



Lectures



Friday, May 13th

Lectures 10:00 – 10:45

RAPID TRAUMA RELEASE W. Horton

Why it is hard to release trauma especially deep trauma as it gets locked in your nervous system...

Covid has revealed many long-buried trauma responses so we are seeing increased depression, substance abuse, weight gain, and even domestic violence.

In this presentation, we will examine the new science between mind/body. Once an idea only sprouted in metaphysics it is now mainstream scene. So what do we know about how the Physical Body stores trauma, and why therapists must know how to release this toxic poison. A discussion and a demo you will love and want to use for your clients!

BALANCED BABIES HOW TO'S FROM A GROWN UP 'HYPNO-BABY' A. Ayinde

Many mothers suffer needlessly and have negative birth experiences. Hypnosis explodes the myth that birth must be an excruciatingly painful experience. Stress and fear place an additional burden on the expectant mother and leads to tight muscles and a painful birth. Hypnosis works in conjunction with childbirth preparation classes, as well as massage, yoga, and nutritional support. Learn to inspire couples with stories of parents who have embraced complementary medicine and made the birth of their children the incredible, empowering experience it was meant to be. Discover how to help your clients design their own birth plan that incorporates many choices like water births, home births, and other options that were rarely considered in years past.

Hypnotic Childbirth offers mothers and fathers greater comfort, less reliance on pain medication, shorter labor, fewer fears, improved sleep, and the opportunity to commune with the unborn child.

EFT-EFFECTIVE FREEDOM TECHNIQUE (TAPPING) R. Gensburg

EFT is a very powerful and easy technique to lower one's stress level. By following a series of wording and tapping, results can be obtained quickly.

It has been proven by accessing one's meridian points through tapping, one's body energy sends signals to the part of the brain that controls stress and other related uncomfortable related feelings. I will explain and show everyone the EFT technique. We will all go through the 9 meridian points step by step. There will then be an opportunity to work in pairs to be able to go through it step by step. Two handouts will be given to each attendee.

Lectures 11:00 – 11:45

CIRCUS OF CHANGE: METAPHORS TO INSPIRE ACTION! A. Scharlau

This program will inspire attendees to create and apply powerful metaphors for change based on the proven techniques of Motivational Interviewing.

Amye uses her real-life experiences as a traveling performer to create meaningful metaphors to inspire changes in you and your clients. Motivational Interviewing will be applied and practiced, and your creativity will be supercharged by an art activity designed to see current situations in new and positive ways. Prepare to have fun and grow your skills at the same time!

SELL MORE SESSIONS ONLINE J. Linett

Discover proven systems to build an international brand and grow your hypnosis business. This presentation is about the psychological journey of moving from a "curious shopper" to a "satisfied buyer." Attendees will learn the exact strategies to produce magnetic content and attract paying clients.

The formula to book more online sessions is surprisingly easy once you break down the formulas necessary to attract an audience, demonstrate value, and invite them to make use of your services.

Jason opened his local business in 2009, migrated most of his services online in 2017, and he has continued to grow his personal brand and international presence ever since. This presentation will reveal the step-by-step systems necessary to inspire greater success locally and around the world... helping clients online... even if you're wearing pajama pants.

REPLAY SLEEPTALK

N. Gerey

The Goulding Process is the perfect modality to have in these unstable times. It is equally safe and effective on- or offline, also on one on one or in group sessions.

Because it is not a therapy but a teaching-guiding process, if you do it online, you don't need to worry about the line dropping, the client's dog comes in the room, etc.

The Goulding Process of SleepTalk® is a well-established method that's been around for more than 40 years. It's been learned by tens of thousands of parents all over the world who, thanks to Joane Goulding's simple method, we're able to give their children emotional balance and healthy self-confidence. As a Certified SleepTalk® Consultant, you will teach and guide the parents while they are applying the process to their own children.

Lecture 1:00 – 1:45

INTRODUCTION TO TRAUMA DIRECTION THERAPY

J. Nash

During Janine's 2 decades of experience, she has helped hundreds of people who have presented to her with Suicide Ideations. Janine will provide a number of case studies including talking down a father who was driving in the car with his son threatening to drive them both off the road and into a tree. Janine is looking forward to helping the participants learn how they can manage their clients who present with Suicidal Ideations and to introduce how Trauma Direction Therapy® can help their clients achieve remarkable results.

