling, blood pressure drops, and dizziness.

Hypnotherapy doesn't eliminate the need for dental skill or anesthesia—it enhances them by aligning the patient's mind and body for cooperation. A relaxed patient feels less pain, responds better to treatment, and recovers faster.

THE INNER TIGER: HARNESSING EMOTION FOR HEALING POWER

S. Prakash

Within every individual resides a "tiger"—the raw energy of rage, fear, and desire. For many clients, this inner tiger feels threatening, destructive, or overwhelming, leading to repression, shame, or explosive expression. Yet this primal force, when understood and directed, holds immense potential for healing and transformation. This session invites therapists to reframe the "inner tiger" not as an enemy, but as a powerful ally. We will explore symbolic hypnotherapy, guided visualization, and metaphor-based approaches that help clients encounter their tiger, dialogue with it, and harness its energy for growth. Participants will learn how to help clients safely access intense emotions, identify the unmet needs beneath them, and redirect the energy toward empowerment, creativity, and resilience. Case examples will demonstrate how working with the inner tiger leads to breakthroughs in self-expression, confidence, and personal integration. Therapists will leave with practical strategies to guide clients through this process, along with an appreciation for how archetypal and symbolic work enriches clinical practice. By embracing the tiger within, we unlock a source of strength that fuels healing from the inside out.

Lecture 1:00 – 1:45

THE HERO'S JOURNEY AS A HEALING MAP

C. Hewardine

Why do stories move us so deeply? Because they reflect our own inner odyssey. In this presentation, we'll explore Joseph Campbell's Hero's Journey as a universal map of transformation—and how it mirrors the path every client walks in hypnotherapy. From the Call to Adventure to the Return with the Elixir, each of the 12 stages offers insight into the emotional, psychological, and spiritual dynamics of change. We'll examine how the hypnotherapist plays the role of mentor, how resistance is part of the path, and how the "abyss" of trauma can become the gateway to healing. Through metaphor, storytelling, and practical application, attendees will learn to recognize where their clients are on the journey and how to guide them with compassion and clarity. This session offers a soulful framework for understanding the client's process—and for honoring the therapist's own journey as a guide who walks beside.

This lecture invites hypnotherapy students and practitioners of all levels to explore the Hero's Journey not as a mythic tale, but as a living map for transformation, one that mirrors the healing process itself. Rooted in Joseph Campbell's archetypal stages and enriched by neuroscience, metaphor, and poetic insight, this session offers a multidimensional framework for guiding clients through change with reverence and skill.

We begin with a poetic invocation—"The Call to Remember"—to awaken participants to the soul-stirring power of story. From there, we move into five structured sections:

1. The Map of the Journey introduces Campbell's stages (Departure, Initiation, Return), emphasizing metaphor over mechanics. Participants will learn how clients often arrive mid-journey and how healing unfolds in layers, not lines—illustrated through the ladder metaphor.
2. The Neuroscience of Change bridges myth and mind, offering a brief overview of subconscious programming, neuroplasticity, and epigenetics (including Dr. Bruce Lipton's work). We'll explore how trance states mirror threshold moments in myth, and how descent often signals a neurological reset.
3. The Garden of Transformation presents the garden metaphor, reframing healing as tending rather than fixing. Attendees will learn how to use metaphor in trance to rewire identity and belief, and hear a client story that illustrates this approach in practice.
4. Guided Visualization offers a direct experience of the Hero's Journey. Using poetic language, participants will be guided through the Call, Descent, Revelation, and Return—followed by space for journaling and reflection to deepen personal insight.
5. Application in Practice provides practical tools for integrating the Hero's Journey into client sessions. Techniques include listening mythically for archetypes in client language, crafting metaphors that resonate with the subconscious, and gently reframing pain as initiation. Attendees will learn how to help clients shift from victimhood to agency by recognizing their own mythic arc.

Attendees will leave with a renewed sense of purpose, practical tools for deepening client work, and a soulful reminder: healing is not a fix—it is a journey. And every client who walks through our door is already answering the call.

THE STRAIGHT EDGE HYPNOTIC PROTOCOL: USING HYPNOSIS TO HELP CLIENTS OVERCOME ADDICTION

L. Howard

This talk outlines the use of hypnosis as a complementary tool for addiction recovery.

The presentation first explores addiction through the subconscious lens, highlighting the role of the mind's hidden processes, habits, and emotional triggers in maintaining addictive behavior, and how hypnotic suggestion can shift these patterns.

It stresses the importance of building rapport with clients by overcoming skepticism and setting clear expectations using pre-talk techniques. The core of the talk details key hypnotic techniques, including direct/indirect suggestion, parts therapy (for internal conflict), regression (for root causes), and future pacing (for relapse prevention). Specific methods are provided for addressing cravings and triggers, such as anchoring, aversion methods, and self-hypnosis training.

Finally, the discussion covers crucial ethical considerations (including when to refer to medical professionals), emphasizing that hypnosis is a supportive tool, not a cure. The talk is reinforced with case studies and concludes with a Q&A and a call to action for practical application.

The central goal is to provide a subconscious understanding of addiction and share effective hypnotic strategies for breaking addictive patterns.

EMPOWER YOUR BUSINESS

L. Hunt

In today's fast-paced digital landscape, hypnotherapy professionals need effective tools to streamline their practices and engage clients. This workshop, "Empower Your Business: Essential Apps and Strategies for the Modern Hypnotist," will introduce attendees to a variety of powerful applications designed to enhance business operations. Participants will explore website management platforms, efficient booking software, and innovative social media strategies that attract and retain clients. Additionally, we will discuss how to create compelling packages and seasonal menus that resonate with your audience. Finally, discover how AI can elevate client experiences and simplify marketing efforts. Join us for an interactive session filled with practical insights and actionable strategies to transform your hypnotherapy practice.

By the end of the class, attendees will have a comprehensive toolkit of software solutions and actionable insights to streamline their operations, engage clients effectively, and elevate their overall business presence. This talk aims not only to improve day-to-day business efficiency but also to empower hypnotherapists to expand their services into new revenue streams through recorded sessions and workshops, ultimately leading to a more successful and sustainable practice.

Lecture 2:00 – 2:45

UP, UP, AND AWAY! HYPEREMPERIA – NOT HYPNOSIS!

F. Mau

"Trance" describes a relaxed, dissociative state. But it also refers to the dissociation that goes with ecstatic dance! What if we go for greater emotional engagement – ramping everything up, instead of relaxing someone down? Hyperesthesia looks like hypnosis, but there are no suggestions of relaxation, just heading up, up and away like Superman!

Depersonalization and derealization are mental disorders that involve a persistent feeling of detachment from your Self, your own body, or your surroundings, making the world seem unreal, strange, or dream-like. Clinical depression can result in a dimming of sensory perception – recovering clients describe things like colors seeming brighter, sounds are clearer, and foods taste better. Hypnosis involves relaxation from Beta awareness to a Theta state, but hyperesthesia goes the other way, creating more engagement, up, up into Gamma and ramping up sensory perception!

AN INTRO TO NARCISSISTIC ABUSE RECOVERY & HYPNOSIS

R. Fraser

In this lecture Ronia will share what narcissistic abuse really is and what makes it so dangerous; And how to spot it in your clients, friends and family or yourself. This talk is an introduction into why and how to utilize Hypnosis to facilitate deep healing.

This lecture isn't only intended to raise awareness but offers practical solutions. Whether you are a practitioner and would like to be able to help your clients better, have a family member or friend affected, are an abuse survivor yourself or simply have a professional curiosity what the fuss is all about... this is for you! Please join Ronia for this inspiring and truly eye-opening presentation about one of today's most current, fascinating and complex topics.

Attendees will gain a good understanding of what narcissistic abuse really is, how to spot it in their clients and themselves and how to utilize hypnosis to facilitate the recovery.

EMOTIONAL CHESS

J. Kaur

While celebrated for its healing power, love can transform into a weapon when mixed with insecurity, control, and a hunger for dominance. This darker dynamic turns affection into a means of possession and manipulation.

Healthy love fosters trust and mutual growth, but in shadow dynamics, care is used as a mask for controlling behaviors, such as excessive monitoring, often driven by a partner's fear of abandonment. This paradox turns love from a liberating force into a cage.

Common manifestations of this "dark love" include escalating jealousy (interpreting autonomy as betrayal) and gaslighting (manipulating reality to make the partner question their sanity). Another tactic is the weaponization of dependency—fostering financial or emotional reliance to ensure the partner cannot leave. The victim is often kept emotionally addicted through high and low cycles, similar to intermittent reinforcement.

These behaviors stem from unhealed wounds like fear of abandonment and low self-worth, where the individual equates control with security. Breaking the cycle requires awareness, setting boundaries, seeking help, and cultivating self-worth to choose love that liberates, not imprisons.

Lecture 3:00 – 3:45

BUILDING PROFESSIONAL PARTNERSHIPS: HOW HYPNOTISTS CAN WORK WITH CHIROPRACTORS, SPAS & WELLNESS CLINICS

S. Mitera

Many hypnotists struggle with visibility and client flow, yet some of the best opportunities for growth are found through collaboration. Chiropractors, massage therapists, and wellness providers already support clients with stress, pain, and lifestyle changes—areas where hypnosis is a natural complement.

In this lecture, you'll learn how to confidently approach healthcare providers, present hypnosis in language they understand, and position yourself as a trusted partner rather than a competitor. You'll discover the most common objections providers raise—and how to handle them effectively—along with three simple collaboration models you can implement: referral systems, in-clinic add-on sessions, and co-hosted workshops.

You'll be given scripts, strategies, and a clear outreach process you can apply immediately to start building professional partnerships. This is a practical, results-driven session designed to help you expand your reach, increase credibility, and grow your practice.

Participants will leave with actionable strategies to expand their practice through professional collaborations. They will know exactly how to start building relationships with chiropractors, spas, and wellness clinics—opening doors to steady referrals, increased credibility, and new revenue streams.

A 1ST TRIAL OF IMDHA - GUIDED GROUP HYPNOSIS

C.H. Tsai

I am new to the field of hypnosis, having recently certified through IMDHA, bringing with me four decades of experience from the global electronics industry where I leveraged my Master's degree in Physics. This background informs my systematic approach to my new discipline. I recently completed rigorous training—a joint program by Zi Kang Academy Taiwan and Taipei Medical University in Q2 2025—which cemented my belief that hypnosis is a science-based, structured, and organized process, not a fairy tale.

My focus was on guiding clients into a highly receptive mind state where they can make necessary internal adjustments themselves. Applying these concepts, I conducted a successful group hypnosis session for a business team of over 10 members.

The video-recorded event demonstrates a clear range of client responses: some entered deep, relaxed states while remaining aware of instructions, others showed strong physical reactions, and several reported increased confidence through guided imagery. These diverse, yet measurable, reactions confirmed the powerful efficacy of the process.

CLIENT-CENTERED HYPNOSIS

M. Mikolajczak

While hypnotists favor direct or indirect methods, client success hinges on matching the approach to the client's subconscious processing style. This talk presents John Kappas' comprehensive model of suggestibility as a framework for understanding these differences.

We'll explore the full spectrum of suggestibility—from literal/direct to figurative/indirect responders—with a special focus on somnambulists.

The lecture includes:

- Interactive exercises demonstrating differential responses.
- Demonstrations on modifying suggestibility tests (like the Heavy/Light Hands and Finger Spread) to reveal a client's suggestibility type.
- Instruction on using handwriting analysis, considered by Kappas the most reliable indicator of subconscious processing patterns.

Learn a practical, client-centered lens to complement your current work, ensuring you meet clients where they are for maximum responsiveness.

By the end of this lecture, participants will have a practical framework for understanding client responsiveness beyond the Ericksonian vs. Elmanian divide. They will leave with concrete strategies to observe, assess, and adapt their hypnotic language to meet each client's subconscious suggestibility type, reducing trial and error and increasing effectiveness in both individual and group sessions.

Lecture 4:00 – 4:45

BREAKING THE GLASS CEILING IN YOUR MIND - HYPNOSIS FOR VITALITY, POWER AND PROSPERITY

M. McCool

As women move into midlife, the very strategies that once fueled their success often become the patterns that slowly drain their power. Over-giving, pushing through, perfectionism, and people-pleasing may have helped them rise in leadership, grow businesses, or care for families. But in this new season of life, these habits no longer serve. Instead of expansion, they create exhaustion. Instead of prosperity, they lead to burnout.

This talk is for hypnotists who are ready to work with women in midlife on a deeper level. Learn how to recognize and unwind the subconscious patterns that keep high-capacity women stuck in cycles of depletion. These are the women who seem successful on the outside, yet quietly suffer with anxiety, fatigue, and a sense of being disconnected from themselves.

Melanie will introduce her 5-step subconscious framework for burnout recovery, developed from years of clinical experience and personal transformation. You'll discover how to identify the "mental glass ceilings" that keep women believing they have to work harder, give more, and sacrifice their well-being to maintain relevance or success. These invisible scripts are often internalized in childhood and reinforced by societal expectations of what it means to be a good mother, leader, partner, or woman.

Through live demos and experiential techniques, you'll explore how to use hypnosis to regulate nervous system dysregulation, resolve identity conflicts, and support a powerful emotional reintegration process.

THE ENERGY OF WORDS: THE WORDS OF ENERGY

B. Rhodes

Discover how Reiki, an ancient energy healing practice, can be uniquely combined with hypnosis to create profound emotional and energetic transformation. This experiential session explores the foundations of Reiki, how energy flows through the body, and the ways unprocessed emotions and trauma can become imprinted in the energetic field. You'll learn how integrating Reiki with subconscious reprogramming allows for the safe release of limiting beliefs, emotional blocks, and stored stress—facilitating lasting peace, clarity, and resilience. Designed for healing professionals, coaches, and anyone seeking deeper self-awareness, this presentation offers both practical strategies and direct experience. Attendees will also participate in a guided demonstration to feel Reiki energy in action, gaining insights into how words, intention, and energy work together to support healing from the inside out.

This interactive and experiential presentation is designed to illuminate how Reiki, an ancient Japanese practice of channeling universal life energy, can be powerfully integrated with hypnosis and subconscious reprogramming to support deep healing and lasting transformation. Participants will gain both a conceptual framework and firsthand experience of how energy and language work together to create profound shifts in emotional well-being.

NONVERBAL HYPNOSIS: THE ITALIAN TRADITION

G. Russo

This lecture is about the Non Verbal Hypnosis according to the ancient Italian school.

During the lecture I will introduce you to the secret of the BODY LANGUAGE.

The subconscious mind does not speak English or Italian or other...

The subconscious mind speaks and understands the body language, such as the tone of the voice, the distances between people and so on...

Recognizing and understanding these signals during a conversation and in the daily life is very important, and using these signals in AN hypnotic induction is amazing.

Saturday, May 2nd

Lecture 10:00 – 10:45

INFORMED TRAUMA RECOVERY THROUGH HYPNOTIC INTEGRATION

W. Horton

Explore the revolutionary approach to trauma recovery that honors neurodivergent minds through specialized hypnotic techniques. This comprehensive training integrates Dr. William Horton's proven trauma therapy methods with cutting-edge neurodiversity research, creating inclusive healing pathways for all neurological profiles.

Participants will learn to adapt traditional hypnosis approaches for autistic, ADHD, and other Neurodivergent clients, ensuring effective trauma processing while respecting cognitive differences. The session combines Horton's phase-oriented treatment model with neurodiversity-affirming practices, offering practical tools for memory reconsolidation, ego-state integration, and self-development that honor each client's unique neurological wiring and processing style.

- Apply Dr. Horton's three-phase trauma recovery model (stabilization, processing, integration) specifically adapted for neurodivergent clients who may experience trauma differently.
- **Enhanced Therapeutic Rapport** – Utilize Horton's expertise in subconscious communication to build deeper connections with neurodivergent clients who may struggle with traditional therapeutic relationships.
- **Specialized Intervention Techniques** – Master Horton's memory reconsolidation and ego-state therapy methods modified for diverse neurological processing patterns and sensory needs.
- **Underserved Population Impact** – Address a critical gap in trauma services by combining Horton's proven methodologies.

REINVENT YOURSELF!

J. Lavelle

Leo Buscaglia, one of my mentors, taught me to switch up my life every few years. There are great benefits in doing so. I have, indeed, changed my career every 10 years. Fair warning, I am about to do so again.

It is a time to change, to reject stagnation. It is a time to move forward, but with respect for the past lessons. It is a time to grow into the next phase of being my optimal true self. I will share the format for the transition with you. Meditations to assist in gaining clarity for the next steps. These meditations are based on brain changing material learned from Davidji and Deepak Chopra.

Reinventing yourself in today's world has its own unique challenges. It is a clear departure from AI and embraces our own SI. The growth of my soul is worth it! Always invest into yourself; it pays the best in long term benefits.

SHOWCASING THE BUNNY TALK PROCESS

C. Rickard

The Bunny Talk Process™ is a playful yet powerful therapeutic framework designed to help children, teens, and adults connect with and heal their inner child. Unlike traditional approaches that rely heavily on retelling painful stories, this process uses play and imagination to unlock emotions in a safe, content-free way.

