



# Workshops



**Friday, May 13th**

**WORKSHOP 10:00 – 11:45**

## **CLEARING INTERNAL BLOCKS RELEASE NEGATIVE EMOTIONS AND LIMITING BELIEFS**

**D. Papadakis**

Do you have clients, who are affected by past trauma; who want to live more authentically and love more deeply but feel inhibited; who are trapped in the status quo? Unresolved traumas, negative experiences, negative beliefs/ thoughts/emotions create inner blockages & counter-intentions that contribute to self-sabotage. Learn a gentle, rapid, effective, and long-lasting way of dissolving limitations that will free your clients to experience a healthier, happier, successful & more fulfilling life. Excavate the underlying root cause, identify the areas (of your client's life) that are affected by these internal blockages, and address them, thereby healing the mind & body. This creates positive and lasting changes in a person's life.

Learn how to assist your clients in sparking their fearless selves, by helping them to access their dormant power, so that they can unleash their full potential and live the life they desire.

Participants will learn techniques to get to the root cause of their client's emotional blocks/ negative impressions and assist in dissolving them thereby transforming and enhancing the lives of their clients.

In this workshop, we will demonstrate how deep-rooted issues and definitions limit a person's experience of life and hinders their success.

Participants will learn to:

- Identify the areas of your client's life that are affected by internal blockages
- Help your clients release emotional blockages quickly and effectively
- Transform negativity into positive feelings
- Transform the barriers that are impacting their life.
- Get to the root cause of the issue and clear blockages that hold clients back from reaching their full potential.

## **IMPORTANT SKILLS FOR CLIENT/PATIENT COMFORT & INFLUENCE**

**J. Acosta**

This interactive workshop explores useful hypnotic language for the purpose of helping others find comfort and to be able to influence them. Join us to enjoy a variety of tips; from important underlying concepts to specific patterns and nuggets of information that will add value to your journey and tools to your hypnosis bag.

Attendees will improve their use of hypnotic language patterns and important concepts to deliver comfort and influence with words.

## **SUPERHERO REGRESSION THE ACTIVE WISER YOU**

**F. Mau**

Regression is a fantastic way to address trauma, but does it have to be problem-focused? This fun, substantive, interactive workshop will explore fresh solution-focused approaches to a tried-and-true hypnotic technique, and open your eyes to new ways to engage your client's active superhero creativity and self-healing.

What if the ways we think about hypnotic regression, and the expectations we create for our clients for this process, are really focused backwards when they can be powerfully focused forward?

How do I know if my client is suggestible? Do they have an anxiety issue? If so, they are highly suggestible! Traumatic or anxiety disorders engage the same neurological functionality as high hypnotic suggestibility. While talking about trauma in the waking state tends to reinforce emotions of horror 'usually a bad idea' dealing with them in a relaxed state takes advantage of the brain's function to mute out emotions of horror.

**WORKSHOP 1:00 – 2:45**

## **CHAKRASCAPE: THE 7 ENERGIES OF HEALING AND EMPOWERMENT**

**S. Day**

This unique and innovative methodology is steeped in the ancient system of the seven energies which represent the universal themes of life. An amalgamation of hypnosis, energy work, mindset, somatic awareness, and the dimensions of personal sovereignty, it uses hypnosis to enter the landscape of inner perceptions and redesign the geography, structures, and energies related to a wound or limiting belief. This creates the ability to shift the relationship to the challenge and restore personal power.

Using hypnosis to enter the portal of a client's inner landscape, learn to guide them to redesign and reconstruct their relationship to a wound or limiting belief so they gain restoration of their personal power and sovereignty.

## **MEDICAL HYPNOTHERAPY FOR MULTIPLE SCLEROSIS**

**E. Clark**

This presentation will review lessons learned from almost a decade of sessions with over 50 clients diagnosed with multiple sclerosis. It will include the do's and don't's of working with multiple sclerosis and autoimmune disease, the 3-key areas hypnosis can assist in, and the evolution of the MS Hypnotherapy Program from initial testing to the detailed program.

Learn how hypnotherapy can help clients with chronic disease and the benefits of specializing in your practice.