During this workshop you will learn:

- What is suicidal ideation?
- Suicide ideation vs self-harm.
- Different types of suicidal ideation.
- What to do and say if a client discloses.
- How to recognize suicide ideation, even if a client doesn't disclose it.
- Examples of clients who have presented with suicidal ideations.
- Your duty of care – When to report?
- Safety plans and how to write them.
- Your self-care.
- Trauma Directions Therapy and how it helps your clients.

CANCER: THE NEW PANDEMIC!

G. Coles

1 in 2 people born since 1960 will experience cancer at some time in their lives and 40% of those will seek out complementary or alternative treatments. This presentation will give delegates a better understanding of the patient's cancer journey and how they can assist with that journey with the use of hypnotic interventions. It will give an overview of what cancer is along with an insight into the patient's journey. It will look at the legal and ethical implications of working in this area and give ideas on what to work with and how! I will give you the tools, knowledge, and confidence to allow you to improve your offering to cancer patients. Case histories, examples, and tips will be given. It is an introduction to cancer and the patient's cancer journey and shows how you can get involved as a hypnotherapist. It will show what you can work with ethically and how. Giving you a background to their journey and interventions you can use. It will also introduce the exciting possible implications that Psychoneuroimmunology (PNI) could have on your future approaches. Case histories will be given as examples.

LIGHT AND VR EXPERIENCES

THE USE OF TECHNOLOGY IN HYPNOTHERAPY AND PRACTICE

D. Ellis

This is a 45-minute lecture that introduces the Hypnotherapist to more advanced forms of Hypnotherapy Induction and treatment methods using technological implements such as the Lucia Light and Virtual Reality experiences.

Attendees to this lecture will learn the uses of technology in clinical practice to enhance their businesses.

This is a much-needed topic for hypnotherapists who are either too afraid or intimidated to introduce technology in their practice. There is not enough information or workshops to assist therapists in this regard and I would like to take up the challenge of assisting association members with this area.

Lecture 2:00 – 2:45

REDEFINING, DEFINING MOMENTS

L. Bennett

By simple definition, a defining moment would be 'moments in our lives that define who we are' "There are moments in your life that make you and sets the course of who you're going to be. Sometimes they're little, subtle moments. Sometimes, they're big moments you never saw coming. No one asks for their life to change, but it does. It's what you do afterward that counts. That's when you find out who you are." Author unknown

Humans are natural storytellers. In this talk, we will explore how stories are our interpretation of our interactions with people. We all have an innate desire to make sense of our world, and our stories are our way of doing so. Often the stories that we tell ourselves can be counterproductive to our wellbeing: Stories like these are also known as self-limiting beliefs – beliefs that hold us back and keep us stuck where we are. Revisiting the Trauma is not the focus, what you decided about yourself and/or the world because of the story is where we heal the trauma.

WHEN IS HYPNOTIC REGRESSION APPROPRIATE

C.R. Hunter

Learn how to determine WHEN competent Hypnotic Regression Therapy is indicated.

When is Hypnotic Regression indicated? If a client receives only suggestions and imagery while the cause of a problem remains buried in the subconscious, the subconscious can easily return the same problem at a later date.

Roy Hunter has organized client-centered regression into a process that is easy to learn and easy to use, provided the hypnotherapist knows the difference between leading and guiding. If you want to learn more about regression, be sure to attend this presentation! This overview is based on the highly praised regression text he co-authored with Bruce Eimer, Ph.D.

Hypnotic Regression Therapy (HRT) should be used WHEN APPROPRIATE for the client; but it should not be used for every presenting problem. There is NO technique good enough for all the clients all the time.

IS YOUR BODY ONE OF YOUR BEST FRIENDS

A. Emrich

This lecture will provide specific ways to gain and maintain great mind/body rapport.