Through a simple, step-by-step structure, practitioners can visibly witness transformation as the client naturally shifts from old unwanted feelings into new ones that fill the void. It is rooted in NLP and emotional intelligence, making it both practical and profoundly effective.

During this presentation, I will share the emotional story behind Bunny Talk and I will invite a volunteer to be vulnerable. With the group observing, I'll guide them through a short demonstration where you'll see the shift take place in real time.

Lecture 11:00 – 11:45

BUILDING PERSONAL ALGORITHMS FOR CHANGE

M. Watson

I'm sure that you've noticed how topics that you see online are mysteriously personalized and selected for you based on your online interests and activities and even conversations you've had with Siri and Alexa. They influence your thinking and affect your results. In this program you'll learn how algorithms are created and how to build new ones that

transform your mindset and give rise to the empowering changes you really want.

You will learn a unique approach to change the trajectory of your thinking and take control of your inner processes. This is original material and Michael continues to pioneer the development of new technology for building personal algorithms.

POWERFUL REFRAMES: DISCOVER THE REAL "TRUTH" BEHIND YOUR THOUGHTS

J.P. Ayala

Participants in this class will learn skills that will help them understand a process to gain clarity in their thoughts. Among the skills they will acquire are techniques for managing pain caused by negative thoughts, exploring the nature of reality, and creating kinder reframing alternatives for clients. In addition, they will be trained in selecting the right questions to understand the origins of negative thoughts. Finally, they will become familiar with the elements needed for resolution, planning, and transformation into more appropriate thoughts.

By the end of the experience, participants will be able to:

- Understand the importance of clarity in thoughts.
- Learn a strategy based on a series of specific questions that will help clients better understand their reality.
- Develop a reframing strategy to transform negative thoughts into more appropriate ones.

The class will begin with a lecture featuring success stories related to the implementation of the protocol. Then, the logic of reframing and the suggested specific questions will be explained. Participants will be divided into small groups to carry out a practical exercise in which they will design a strategy for transforming thoughts and utilizing the suggested protocol. We will conclude with a plenary session and a partial evaluation of the strategies during a final feedback segment.

THE ROLE OF HYPNOTHERAPY IN THE SPIRITUAL COMMUNITY

D. Ellis

Hypnotherapy, at its core, serves as a therapeutic modality that utilizes the state of hypnosis to promote psychological and emotional well-being. This state is characterized by focused attention, heightened suggestibility, and deep relaxation, which together foster an environment conducive to change and healing (Yapko, 2019). The spiritual community, with its rich tapestry of beliefs and practices, often intersects with hypnotherapy, both enriching the therapeutic process and expanding the possible applications of hypnosis.

Hypnotherapy offers numerous benefits that resonate deeply within the spiritual community. Notably, its ability to assist individuals in managing anxiety and stress is particularly relevant, as many spiritual practices aim to foster inner peace and emotional resilience (Schoenfeld, 2017). In this regard, hypnotherapy not only complements spiritual practices but enhances them, providing individuals with practical tools to navigate emotional turbulence.

Lecture 1:00 – 1:45

FROM RESILIENCE TO RECEPTIVITY; FROM ACCEPTANCE TO ACTION

L. Bennett

Why do our clients resist? Clients may say they want to change; however, there are a number of reasons why someone would change their mind. During this lecture we will explore those reasons and create strategies to help clients become more receptive to change and inspire action for a healthier and happier life. Resistance is often fear being expressed. It's quite common for the subconscious mind to block the healing process because of mistaken beliefs around trust, and life in general. As hypnotherapists it's important that we can hold space for our clients and offer them a new sense of safety that will give our clients the courage to take action and to take the steps to freedom.

During this lecture we will identify the key principles of client resistance and create acceptance and strategies for healthy action.

1, 2, 3 – PHOBIA FREE

M. Babineaux

Experience the energy of synergy. Although considered highly effective on their own, combining these three distinct hypnotic processes into one continuum can be more effective than using any one of them separately. Use fractionation, compounding, anchor collapse and other proven techniques to synergistically deal with unreasonable fears and other anxious moments in life. Although helpful in dealing with these moments in life, attendance and completion of this course is not a certification to analyze, diagnose or treat any physical, mental or medical condition or illness.

In this class you will:

- Learn to use hypnosis at whatever level or depth is necessary to alleviate unwanted response.
- Determine whether it's necessary to go further into the continuum based on the response to previous steps.
- Notice that you do not necessarily need to complete the continuum if previous steps have been effective.

WAREHOUSE OF EMOTIONS**I. Bernhoft**

In this lecture we will explore how to incorporate character strengths to help people shift their focus toward what is good and well done in their life, and how little is often needed to achieve a new and better outcome for themselves and their clients. This approach centers on character strengths, which are positive qualities we all possess. By naming and working with these strengths, we can foster flourishing. Here the hypnosis helps because we sometimes see the glass half full or half empty but what matters is that your glass is refillable.

You will learn:

- How you can find those character strengths for free.
- How you can use it for yourself or with clients.
- How you can integrate using this technique for yourself hypnosis or with clients.
- How to use those tools that VIA character strength survey brings to you.

Lecture 2:00 – 2:45**FEAR OF FLYING: LET IT FLY AWAY!****S. Gilbert**

Did you know that up to 40% of people have some level of fear of flying? Can you imagine being limited in your ability to travel because of this fear? There are some simple ways to help your clients release this fear and embrace the freedom to travel anywhere, anytime!

This program includes scripts, techniques, coping skills, and anchors. Attendees will be able to implement these in their practice right away.

Attendees will:

- Get bird's eye view with a quick demo.
- Have a better understanding of this fear.
- Have scripts and techniques they can modify for each client.
- Have coping skills and anchors they can modify for each client.

5 DIGITS OF CHANGE (PIANO HANDS)**J. Hanson**

We all love music! What if you could change the tune of your client's issue in a fun interactive way? 5 Digits of Change (piano hand) helps clients work towards a solution, step by step, as they use their own fingers to make the trance-formation from issue to solution easy and attainable. This technique also teaches skills for handling future situations. This simple technique utilizes anchoring and hypnosis, for a technique you can stack into any session to leverage lasting results and change the tune your client was playing. All you need are: paper, pen, and your client's hand to get started.

ACTIVATING CHANGE**S. Peacock**

Stuck clients... Persistent patterns... Powerful emotions... Sometimes, talking isn't enough.

By blending Acceptance and Commitment Therapy (ACT) with hypnosis, you can unlock deeper change, enhance psychological flexibility, and help clients take meaningful, values-driven action. In this dynamic session, you'll discover practical techniques for integrating hypnotic processes with ACT principles to reduce resistance, amplify mindfulness, and embed lasting behavioural change. Walk away with strategies you can use immediately to make therapy more effective, engaging, and transformative.

We will discuss:

- Intro to how ACT & hypnosis are a powerful combination facilitating faster, deeper and lasting change.
- Why clients get stuck: problem of psychological inflexibility.
- ACT in a nutshell.
- Where hypnosis enhances ACT to seamlessly accelerate and deepen ACT processes of diffusion, acceptance, present moment awareness, values & change.
- Immediately usable techniques – Language Shifts, Hypnotic Metaphors, Values-Based Suggestions, Bridging Techniques.
- Case studies

Lecture 3:00 – 3:45**FORGIVENESS: MISCONCEPTIONS AND THERAPEUTIC APPROACHES****W. Moyer**

Forgiveness is often misunderstood as condoning a perpetrator's behavior or setting yourself up for repeated treatment. The truth is that Forgiving is specifically to free the victim from carrying the anger, resentment and pain caused by another.

It is also a mistake to believe that you must confront the person who is the source of the pain inflicted. The one who hurt you need never know he/she was Forgiven. Forgiveness is for you not them.

In this class we will cover:

- Understanding the purpose of Forgiveness.
- The common misconceptions regarding Forgiveness.
- Explain the steps involved in Forgiving.
- Explain the process of setting Boundaries to protect yourself from repeated treatment.

REFLECTIVE RAPPORT: A TRULY CLIENT-CENTERED APPROACH**L. Thunberg**

Easily allow your client to create their own induction, and trance state! Learn Linda's reflective listening interviewing techniques and in one easy interview, understand your client on a deeper level.

Learn who they are and how they operate to enhance your client's best experience for lasting change. Demo and experiential included.

In this class you will:

- Learn how to enhance your client's hypnosis experience and be truly client-centered.
- How to have real rapport with your clients.
- Learn reflective listening techniques.
- Co-Create the easiest induction ever!

REFRAMING FROM THE INSIDE OUT**M. Watson**

Described as the "flat feet to dandruff" process, the applications of this process are endless. This talk is based upon the seminal work of Virginia Satir and further developed by NLP creators Bandler and Grinder. This is a lively and creative exploration of partwork and reframing. In this memorable "how to" program, you will learn the fundamental presuppositions of the process as well as some important nuances that make it one of the most powerful applications for personal change of unwanted habits, behaviors, limitations, health concerns and much more.

Michael trained directly with the co-creators of NLP and his approach to teaching this technique will make it immediately useful to hypnotists and NLPers in their practice.

In this class you will:

- See a living demonstration of partwork as a dramatic and engaging role play.
- Learn how to discover the positive intention behind unwanted behaviors.
- Discover new choices for the future.
- Get a better understanding of this Client driven process.

Lecture 4:00 – 4:45**SHAMANTIC HYPNOSIS****L.X. Soria**

Classic shamanic experiences, journeys of consciousness and merging of the self with parts of Nature, are achieved through the trance state. As hypnosis practitioners we may receive many of the benefits of shamanism by applying both familiar and new methods of trance induction. The familiar shaman drum is one of several meditative tools available, and is becoming increasingly popular for a reason. The low toned vibration travels through the body and is immediately relaxing to many. The traditional repetitive drumbeat is timed to match the theta brainwave frequency, assisting in immediate and deep trance. And a waking dream state is often possible with little to no previous experience, possibly due to cellular memory or even past life association.

The end of the class is a sharing of experiences, to help the participants integrate their experiences, and to show the common shared experiences and typical reactions. This can be very reassuring and confirms the normal human experience.

Open to all levels. It's fun to see it – then used with the drumming to deepen both trance state and effectiveness – mixing familiar and new, "modern" and ancient.

In this class we will:

- Describe shamanism as an effective use of the trance state, just like hypnosis.
- Experience shamanic drumming as an effective tool of induction.
- Learn to imagine new and creative ways to relax, that engage not just the mind but the body, through use of vibration.

BE THE CHANGE : TRANSFORMATION BEGINS WITH THE MINDSET

J. Wackernagel

Meaningful transformation always begins within. Before any external shift can occur, there must be an inner readiness – a willingness to see, feel and think differently. In this presentation, Jacob explores the profound role of mindset as the seed of all personal and professional change. Drawing on decades of experience in clinical hypnotherapy, integrative coaching, and mind-body practices, he guides participants through the inner landscape of transformation: from awareness to alignment, and from alignment to authentic action.

Our mindset is not merely a collection of thoughts; it is the lens through which we interpret the world. It shapes our perception of what is possible, what we deserve, and how we respond to challenges. When this inner framework is rooted in limiting beliefs or unconscious fear, even the best strategies for change will falter. Conversely, when we shift our internal narrative – transforming self-doubt into self-trust and resistance into curiosity – we unlock a natural capacity for growth and resilience.

In this immersive session, Jacob offers practical approaches for identifying and reshaping the subconscious patterns that govern our behavior. Through guided exercises, reflective dialogue and gentle hypno-integrative practices, participants will learn how to access the deeper layers of their inner experience. The focus lies on cultivating self-awareness, emotional balance, and mental clarity – essential foundations for sustainable transformation.

CONTEMPORARY SHAMINISM: WHERE HYPNOSIS MEETS MAGIC

Z. Grant

Embark on a transformative journey into the heart of Contemporary Shamanism, inspired by the teachings of Zoilita Grant. This immersive experience blends ancient practices with modern insights, guiding you to awaken inner wisdom, restore balance, and reconnect with your true self.

Through dream exploration, you will learn how to unlock hidden messages from your subconscious.

In a ritual practice, you'll discover simple yet powerful ways to invite clarity, balance, and sacred connection into your daily life. A guided soul retrieval journey will help you gently call back lost aspects of yourself, restoring a deeper sense of wholeness.

The session concludes with an inner voyage to the Sacred Mountain, where you'll meet your inner guide and receive wisdom for your path ahead. This class is designed for hypnotists weaving spiritual tools into their personal growth. By the end of the class, you will leave feeling grounded, uplifted, and more connected to your inner power.

Sunday, May 3rd

Lecture 9:00 – 9:45

GREAT RELATIONSHIPS: LOVE ME, LOVE YOU, LOVE US

S. Stockwell-Nicholas

This talk is based on the book Great Relationships by Stockwell and Rhodes. The class is filled with practical wisdom for wellbeing and great relationships at play, home and work. Includes humanistic psychology, Vagal Joy Stimulation, Psycho-Dynamics, Play for YOU and those you help.

We will explore humanistic psychology and practical wisdom and tools for having a terrific relationship with yourself and those you serve.

DO THE RIGHT THING, THE RIGHT WAY

M. Babineaux

Use the Code of Ethics as part of your business plan from the very start rather than as an afterthought. That way, you will know any possible pitfalls before you get into the pit. Only you can decide if your personal habits and practices will comply with the professional habits and practices required by the code. A review of those requirements will help in

determining if you need to make adjustments or compromises in your personal habits.

This talk is a review of the basic requirements of the codes, how they differ from each other, the level of responsibility whether one is a licensed professional or simply an unregulated hypnotist.

You will learn:

- How to identify personal habits which may conflict with professional practices required of the codes of ethics.
- Educate yourself with the information to know if any change is required before commencing on a business path. If change is required, determine how to achieve that change.

COMING OUT OF THE SPIRITUAL CLOSET

N. Gerey

Many therapists are spiritually oriented (not religious) but often hide this side of themselves. If that's you, this lecture is for you. I want spiritually minded therapists to come together and realize—we are not alone.

If you believe (or know, or have experienced) that we have a soul, that life is about learning, and that we are all part of the One, then we already speak the same language.

In this session, we'll explore the fear of "coming out of the spiritual closet" and work on releasing it. We'll brainstorm ways to attract spiritually open clients—there are more of them than you think. Those with experience in this approach will share insights.

In this class we will:

Recognize and acknowledge one's own spiritual orientation as a therapist.

- Explore and overcome the fear of "coming out of the spiritual closet" in a professional setting.
- Identify strategies to attract spiritually open clients while maintaining professional standards.
- Share and learn from the experiences of other spiritually-minded therapists.
- Understand the alignment between spiritual perspectives and modern scientific insights.
- Consider forming supportive networks for spiritually oriented therapists.
- Reinforce personal purpose and motivation as a spiritually-minded therapist.

BEYOND WORDS: THE SCIENCE OF MUSIC IN HYPNOSIS

Y. Reznik

Music is one of the most effective ways to bypass the critical mind and reach the subconscious—backed by solid research in neuroscience. You'll learn how to harness music to deepen trance, anchor emotions, and accelerate client transformation. These tools are designed for any practitioner who wants faster, more powerful results in hypnosis.

We'll explore the science of rhythm, tone, and resonance, and you'll walk away with practical methods you can use immediately: choosing the right music, using your own voice and simple sounds, matching breath and rhythm, priming states with tones, layering music for emotional pacing, and guiding clients with sound as a co-therapist. You'll also discover how to avoid common pitfalls—like overcomplicated melodies or mismatched music—that can pull clients out of trance.

This is a hands-on, evidence-based approach that expands your hypnotic toolkit and helps clients achieve deeper, lasting change. This class equips practitioners of all backgrounds with immediately usable tools to enhance their work. Even those with no musical training will leave with confidence, clarity, and practical methods to begin using music in their sessions. Attendees gain a clear understanding of both the science and the art of music in hypnosis—ready to implement techniques that deepen trance, accelerate results, and expand their professional toolkit.

NAVIGATING DEMENTIA WITH DIGNITY

C. Rickard

Learn practical, evidence-based strategies that ease worry, improve cognitive function, and transform daily life for those experiencing dementia or memory concerns. I will share my heart rendering story which inspired me to become A Nightingale Dementia Consultant.

Participants using these methods have shown:

- Stronger focus and concentration.
- Noticeable improvements in short-term memory and recall.
- Increased confidence in daily activities.
- Enhanced socialization and connection.
- Reduced anxiety and greater self-motivation.

What makes this approach unique is its holistic, person-centered design. By combining brain coaching exercises, relaxation techniques, lifestyle changes, movement, and Mediterranean-style eating, I create shared action plans that work for families as well as individuals.

This is not theory—it's transformation. Attendees will leave equipped, inspired, and hopeful, knowing that dignity and empowerment are achievable today.

Lecture 10:00 – 10:45

THE CUROSITY PROTOCOL FOR CONVERSATIONAL CHANGE

K. Hand

Have you ever finished a Hypnosis Session only to hear your clients say something like:

"I don't know if I was really 'under'."