Case studies are in-depth studies of a person, group, or events. It analyzes all possible data to find patterns. The intent of this presentation is to learn the lessons of this case study—medical hypnotherapy for MS—to be able to generalize to many other persons, groups, or events.

## **TAMING CHRONIC PAIN WITH HYPNOSIS**

**B. Eimer**

People with chronic pain syndromes continue to search for treatments to provide persistent pain relief. Hypnosis is an ideal treatment modality for chronic pain patients when administered by a professional hypnotherapist trained in hypnotic pain control. In this intensive workshop, you will learn everything you need to know to begin providing effective hypnotherapy to clients suffering from persistent pain.

You will learn:

- the nature of the problem.
- psychiatric co-morbidities.
- the destructive myths.
- what a pain therapist can do.
- the taming pain solution.
- a variety of hypnotic pain control techniques.

You will learn to help clients stop fighting their pain so they can gain freedom from their pain.

Pain relief is a multi-billion dollar industry. Professional hypnotherapists who know how to provide hypnotic pain control can develop a profitable practice niche by offering safe and effective pain relief.

**WORKSHOP 3:00 – 4:45**

## **METABOLIC DISEASE & THE INFORMED BUT INTREPID HYPNOTIST**

**J. Onesta**

Explore the elements of Metabolic Disease from High Blood Pressure to Insulin Resistance to Obesity to Type 2 Diabetes. You'll learn how being well informed about the science behind metabolic disease can help you help your clients achieve permanent results. Up to and including the complete reversal of Insulin Resistance and T2 diabetes.

It's not about a diet, calories, portion control, or exercise but rather changing the lifestyle that engendered and nurtured metabolic disease.

Many clients seek our help because they are frustrated with "diagnose and prescribe" medicine. As practiced, the management of type 2 diabetes effectively treats the condition of elevated blood-sugar levels but does little to address the cause of the disease.

## **KNOW THE END BEFORE YOU BEGIN**

**K. Hand**

Learn how to get the answers that are already inside of the client.

Discover an efficient method to conversationally advance your client from problem-state to solution-state with 8 simple steps. Along the way, you get all the information you need to determine the technique(s) to use and suggestions to offer with a bonus of collecting the client's personal trance words to automatically hijack any resistance. Meanwhile, your client will seamlessly (and wide awake) go in and out of trance making this discovery technique a perfect intake-induction-fractionation-and deepener before you even ask them to close their eyes.

Participants will see a demo, unpack the technique, and then practice for experiential learning.

## **IDENTIFICATION THERAPY**

**D & J Chong**

We can each identify with our life blueprints of religion, politics, society, culture, civilization, and profession; therefore, we each have many identifications. Since Canada allows dual nationalities Jennifer and Dennis have two identities. One is Canadian and the other is British. Identification is effected in English Transformation Grammar, by the word 'IS'. The goal is to teach that the automatic take that identification is a thing that is instantly actual-to-life, true-to-life, and real-to-life and the possible semantic ill-formed consequences that come from that belief. Identification is the basis for a 'logical track' that may take a person to a sad endpoint and their importance of the need to always worry about and to question if the identification is valid-to-life.

This is an interactive workshop. It is a test of the alertness of all the participants to detect the use of identifications in the person who is speaking. Quickly they have to decide if the identification is valid. If it is not, then they have to challenge it. As this process is repeated again and again, it sharpens and hones the edge of their alertness and awareness about identification. From this, they learn whether the use of their identification is valid or if an identification being used is logical and valid-to-life.

---

*"I cannot begin to tell you how much my life has been affected by the opportunity made possible last weekend. Since then, I have often referred to it as one of the best weekends of my entire life. Further, I had made some very dear friends and continue to correspond with them. Thanks again for making it all possible. It was fantastic!!!"*

*- Ed Buggs, Louisiana*

**Saturday, May 14th**

**WORKSHOP 10:00 – 11:45**

**DREAM INCUBATION AND HYPNOSIS**

**L. Bennett**

Our dreams are a wealth of information and healing guidance. Going back to ancient Greek customs we will explore the power of intentional dream healing and the benefits of combining this ancient practice with our modern-day hypnosis techniques.