Excellent internal rapport is a great way to enjoy better health. That means your mind/body systems need to be closely aligned. The conscious mind, Unconscious Mind, and Physical Body need to be kept up-to-date on what is happening and what is scheduled to happen. How would you feel (as a body) if you wound up in a hospital to have a knee removed and you were not advised of this well in advance? Probably insulted, betrayed, and unlikely to trust the “mind” part of the mind/body system. Find out here how to gain internal rapport to ensure that you have the best chance at rapid recovery and return to health.

Lecture 3:00 – 3:45

ESDAILE INCIDENTS

H.L. Elman

The incident which proved the uninterrupted existence of hearing, logic, and awareness should cause every Hypnotist to regard every Hypnotic Subject with greater respect and care, while also making the Hypnotist realize that ALL Hypnotic States share near-identical requirements for care in semantics and Suggestion Construction.

In the 20th Century, the lack of a reliable Emergence Technique caused the Esdaile State to be feared. Today, it is often used clinically. But by examining incidents along the way, a better understanding of ALL Hypnotic States can be achieved. Does a person in Esdaile retain hearing and logic? If so, why the actions associated with that State? You learned a bit on this in most Certification Courses, but let's extend that knowledge and make it useful throughout your Practice.

DIGITAL AND INTERACTIVE PRETALKS

R. DeGroof

In Rob's Hypnosis Centre in Belgium, his team of hypnotherapists doesn't do a pre-talk in the therapy room anymore. Instead, clients receive a pre-recorded pre-talk by email. In this lecture, Rob explains why he switched to this format years ago and what the advantages are. Recently the format was updated to an interactive pre-talk video to even better prepare the clients for the sessions. Using this type of video, the clients will get more personal information, and they will be better prepared for your session. And as we all know: Well prepared clients = better sessions = higher success rate = more referrals = more clients. You will learn how to create a video like this, what content you should include and how you can produce it without spending a lot of money.

CONFIDENCE OR POWER?

P. Daoust

Learn strategies for helping clients take better control over their outcomes by boosting their personal power.

Confidence and power are closely related but they are not the same. As hypnotists, we often include a confidence session in our work with clients. That's great but you can do even better. Discover the difference between confidence and power and why the difference matters to your clients. Learn some specific strategies for helping your clients discover their personal power that will boost their self-efficacy and help them get the results they need and want.

Lecture 4:00 – 4:45

BREAKING THE TRANCE OF GRIEF

J. Hanson

Learn how to more confidently and compassionately work with grief issues. Grief is a special trance with a shock induction that everyone enters, but few fully emerge from. For some, the trance lasts a lifetime.

Learn how to help your clients terminate the trance of grief and live again. You will hear real examples from someone who has lived through the worst grief has to offer. And learn how by doing grief work, she emerged to live life again.

Grief encompasses more than death. Any sudden change can trigger a grief response. Learn the signs and help clients live life again instead of just going through the motions of existence.

TRAUMA-INFORMED HYPNOTHERAPY

E. Rosen

Expand your practice with the foundations of clinical psychotraumatology using a Trauma-Informed Clinical Hypnotherapy approach to your practice.

Clinical hypnotherapy provides an effective clinical tool for helping clients/patients who have experienced trauma whether due to injury, accident, or abuse. This presentation provides current thought and methods with regard to trauma care. A working knowledge of trauma care models, salient research, and application of clinical hypnotherapy techniques is explored and shared. While those in the clinical hypnosis field recognize the value of hypnosis in trauma work, empower your methods with knowledge of psychotraumatology using a Trauma-Informed Clinical Hypnotherapy approach to your practice.

This lecture is didactic, informative, and practical, with useful power points provided to supplement your library and skill enhancement.

YOUR FIRST SESSION: SEEKING SOLUTIONS NOT FINDING PROBLEMS

F. Mau

Your client's healing does not lie in their history! This quick fun presentation focuses on using the first session to stir the client's creativity to give you the information you need for your entire course of work with that client. Since Freud's many approaches to both hypnotherapy and psychotherapy focus on the past, discovering how things went off the rails, and cultivating client insight. Milton Erickson recognized the truth, that insight is not necessary for change. It's time to really let go of the past and see clear ways to move forward.