"I might have just been making it all up."

"OK, we'll see if it works."

When you're ready to stop leaving it to chance... you're ready to discover the effectiveness of Conversational Change.

In this class you will get a template for success including:

- The questions that lead from problem state to solution state.
- Clues that help you know what to do every step of the way.
- The suggestions to make during eyes-closed Hypnosis.
- Questions for eliciting personal trance words tailor your sessions to your clients.
- A demo to see how quickly change happens during conversational Hypnosis.

DEMONSTRATION PRESENTATIONS THAT SPARK CHANGE AND BUSINESS

D. Oatley Hall

This high-energy, interactive lecture will show you how to create presentations that don't just share information—they ignite action. Through live demonstrations, audience participation, and a healthy dose of laughter, you'll discover how to connect with your audience on a deeper level and inspire them to think, feel, and respond in ways that spark meaningful change and interest in your business.

Drawing on my unique background as a stage performer, professional speaker, and board-certified consulting hypnotist, I combine the art of storytelling with techniques from hypnosis, NLP, and improvisational comedy to create a highly engaging and unforgettable experience.

The session is structured around three core components: Connection, Impact, and Action.

Participants will leave this talk with actionable tools and a clear framework they can apply immediately to their own presentations. They will gain confidence, creativity, and a deeper understanding of how to design talks that not only inform but transform—turning everyday presentations into game-changing experiences that grow their influence and success.

THE TRINITY OF HEALING ; SOUND, COLORS, AND HYPNOTHERAPY

L. Diaz

We know that colors and sounds heal. Imagine their healing power when integrated with hypnotherapy. Support your clients' healing by integrating sound and color into your hypnotherapy sessions. In this talk you will learn to connect with your clients' bodies and souls using Tibetan singing bowls and color to address trauma. By the end of the class, you will be able to: Heal your emotional, mental, and spiritual body. Identify and release emotional and generational blocks. Connect with the cosmos and regenerate your cells. This session is for anyone who wants to experience the healing power of sound and color in a hypnotherapy session.

The class includes practical demonstrations of the techniques, specialized material like (singing bowls) and experiential learning. The participants not only receive the lecture like passives receptors, the participants are the receptors of the experience.

Lectures 11:00 – 11:45

INTEGRATING MOTIVATIONAL INTERVIEWING TECHNIQUES INTO HYPNOTHERAPY SESSIONS

E. Rosen

Motivational Interviewing (Miller & Rollnick, 2013) is a client-centered therapy that works to resolve a client's ambivalence to change. Incorporating elements from Motivational Interviewing (MI) into your hypnosis sessions can amplify your hypnotic outcomes, ameliorate biases we hold as care givers, and those of the client that foment limits to change. This presentation provides useable and discrete strategies framed through MI, creating a powerful fusion to your hypnotic sessions.

This presentation is didactic, enthusiastically presented, with valuable handouts. Attendees will learn the essential core elements of Motivational Interviewing techniques, exposing participants to basic tenets, underlying assumptions, valued techniques, and methods for applying trancework in this framework. Participants will not be trained to employ MI therapy, but rather, draw from the richness of this approach in delivering hypnotherapy services.

TRANSFORMING GRIEF & LOSS: AN NLP APPROACH

M. Watson

Loss can be devastating. Whether it's the heartbreak loss of a loved one and the grief that comes along with it, or the devastating disappointment that occurs when losing a career, or your health, or your home. Or some major goal or dream that you were looking forward to – or even your favorite restaurant. This pattern is designed to help resolve the grief and move forward in an empowered way to a satisfying future beyond the loss.

Learn to transform the experience of loss as you create a hopeful optimism and a more satisfying future.

Michael learned these easy-to-implement processes from Steve and Connirae Andreas and has used them extensively with clients.

In this class you will learn:

- Clarify the loss and how it impacts your client.
- Transform the unwanted thinking associated with loss.
- Remember the past with fondness and discover the values you've gained.
- Discover a new path forward.

FROM STRESS TO SOUL WISDOM: INTEGRATIVE HYPNOSIS FOR PSYCHOSOMATIC HEALING

K. Laing

In this class, I will share a simple and accessible way of looking at psychosomatic symptoms through an integrative lens. It brings together the mind, the body, and the deeper part of us that holds wisdom and truth. My aim is to give practitioners a fresh, inspiring way to understand what stress is trying to communicate, and how hypnosis can support clients in moving from overwhelm into clarity and inner alignment.

The session is practical, uplifting, and easy to use in everyday practice. It reflects the work I do with clients and students, and I believe it will expand how many hypnotists approach stress-related issues. The class focus will be on insight, understanding, and practical application.

Lecture 1:00 – 1:45

STUCK, STALLED, OR SURGING AHEAD

D. Turnbull

What if your business has been trying to tell you something all along, and you just didn't quite know how to tune into it? Every business has a hidden story shaping how it grows, where it gets stuck, and the direction it takes and in this talk, you'll get to find out yours.

This lecture is ideal for therapists, business owners, and entrepreneurs who are ready to look beneath the surface and discover the deeper "story" behind their work. It's surprising, sometimes challenging, but always rewarding, and you'll leave with ideas and perspectives you can put into practice right away.

In this lively, interactive session, you'll uncover the unconscious metaphors running beneath the surface of your business and discover what they reveal about its strengths, challenges, and opportunities. Using the Metaphors of Movement framework, we'll explore surprising new ways to look at your business, beyond strategy, beyond numbers, and straight into the story it's living right now.

Whether you're feeling stuck, searching for clarity, or you're just curious to see what's going on behind the scenes of your business, this class will spark fresh insights and leave you looking at your work in a whole new light.

By the end, you'll walk away with a clearer sense of where your business truly is, fresh insights on how to move it forward, and maybe even a laugh or two at the surprising metaphors you uncover. Whether you're stuck, growing, or just curious, this class will leave you inspired, energized, and ready to listen to the story your business is telling.

In this talk you will:

- Identify the unconscious metaphors that describe your business's current state.
- Explore the strengths and limitations of your current metaphorical structure.
- Gain insight into hidden factors that may be inhibiting your business's growth or movement.
- Discover a new perspective for working with your business to create forward momentum.

SEVEN HYPNOTIC SECRETS OF ECTASY

N. Natale

Are you ready to take your hypnosis practice to the next level and help your clients experience true ecstasy in their lives? Join us for an exclusive training where Dr. Nic, Certified Sex Therapist and Hypnotist, explores the "Seven Hypnotic Secrets of Ecstasy"—a transformative journey that blends deep sensuality, emotional connection, and spiritual awakening, all through the power of hypnosis. This training is designed for hypnotists who want to expand their skills in working with sensuality, relationships, and emotional healing. You'll learn powerful hypnotic experiences and techniques that tap into the very core of your clients' erotic and emotional selves, helping them transform their relationships and their lives. By mastering these seven secrets, you can reach profound ecstasy and become the guide your clients need to experience their own—emotionally, spiritually, and sensually.

- The straight edge hypnotic protocol: using hypnosis to help clients overcome addiction.
- Apply hypnotic methods to enhance sensuality and intimacy by guiding clients into deeper emotional and erotic connection with themselves and their partners.
- Utilize trance-based techniques to release shame and internal barriers that inhibit clients from experiencing authentic pleasure and spiritual awakening.
- Design and facilitate hypnotic experiences that cultivate playfulness, confidence, and embodied ecstasy, supporting lasting transformation in clients' relationships and personal growth.

GORILLA GUERRILLA HYPNOSIS™ - THE RAPID INDUCTION DOMINATION SYSTEM "GET ANYONE. ANYWHERE. DEEP. FAST."

R. Guzzi

This is where hypnotists learn to stop hoping their subject goes under... and start knowing they can drop anyone into a deep, powerful trance—on command.

This is the no-nonsense, battle-tested induction system that combines gorilla-level force (the kind that smashes resistance) with guerrilla-style tactics (the kind that work in chaos, noise, distractions, and total randomness).

If you've ever worried about:

- A "tough" subject who crosses their arms and dares you to fail...
- A loud room with 17 things happening at once...
- A demo where you have to look like a rockstar in 30 seconds or less...
- Or that one analytical guy who says, "Well actually, I don't think I can be hypnotized..."

This class turns all of that into a non-issue. You'll walk out with:

- Rapid inductions that hit so fast your subject can't overthink it.
- Ultra-deep trance strategies that supercharge suggestion power.
- Authority tools that make difficult personalities melt.
- Confidence that shows—even before you open your mouth.
- Street, stage, office, and on-the-fly hypnosis skills that work anywhere.
- Real-world methods, not theory.

And yes... the power to hypnotize people in messy, unpredictable environments. This is perfect for hypnotists, coaches, speakers, trainers, stage performers, and anyone who wants the ability to create instant credibility and unstoppable results in front of one person or a thousand. You'll never say, "I hope they go under," ever again. After this, your mindset becomes: "Sit down. Watch this. I got you."

Lectures 2:00 – 2:45

ARE YOU RESPONSE-ABLE?

P. Scott

This lecture is designed to introduce attendees to simple hypnosis-NLP techniques that you can use for you, as well as teach their clients, that will enhance your ability to respond to challenging life situations and people in more productive and healthy ways. I will use real-life examples to discuss the basics of how we develop our automated responses throughout our lives. Most of these involuntary behaviors and responses were learned as a small child and may have served us at some time. Yet, later in life some of the responses may no longer be appropriate and may even be creating problems in our lives and our relationships. That is the point we are able to reprogram ourselves with more appropriate responses, and teach our clients how to do the same.

I'll explain ways in which you can utilize unconscious functions to become more aware of negative thought patterns that have been causing, or triggering, these unwanted automated behaviors. I'll teach attendees a simple "Pattern Interrupt" technique that I have developed over 33+

years as a Hypnotherapist. This technique will allow you to sort of "hit pause", shift their state, and instantly regain control and focus.

Then, I'll demonstrate how you can very quickly train in a new, more appropriate response state using hypnosis with intention and repetition. I'll be using examples and demonstrations of practical applications of these techniques. There will be extensive handouts that will review and expand on the processes and give specific instructions on how to use these techniques to be free from past negative reactions, feel empowered to take back the "remote control", and become totally "Response – Able"!

SCRIPT-FREE FLOW ON THE GO!

T. O'Connell

Are pre-written scripts limiting your client's progress? This captivating talk challenges the reliance on a "perfect script" and invites you to embrace a more fluid, responsive way of working. Hypnotherapist Tim shows you how to cultivate deeper confidence and presence by focusing on the client's immediate cues. You will learn the art and science of dynamically developing a session plan in the moment—drawing from your full range of knowledge to craft unique, effective interventions. Discover how to "bob and weave" with resistance and harness the unexpected, making your sessions more authentic, agile, and ultimately, more transformative.

In this class you will learn to:

- Identify key principles of unscripted hypnotherapy and explain how releasing reliance on pre-written scripts can enhance responsiveness and client-centered outcomes.
- Demonstrate how to develop a flexible session structure in real time by drawing on observation, intuition, and client cues rather than following a predetermined path.
- Describe techniques for pivoting and adapting mid-session when unexpected issues, emotions, or resistance arise, while maintaining therapeutic flow and client trust.
- Evaluate the effectiveness of script-free approaches by comparing them with traditional scripted methods and reflecting on how each impacts client engagement and transformation.

HOW TO PRODUCE PROFITABLE EVENTS & RETREATS

J. Andre

Are you ready to host events and retreats that transform lives and grow your hypnosis practice at the same time? In this dynamic, high-energy talk, as time permits, I'll share my proven framework for planning, marketing, and producing events that sell out while delivering unforgettable experiences. You'll learn how to design a profit-first budget, price your trainings and retreats effectively, and craft irresistible offers that your ideal clients can't wait to say yes to. We'll dive into how to consistently fill your seats, create marketing strategies that actually work, and design immersive experiences that elevate your credibility as a hypnotist. Whether you're running group programs, wellness retreats, or clinical training events, you'll walk away with a clear roadmap and actionable tools to create high-impact, high-profit experiences that keep your clients engaged and coming back for more.

If you've ever dreamed of hosting a retreat or training that changes lives and brings in real profits, this session is for you! After producing, marketing, and selling out events for more than 20 years in the hypnosis and personal development space, I've cracked the code on what works — and what doesn't. And now, I'm sharing my complete step-by-step blueprint with you. I'll show you how to design, market, and deliver events that attendees rave about while giving you the tools to grow your influence, your client base, and your income. Whether you're planning your first retreat or ready to take your events to the next level, this session will give you the exact roadmap to make it happen.



WANT TO SAVE?
Opt-in for a room share
sign up here
tinyurl.com/RoomShare26

Your Stay at the DoubleTree by Hilton Orlando at SeaWorld

As if attending Hypno Expo 2026 in person isn't exciting enough, your stay puts you right in the heart of the action! Enjoy a comfortable, convenient, and fun-filled experience just minutes from Orlando's top attractions—including **SeaWorld** (within walking distance), the newly opened **Universal's Epic Universe**, and **Walt Disney World**. **PLUS**, check out the **included amenities** for our HYPNO EXPO 2026 attendees:

As part of the official conference Room Block, you'll enjoy:

- **Complimentary self-parking** (a \$38 daily value)
- **Waived resort fee** (normally \$25/day), which includes:
 - Scheduled shuttle service to **major theme parks** (SeaWorld, Aquatica, Discovery Cove, Walt Disney World, Magic Kingdom, and Universal Studios)
 - **Two bottles of water** per day
 - **Two I-Drive Trolley tickets** per day
 - **Two rounds of mini golf**
 - **15% off** gift shop purchases
- **Free standard Wi-Fi** in guest rooms and public areas

Resort Features

- **Grand Lagoon pool** with waterfall, kids pool, water features, mini putt-putt, and lively poolside bar
- **On-site dining** and relaxing **cabana rentals**
- Signature **DoubleTree chocolate chip cookies** upon arrival
- Close proximity to **Orlando International Airport** (10.9 miles / ~15-minute drive)

In-Room Amenities

- Air conditioning and **Sweet Dreams® sleep experience** beds
- 42" HD LCD TV, clock radio with MP3 connection
- Mini refrigerator, microwave, work desk with chair
- Iron/ironing board, safe, Citron bath products, and hairdryer
- Accessible rooms with visual and audible alerts available

Laundry Services

- 24/7 access to self-service laundry near the Family Fun Pool
- **No coins needed**, machines accept credit cards

Reservation Details

- A valid credit card is required to guarantee your reservation
- Group Room Block Rates are subject to **12.5% state and local tax**
- Room type preferences and special requests will be accommodated when possible but are not guaranteed
- Reservations must be made **in advance** and are subject to Group Room Block availability

"No-Host" Cocktail Reception

Harbor Terrace | 7PM

The Island music of **Splash** is sure to engage your audible senses with the smooth rhythmic sounds, tropical flavor, and positive vibration of the Caribbean! The performance delivers a refreshing, yet energizing experience of melodic Caribbean tunes.



Entertainment

An Evening of Mentalism & Hypnosis

featuring Sean Michael Andrews

Citrus B | 9PM

Get ready for a captivating two-part show featuring astonishing mentalism—mind reading, bold predictions, and impossible insights—followed by his renowned, laugh-filled hypnosis performance where audience volunteers become the stars. A fast-paced blend of mystery, comedy, and wonder, this is an experience that leaves everyone amazed.





Workshops



Friday, May 1st

WORKSHOP 10:00 – 11:45

THE INTAKE ADVANTAGE: TURNING FIRST SESSIONS INTO HIGH-VALUE COMMITMENTS

C. Chalah

Too many hypnotists undervalue their first session by offering free or low-cost intake appointments – unintentionally signaling to clients that the work itself isn't worth investing in. In this presentation, I'll share a proven approach for transforming intake sessions into powerful, high-value entry points that attract committed clients and set the stage for long-term success. You'll learn how to position your intake as more than just a consultation, use pricing psychology to prime client commitment, and establish expectations that naturally lead to premium programs. With over 15 years of full-time practice and a reputation for walking the walk, Carla teaches only what she personally applies in her own business. This session will equip you with practical tools to elevate your client experience and build a more sustainable, profitable hypnosis practice.

She will demonstrate specific language patterns and hypnotic framing techniques that help clients see the intake as a transformative step rather than an obligation. For example, attendees will learn conversational strategies to shift client focus from "shopping around" to actively investing in themselves. She also provides scripts and real-world examples from her own practice to show how these methods translate directly into higher commitment and retention.

This presentation will combine lecture, storytelling, and live demonstration. Attendees will engage in short exercises designed to help them re-script their own intake positioning, making the learning practical and immediately actionable.

BE THE CHANGE, SEE THE CHANGE: AN INTRODUCTION TO INTEGRAL EYE MOVEMENT TECHNIQUE (IEMT)

L. Donnelly

Transformation doesn't always require years of revisiting the past – it begins with changing how the past is encoded. Many clients come to therapy or coaching because they feel stuck in loops of anxiety, grief, anger, or limiting self-beliefs. Despite insight, awareness, and effort, they often ask, "Why can't I just move on?" Integral Eye Movement Technique (IEMT) offers a practical and powerful answer.