**WHY WE ARE NEEDED NOW MORE THAN EVER**

**N. Neff**

The psychological/sociological impact of social distancing, quarantine, lockdown, and fear of infection has contributed to grief, marital conflicts, and forced self-reflection as a result of isolation worldwide during the pandemic. Of those mental health professionals who treat anxiety disorders, nearly three-quarters reported an increase in demand for treatment as a result of the Covid-19. As we watch mental health specialists from a variety of disciplines utilize hypnotic methods for mild or moderate mental health disorders, hypnotherapists become aware of the role we play in filling the gaps in an over-burdened system. In this lecture, we will explore inexpensive and sustainable approaches to promote your business and to build the confidence needed to move forward. Enjoy a 30-minute group hypnosis for self-confidence.

**MEDICAL IMPROV**

**WHEN THE HYPNO MEETS THE IMPROV ON THE PATH OF HEALING**

**W. Rocki**

This workshop employs a playful experience of combining hypnotherapy with applied improvisation (improv) to enhance self-healing in hypnotherapists and their clients.

We all are induced into a hypnotic trance experienced as the automatic non-conscious life in which we play the well-defined roles strictly following the subconscious scripts. Our own outdated scripts as well as those imposed on us by society may interfere with our mind-body natural self-healing which happens spontaneously; at the moment with the inside-out focus. Applied (therapeutic) improv playfully teaches us to engage in unscripted creativity that uniquely happens at the moment and reconnects us with our intuitive self-healing through child-like innocent curiosity.

Participants of this workshop will learn simple, joyful improv games which can be easily incorporated into self-healing routines for hypnotherapists and their clients.

**WORKSHOP 1:00 – 4:45**

*(Special pricing applies)*

**WORKING WITH CLIENTS WHO PRESENT WITH SUICIDE IDEATION**

**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 Direction Therapy® and how it helps your clients.

Attendees will gain the knowledge, skills, question base, and confidence to safely work with clients who present with suicide ideation.

**WORKSHOP 1:00 – 2:45**

**GENERATIVE TRANCE AND CLIENT-DRIVEN HYPNOSIS**

**M. Watson**

Generative Trance is a powerful modality that evokes your client's natural abilities to resolve problems, recover from trauma, manage pain, activate healing, overcome unwanted habits, and more. It effortlessly mobilizes inner resources and focuses them on the presenting issues.

Stephen Gilligan's generative process is supplemented by original work and Michael will share an easy-to-learn template for client-driven

processes that you can incorporate into your practice. Lively demonstrations and numerous examples illustrate the presentation.

Learn the latest developments for the contemporary practitioner. These modern skills are a part of the cutting-edge Evolutionary Trancework that Michael has been developing over the past 20 years.

## **INDUCTIONS & DEEPENERS REFRESHER**

### **S. M. Andrews**

It's been a rough two years with COVID, social distancing, business cutbacks, etc. Many of you who used to work with clients regularly may feel a bit rusty from lack of practice. No problem! Let's get together and knock the rust off of those hypnosis muscles and sharpen our skills. This workshop would also be useful for newer hypnotists who want more practice

Sean will demonstrate inductions and deepeners that can be used in therapy and demonstrations AND we will practice them!

You will learn:

- Two versions of the Dave Elman Induction.
- The countdown, the Vogt, and the experiential deepeners.
- The most important suggestion to give to a new client.
- The most effective pre-brief for a new hypnotic subject.

**WORKSHOP 3:00 – 4:45**

## **RISK-TAKING – THINKING (AND PRACTICING) ‘OUTSIDE THE BOX’**

### **P. Blum**

Great innovators are always ready to explore uncharted territory. It is important to find a balance between the “tried and true” and as Monty Python used to say, “Now for something completely different”. There is an old maxim: “If you always do what you’ve always done you’ll always get what you’ve always gotten”. Even the most trusted protocols and strategies sometimes do not “work”. We will explore the concept of “stretching” beyond your comfort zone as a practitioner: potential rewards and possible risks. One or two anecdotal case histories will be discussed, as well as possible demonstrations.

You will learn how to expand your skillset by being willing to do things that you have never done.