Saturday, May 14th

Lecture 10:00 – 10:45

CAN YOU SHOW ME SOME HYPNOSIS?

S.M. Andrews

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

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

Participants will learn how to:

- Identify highly hypnotizable subjects.
- Quickly dispel fear in subjects.
- Set up suggestibility tests.
- Move seamlessly from suggestibility to induction.

GRAND ROUNDS

M. Roth

Doing Grand Rounds presentations puts you in front of a large number of referral sources in one place, at one time, with you as the obvious expert. And, the hospitals and clinics you approach are actually required to have your program each year. Learn how to get the offers to do these presentations and the specific things you do during them that will quickly and easily get you referrals.

TIMELINE THERAPY – THE ULTIMATE TRANSFORMATION TECHNIQUE

R. Light

From Insomnia to Income to Peak Performance, NLP's Time Line Therapy takes your clients from being stuck and struggling into rapid results. The 3 components demonstrated and applied can free you and your clients of limiting beliefs, negative emotions and memories that create stuck patterns and block peak performance.

Designing and coding a resourceful map of past, present and future even helps ADHD clients get more organized and confident. What's great about Time Line Therapy's regression technique is the disassociated approach makes it easier for your client to access inner resources and positive learnings. Another added bonus is the Time Line Therapy process can be used in private sessions and group training.

Attendees will experience the many benefits of discovering how they personally map and code time, checking to see if there is a more resourceful way and then begin the process of learning how to assist their clients with this transformation technique.

Lecture 11:00 – 11:45

MAINTAINING CONSISTENT SUCCESS

L. Garrett

Can hypnotists expect success the majority of the time? Join Larry Garrett as he shares 52 years of hypnosis experience in a full-time successful practice.

Does each artist become a Van Gough? Maybe not but I feel being successful to "some degree" with every client is a probability. We have heard many hypnotists say they are successful with every client, however, my doubts ride on this statement. Especially if a client never returns, how does the

hypnotist know they were successful? They don't and maybe the client never called or returned because they weren't successful.

Create a reputation by being present with every client. You may not have 100% success, but you will have 100% following and referrals. Your client will know you have done your best if you are present.

I ask you a silly question, is it more difficult to land a plane than to hypnotize a client? It might be but you never hear a pilot say, "I hope I can land this plane," but you often hear a hypnotist say "I hope I can be successful with this client".

Trust your skills, drop your Ego and be with your client.

SPEAK TO ATTRACT – BUILD A VIBRANT PRACTICE WITH WORKSHOPS & SPEAKING ENGAGEMENTS

S. Day

Learn to easily attract your dream clients with your authentic personality as you lead workshops and speak on a variety of platforms—both virtually and in person. This unique speaking format focuses on developing your visionary leader skills as a way to enroll your dream clients using your authentic style to speak and lead workshops so that you achieve your professional goals by holding one simple talk or workshop. A tried and true process for enrolling clients and generating revenue without the sales-y, pushy, sleazy tactics.

ORGANIZATION MADE EASY

Z. Grant

A key element in having a successful life is being organized. The Secret to making organization easy is to do it from the inside out. Begin with a real understanding of what your top five priorities in life are. Everyone basically wants to feel successful in life. We used to think that success was about power and money, but in the last few years, we have come to realize that success also has to include 'Quality of life/ Life balance' so if we begin by understanding what those priorities are it is easier to organize around them. Becoming organized is learned and when we learn to organize around our real priorities it becomes more organized and naturally easier.

Join us for this fun talk and learn the three key points in making Organization Easy

Lecture 1:00 – 1:45

HOW DO I GET CONFIDENT AS A HYPNOTIST?

N. Wackernagel

To be confident as a hypnotist is the most important thing that you have to have and at the same time the most challenging thing. You learned how to be a hypnotist—but you are lacking confidence. This is the greatest problem worldwide for a hypnotherapist. Why is confidence so important and how you can improve it? What are the keys? How you can get confident as a hypnotist?