IEMT is a change process that works with the structure of memory rather than the content of the story. Using guided eye movement patterns, practitioners help clients dissolve the emotional charge of past experiences and release identity imprints that fuel negative cycles. The result is often rapid, lasting relief – without the need for reliving trauma or lengthy analysis. In alignment with the Be the Change theme, this workshop demonstrates how IEMT gives both practitioners and clients the ability to step out of old patterns and into meaningful transformation.

OVERCOME DOMESTIC VIOLENCE AND NARCISSISTIC ABUSE

M.Hoffer

This workshop is designed to empower survivors of domestic violence and narcissistic abuse to reclaim their lives, rebuild confidence, and establish healthy boundaries.

Through a combination of evidence-based techniques, mindset coaching, and interactive exercises, attendees will learn how to:

- Identify the signs and dynamics of narcissistic abuse and domestic violence.

- Navigate and neutralize emotional manipulation and people-pleasing tendencies.
- Rebuild self-esteem, personal power, and a sense of safety.
- Develop actionable steps to create healthier relationships and a supportive environment.

This workshop provides a safe, empowering space for participants, including both those who want to help others and survivors, to gain insight, practical tools, and the emotional support needed to move forward with confidence and clarity. Participants will leave equipped with strategies for lasting resilience, personal growth, and the ability to thrive beyond abuse.

WORKSHOP 1:00 – 2:45

HYPNOTIC COACHING FOR HYPNOSIS PRACTITIONERS

Z. Grant

This Hypnotic Coaching blends the depth of hypnosis with the forward-focused structure of coaching. Unlike traditional hypnotherapy, which emphasizes past healing, hypnotic coaching is about creating a co-creative partnership that helps clients move toward the future they truly want. In this training, hypnotists will discover how to step into the role of coach while using hypnosis to clear blocks, shift limiting beliefs, and reinforce goals. The workshop emphasizes presence, communication, and accountability skills that expand a hypnotist's toolkit and open new opportunities for growth.

Through teaching, demonstrations, and guided practice, participants will:

- Explore the distinctions between hypnotherapy and hypnotic coaching.
- Learn how to create trust, safety, and client-centered rapport.
- Practice using coaching questions and active listening in combination with hypnosis.
- Apply hypnotic coaching techniques for goal setting, mindset shifts, and accountability.

By the end of this workshop, participants will be equipped with practical methods to help clients design purposeful lives and achieve excellence. This training is ideal for hypnotists seeking to expand their practice, attract motivated clients, and deliver lasting transformation. Hypnotic Coaching for Hypnotists is more than a workshop it's a pathway to the future of hypnosis in coaching.

HEALING AND EMPOWERING THE INNER CHILD: A HYPNOTHERAPEUTIC APPROACH

R. Popowich

- FREE -

Inner child healing is one of the most profound applications of hypnotherapy. When unresolved childhood experiences remain unprocessed, they often manifest later in life as anxiety, self-sabotage, attachment wounds, or chronic stress. This workshop will explore how hypnotherapists can safely and effectively guide clients to reconnect with their inner child, release outdated patterns, and foster self-compassion and empowerment.

Grounded in neuroscience, this talk will highlight how early experiences, shape neural wiring, and how hypnosis provides a pathway to reframe and rewire those patterns. Participants will learn when inner child work is appropriate, how to identify client readiness through pre-talk and trust, and client-centric metaphors that bring lasting transformation. Attendees will leave with practical tools, trauma-informed insights, and a deeper understanding of how to empower clients by healing and empowering the younger self that still lives within them.

By the end of this session, participants will be able to:

- Explain the neuroscience behind why inner child healing is effective in hypnotherapy.
- Identify situations where inner child work is appropriate or contraindicated.

- Apply clean language, guided imagery, and client-centric metaphors to support inner child healing.
- Incorporate strategies to build client resilience and self-trust.

FERTILITY BEYOND IVF: UNLOCKING SUBCONSCIOUS BARRIERS THROUGH HYPNOTHERAPY

S. Prakash
- FREE -

Fertility is not merely a biological function; it is intricately tied to the subconscious mind, unresolved family dynamics, lifestyle conflicts, and even spiritual belief systems. This presentation explores how hypnotherapy can uncover and heal hidden blocks that silently interfere with conception. Through regression, parts therapy, symbolic imagery, and body-based hypnotherapy techniques, therapists can help clients release subconscious fears, transgenerational trauma, and inner conflicts around motherhood, fatherhood, and readiness for family life. We will examine three major dimensions—spiritual roots (soul readiness, karmic beliefs, past-life patterns), familial roots (ancestral imprints, parental influences, loyalty conflicts), and work-related roots (career pressures, identity struggles, and lifestyle stress).

WORKSHOP 3:00 – 4:45

7 KEYS TO A MILLION DOLLAR MINDSET

S. Day
- FREE -

Designed for heart-centered practitioners, this transformative workshop guides you through a process to shift the mindset of scarcity and lack and release internal barriers around abundance and prosperity so you can align your purpose with prosperity. Learning through exercises and activities, you'll reprogram those old limiting beliefs and step into your unique power, attract ideal clients, and build a thriving, prosperous, purposeful practice. Whether you're just starting out or are ready to expand your reach of helping others in their healing journey, this workshop will help you gain clarity around the natural state of abundance.

This workshop is an immersive, experiential presentation designed to shift the mindset of scarcity and help attendees align their purpose with prosperity. Through a blend of lecture, practical exercises, and guided imagery, participants will release thought patterns and emotional limitations which restrict prosperity and create new patterns which support a thriving, prosperous, purposeful practice.

Participants will walk away with practical tools to reprogram scarcity-based beliefs, a new sense of the nature of true abundance and prosperity, with specific action steps to implement as they move forward with confidence to accept prosperity in their businesses. This workshop helps practitioners go beyond just thinking differently; it offers a new understanding of the abundance of which they are naturally a part so they are easily able to create a thriving, prosperous, purposeful practice from the inside out.

THE HEALING POWER OF FORGIVENESS

M.J. Dias
- FREE -

In this experiential workshop, we will explore how past experiences—whether from childhood, the womb, or even past lives—shape the way we see ourselves and the world. Often it's not the event itself that causes lasting pain, but the subconscious meaning we attach to it. These beliefs can lead to fear, self-doubt, and even physical symptoms that persist into adult life.

Together, we'll examine how unresolved emotions like anger, powerlessness, and injustice keep old wounds alive, influencing present relationships and limiting growth. Through guided processes, participants will learn techniques to step into the perspective of those who caused them pain, fostering compassion and empathy. This shift allows rejection, sadness, and anger to be released—not by excusing behaviour, but by seeing its deeper roots.

The participants will experience how forgiveness can act as a profound tool for healing. Through a live demonstration of hypnotic regression and guided exercises, we'll uncover how rewriting limiting beliefs and understanding another's struggles can dissolve years of emotional suffering.

By the end of the workshop, participants will leave with practical methods to help clients (or themselves) release old pain, reframe past experiences, and open space for healthier relationships, inner peace, and personal growth.

Saturday, May 2nd

WORKSHOP 10:00 – 11:45

WHAT IF YOU'RE ALREADY INTUITIVE? L. Hammond

Some sessions feel like magic. Others... fall flat. What's the difference? In this engaging, insight-packed presentation, Lori pulls back the curtain on why hypnosis works when it works—and how to create consistent, lasting results with every client. You'll discover how to tap into your natural intuition (even if you think you don't have any), how to build deep rapport that makes "messing up" irrelevant, and how to ensure your client's transformation continues long after the session ends. Whether you're new to hypnosis or have decades of experience, you'll walk away with simple, powerful shifts that help you trust yourself more deeply and deliver change that sticks.

This workshop is designed to demystify the "magic" behind effective hypnosis and give practitioners a reliable, repeatable framework for facilitating deep transformation—even in the most unpredictable client sessions. We'll begin by unpacking the real reasons hypnosis sometimes works like a charm... and sometimes doesn't.

Attendees will discover how to:

- Access their intuitive "knowing"—even if they don't consider themselves intuitive.
- Drop into attunement with their client's inner world and track subtle shifts as they happen.
- Create permission-based sessions that feel co-authored rather than scripted or forced.
- Build rapport so strong that even when the session goes sideways, transformation still occurs.
- Deliver future pacing that embeds the change into the client's life outside the hypnosis chair.

We'll also explore what most trainings don't teach: how to know when the change has already happened—and how to stop talking once it has. This makes sessions cleaner, more potent, and far less draining for the hypnotist.

RELATIONSHIP MENTOR

A.J. Kun

This workshop is an advanced, trauma-informed training designed for professionals, coaches, and therapists seeking to strengthen their ability to guide couples toward lasting, healthy partnerships. Drawing on more than 25 years of clinical hypnotherapy, applied psychology, and neuroscience, this program addresses the root causes of relationship distress—beyond surface conflict—through practical, evidence-based strategies.

Core topics include building trust and intimacy, mastering conflict resolution, navigating cultural and lifestyle differences, and working with complex emotional dynamics such as jealousy, power imbalance, and unprocessed trauma. Special emphasis is placed on understanding the relational impact of mental health conditions including depression, OCD, panic disorder, bipolar disorder, and dissociative identity disorder (DID).

Attendees will leave able to:

- Identify core relationship challenges quickly and accurately.
- Apply proven strategies to build trust, resolve conflict, and strengthen intimacy.
- Guide couples toward sustainable growth while maintaining professional boundaries.
- Work effectively with cross-cultural, trauma-affected, and high-complexity cases.

FROM ENTRAINMENT TO ENTANGLEMENT D.R. Simmons

This workshop lays out the case for Self Realization to enhance the effectiveness of healing others. This is Activated Compassion at work. Understanding the subtle forces that govern connection and consciousness is no longer optional, it's essential. This breakthrough workshop explores the powerful intersection of entrainment, the rhythmic synchronization that deepens trance and entanglement, the quantum-level connection that defies space and time. This is a revolutionary upgrade in how we understand the subconscious and it's an evolutionary leap in our work as a healer, shaman and hypnotherapist. This isn't just a talk; it's a leap forward; Revolutionary and Evolutionary with leading-edge principles to elevate your hypnotherapy practice.

The world is evolving. Hypnotherapy is evolving and so should we. If you're ready to move beyond technique and step into the future of transformational hypnotherapy, this is the workshop for you. Walk away with leading-edge insights and tools you can use immediately. Together we bring harmony and healing into the world, one client at a time.

Learning Objectives:

- Discover the powerful intersection of entrainment and entanglement, the quantum-level connection.
- Merge consciousness with compassion for the overall well-being of others.
- Explore how sound creates a magical "bed" creating a rhythmic synchronization, deepening trance.
- Understand the subtle forces governing connection and consciousness and how Shamanic techniques help this connection take place.
- Learn the four foundations of a satisfied soul in order to accept change.

WORKSHOP 1:00 – 2:45

CHILDHOOD CHAKRA REGRESSION L. Thunberg

Childhood beliefs come from all aspects of our lives, not just trauma or abuse. In this workshop we will explore how clients create patterns in their lives from childhood perceptions, which can shatter their energy, create blocks in their lives, and sabotage their adulthood. Healing the child within creates a thriving adult! This regression can include, doing forgiveness work, parts therapy, and integrating wholeness in the energetic fields of the body. In childhood regression, case studies observe how clients found self-acceptance, and wholeness to master their perception of themselves and the world around them. Healing happens when you understand the process of self-healing childhood beliefs that no longer serve a client.

The benefits of childhood chakra regression are subjective and can vary from individual to individual. Here are some potential benefits that people associate with this therapeutic technique:

Emotional Healing:

- Childhood chakra regression aims to address unresolved emotions and traumas from childhood. By revisiting and processing these experiences, individuals may experience emotional healing and find relief from deep-seated emotional pain, fears, or anxieties.

Increased Self-Awareness:

- Exploring childhood experiences and their impact on the chakras can help individuals gain a deeper understanding of themselves. This increased self-awareness can lead to personal growth, self-acceptance, and a greater sense of inner peace.

Healing Blockages:

- Childhood chakra regression can help identify and release energetic blockages that may be hindering the proper flow of energy in the chakras.

THE CLIENT CONNECTION: DISCOVER, ATTRACT AND RETRAIN YOUR BEST FIT D. Turnbull

Some clients light you up and make your work feel effortless. Others... well, they can leave us drained and questioning our life choices. But why the difference? It's not random, it often comes down to the hidden patterns shaping how clients find you, connect with you, and decide whether to stay.

In this hands-on workshop, you'll uncover the unconscious metaphors quietly running the show in your client attraction. You'll explore how clients cross your path, what helps you connect with them, and how to keep the best ones engaged in your practice. Through guided exercises, live demonstrations, and lively discussions, we'll dive into client attraction, sustaining fulfilling relationships, and exploring why clients leave you.

Participants will then engage in guided exercises that bring to light the unconscious metaphors driving their client interactions and attraction.

We will explore three key stages of client relationships:

- Attraction – Understanding the metaphors that describe how clients find you and how you invite them in.
- Continued Relationship – Identifying the dynamics that sustain long-term, mutually beneficial relationships.

- Parting of Way – Examining what happens when clients leave, and how to interpret whether this is a natural part of growth or an area needing change.

THE G.I.F.T. SHIFT

S. Roth

The G.I.F.T. Shift™: Guided Imagination for Transformation is a powerful blend of hypnosis, neuroscience, and consciousness work. Explore the Room of Forgiveness and Understanding, the Map of Consciousness, and the role of brainwave states in transformation. Attendees will experience practical tools to help clients release old patterns, reprogram the subconscious, and elevate into higher states of awareness.

Participants will:

- Experience The G.I.F.T. process firsthand, learning how guided imagination anchors clients' most joyful and resourceful states.
- Explore the Room of Forgiveness and Understanding—a powerful hypnotic journey that dissolves old wounds, transforms limiting beliefs, and creates inner coherence.
- Understand how the Map of Consciousness (Hawkins) aligns with brainwave states—and how this knowledge can be used to deepen therapeutic outcomes.
- Discover practical applications of neuroscience and vibrational psychology in hypnotherapy practice.

Stephen will also share real-world case studies—demonstrating how The G.I.F.T. Shift™ empowers both individuals and practitioners to create profound and lasting change. Attendees will leave with new tools for guiding clients beyond subconscious reprogramming into higher states of awareness, forgiveness, and self-mastery.

WORKSHOP 3:00 – 4:45

EFFECTIVE PARENT CONSULTATION N. Gerey - FREE -

Most of your clients are parents, and many of their worries can be eased by understanding the basics of child development. You don't need to be a family therapy expert to help—sharing simple, universal principles already makes a huge difference in their parenting journey. In this workshop, I will prepare you to conduct a complete two-session Parent Consultation. You will learn how to explain why their role as a parent is so important, how a child's mind develops, and what influences that process. You'll be able to highlight the importance of unconditional love, show parents how to ensure their child truly feels it, and give them clear, practical communication advice. We'll also cover the role of nutrition and healthy diet in brain development, the connections between diet, emotional or behavioral challenges, and how environmental factors—like mold, e-smog, additives, or chemicals—can impact children. Finally, you'll learn how to teach parents a simple daily routine that helps children find emotional balance.

By the end of the workshop, participants will be able to:

- Explain to parents why their role is fundamental to a child's emotional, cognitive, and social development.
- Describe the basic stages of child development and the key influences on a child's mind and behavior.
- Communicate the importance of unconditional love and provide parents with strategies to ensure their child experiences it.
- Teach parents simple, practical communication techniques that foster understanding and reduce conflict.
- Identify the role of nutrition and environmental factors (e.g., mold, e-smog, additives, household chemicals) in influencing children's behavior and well-being, while remaining within professional boundaries.
- Offer general, non-prescriptive guidance on how diet and lifestyle can support healthy brain development and emotional regulation.
- Introduce parents to simple daily routines that promote stability, self-regulation, and emotional balance in children.
- Conduct a structured, two-session parent consultation using a clear and practical framework.

HYPNOSIS AS MIND/BODY MEDICINE

F. Souza Campos

- FREE -

What if hypnosis could do more than change habits? What if it could directly influence biology? This session explores hypnosis through the lens of modern mind-body medicine. We begin with the classic distinction: genetics as the "hardware" we are born with, and early childhood

experiences as the “software” that shapes how the body is used and maintained. From the early days of psychosomatic medicine to today’s consultation-liaison psychiatry, hypnosis has been recognized as a powerful tool for behavioral change: weight loss, smoking cessation, sleep, stress, and mood regulation – with proven health benefits.

Now research is pointing toward even deeper effects. We will examine evidence in oncology, autoimmune disorders, regeneration, and performance enhancement, while introducing key concepts such as psycho-neuroimmunology, psychoendocrinology, and epigenetics. Participants will leave with a clear framework for how hypnosis can be understood and communicated as an essential modality of modern mind-body medicine.