## **BUSINESS MANAGEMENT 101 FOR THE HYPNOTHERAPIST**

### **D. Ellis**

This is a workshop on how Hypnotherapists can build a successful practice and market themselves effectively in the modern world. Getting and keeping clients has become more of a challenge due to these unprecedented times and the same old business practices will not work as effectively anymore. A concise understanding of Social Media Marketing strategies as well as the incorporation of updated business management techniques are needed to survive in an ever-increasing competitive environment

Attendees to this conference will be exposed to updated and smarter ways of advertising and managing their practices to ensure maximum returns on their business investments.

Therapists are not Business people or Lawyers. They rely on these other professionals to assist them when they are starting out. What I am proposing in this workshop is a crash course that teaches them the basics so that they are not confused with the terminology and the complex nature of business management, because these challenges contributed to why a lot of therapists get frustrated and give up on their practices.

**Sunday, May 15th**

**WORKSHOP 10:00 –11:45**

## **NOW FOR SOMETHING DIFFERENT: REFRAMING BASIC HYPNOTIC TRAINING**

### **D. Cleary**

Do you remember the first training you enjoyed when you decided to become a hypnotist? There was so much new information: scripts, language patterns, theories, and techniques and it all seemed so important then. We wanted to be able to assist clients as so many of us had been helped in our own life. Knowledge is power and we wanted to do things ‘right’ so our clients would prosper. In looking back, do you wonder about the basic concepts and understandings? Are you certain that you grasped the words you heard then in the context that they were taught?

In retrospect, how would you consider the material and even the training style of the instructor? Join Dan in looking at the basics in a new light. Discover nuances that you may have overlooked and gain a greater flexibility in the way you use the basic concepts. Explore how you can utilize more and more of the things you learned then in new ways.

## **THE ROOTS OF MEDICAL AND DENTAL HYPNOSIS**

### **B. LeMarie / S. Waxkirsh**

An exciting demonstration of all things Hypno-analgesic. Dr. Brice Lemaire and Sharon Waxkirsh answer your questions and expand your knowledge in this dynamic workshop. Both Lemaire and Waxkirsh have been working within the medical and dental field using hypnosis as the sole anesthetic or as an adjuvant to chemical anesthesia, often for complex procedures.

You will be able to witness the way in which they work, not only with adults but also with children. Both Lemaire and Waxkirsh teach these skills to healthcare professionals and to lay hypnotherapists. Come and join them to whet your appetite and get to the roots of medical and dental hypnosis.

## INTRODUCTION TO WHOLENESS WORK

**D. Pelles**

The Wholeness Work is a new “path to awakening” and a way of resolving life problems, a spiritual way of doing hypnotherapy/NLP. This new paradigm (publicly announced in 2013) has helped people with many diverse issues, including anxiety, fears, trauma, stuttering, addictions, insomnia, relationship issues, difficult emotions, physical pain, and much more. People report it as gentle, kind, and easy. Most experience deep relaxation and resetting of the nervous system; a natural melting away of issues that previously seemed like intractable problems; an increased sense of well-being; and greater access to natural wisdom, compassion, humor, and creativity.

Wholeness brings the original NLP program full circle, correcting the distortions, deletions, and overgeneralizations in one’s model of the world—but in a very different and more powerful way than the original linguistic challenges.

We will introduce Wholeness and lead the group through a basic experience, followed by one or more demonstrations, then questions and some examples of doing Wholeness with clients and the results.

Participants will learn about a whole new paradigm, a way of working with clients and ourselves, that is elegant and very effective.

### WORKSHOP 1:00 – 2:45

## ADDICTIONS

**W. Horton**

Clients have tried everything to quit their addiction: Alcoholics Anonymous willpower, religion, therapy, or switching to another drug. But they just can’t! The rate of relapse is high, and maybe they’re about to give up hope. I know their struggles all too well as a recovering addict myself. I’ve been in a personal recovery program for 30 years, but alcoholism and drug addiction is much worse now than it was 30 years ago! When I started going to recovery meetings, I couldn’t believe how many people constantly relapsed. This led me back into some basic research and introspection into the “recovery” movement. And then I realized that while addiction gets worse, most treatment programs haven’t changed in 50 years!!!

To successfully treat an addiction you must understand the nature of addictions. Unless you truly understand some basics of addictions you will fall prey to the misconceptions that hold people back from truly helping. I teach the nature of addictions, and how they become “nurtured,” and if addictions are truly genetic.