IT'S NEVER WRONG TO DO THE RIGHT THING

M. Babineaux

Ethics may be set out in a code but ethical behavior is an inside job and one should never surrender the authority of conscience to circumstances, substances, or other people.

This is not legal advice and should not be considered as such. Particular questions should be directed to legal and financial professionals licensed to practice in your state, province, or jurisdiction as the case may be.

WHO AM I: KEYS TO SELF-REALIZATION

S. Stockwell-Nicholas

Help yourself and your clients discover firsthand their life purpose and what is needed to bring it to fruition. This highly experiential class includes a demonstration and step-by-step protocols to reach the promised land. Based on science and 50 years of taking thousands of people on enlightenment journeys; expect to have mind-opening wisdom and fun at your own expense.

Lecture 2:00 – 2:45

HYPNOSIS FOR WEIGHT LOSS

S. Granger

In this fast-paced presentation, you'll discover the key areas that make your hypnosis weight loss sessions fly. Every client we work with is unique, but you'll learn a framework that creates quick wins for your client on the very first session, a framework that you can deliver online and in groups.

You'll also get to experience it for yourself. So, bring along any foods that you'd like to eat a little bit less of and we will have a little fun changing your perception of that food.

IN THE MIDDLE OF GLOBAL CRISIS – A NEW CALLING FOR HYPNOTHERAPISTS

W. Rocki

This is a lecture with audience participation.

Participants will learn about the new opportunities the global crises creates: a need for the hypnotherapists to contribute or even take a leading role in healing the collective emotional trauma.

KINETIC HOUSE-TREE-PERSON DRAWINGS

S. Gilbert

What do you do when you have a client who isn't very talkative? Or, with the client where you—or they—feel stuck?

This Kinetic H-T-P drawing is a fun and easy way to gain some insight and find a new direction for your next session(s). Come prepared to have fun! This is a great 'go-to' activity anytime you feel stuck.

Lecture 3:00 – 3:45

THE GUT-BRAIN CONNECTION

M. Root

Focus on the Gut-Brain connection—how they are intricately activated by the Vagus nerve; everything is connected to our gut as “it all begins IN the gut”. To achieve ANY health goal, digestive health must be functioning properly.

Attendees will be prepared to help their clients make important steps toward their own gut health through hypnosis.

DAVE ELMAN'S BOUTIQUE OF INDUCTIONS

C. Elman

Dave Elman is acclaimed for his “3-minute routine”, today known as the Dave Elman Induction (DEI). His inductions are client-centered processes built on direct suggestions and known for their speed and reliability. This presentation is filled with energy and humor. Come experience the DEI and some of Dave's additional inductions, such as the Catalyst Induction, the Brat Induction, Dave's Handshake technique, and more. This lecture will have a fun, practice component to experience.

Participants will gain confidence in the use of some of Dave Elman's Inductions which are processes laced with reliability, speed and are easy to use.

WHEN WE MARRY SOMEONE

S. Prakash

Marriage or long-term relationships tend to be made into fantasy or illusions. We have been conditioned to see them as fairy tales, happily ever after. As “completing us” or sweeping us off our feet. We believe that if just meet the “right” person all our problems will fade away. It is no surprise that we have high divorce rates, confusion within relationships, and trauma of the broken relationship which we carry for a very long.

When we commit to someone, we also commit to their past and they commit to our past. As time passes by we meet their ego, their childhood wounds, their life-long trauma, their unconscious beliefs, their coping mechanisms, their learned communication patterns, their inner child, their patterns, their defense mechanisms along with what all they have inherited in their DNA. This usually starts with us trying to change our partners so that we can be happier. Commitment is a spiritual opportunity. It allows us to truly meet another person as we meet ourselves. It allows us to heal from our past patterns and conditioning. We free ourselves when we become conscious of another person's humanness and in the process our own too.

When we begin to see relationships, not from the perspective of the inner child that says “make me happy”, make my life the fairytale I wished I had”, we have new choices. We can see our relationships as mirrors, as reflections to learn more about who we truly are, how can we evolve, grow and how can we learn to trust ourselves while learning to trust others.