Participants will leave this workshop with:

- A clear historical and scientific understanding of psychosomatic medicine and its modern successors.
- A practical framework for explaining hypnosis as both an indirect and direct influence on health.
- Familiarity with key concepts such as neuroplasticity, psycho-neuroimmunology, and epigenetics.
- Confidence in positioning hypnosis as a scientifically grounded, clinically valuable modality within modern healthcare.

This presentation is designed for hypnotherapists, healthcare providers, and professionals interested in the expanding frontiers of mind-body medicine. By integrating both the science and practice of hypnosis, it provides attendees with the tools to better understand, apply, and communicate hypnosis as an essential part of 21st-century medicine.

HYPNO MAGIC WITH METAPHOR AND NESTED LOOPS

K. Hand
- FREE -

Would you like your sessions and written material to be as compelling as your favorite entertainment series or novel? Do you want to keep your clients or groups as engaged as the great Hollywood movies? If you knew the secret to spellbinding story-telling, would you use it? This workshop offers easy to follow instructions and complete templates for you to produce magical material in scripts or in extemporaneous sessions.

And, finally ...UNDERSTAND how to create and utilize nested loops in all of your communication.

Participants will:

- Identify easy methods for using and creating compelling metaphor.
- Learn simple language patterns to embed suggestions.
- Learn the secret to keeping your audience hooked by using effective nested loops.
- Discover how easy it is to make suggestions inside a story outline.
- Create mindset shifts in sales, promotions, clients' sessions, groups, etc.

Sunday, May 3rd

WORKSHOP 10:00 –11:45

UTILIZING AI TO SUPERCHARGE YOUR PRACTICE

D. Ellis

This workshop takes you through the basics of what Artificial Intelligence is and how to apply it to your business to make your workflow with clients easier. We go in-depth into the application of AI in writing hypnotic scripts automatically, doing administrative tasks and assisting with customer relations management in your practice to lower your overheads and increase your profitability. All participants will receive free access to Therapypyro software for their practice after the workshop on a pay as you go plan as gratitude for attending the workshop.

In this workshop you will:

- Discover how AI can attract more clients effortlessly, so you can expand your reach with minimal marketing effort.
- Learn to automate your session notes with AI, so you can focus more on client interaction and less on paperwork.
- Use AI to create tailored scripts for each client, so you can increase your session effectiveness and client satisfaction.

- Implement AI systems to manage bookings and cancellations, so you can streamline your scheduling and reduce no-shows.
- Leverage AI tools to enhance interactions and follow-ups, so you can improve client retention and build loyalty.

CLINICAL AND SPIRITUAL BENEFITS TO HYPNO-REIKI INTEGRATION

C. Sheehan

Drawing from 25 years of clinical practice, this workshop explores the powerful synergy between hypnotherapy and Reiki energy work to enhance therapeutic outcomes. Attendees will discover how integrating these complementary modalities can deepen client relaxation states, increase suggestibility, and accelerate healing responses.

This evidence-based workshop examines the neurophysiological parallels between hypnotic states and Reiki-induced relaxation, both accessing similar brainwave patterns conducive to therapeutic change. Participants will learn practical integration protocols that enhance traditional hypnotherapy sessions without requiring extensive additional training.

This workshop features:

- Case study analysis demonstrating measurable outcome improvements.
- Live demonstration with volunteer participant (if time permits).
- Hands-on practice opportunities (if time permits).
- Practical business integration guidance.
- Comprehensive resource packet for continued learning.

Designed for practicing hypnotherapists seeking to expand their therapeutic toolkit, this session bridges ancient healing wisdom with modern therapeutic practice, offering concrete methods to enhance client outcomes and professional satisfaction.

THE RELEASE AND REPLACE METHOD

L. Thomson

The Release-and-Replace Method is a neuroscience-backed hypnotherapy approach that teaches practitioners how to help clients shed painful emotional imprints from past trauma and symbolically replace them with empowering new patterns. Grounded in research on memory reconsolidation, emotional regulation, and neuroplasticity, this technique uses imagery, metaphor, and guided trance work to access the subconscious and facilitate emotional transformation.

Throughout this workshop, participants will be introduced to both the theoretical underpinnings and the practical application of the method. A combination of teaching modalities—including a detailed booklet, live demonstration, structured practice, and group discussion—will ensure that attendees not only understand but can confidently deliver the method in clinical practice.

This approach empowers clients to let go of catastrophic thought patterns and recurring internal scenarios that perpetuate distress. By releasing old burdens and replacing them with healthier associations, hypnotherapists can help clients anchor resilience, self-belief, and emotional freedom, creating long-term transformation.

By the end of the workshop, participants will be able to:

- Explain the neuroscience principles behind emotional release and replacement.
- Guide clients to externalize and reframe traumatic imprints using imagery and metaphor.
- Confidently use the Release-and-Replace Method.
- Integrate this tool into their hypnotherapy practice with trauma-informed sensitivity.

WORKSHOP 1:00 –2:45

SOMATIC SHIFTS: HARNESSING HYPNOSIS AND CHAKRA HEALING FOR LASTING CHANGE

L. Hunt
- FREE -

In this dynamic workshop tailored for hypnotists, participants will learn to integrate a Western approach to chakra healing within hypnosis sessions. Attendees will explore how to guide clients into an alpha state, facilitating access to the subconscious to uncover the emotional and physiological manifestations of trauma. The workshop will provide a detailed hypnosis script and effective questioning techniques to help clients navigate their own bodies and past experiences. Participants will also discover powerful release techniques that combine hypnosis

with color therapy, aromatherapy, and sound healing, enhancing the therapeutic process. By merging these modalities, hypnotists will gain valuable tools to support clients in achieving profound healing and lasting transformation.

Learning Objectives:

- Identify key principles of the Western approach to chakra healing and its integration with hypnosis to facilitate emotional and physical healing.
- Demonstrate how to apply aromatherapy and color therapy techniques to enhance the hypnotic experience and promote client healing.
- Explain the relationship between unresolved trauma and physical ailments, empowering clients to gain insights into their healing journeys.
- Describe techniques for guiding clients through a visual, auditory, and kinesthetic exploration of their chakras and stored trauma during hypnosis sessions.
- Create customized treatment plans that incorporate hypnosis, aromatherapy, sound healing, and color therapy to support clients in their healing process.

THE HYPNOTIC PAIN CONTROL PROTOCOL

N. Wackernagel
- FREE -

Pain is one of the most challenging experiences for patients – and one of the greatest responsibilities for healthcare providers and therapists. What if there was a proven, non-invasive method that could reduce or even eliminate pain – without medication, without side effects, and with long-lasting benefits?

In this presentation, Nicole Wackernagel-Holzer introduces her Hypnotic Pain Control Protocol – a powerful and practical approach for managing both acute and chronic pain. Participants will learn how hypnosis activates the brain's natural ability to modulate pain perception, discover a clear step-by-step framework ready to use in practice, and witness live demonstrations supported by real clinical examples – including surgery performed entirely under hypnosis without anesthesia.

By attending this session, you will gain practical tools you can immediately integrate into your professional work, a deeper understanding of the science and art of hypnotic pain control, and the confidence to help patients and clients achieve lasting relief in situations where traditional methods may fall short.

PARENTING ADULT CHILDREN

B. Waters Shankman
- FREE -

Babies do not come with an instruction manual but typically we are surrounded by other new parents and/or experienced parents to help us through the day-to-day management of diapers, sleep, feeding, playtime, etc. But then these beautiful little babies grow up, get married, and even have children of their own while launching careers in a world very different from the one we knew. Clients struggle with empty nest, are challenged by new children-in-laws, and have trouble with the new rules of babies. (They sleep in empty cribs, with no blankets and ONLY on their backs now!) Join Bev for a discussion of making the most of your growing family and learn to help your clients navigate the expected changes with unexpected rules.

Bev will share the challenges that have been brought to her by clients including difficult daughters-in-law, clients who "side" with the son-in-law, grandparents denied access to grandchildren, grandparents expected to be full time baby sitters, and more! We will talk about navigating those challenges while building relationships rather than losing them.

WORKSHOP 3:00 –4:45

THE PROCESS OF CHANGE: ARE YOU BEING THE CHANGE?

W. Rocki
- FREE -

The phrase "nothing changes until you do," popular in motivation and self-improvement, persuades a person to work hard on changing oneself as the prerequisite for achieving desired changes. This is the path of "hoping for the change" through intentions and mental processes. A different path leads through sensory embodiment of the outcomes of the change, "being the change." Still, a different path involves self-

realization, which entails recognizing oneself as "being the process of changing."

In this experiential workshop, we will play with all three paths on the way to desired changes. In our exploration, we will utilize the full array of techniques and exercises from hypnotherapy, NLP, and theatrical improvisation. This experiential, playful workshop offers discoveries that can bring about the desired changes in your personal and professional life.

Learning Objectives:

- Practicing creative curiosity in exploring different paths to desired changes.
- Playful laboratory of experiencing techniques from different disciplines in creating changes.
- The seminar will invoke discoveries that apply to the personal and professional lives of participants.

REGRESSION BEYOND TIME: ALCHEMICAL REGRESSION AND THE EVOLUTION OF HEALING

C. Sauciuc
- FREE -

Traditional regression often revisits memory but overlooks the brain systems that encode and sustain it. Alchemical Regression, developed within Meta-Conscious Design in Therapeutic Methodologies, integrates neuroscience with therapeutic process by engaging the hippocampus, amygdala, and default mode network to transform imprints at the level of The Self. Unlike age or past-life regression, this method does not merely recall experience but symbolically re-authors it, stabilizing new emotional-feeling states. Attendees will learn the key distinctions between regression models, witness a live demonstration, and explore how identity-level healing becomes possible through this advanced methodology.

The core of the presentation will be live demonstration. A volunteer will experience a brief induction followed by the Alchemical Regression process, including the symbolic transformation of an early imprint. Observers will see how neuro-language cues and permissive Ericksonian pacing create both safety and transformation. The demonstration will highlight techniques such as establishing a safe resource state, guiding symbolic imagery, and stabilizing the new State of Being through future-pacing.

The session will conclude with a Q&A designed to help attendees apply these principles within their own practice. Specific attention will be given to adapting Alchemical Regression to trauma-informed work, integrating the process with existing therapeutic orientations, and addressing questions from both clinical and hypnotherapy perspectives.

TWO MINDS TECHNIQUE: LEVERAGING CONSCIOUS AWARENESS IN HYPNOSIS

G. Zak
- FREE -

As hypnotists, we are trained to use techniques that bypass critical thinking thus leaving logic, reason and intellect aside. In this workshop, you will learn a unique method that utilizes both the Thinking Mind and the Unconscious Mind in tandem to shift core beliefs running outdated programs.

Gila will briefly discuss the theory behind this technique and then offer a detailed, step by step demonstration with someone who is a self-described "hard to hypnotize" volunteer.

You will also leave with an outline of the process to be used in your own practice and ways to customize it to your clients.

- How the hemispheres of the brain responds differently to sound, emotion and sensations.
- How the therapist can optimize this knowledge throughout the session for dynamic change.
- The ways in which memories are created, stored and recalled using eye movements.
- How we can REVERSE ENGINEER problematic programs encoded in the brain & neural network.
- How to determine a client's unique hypnotic personality and why this is a crucial mistake that many therapists overlook.
- Why this process is especially effective with "hard to hypnotize" analytical or dominant personality types.

I'M NOT OLD... I'M CLASSIC

B. Austin
- FREE -

There are old expressions: age is only a matter of perspective or another one: getting old is not for the faint of heart. Both are true. Age research has determined how one feels about themselves as they age affects their physical and psychological health. I'll review the research and lead a discussion on how we, as hypnotherapists, can assist in developing a positive attitude for individuals as well as help reframe our communities to provide support for our elderly clients.

As hypnotherapist, we can help a client reframe their self-esteem and gratitude for their expansive wisdom by using hypnosis and NLP techniques?

During this workshop, participants will learn to:

- Recognize the myths of aging.
- Be aware of the effects of negative and positive self images.
- Discuss methods to help older people develop a positive attitude toward aging.

TURNING POINTS

L. Bennett
- FREE -

Life is a tapestry woven with countless threads of experiences, yet it is often the moments that stand out — the turning points — that define who we are. These pivotal instances shape our beliefs, alter our paths, and resonate deeply within us long after they pass. "Turning Points: Embracing the Moments That Define Us" delves into these transformative junctures, exploring how they challenge us, push us to grow, and ultimately contribute to be our personal narratives. Through stories of courage, introspection, and resilience, this talk invites you to reflect on your clients and your own turning points and embrace their profound impact on your journey through life. We will also explore how to become freed from a disempowering story,

This workshop will identify:

- Defining ourselves through our stories.
- Ways we can encourage our clients to turn disempowering stories into empowering stories.
- Assumptions, Misinterpretations, Missing Pages, Deleting Pages, A Big Eraser.
- Root bound plant Forgiveness.

WORKING WITH TRANSGENDER CLIENTS

S. Gilbert
- FREE -

Clients who identify as transgender, or are exploring this idea, have a unique set of challenges that we as hypnotherapists are uniquely able to support. This workshop will help you feel more prepared to identify the challenges specific to your client, and create the sessions that will help them move forward.

We will cover the basics of the specific challenges these clients face and how to evaluate your own comfort level with this work. We'll cover an open and in-depth discussion about what personal, family, and professional issues may arise for the client, and specifically, how we can support the client. Attendees will receive scripts, outlines, and other tools to facilitate their sessions. My goal is to help the attendees feel comfortable should they choose to work with this population of clients.


DOUBLETREE
by Hilton™
ORLANDO AT SEAWORLD

Book your room online at
tinyurl.com/RoomBlock-26,
or call (855) 610-TREE and
mention group code 'HYE'.

 **BOOK NOW**



Hypno Expo 2026 Be the Change PRESENTER SERIES

Get a behind-the-scenes look at the full-day courses offered at this year's conference. Learn practical insights you can use immediately and connect up close with expert presenters, including courses taught exclusively at Hypno Expo 2026.

Live: 8:00–9:00 PM Eastern Time (ET)

◆ Join us 15 minutes early to get settled.

8:00–8:30 PM Eastern Time (ET)

◆ Speaker One Interview

8:30–9:00 PM Eastern Time (ET)

◆ Speaker Two Interview

DATE:	SPEAKER ONE	SPEAKER TWO
Monday, March 2nd	Jessica L. Hanson Parts Therapy	Michael Watson Certified Stress Management Consultant (CSMC)
Monday, March 9th	Shelley Stockwell- Nicholas Spiritual Hypnosis	Gila Zak Handwriting Analysis for Coaches & Therapists
Monday, March 16th	Eric Rosen & Patti Scott Medical Hypnotherapy	Rich Guzzi YES: Your Hypnosis Excellence
Monday, March 23rd	Jolana Andre How to Produce Profitable Events and Retreats	Ingibjorg Bernhoft The Warehouse of Emotions
Monday, March 30th	Nicole Wackernagel The Joy of Hypnosis: Fun, Phenomena & Spontaneous Magic	Michael Watson & Karen Hand Recap and Review

**Additional details can be found at
tinyurl.com/HypnoExpo26-PS**



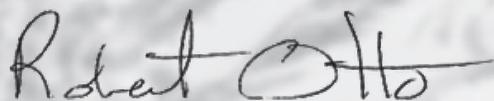
► A Message from our President...

Attending the Hypno Expo conference is one of the most powerful ways to advance in our field. It offers insights that go beyond what's covered in books, videos, and online courses. Being there in person immerses you in a fully engaging experience, providing invaluable perspectives from experienced educators. While the energy and interaction of attending live can't be replicated, we're excited to offer a flexible and equally enriching alternative: our Virtual Conference!

We're dedicated to bringing you the most innovative educational opportunities—and we're proud to be the FIRST hypnosis organization to offer you the choice: join us live in sunny Orlando, Florida, or attend virtually from the comfort of your home or office.

The choice is yours! We can't wait to welcome you to the conference in the format that best meets your personal and professional needs.

See you in May!



IS ATTENDING THE ANNUAL HYPNO EXPO A CHALLENGE FOR YOU?

Continuing education matters—but attending in person isn't always easy due to:

- Budget limits
- Travel issues
- Family or work commitments
- Health concerns
- Scheduling conflicts

ATTEND VIRTUALLY — JOIN US LIVE ONLINE!

Experience Hypno Expo from your home or office with live streaming access* to all 45-minute sessions from Lecture Room Magnolia A, plus digital handouts.

- ✓ Learn from leading global educators.
- ✓ Earn continuing education hours.
- ✓ Receive a custom USB flash-drive card or digital download with ALL recorded lectures (Magnolia A, B & C) and handouts.

*Live stream available only during conference hours:
May 1st–3rd | 9 AM–5 PM (Eastern US Time)

WHAT TO EXPECT

- Live, interactive expert presentations
- Post-event access to recordings
- Sessions for beginners through advanced professionals
- No travel required—attend from anywhere!

WHY ATTEND?

- 50+ hours of professional hypnosis education
- Affordable pricing — No hidden fees
 - \$259 **on or before** April 1st, 2026
 - \$359 **after** April 1st, 2026
- Practical tools you can use immediately

REGISTER TODAY at www.HypnoExpo.com

JOIN US VIRTUALLY THIS MAY!