Lecture 4:00 – 4:45

NEUROPLASTICITY FOR PERMANENT CHANGE

J. Onesta

Neuroplasticity is the basis for permanent change and we can help our clients engage their brains to make that happen more quickly and more firmly. In this brief presentation, you'll sit in the client's chair and I'll teach you what I teach my clients in the very first session to rewire their brains between sessions.

SCRIPTS: TO USE OR NOT TO USE

N. Neff

The use of scripts in the practice of Hypnotherapy is often a subject of debate amongst practitioners. In this talk, we will review and discuss ways in which to develop a level of comfort in using scripts that are relevant to a variety of client needs. Please bring a favorite script (yours or one for which its author has released proprietary rights) to share as we practice with partners.

THE HEART-BASED INDUCTION

D. Holmes Scherini

This talk will introduce an induction that creates an optimal state for incorporating positive suggestions during hypnosis by creating Heart-Brain Coherence. We will cover the power of the Heart Brain and how Heart Rate Variability (HRV) can be used in your practice. The science behind HRV will be covered and a bio-feedback demonstration will be done. There will be a group experiential of the Heart-Based Induction as well. Desiree is a certified “Add Heart” Facilitator with the Heart Math Institute.

Learn about the Heart Brain and how to create a coherent state between it and the “head brain” for an optimal mind/body environment to effect positive change.

Sunday, May 15th

Lecture 9:00 – 9:45

SPICE UP YOUR LOVE LIFE
S. Stockwell-Nicholas

Put some sass and pizzazz back into your romance. Become a magnet for the perfect partner. This “hands-off” experiential lets you learn how to make a terrific first impression, fight fair and keep the romance alive. Includes flirting techniques, how to talk to your partners dominant senses. You’ll love this fun and playful way to really enjoy your relationships.

SEMANTICS—THE HEART OF HYPNOSIS
H.L. Elman

Dave Elman was a master hypnotherapist and his mastery of semantics allowed him to achieve phenomenal results with the patients brought to his class by his student physicians! Even so, hypnotic semantics has clearly evolved quite a bit since his era. While today we avoid some words commonly found on his recordings, the overall principles he advocated are still the heart of our profession. Learn the proper semantics to use so that your clients accept your suggestions not only as given but as intended. Learn what NOT to say to avoid sabotaging your sessions. These principles apply whether your practice is in a public place (stage and street), or only in your office during a one-on-one conversation. Topics covered will also include a discussion of how your semantics must match your subject in age, attitude, education, and general perceptions. Approaches to children differ from those to adults. There are “painted” words that should almost NEVER be used — do not “put under” a client — pets are put under by the vet. Do not use the word “pain” when prepping a client for a medical procedure (with doctor approval of course). Do not use.... but why cover them all? Come and hear what to say, what not to say, and what your colleagues suggest in the Q&A.

**ESSENTIAL INGREDIENTS OF A LUCRATIVE
STOP SMOKING HYPNOSIS PRACTICE**
B. Eimer

Learn how to help most clients stop smoking in a single visit. This presentation will provide the knowledge that a practicing hypnotherapist needs to understand how the psychology of habit formation and addictions can inform the effective use of hypnosis for smoking cessation. Smoking cessation is a “bread and butter” area for the practicing hypnotherapist. By attending this talk, you will learn how to make your hypnotherapy practice stand out above the rest because you will learn a protocol that gives clients everything they need to stop smoking in one visit. Bruce has been using this protocol since 1998 and has helped thousands of people stop smoking permanently. He has co-authored a book about this protocol as well. We’ll cover the initial phone consultation, the intake interview, waking state reframing, the hypnosis pre-talk, choice of induction, tying trance state suggestions to waking suggestions, teaching instant stress reduction strategies for the “ex-smoker” and the “non-smoker”, post-hypnotic suggestions and post-hypnotic imprinting, how to offer and do follow-up sessions, and marketing this specialty.

Lecture 10:00 – 10:45

HYPNOSIS HAPPENS! READY OR NOT
K. Hand

Step into the world of Utilization. Hypnosis Happens inside the mind. And most often, it’s happening without the aid of a trained Hypnotist. Discover the difference between ‘on-purpose’ and ‘accidental’ hypnosis, learn how easy it is to deliver a suggestion, and understand that utilization is the key to creating a successful outcome.

Beware, in this lecture, Hypnosis may be demystified as we take a peek behind the curtain, deconstruct some powerful suggestions and notice how the magic...for good or evil...is in the utilization of the trance.

We will be exploring why accidental hypnosis often makes “on-purpose Hypnosis” more difficult and how to resolve that dilemma.

You will discover that the biggest job of a Hypnotist, with most clients, is to DE-HYPNOTIZE them from the limiting trance in which they already find themselves.

THE 3 OBSTACLES KEEPING YOU FROM WORKING WITH DENTISTS
J. Acosta

Working with dentists is easy, they said!! Then you knock on doors with your best intentions and shiny business cards—and never hear from them again! But why?

This fun presentation explores the issues many hypnotists face when wanting to work in dentistry and lays out the path to working with your local dental offices and their patients. Join us.

Attendees will gain an understanding of dentistry as a profession and how to effectively get their foot in the door. It will be more fun than actually going to the dentist.

HYPNO-MASSAGE AND BRAIN WORKOUTS

J. Rapala

Massage is a psychoneurosensory experience and can be part of or enhanced by hypnosis and hypnosis is a psychoneurosensory experience and can be part of or enhanced by massage.

This talk combines hypnosis techniques, massage, and breathing to effect relaxation in a seated client. Participants will learn a process that combines hypnotic language with a simple massage technique combined with observation and entrainment of the client's breathing for the purpose of relieving stress/anxiety and/or inducing relaxation or hypnotic trance in a seated client.

It is experiential so that tissue memory may be established. This experiential technique will be presented for participants to experience massage through a scripted experience to guide self-applied massage.

Lectures 11:00 – 11:45

PIVOTAL RESPONSE CONDITIONING

P. Scott

Patricia developed this technique, inspired in part by the anchor/trigger NLP concept, to help clients learn how to interrupt patterns and shift their state. It's great that our clients have wonderful experiences and feel better when they are in our office; however, they can feel empowered to create even more effective, permanent changes when you teach them techniques to use when they are on their own out in the world.

As Hypnotherapists, we are expert state-shifters. This technique allows you to teach your clients how to condition in an immediate state-shifting process that you can reinforce in sessions and they can practice and strengthen between sessions to enhance their therapeutic results.

Attendees will learn a simple process to use with clients to empower them to be able to shift their state instantly.

1-2-3 HAVE FUN, HELP PEOPLE, MAKE MONEY

P. Blum

Yes, it's true. It is not only possible but quite probable, that if you are having fun, you and your clients will get more out of your hypnosis work together. And if you deliver something of value, there's a far greater chance that you will be financially reimbursed. We will discuss ways of making your sessions more enjoyable, even entertaining, and the ordering of your values systems.

Life is serious, but not that serious.

SECRETS OF SUCCESSFUL SELF-HYPNOSIS

M. Watson

Here are the keys that will make a real difference in your life and in your work.

Learning to use self-hypnosis effectively is an important skill for anyone interested in personal growth. Yet for many, successful results are hard to achieve and maintain. In this talk, we will unlock the secrets to success with self-hypnosis. Learn the hidden principles of self-suggestion that produce results as we explore three (or more) modern techniques that you can put to work right away to "change your mind and change your life".

Add these powerful new tools to your personal growth practice that you can easily share with friends, clients, and associates.

Lecture 1:00 – 1:45

NO MORE PAIN

M. Roth

Pain is a common problem in our society. 45% of Americans will seek treatment for persistent pain at some point in their lives. Pain is the most common reason people seek medical care. It robs people of vitality and even the will to live. This is an experiential class filled with unique therapies that you can use tomorrow. These are unique techniques you will not see anywhere else. Many of these techniques can be done in 5 minutes or less. It includes techniques that rapidly reduce pain levels and others that prevent pain from returning.