Full-day Courses

ALL FULL-DAY COURSES RUN 10 AM – 5 PM



YOUR CHOICE 2- OR 4-Day Course

PARTS THERAPY

Jessica L. Hanson

2-Day Facilitator Training: Wed–Thu, April 29–30

2-Day Trainer Program: Mon–Tue, May 4–5

Days 1 & 2: Client-Centered Parts Therapy Facilitator Training

Learn Parts Therapy, a method for resolving inner conflicts and self-sabotaging behaviors. Gain skills to identify when it's appropriate, explain it to clients, and facilitate sessions using a structured, step-by-step process. Practice techniques in hands-on sessions and learn updates to the Tebbetts Method by Roy Hunter.

Key Learning Outcomes:

Foundations and evolution of Parts Therapy.

When and how to use Parts Therapy.

The complete 11-step facilitation process.

Mediator skills and non-leading communication.

Practical demonstrations, roleplay, and case examples.

Prerequisites: Basic hypnosis and regression training.

Includes: Student workbook, Roy Hunter's Hypnosis for Inner Conflict Resolution, in-class demos and practice, personal post-training session, certificate of completion, 14 CEUs, and optional Certified Parts Therapy Facilitator (CPTF) credential (additional fee).

TRAIN THE PARTS THERAPY TRAINER

J. Hanson

Monday–Tuesday

May 4th–5th

Day 3 & 4: Train the Parts Therapy Trainer Program

This advanced course prepares experienced hypnotherapists to confidently teach Client-Centered Parts Therapy using the Tebbetts/Hunter method. Learn how to effectively present the material to hypnosis students and credentialed therapists, even those without formal hypnosis training.

Key Learning Outcomes:

How to teach the step-by-step Parts Therapy process.

History and variations of Parts Therapy.

Effective demonstrations and structured roleplay.

Using Hunter's teaching materials and resources.

Prerequisites: Prior Parts Therapy training or equivalent experience; minimum 2 years full-time (or 3 years part-time) hypnosis practice; regression knowledge; active role as a hypnosis trainer. Exceptions by approval only.

Includes: Instructor Google Classroom access, PowerPoint and reproducible workbook, optional exams and teaching media, CPTF certificate, 14 CEUs, and optional IACT/IMDHA certification (additional fee).

2-Day Course

CERTIFIED STRESS MANAGEMENT CONSULTANT SPECIALTY CERTIFICATION

Michael Watson

Monday–Tuesday

May 4th–5th

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 busi-

nesses 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:

- Foundations of Stress Stressors, physiology, neuroscience, stress–health connection.
- Assessment Tools & Contexts

Stress scales, interviews, workplace and group dynamics, burnout, crisis. • Personal Stress-Management Skills.

Self-care, balanced living, coping techniques, resilience, inner critic work, meaning-making.

- Mind–Body & Therapeutic Techniques

Mindfulness, meditation, relaxation response, hypnosis, NLP, EMIT, quantum focusing.

- Professional Practice.
- Consulting (business, public programs, one-on-one), online operations.

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: Experience or education in any of the following is needed

- Hypnosis/Hypnotherapy
- EFT Wellness Coaching
- Psychotherapy
- Spiritual Healing
- Neuro-Linguistic Programming

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 **IACT Professional Membership**, 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

SPIRITUAL HYPNOSIS

Shelley Stockwell-Nicholas

Monday–Tuesday

May 4th–5th

Experience first-hand profound connections of mind, body and spirit for you and your clients. You will enjoy easy ways to call in guidance, pertinence and celestial/angelic communication, with ascended masters, deceased loved ones and trust your natural gifts of intuition. So get ready to discover your spiritual path and purpose and get high with your higher self. Class based on the wisdom of Shelley's book "Spiritual Counselors Secrets for Professionals Only."

2-Day Course

HANDWRITING ANALYSIS FOR COACHES & THERAPISTS: SECRET INSIGHTS TO SECURE SUCCESS WITH YOUR CLIENTS

Gila Zak

Monday-Tuesday

May 4th-5th

What if you could have what amounts to a crystal ball to gain immediate insights into your client's personality traits, tendencies and behaviors to leverage your therapy process? What if you had a powerful way to build instant rapport and wow your clients?

In this course, you will learn a comprehensive overview of handwriting analysis and how to apply it with your clients. You will also learn how you can use the samples your clients give you as a powerful part of their therapy plan – whether you work cognitively or metaphorically and all points in between. You will also learn how to offer grapho-therapeutics to your clients as a tool for anchoring in the changes you are helping them to make.

Are you curious what handwriting says about your clients?

Our handwriting is a revealing outward expression of what we are feeling internally in the moment, how we behave in certain situations and how we might feel about specific experiences past, present and future. The form of our letters, the pressure, spacing, strokes, slant, size and other aspects along with the meaning of the letters themselves can give a surprisingly accurate picture of what is going on at the unconscious level.

Registration includes a two part 100+ page manual to keep and use when doing a cursory evaluation or a more comprehensive analysis. Interactive exercises and the use of your own samples, or those you have collected prior to the course, are used to enhance your learning experience. See for yourself how dynamic this process can be!

2-Day Course

MEDICAL HYPNOTHERAPY

Eric Rosen & Patricia Scott

Wednesday-Thursday

April 29th-30th

This training is designed to be interactive and is intended to inspire attendees and motivate them to expand their current skills to new levels, gain confidence in their abilities to assist people with health challenges, and become enthusiastic ambassadors for the field of medical hypnotherapy.

Training will include PowerPoint presentations which will be expanded on with information, explanation, and discussion. Case studies of specific health issues will be introduced for discussion including, but not limited to, MS, stroke recovery, improved immune function, hypno-sedation for dental work, and migraine headache relief. Attendees will be encouraged to take a deeper look at some of the basic hypnotic techniques in use today and consider variations and ways to creatively expand on and individualize these approaches. This course will cover some of the common hypnotic approaches and techniques and expand on how they can be adapted for medical issues.

Highlighted in this training:

- Objectifying Pain (demonstrated and practiced by attendees)
- Parts Therapy (variation for health issues)
- Ericksonian Conversational Hypnosis
- Hypnotic Anesthesia
- Time Line Techniques
- Healing Circle Triad (demonstrated and practiced by attendees)
- Metaphors and Story Telling
- Psycho Neuro Regeneration (PNR)

We will discuss some of the current innovators from the world of medicine and psychology, such as Michael Yapko, David Spiegel, Bruce Lipton, and others, and how they are influencing the medical community to gain acceptance and respect for Medical Hypnotherapists as essential partners on the medical team. The science and research that supports the use of hypnosis for therapeutic purposes will be covered including, but not limited to:

- Psychoneuroimmunology
- Neuro Plasticity (or brain plasticity)
- Cell Biology
- Mirror Neurons
- Health Psychology
- Relaxation Response

There will be a module on scope of practice, working with the DSM-5TR, creative marketing and networking ideas, working with

trauma, and building a medical referral base. We will discuss the appropriate language of medical hypnotherapy and the nuances of "The Medical Interview", where we will go into great detail about the pretalk, questioning and listening skills that incorporate CBT (Cognitive Behavior Therapy), and how to develop the HOP (Hypnotic Outcome Protocol) including an interactive group practice exercise.

This training is a complete stand-alone training, giving attendees a plethora of additional handouts that include scripts, research, video links, and sources for further study to continue their education. Post-conference, attendees will receive a free on-line mentoring session, a "Certificate of Completion" (mailed), and a discounted training fee should they decide to go forward to become a "Certified Medical Hypnotherapist" (CMH).

1-Day Course

YES: HYPNOSIS EXCELLENCE

Rich Guzzi

Wednesday

April 29th

The presentation begins with engaging live introductions that uses showmanship and hypnotic language patterns to immediately capture attention, set state, and establish rapport. Rich draws from his experience performing for over one million people worldwide to create an atmosphere of possibility, priming the audience for rapid learning.

The first segment, "Excellence as a Hypnotic State," explores how success is less about waiting for the right conditions and more about activating an internal state of focus, confidence, and intention. Rich explains how hypnotic suggestion and reframing can quickly dismantle limiting beliefs such as "I'm not ready yet" or "I need to be perfect before I begin." Attendees learn to replace these with empowering anchors and suggestions they can access on demand.

The second segment introduces three practical tools, each grounded in both entrepreneurial best practices and hypnotic influence principles:

1. The IT Factor – Attendees discover how presence, charisma, and confident self-suggestion create the subconscious signals that draw clients, audiences, and opportunities. Demonstrations highlight how subtle shifts in posture, tone, and belief can instantly alter perception.
2. Finished Funnels & CRM – Excellence is reinforced through structure. Rich shows how systems, automation, and consistency mirror hypnotic conditioning: the more consistent the input, the stronger the response. Participants learn how to apply this principle to their businesses through streamlined follow-up systems and reliable client journeys.
3. The 7 Figure Protocol – Rich reframes "thinking like a hustler" into "thinking like a hypnotic leader." This section emphasizes vision casting, suggestion-driven leadership, and scaling with clarity. Attendees practice hypnotic visualization techniques to step into their identity as CEOs, not just operators.

Throughout the program, Rich blends storytelling, direct suggestion, group participation, and hypnotic metaphors to anchor lessons at both the conscious and subconscious levels. The style is interactive but structured, designed to provide both immediate takeaways and long-term mental reprogramming.

Learning Objectives:

- Recognize and reframe limiting beliefs using hypnotic suggestion techniques.
- Apply anchoring and state-shifting to access excellence on command.
- Strengthen personal presence and communication through the IT Factor framework.
- Build systems that create predictable outcomes, using repetition as hypnotic conditioning.
- Adopt the mindset of a CEO, leveraging hypnotic visualization to embody leadership.

FREE 1-Day Course

HOW TO PRODUCE PROFITABLE EVENTS AND RETREATS

Jolana Andre

Thursday

April 30th

Are you ready to host events and retreats that transform lives and grow your hypnosis practice at the same time? In this dynamic, high-energy session, I'll share my proven framework for planning, marketing, and producing events that sell out while delivering unfor-

gettable experiences. You'll learn how to design a profit-first budget, price your trainings and retreats effectively, and craft irresistible offers that your ideal clients can't wait to say yes to. We'll dive into how to consistently fill your seats, create marketing strategies that actually work, and design immersive experiences that elevate your credibility as a hypnotist. Whether you're running group programs, wellness retreats, or clinical training events, you'll walk away with a clear roadmap and actionable tools to create high-impact, high-profit experiences that keep your clients engaged and coming back for more.

If you've ever dreamed of hosting a retreat or training that changes lives and brings in real profits, this session is for you! After producing, marketing, and selling out events for more than 20 years in the hypnosis and personal development space, I've cracked the code on what works — and what doesn't. And now, I'm sharing my complete step-by-step blueprint with you. I'll show you how to design, market, and deliver events that attendees rave about while giving you the tools to grow your influence, your client base, and your income. Whether you're planning your first retreat or ready to take your events to the next level, this session will give you the exact roadmap to make it happen.

This is not just theory — it's the real-world formula I use to help hypnotists, clinicians, and coaches grow their practices, sell out their retreats, and change lives.

Learning Objectives:

By the end of this session, participants will be able to:

- Identify key principles of designing profitable events and retreats, including pricing strategies, budgeting methods, and revenue models that maximize financial success.
- Explain the benefits of using sales funnels, email campaigns, and targeted marketing strategies to consistently fill seats and increase ticket sales.
- Describe techniques for creating transformational attendee experiences that elevate perceived value and drive repeat attendance.
- Demonstrate how to apply proven strategies for leveraging events and retreats to grow a hypnosis or wellness practice, expand visibility, and attract new clients.
- Evaluate the effectiveness of your event design, marketing, and follow-up strategies using measurable KPIs to ensure ongoing profitability and success.

FREE 1-Day Course **THE WAREHOUSE OF EMOTIONS** **Ingibjorg Bernhoft** **Thursday** **April 30th**

This course will explore how to incorporate character strengths to help people shift their focus toward what is good and well done in their life, and how little is often needed to achieve a new and better outcome for themselves and their clients. This approach centers on character strengths, which are positive qualities we all possess. By naming and working with these strengths, we can foster flourishing. Here the hypnosis helps because we sometimes see the glass half full or half empty but what matters is that your glass is refillable.

I will guide participants through the importance of knowing the names of our character strengths and recognizing all the positive qualities we possess. I will introduce the VIA framework and demonstrate how it works, allowing participants to explore their own mental 'warehouse' and refill the strengths that need replenishing in order to move closer to their goals. It is quite remarkable that over 70% of the global population is believed not to know their own character strengths, which makes it difficult for them to develop resilience and perseverance. Knowing your strengths can explain a lot about your behavior and personality, and can also help shed light on aspects of yourself that may have previously felt unclear.

Learning Objectives:

- How you can find those character strength for free.
- How you can use it for yourself or with clients.
- How you can integrate this yourself or with client.
- How to use those tools that VIA character strength survey brings to you.

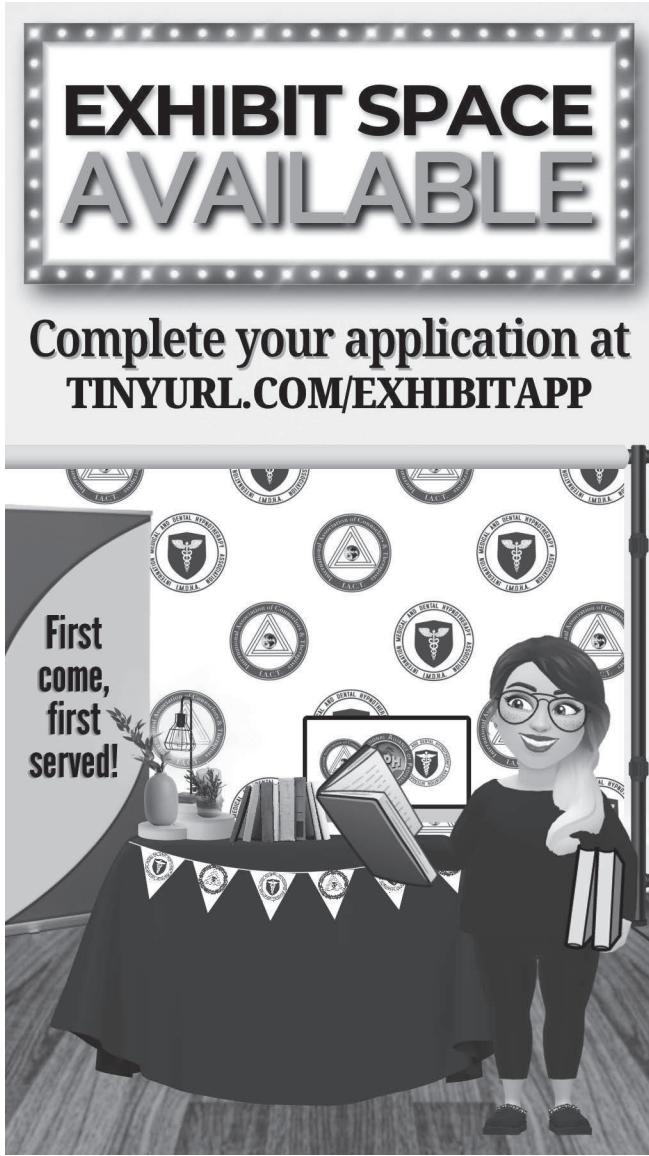
FREE 1-Day Course **THE JOY OF HYPNOSIS – FUN, PHENOMENA & SPONTANEOUS MAGIC** **Nicole Wackernagel** **Thursday** **April 30th**

In this fun, fast-paced and interactive day with multi-award-winning hypnotist Nicole Wackernagel, you'll rediscover the joy of hypnosis. You'll discover how humor and lightness can deepen trance, how confidence and presence can turn any moment into a hypnotic one, and how to perform fast, safe and stunning hypnotic demonstrations that wow your audience.

Known throughout the German-speaking world for her humorous YouTube videos, playful stage demos, and powerful teaching style, Nicole invites you to explore hypnosis in its most natural, spontaneous form. Learn how to create hypnotic phenomena anywhere, anytime, with anyone – and enjoy every second of it!

You will experience:

- Impromptu rapid inductions that work.
- Hypnotic phenomena that amaze and delight.
- Humor as a hypnotic amplifier.
- Real confidence through playfulness.



"Thank you for all your efforts! I imagine, there is so much to do, and organize... it was truly such a wonderful weekend! Looking forward to next year!"

"I never miss this conference! Easy to get to; outstanding instructors; fun people; and a staff that makes everyone feel welcome!!"

-Sean Michael Andrews, The Villages, FL

-Nicole Wackernagel, Frauenfeld, Thurgau, SWITZERLAND

our special PRESENTERS 2025



Andre, Jolana

Jolana Andre is a master event strategist, hypnotist, and business growth mentor with over 20 years of experience designing transformational, high-impact events.

As co-founder of Hypnosis World and a sought-after trainer and marketing expert, she has helped hundreds of hypnotists, coaches, and wellness professionals fill their events, elevate their brands, and expand their influence. She blends practical business strategy with deep insight into human behavior and lasting transformation.

Andrews,

Sean Michael

Sean Michael Andrews is a Master Practitioner of NLP, certified IMDHA Instructor, and Supervising Instructor for the Dave Elman Hypnosis Institute. Named the 2018 IACT Hypnotist of the Year, he has taught in 25 countries and is widely regarded as the "World's Fastest Hypnotist." A hypnosis researcher and black belt in Taejutsu Karate, Sean lives and practices in Central Florida.



Austin, Barbara

Barbara Austin is a Board Certified Clinical Hypnotherapist and Certified Stress Management Consultant with a thriving private practice in Gilbert, Arizona. Trained through

SWIHA and extensively educated in NLP, she facilitates workshops and support groups for family caregivers. A lifelong learner, Barbara continues to expand her expertise in mind-body modalities.

Ayala, John Paul

John Paul Ayala is a hypnotherapist with more than 12 years of experience and a master's degree in social psychology. Specializing in NLP and neuroscience-based methods, he has maintained a successful, client-



focused practice since 2012, helping hundreds achieve lasting change.



Babineaux, Mark

Mark Babineaux is an attorney specializing in general civil practice, mediation, and collaborative issue resolution. A Life Diplomate of the IMDHA and Master Trainer with the IACT, he teaches a variety of hypnosis curricula and maintains a practice supporting clients in overcoming destructive habits, building healthier patterns, and applying forensic hypnosis.

Bennett, Linda

Linda Bennett is the Senior Curriculum Specialist and Hypnotherapy Program Director at the Southwest Institute of Healing Arts. A Certified Clinical Hypnotherapist, Board Certified Instructor, and Life Coach, she brings over 30 years of expertise in higher education and training. She is the recipient of the 2022 NATH Lifetime Achievement Award and the 2023 IMDHA Life Fellow Award, known for creating dynamic and engaging learning experiences.



Bernhoft, Ingibjorg

Ingibjorg Bernhoft is a dedicated hypnotherapist and experienced hypnotherapy trainer with BA in psychology and a master diploma in positive psychology. As a skilled mediator

she is passionate about helping people to flourish and thrive. She specializes in training others in the art and science of hypnotherapy, empowering them to support personal growth and wellbeing. With deep interest in guiding individuals to rise above their troubles. She combines her expertise in psychology and hypnosis. She was a presenter at HypnoExpo 2025.



Bharadwaj,

Vandana

Vandana Bharadwaj is an endodontist from Mumbai, India, specializing in advanced root canal therapy, pain management, and patient-centered dental care. A certified hypnotherapist (CHI Gurgaon, IMDHA USA), she integrates mind-body practices into dentistry to reduce fear, anxiety, and treatment resistance, offering compassionate, holistic care.



Bray, Shawn

Shawn Bray is Vice President of the Hypnosis Education Association and co-founder of HypnoBiz-in-a-Box™, a business platform for hypnosis professionals. He is known for building systems that help practitioners consistently attract clients and create sustainable income, emphasizing collaboration, integrity, and business success for hypnotists.



Chalah, Carla

Carla Chalah is an award-winning hypnotherapist, integrative life coach, and IACT-certified instructor with over 15 years of full-time practice. Founder of Hemisphere Hypnotherapy and EveryBody in Mind Wellness Center in Massachusetts, she works with clients worldwide and trains new practitioners. Carla is dedicated to helping clients and colleagues create lasting transformation and thriving practices.



Day, Suzy

Suzy Day is an innovative mind-body practitioner and the 2024 IACT Hypnotherapist of the Year. A Clinical and Spiritual Hypnotherapist with numerous specialty certifications, she creates individualized programs using holistic, integrative modalities to help clients awaken inner potential and transform their lives.

"This Congress was an awesome moment!"

-Brice Lemaire, Nice, FRANCE

Dias, Maria Joao

Maria Joao Dias is a hypnotherapist and Master Trainer certified by IACT. Since 2012 she has taught hypnotherapy to over 100 professionals while running her clinic, Hypnobalance, in Cascais, Portugal. Now releasing her first book, she continues to inspire others through the power of subconscious transformation.

**Diaz, Lymari**

Lymari Diaz is a philosopher, master hypnosis trainer, yoga teacher, and specialist in anxiety management with 14 years of experience. She hosts the Spanish-language

podcast *Mi Dieta Mental* on YouTube, helping audiences understand and overcome anxiety through hypnosis-informed practices.

Donnelly, Lori

Lori Donnelly is a Certified Clinical Hypnotherapist, Brain Health Coach (Amen Clinic), IEML Trainer, advanced NLP practitioner, and Master Therapeutic Imagery Facilitator. An honors graduate of HMI's Mind-Body Psychology program, she continually advances her education and integrates top techniques into her client work.

**Ellis, David Dean**

David Dean Ellis brings over 16 years of expertise in change management and business analysis. He holds degrees in humanities, an MBA, a Master of Laws, and doctoral studies in theology. Certified in Lean Six Sigma, Data Science, and Project Management, he blends analytical skill with deep academic training in his professional work.

**Fraser, Ronia**

Ronia Fraser is a multi-award-winning Trauma Recovery Coach and Clinical Hypnotherapist recognized as a global authority on Narcissistic Abuse Recovery. An author and international speaker, she blends lived experience with structured, effective methodologies to help survivors rebuild mental health, confidence, and long-term well-being.

**Gerey, Nicolas**

Nicolas Gerey is a Clinical and Medical Hypnotherapist, NLP Master Practitioner, and long-time HypnoExpo presenter. Since 2013 he has taught the SleepTalk Process, Five Love

Languages, and parent consulting modalities, training and evaluating consultants worldwide. With a background in stage performance, his teaching blends depth, clarity, and humor.

**Gilbert, Sherry**

Sherry Gilbert has practiced hypnotherapy since 2000 and is the 2016 IACT Hypnotist of the Year and 2024 Life Fellow in Hypnotherapy. A passionate teacher and mentor, she brings a research-driven approach to hypnotherapy, empowering practitioners with evidence-informed insights.

**Granger, Sheila**

Sheila Granger is a UK Clinical Hypnotherapist best known for the internationally successful Virtual Gastric Band protocol. The 2019 IMDHA Hypnotist of the Year and 2021 UK Business of the Year winner, Sheila is a multi-best-selling author who continues to push the boundaries of hypnosis and business development worldwide.

**Grant, Zolita**

Zolita Grant is an author, speaker, and Hypnotic Coach specializing in business and mindset success. With 35 years as a psychotherapist and 15 years as a hypnotic coach, she helps individuals and entrepreneurs remove barriers and cultivate extraordinary lives through practical, mindset-focused programs.

**Guzzi, Rich**

Rich Guzzi is the creator of the Your Excellence System (YES) and CEO of HypnosisWorld.com. A dynamic trainer known for merging entertainment, education, and personal mastery, Rich designs high-level hypnosis training and transformational experiences that help people break autopilot patterns and activate their fullest potential.

Hammond, Lori

Lori Hammond is a master hypnotist and Neuro-Consciousness Practitioner known for her heart-centered, science-informed approach. Creator of Trancy Tuesdays and developer of the Butterfly Blueprint and Breakthrough Artist frameworks, she guides global audiences into deep transformation using conversational hypnosis, NLP, and subconscious patterning.

**Hand, Karen**

Karen Hand is a Board-Certified Hypnotist, trainer, and best-selling author recognized for her world-class communication skills. Based in Chicago, she works with clients globally and has earned numerous awards including the IMDHA Pen and Quill Award. Her books include *Magic Words and Language Patterns* and *Trance Dance*.

**Hanson, Jessica**

Jessica Hanson is co-author of the IACT Trainers Manual, owner of a state-licensed hypnosis school, and creator of the TURTLE Trance-Formation Process. A protege of Roy Hunter, she has practiced hypnosis since age 13 and is known for her passion, depth of experience, and love of teaching.

**Hewardine, Carrie**

Carrie Hewardine is the founder and CEO of True Image Systems and a Board Certified Hypnotherapist specializing in empowering high-achieving, analytical clients. Using modalities including hypnotherapy, NLP, Reiki, and integrative coaching, she helps clients navigate PTSD, performance pressure, perfectionism, and complex emotional challenges.

Hoffer, Michelle

Michelle Hoffer is a CHT, NLPT, and founder of Soaring Minds. A high-performance and executive coach, she integrates mindset science, behavioral strategies, and therapeutic hypnosis to help clients overcome toxic environments, trauma, and performance barriers. She holds a degree from Penn State and numerous advanced certifications.



**Horton, William**

Will Horton is a leading expert in using NLP and hypnosis for addiction treatment and performance enhancement. With 35 years of experience, he has helped tens of thousands of clients and is known as the "Cowboy Doc" for his relentless dedication and pioneering work.

Howard, Luke

Luke Howard, founder of LUKEnosis Hypnosis, is a Clinical Hypnotist with over 25 years of experience and more than 10,000 clients served. Known for his direct, results-driven approach, he specializes in complex issues and addiction recovery. A TEDx speaker and media-featured expert, he created the Straight Edge Protocol.

**Hunt, Leslie**

Leslie Hunt is a holistic practitioner with over 20 years of experience. With training in psychology, hypnosis, energy healing, NLP, aromatherapy, and sound healing, she integrates mind-body modalities into her work as CEO of a health and beauty spa managing a team of 12 professionals.

Kaur, Jasmeet

Jasmeet Kaur is a Clinical Psychologist with a PhD in Human Behavior and certifications in hypnotherapy and international counseling. Also a life coach and author, she blends evidence-based and holistic methods to guide clients toward emotional well-being, personal growth, and practical psychological insight.

**Kun, Attila Janos**

Attila Janos Kun is a Clinical Hypnotherapist, psychology graduate, and Trauma-Informed Coach with over 25 years in mental health and integrative healing. Founder of the International Hypnosis and Hypnotherapy Academy, he holds advanced academic training across psychology, neurobiology, lifestyle medicine, and root-cause health coaching.

Laing, Karin

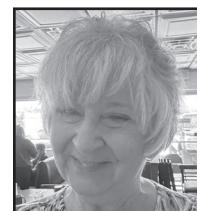
Karin Laing is an IACT and IMDHA-approved trainer specializing in Integrative Health Hypnosis, Regression Therapy, and trauma-informed subconscious work. Founder of Aligned Academy and creator of the Karin Laing Transformation Method, she teaches internationally and hosts trainings and retreats from her center in Gozo, Malta.

**Mitera, Salina**

Salina Mitera is a photographer of 19 years and Certified Hypnotherapist who helps individuals build inner and on-camera confidence. Her workshops integrate psychological insight with practical photography skills, offering participants immediate tools for stronger presence and visual communication.

**Moyer, William**

William "Bill" Moyer is a US Army-trained nurse, Board Certified IMDHA member, IACT Master Trainer, and founder of Life Matters Hypnosis Academy, Texas's only IMDHA-approved certification school. A Grief Recovery Specialist and Stress Management Consultant, he also holds a 7th-degree black belt in Tae Kwon Do.

**Lavelle, Jillian**

Jillian Lavelle, founder of the International Association of Counselors and Therapists, is a global teacher, workshop leader, author, and business coach. She has dedicated her career

to training therapists in techniques that empower both themselves and their clients.

**Mau, Fredric**

Fredric Mau is a clinical mental health counselor and board-certified hypnotherapist in private practice. He has served as core medical faculty training psychiatrists and is a respected international speaker and author. He is currently contributing to the upcoming revision of a major psychiatric textbook.

**McCool, Melanie**

Melanie McCool, "The Entrepreneur's Hypnotherapist," is an IACT Master Trainer with over 20 years of entrepreneurial experience. She uses neuroscience, money-mindset methods, hypnosis, and NLP to help clients eliminate self-sabotage, procrastination, and subconscious blocks for peak business performance.

**Mikolajczak, Marija**

Marija Mikolajczak is a clinical hypnotherapist certified by HMI, AHA, IMDHA, NGH, and NATH. As co-owner of Artemisia Integrative Wellness Center in Connecticut, she provides private sessions, group hypnosis programs, and community education through multiple practitioner networks.

**Natale, Nic**

Nicholas A. Natale is a Licensed Professional Counselor, Certified Sex Therapist (AASECT), and Certified Hypnotherapist who helps individuals and couples achieve healthier relationships and deeper self-connection. With advanced training across sex therapy, spirituality, marriage therapy, and leadership, he empowers clients to access inner strength and authentic intimacy.

**Oatley Hall, Denise**

Denise Oatley Hall is a performing artist, speaker, instructor, and award-winning hypnotist. Originally trained in stage hypnosis and now a board-certified Consulting Hypnotist, she has presented at major conferences and is an Amazon best-selling author known for her engaging, dynamic teaching style.

**O'Connell, Timothy**

Tim O'Connell is a retired NYPD Sergeant and 9/11 First Responder who later became certified in Past Life Regression under Dr. Brian Weiss and as a Clinical Hypnotherapist. He maintains a private practice in Arizona and serves as a Hypnotherapy Instructor at SWIHA.

Peacock, Sue

Sue Peacock is a leading Consultant Health Psychologist with more than 25 years of experience addressing chronic pain, sleep disorders, phobias, anxiety, and depression. An Associate Fellow of the British Psychological Society and best-selling author, she is widely recognized for her clinical and academic contributions.

**Popowich, Robin**

Robin Popowich is a Clinical Hypnotherapist, educator, and author with 20+ years in practice and education. Founder of the Academy of Clinical Hypnotherapy, she is an advocate for trauma-informed care and a speaker at major conferences including HypnoThoughts Live. She received the 2024 Helpers and Healers Award.

Prakash, Sunil

Sunil Prakash is a Certified Clinical Hypnotherapist and Trainer credentialed through CHI USA, IMDHA, IACT, HMI, and NGH, and registered with the GHR UK. He provides advanced hypnotherapy training and maintains an active practice integrating multiple international standards of care.

**Reznik, Yana**

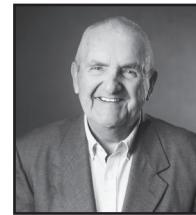
Yana Reznik is a pianist, educator, and hypnotherapist who teaches practitioners to integrate sound and music into hypnosis ethically and effectively. With 30 years of musical expertise and certifications in NLP, Integrative Hypnosis, and Somatic Therapy, she helps practitioners deepen trance and transformation through sound-based methods.

Rhodes, Brenda

Brenda Rhodes, CHI is a veteran hypnosis instructor with 25 years of experience, author of *Great Relationships: Love Me, Love You, Love Us*, and creator of *From Survive to Thrive*, a training for supporting survivors of narcissistic abuse. A global speaker, she helps individuals and couples create healthier, more fulfilling relationships.

**Rickard, Claudia**

Claudia Rickard is an Emotional Intelligence Development Specialist, award-winning Consulting Hypnotist, and multi-certified practitioner including Havening®, IEMT, and NLP. Creator of The Bunny Talk Process™, she trains parents worldwide in communication strategies that foster emotional safety. She is also a speaker and author of *A Parent's Journey - The Bunny Talk Process*.

**Rocki, Wieslaw**

Wes Rocki, MD, PhD, is a medical doctor, hypnotist, physiologist, and improviser with 40 years of clinical experience. His work integrates intuition medicine, spiritual healing, energy medicine, and trauma-informed psychosomatic approaches. His own cancer journey informs his unique, holistic perspective on healing.

**Rosen, Eric**

Eric Rosen is a licensed psychologist, Adjunct Professor with the Florida School of Professional Psychology, and Master-Certified hypnotherapy instructor (IACT/IMDHA). He practices with Family Psychological Services of Palm Harbor and trains practitioners through the Up-Hypnosis Institute.

**Roth, Stephen**

Steven Roth is a retired dentist turned hypnotherapist, consciousness teacher, and creator of The G.I.F.T. Shift™. Nicknamed "The Soul Alchemist," he blends hypnosis, neuroscience, and spiritual activation to help clients heal and expand consciousness. He leads trainings and retreats worldwide.

**Russo, Giancarlo**

Giancarlo Russo is an Italian physiotherapist specializing in pediatric neurorehabilitation, functional rehab, and pain management. A pioneer of hypnosis in physical rehabilitation, he has practiced hypnosis since 1986 and introduced non-verbal hypnosis into university medical programs. He has worked with elite athletes and presents internationally on rehab-based hypno-protocols.

**Sauciuc, Carmen**

Carmen Sauciuc is the creator of *Feefulness® Meta-Conscious Design*, a methodology bridging somatic intelligence, symbolic neuro-patterning, and advanced meta-cognitive development. A board-certified hypnotherapist and instructor, she synthesizes the legacies of leaders like Jung, Erickson, and Damasio into practitioner-level emotional design and transformation.

**Scott, Patricia**

Patricia "Patti" Scott is a Board Certified Clinical & Medical Hypnotherapist, NLP Master Trainer, Hypnotic Anesthesiologist, and President of UP Hypnosis Institute. Since 1992

she has taught basic to advanced hypnotherapy, medical hypnosis, NLP, and spiritual hypnosis worldwide. A former professional performer, she blends skill, experience, and creativity in her work with clients and practitioners.