THE THERAPEUTIC VALUE OF TRANSPERSONAL HYPNOTHERAPY

J. Selinske

The therapeutic value of hypnosis is well documented, somewhat less so for transpersonal hypnotherapy (e.g., past life and life between lives regression, and transpersonal journeys). And yet, transpersonal hypnotherapists know well the transformative power of this modality. From the early spontaneous discoveries of pioneers in the field like Weiss and Newton, the practice has grown. Case history research accumulating in large volumes from practitioners in all corners of the globe attest to its value. This talk will focus on the emotional healing and transformation achieved by clients through transpersonal hypnosis with emphasis on challenges of self-acceptance, self-worth, and self-care.

PREVENTING BURNOUT: SELF CARE FOR THERAPISTS

S. Peacock

Every self-employed hypnotherapist is at risk of burnout. We take our phones with us all the time. We work long hours. We miss family events, we can be physically present at one, yet we're outside, hurriedly checking our emails on our phones, or giving instructions to our colleagues or clients.

It's not the amount of work that we do that causes burnout, it's that feeling of never being off duty. Your attention is permanently divided between work and building your business. Competition is fierce and there is an overwhelming pressure to achieve and succeed.

In this presentation, using case studies, I will discuss how taking care of our minds and bodies will not only help our businesses but help us feel happier and more successful.

Lectures 2:00 – 2:45

OVERCOME ANXIETY D. Papadakis

This talk will introduce students to new, simple, and powerful hypnotic techniques that will enable them to clear anxiety. Many people's lives are crippled by debilitating anxiety. This workshop will prepare students to quickly and effectively uncover the corresponding emotions that create that anxiety.

You can transform your clients' lives by resolving negative emotions using these ground-breaking and effective techniques. The workshop will include a detailed demonstration and explanation of the process with a volunteer. Help your clients break the chains of anxiety and gain their power back!

WORKING WITH EXECUTIVES AND ENTREPRENEURS S. Huber

In this presentation we will be exploring ways in which professional coaching and hypnosis can be used together to help high achieving business professionals and entrepreneurs who operate in stressful environments become more productive, fulfilled, and satisfied both professionally and personally.

Additionally, we'll uncover what influences high achievers to take action and get results for themselves as well as inspire the teams they lead to be purpose-driven high performers.

Shawn will share client success stories on how the tools, skills, and techniques he combines have provided sustainable results for both high-achieving professionals and entrepreneurs alike.

CLEANING UP YOUR INTIMACY CIRCLE A. Emrich

Intimacy Circles is a conceptual model that can empower us to examine our relationships, add more good ones, and eliminate the ones that cause us discomfort and distress. This theory base proposes that we create relationships that are way too intimate, way too fast. And, while our culture provides numerous opportunities to increase intimacy, doing the opposite—decreasing intimacy—often leads to the total elimination of the relationship. This lecture provides guidance for cleaning up your Intimacy Circles and making better choices for future relationships.

If you feel either/both loneliness and exhaustion from your current relationships with others, here is a way to both clean up your existing intimacy circles, and also learn how to make better relationship choices in the future.

Conference Activities

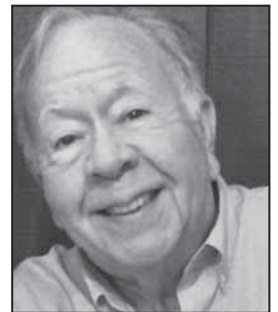
Accessible Yoga with T. Arnold Friday, May 13th 8:00 – 8:45 Gallery IV

Accessible Yoga is a fully inclusive, gentle yoga class that is inviting to people of all abilities. Practicing in a chair or on a mat with some optional standing poses, participants will move, stretch, rejuvenate and relax through a series of gentle yoga movements, breathing exercises, and meditation. This class will offer different variations and options, encouraging participants to explore at their own pace and expand their yoga experience within a welcoming and inclusive community. Companions and support people are welcome.



Worship Service with G. Beardsley 8:00 – 8:45 Sunday, May 15th Gallery VI

“The Hypnotist’s Church”
a guided spiritual meditation



As hypnotists, we understand the power of the mind, conscious and subconscious. We also know that where two gather in the name of Divine Mind you are in the presence of the Divine. So for hypnotists, Church can be anywhere you can close your eyes and relax.