**Sheehan, Carolyn**

Carolyn Sheehan is a Medical Reiki Master and Master Clinical & Spiritual Hypnotherapist with more than 25 years of experience. She provides integrative healing through Reiki, hypnosis, and regression work, supporting clients in settings ranging from hospitals to dental offices and guiding profound personal and spiritual transformations.

**Simmons, Don**

Don Reed Simmons has been a hypnotherapist since 1993 and a teacher of shamanism, meditation, and elevated consciousness for more than 30 years. A visionary in human

potential and current President of the International Sound Therapy Association, he works with clients from all walks of life and is globally sought for his counsel and spiritual insight.

**Soria, Liana****Xochiti**

Liana Xochiti Soria is a psychic guide, energy healer, shaman, spirit channel, and past-life hypnotherapist. She helps clients explore their spiritual paths, clear energetic blockages, and access insight and healing through shamanic and hypnotherapeutic practices.



Souza-Campos, Flavio

Flavio Souza-Campos is a hypnotherapist with over 44,000 sessions and 28 years of clinical and coaching experience. With degrees in medicine, biomedical engineering, and philosophy, he integrates science, spirituality, and psychology into rapid, transformative work. He is the author of eight books, including an award-winning novel, and a ghostwriter of medical texts.

Stockwell-

Nicholas, Shelley

Shelley Stockwell-Nicholas is a hypnotherapist, trainer, columnist, and author of 27 hypnosis books. President of the International Hypnosis Federation and a Hypnosis Hall of Fame inductee, her extensive media appearances span major global outlets. She is known for her engaging teaching and lifelong contribution to the profession.



Thomson, Lindy

Lindy Thomson is a neuroscience-based Clinical Hypnotherapist, speaker, and educator with the Academy of Clinical Hypnotherapy. With over 20 years in health and wellness, she blends powerful therapeutic modalities with training from Cambridge University, HarvardX, PESI, and the Human Givens Institute, serving clients and students worldwide.



Thunberg, Linda

Linda Thunberg is an award-winning Master Transpersonal Hypnotist and President/CEO of NATH. She specializes in addictions, pain management, and childhood chakra regression, teaching four levels of hypnosis certification and helping clients make profound life changes.



Tsai, Ching Hua

Ching Hua Tsai holds a master's degree in physics and is a certified instructor in disability-prevention fitness through Taiwan Medical University. A fitness educator with the Ministry of Education, he completed his hypnotherapy training at the Zi-Kang Academy in Taiwan.



Turnbull, Dale

Dale Turnbull is a Metaphors of Movement Coach and Trainer with 12 years of experience in change work. With a background in NLP, Hypnosis, IEMT, and Provocative Change Works, he helps clients explore the metaphors and stories shaping their lives, offering dynamic, perspective-shifting sessions.



Wackernagel, Jacob

Jacob Wackernagel is a key figure at the Swiss Hypnosis Institute with over 35 years of experience in the Swiss Federal Customs Administration. A consultant and attorney, he combines analytical expertise with intuitive skill as a trained hypnotist, supporting clients with clarity and precision.



Wackernagel, Nicole

Nicole is an internationally recognized hypnotherapist, trainer, and keynote speaker with a strong medical background. She is the founder of the Swisshypnosis Institute. With 16+ years of experience, she specializes in medical hypnotherapy, pain control, trauma work, and rapid change. She gained international recognition for facilitating a surgery performed entirely under hypnosis.



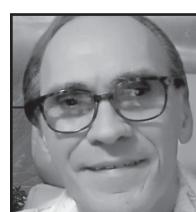
Waters Shankman, Beverly

Beverly Waters Shankman spent her career in marketing and business development for major healthcare organizations before a near-death experience redirected her path. Now a SWIHA-trained practitioner, she offers HypnoFusion™—a blend of hypnotherapy, health coaching, yoga, and wellness—helping clients manage stress and improve well-being.



Watson, Michael

Michael Watson is an internationally known Master Trainer of Hypnosis and NLP with over 45 years in the field. An IACT Educator of the Year and 2024 Hypnosis Hall of Fame inductee, he is a pioneer in online education and co-host of the IACT/IMDHA Virtual Chapter. His trainings are known for their warmth, clarity, and practicality.



Zak, Gila

Gila Zak maintains a full-time hypnotherapy practice in Los Osos, California, and is known as a hypnotist's hypnotist. Creator of The Gallery Process and The Two Minds Technique, she is an HMI honors graduate, Director's Award recipient, and regular presenter at professional and medical organizations.



CAPTURE YOUR BEST LOOK

with a Professional Headshot at Hypno Expo 2026!



Salina Mitera, fellow IACT Certified Hypnotherapist, and owner of Stolen Moments Photography, brings nearly two decades of experience to helping you look confident and professional. Whether you're updating your LinkedIn profile, refreshing your website, or need a new photo for any purpose, Salina specializes in capturing authentic, impactful images that truly reflect you.

Secure your spot now!
Don't miss this opportunity to get a professional headshot you'll love! Pre-register now at tinyurl.com/SMP-26 to lock in this exclusive deal.

ONLY \$30 WHEN YOU PRE-REGISTER!



Awards Banquet

Saturday, May 2nd, 2026

A Night of Recognition & Celebration

The Annual Awards Banquet is your chance to honor excellence, share in collective success, and enjoy an evening of camaraderie. Each ticketed guest will enjoy a delicious three-course meal, thoughtfully crafted to delight the senses.

Regular and Vegan/Vegetarian options are available.

More Than Just a Meal

The Saturday Awards Banquet offers a relaxed, welcoming setting to connect with colleagues, make new friends, and strengthen professional relationships.

It's an evening designed to celebrate the year's accomplishments, spark meaningful conversations, and inspire new collaborations and opportunities.

Spotlighting Excellence

Following dinner, we turn our attention to the individuals and achievements that have elevated our field. Selected by a dedicated review committee, this year's award recipients represent the innovation, dedication, and forward momentum that define our community. Tonight, we honor not only outstanding accomplishments but also the shared spirit that drives us all.

Evening Entertainment

Enjoy live entertainment throughout the night as we celebrate, connect, and reflect on another successful year.



Networking Lunchheons

Quick Fun for Building Your Practice

Join us for a fun, practical lunchtime session
designed to grow your practice!

with Fredric Mau

Rapid inductions and basic hypnotic phenomena are powerful tools for standing out, making connections, and showcasing your skill as a hypnotist. In this lively session, you'll learn how to use them effectively in networking situations—and how to explain the neurological basis of hypnosis in simple, compelling ways that build your credibility with medical professionals and the general public.



**SAT.
MAY
2ND**

When All Else Fails, Call Your Hypnotist

Gain insight into the powerful impact of
hypnotherapy and your mission as a practitioner.

with Flávio Souza Campos

Throughout history, when traditional solutions fail, people turn to hypnotherapy for healing. From an Egyptian Pharaoh seeking subconscious guidance to Edgar Cayce finding relief through hypnosis, this talk explores why hypnotherapy is the go-to when nothing else works.

Join us to discover:

- Why people seek non-mainstream healing
- Neuroscience and the limits of talk therapy
- The role of epigenetics in trauma recovery

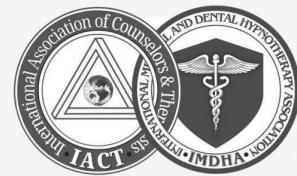
**SUN.
MAY
3RD**

These are ticketed events — \$35 per person, per event.

Pre-registration is REQUIRED by April 10, 2026.
Includes a box lunch (regular or vegan/vegetarian).

HYPNO EXPO 2026

— REGISTRATION FORM



FULL Conference Registration includes:

- Access to the Exhibit Area and daily continental breakfast & snacks (Citrus A).
- Complimentary ticket to the 3-course Awards Banquet on Saturday evening.
- Admission to all 45-minute lecture presentations (Magnolia A, B, & C).
- Admission to any 2-hour workshops marked **FREE** (Cypress A, B, & C; pre-registration recommended).
- Complimentary ticket to **An Evening of Mentalism & Hypnosis** with Sean Michael Andrews on Friday.
- Admission to any 1-Day or 2-Day courses marked **FREE** (pre-registration required).

VIRTUAL Conference Registration includes:

- Unlimited access to the live-streamed lecture room (Magnolia A) during event hours:
 - Daily, 9 AM – 5 PM, Friday, May 1st through Sunday, May 3rd (Eastern Time).
- Access to digital PDF handouts for all lecture presentations, available to view, save, or print.
- One custom USB flash drive containing all recorded 45-minute lectures (Magnolia A, B, & C) and available handouts.
 - Please allow up to 60 days for post-conference production, shipping, and handling.

Book your room through our official hotel block and get **FREE** access to all 2026 Conference Lecture Recordings —an incredible bonus worth hours of expert insight, just for staying where the action happens.

To make joining us even easier, we offer an interest-free payment plan for full registration and courses.
Need a payment plan? Contact Ashley in the business office and get set up today!

Full Name :			
Street Address :	City/Town:		
State/Region :	Country :		
E-Mail Address :	Phone # :		

Check the box of selection(s):

- FULL Conference* (Member)
- FULL Conference* (Non-Member)
- Virtual Conference Registration
- Friday Conference **ONLY**
- Saturday Conference **ONLY**
- Sunday Conference **ONLY**
- Workshop Ticket # _____
- Banquet Meal Ticket*
- PRE Conference Course(s)
- POST Conference Course(s)

	on OR before April 1st	after April 1st
FULL Conference* (Member)	\$329	\$379
FULL Conference* (Non-Member)	\$399	\$459
Virtual Conference Registration	\$259	\$359
Friday Conference ONLY	\$189	
Saturday Conference ONLY	\$189	
Sunday Conference ONLY	\$159	
Workshop Ticket # _____	\$35/ea.	
Banquet Meal Ticket*	\$79/ea.	
PRE Conference Course(s)	\$	
POST Conference Course(s)	\$	

Member of Association:

IMDHA IACT NO

Banquet Meal Choice:

No Meal Regular Vegan/Vegetarian

Payment Method:

PayPal : tinyurl.com/TheIMDHA

Check # : _____

Credit/Debit Card

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

EXP: / / Security Code: / / / /

TOTAL PAYMENT: \$ _____

Signature _____ Date _____

ONLINE: www.HypnoExpo.com | PHONE: +1 (570) 869-1021 | Text | WhatsApp: +1 (570) 871-1021 | MAIL: 8852 SR 3001, Laceyville, PA, 18623, USA
 BOOK YOUR STAY: Doubletree by Hilton Orlando at Sea World | +1 855-610-TREE Code: HYE | Online: tinyurl.com/ExpoBlock-26
 CANCELLATIONS REQUEST: Full refund (less \$25 administrative fee) must be received in writing prior to April 1st, 2026.

WORKSHOPS



Friday, 5/1	10AM – 12PM	C. Chalah – The Intake Advantage: Turning First Sessions into High-Value Commitments	\$35	
Friday, 5/1	10AM – 12PM	L. Donnelly – Be the Change, See the Change: An Introduction (IEMT)	\$35	
Friday, 5/1	10AM – 12PM	M. Hoffer – Overcome Domestic Violence and Narcissistic Abuse	\$35	
Friday, 5/1	1PM – 3PM	Z. Grant – Hypnotic Coaching for Hypnosis Practitioners	\$35	
Friday, 5/1	1PM – 3PM	R. Popowich – Healing and Empowering the Inner Child: A Hypnotherapeutic Approach	FREE	
Friday, 5/1	1PM – 3PM	S. Prakash – Fertility Beyond IVF: Unlocking Subconscious Barriers Through Hypnotherapy	FREE	
Friday, 5/1	3PM – 5PM	S. Day – 7 Keys to a Million Dollar Mindset	FREE	
Friday, 5/1	3PM – 5PM	M. J. Dias – The Healing Power of Forgiveness	FREE	
Saturday, 5/2	10AM – 12PM	L. Hammond – What If You're Already Intuitive?	\$35	
Saturday, 5/2	10AM – 12PM	A. J. Kun – Relationship Mentor	\$35	
Saturday, 5/2	10AM – 12PM	D. Simmons – From Entrainment to Entanglement	\$35	
Saturday, 5/2	1PM – 3PM	L. Thunberg – Childhood Chakra Regression	\$35	
Saturday, 5/2	1PM – 3PM	D. Turnbull – The Client Connection: Discover, Attract and Retain Your Best Fit	\$35	
Saturday, 5/2	1PM – 3PM	S. Roth – The G.I.F.T Shift	\$35	
Saturday, 5/2	3PM – 5PM	N. Gerey – Effective Parent Consultation	FREE	
Saturday, 5/2	3PM – 5PM	F. Souza-Campos – Hypnosis as Mind/Body Medicine	FREE	
Saturday, 5/2	3PM – 5PM	K. Hand – Hypno Magic with Metaphor and Nested Loops	FREE	
Sunday, 5/3	10AM – 12PM	D. Ellis – Utilizing AI to Supercharge Your Practice	\$35	
Sunday, 5/3	10AM – 12PM	C. Sheehan – Clinical and Spiritual Benefits to Hypno-Reiki Integration	\$35	
Sunday, 5/3	10AM – 12PM	L. Thomson – The Release and Replace Method	\$35	
Sunday, 5/3	1PM – 3PM	L. Hunt – Somatic Shifts: Harnessing Hypnosis and Chakra Healing for Lasting Change	FREE	
Sunday, 5/3	1PM – 3PM	N. Wackernagel – The Hypnotic Pain Control Protocol	FREE	
Sunday, 5/3	1PM – 3PM	B. Waters-Shankman – Parenting Adult Children	FREE	
Sunday, 5/3	3PM – 5PM	W. Rocki – The Process of Change: Are You Being the Change?	FREE	
Sunday, 5/3	3PM – 5PM	C. Sauciuc – Regression Beyond Time: Alchemical Regression & the Evolution of Healing	FREE	
Sunday, 5/3	3PM – 5PM	G. Zak – Two Minds Technique: Leveraging Conscious Awareness in Hypnosis	FREE	
Sunday, 5/3	3PM – 5PM	B. Austin – I'm Not Old... I'm Classic	FREE	
Sunday, 5/3	3PM – 5PM	L. Bennett – Turning Points	FREE	
Sunday, 5/3	3PM – 5PM	S. Gilbert – Working with Transgender Clients	FREE	

COURSES

W. 4/29+Th. 4/30	10AM – 5PM	J. Hanson – Client-Centered Parts Therapy (w/Optional Certification Opportunity)	\$395	
W. 4/29+Th. 4/30	10AM – 5PM	E. Rosen & P. Scott – Medical Hypnotherapy Specialty (w/Optional Certification Opportunity)	\$395	
Wednesday, 4/29	10AM – 5PM	R. Guzzi – YES: Your Hypnosis Excellence	\$225	
Thursday, 4/30	10AM – 5PM	J. Andre – How to Produce Profitable Events and Retreats	FREE	
Thursday, 4/30	10AM – 5PM	I. Bernhoft – The Warehouse of Emotions	FREE	
Thursday, 4/30	10AM – 5PM	N. Wackernagel – The Joy of Hypnosis – Fun, Phenomena & Spontaneous Magic	FREE	
M. 5/4+Tu. 5/5	10AM – 5PM	J. Hanson – Train the Parts-Therapy Trainer	\$795	
M. 5/4+Tu. 5/5	10AM – 5PM	M. Watson – Certified Stress Management Consultant Specialty Training	\$495	
M. 5/4+Tu. 5/5	10AM – 5PM	S. Stockwell-Nicholas – Spiritual Hypnosis	\$597	
M. 5/4+Tu. 5/5	10AM – 5PM	G. Zak – Handwriting Analysis for Coaches & Therapists: Secret Insights to Secure Success with Your Clients	\$800	

A Landmark Collaboration You Won't Want to Miss!



Join us for an inspiring keynote featuring Robert Otto, CEO & President of IACT/IMDHA, and Shelley Stockwell-Nicholas, Founder of the IHF —two pioneers at the forefront of the hypnotic and holistic fields.

This powerful keynote centers on the principle that true transformation begins within. In the hypnosis and holistic arts, meaningful change—peace, healing, confidence, and personal mastery—must first be embodied by the practitioner before it can be shared with others. When we become the catalyst, we stop waiting for outside forces and start creating conscious, positive action from within.

Get ready to spark your joy, ignite your momentum, and reconnect with the incredible power you already possess. This uplifting session will help you align with your inner blueprint for transformation, elevate your personal vibration, and enhance the work you do with every client you serve.

Come energized—Leave unstoppable!





**The International Association
of Counselors and Therapists**

**International Medical and
Dental Hypnotherapy Association®**



**8852 SR 3001
Laceyville, Pennsylvania 18623**

Make your reservation at tinyurl.com/RoomBlock-26

EXCLUSIVE RESORT GUEST BONUS

Book your room through our official room block and receive **FREE** access to all 2026 Conference Lecture Recordings!



HYPNO EXPO 2026