We will cover:

- What the pandemic taught us about addictions.
- Why traditional NLP & Hypnosis Fail.
- 12 Step Programs, Good or Bad?
- The Difference between Trauma Based Addiction and “Regular” Addiction.
- Why Treatment Fails.
- Two Great Techniques to help with addictions!

This is a hands-on experience, so bring an addiction or bad habit and we can work on it! Dr. Will Horton has been in the addiction field & science for almost 40 years come and learn from the leader in the field.

## HYPNOTIC COACHING FOR CLIENTS WITH CANCER

**Z. Grant**

Research has shown that people who use mind-body connections have the best chance of lasting recovery.

Would you like to learn the Four things to focus on when coaching cancer clients? Would you like to gain a greater understanding of cutting-edge techniques of pain relief? I will show you how to use all functions of the subconscious can be used to reduce the side effects of cancer and the medications used to treat it? It is possible through Hypnotic coaching to develop client well-being and improve the quality of their lives.

You will receive a great handout with lots of cancer scripts to help your clients thrive not just survive! I am also including marketing tips to make this niche of clients with cancer very successful. You can make a difference and improve your income at the same time!

Learning to use hypnotic coaching moves Cancer patients from merely surviving to thriving.

## ELECTRONIC HYPNOSIS

**L. Garrett**

The topic is titled, using Electronics in your hypnosis profession, however, it will be packed with many other issues of increasing your success. This presentation is about really being the professional you attempt to imply or project to your clients. Are you as professional as you pretend! Learning to be this professional is the training I am offering you toward your success in hypnosis. Do I sound as though I may be exaggerating? Then hold on as we will take a journey to depths far beyond your wildest imaginations of techniques, skills, and consistent success.

### WORKSHOP 3:00 – 4:45

*FREE to all-conference registered participants*

## WAITING FOR GOOD ADVICE FROM ME? DON’T HOLD YOUR BREATH

**M. Babineaux**

This is a short course in basic hypnosis techniques with a particular focus on the art of deep breathing.

Learn that the art of deep breathing can on its own create deep trance and other benefits.

Prana Yama translated as “Breath of Life,” is an ancient healing-by-breath practice and art. It not only creates a deep trance but can increase salivation which in turn provides the body and immune system with immunoglobulin and other antibodies and proteins which can block the conversion of normal cells to cancer cells and enhance nerve growth.



## THE STRESS OF CAREGIVING

**B. Austin**

In the US alone approximately 42 million are unpaid caregivers. Many of these people often silently suffer shame, stress, anxiety, depression, isolation, and deteriorating physical conditions resulting in emotional and physical complications. As hypnotherapists, we can offer various methods of private and group interventions to help caregivers learn to manage their stress.

Explore methods of private and group interventions to help caregivers learn to manage their stress.

## CHANGE YOUR GENETIC DESTINY USING THE POWER OF YOUR MIND

**S. Jackson**

This interactive workshop is an introduction to concepts about how hypnotherapy and epigenetics are synergistic and can increase the efficacy of change work.

You will learn how linking together the biology of the brain, research in epigenetics and hypnosis creates an environment to literally change our biology.

By having an understanding of the biology of the brain, the research behind epigenetics, along with the vernacular to help our clients understand how hypnotherapy and science are linked, we build trust and confidence with our clients thereby providing our clients with more tools, and more powerful suggestions for our clients to reach their desired outcomes. Ultimately, by incorporating research, and by teaching our clients these concepts and modifying some of our techniques we can naturally increase the efficacy of our change work.

## SMOKERS ARE EASY!

**P. Scott**

Many Hypnotists are hesitant, even afraid, to work with smokers because of a fear of failing. If you aren't working with smokers, you are missing out on one of the most lucrative markets in our industry. In this seminar, I will share my 'Living Smoke-FREE' program that has evolved over 30 years of building my private practice in large part with referrals from former smokers. You will learn my powerful pre-talk setUP, the key elements of the 'Living Smoke-FREE' session, and post-hypnotic essentials that practically guarantee success. More importantly, you'll learn how to project an attitude of confidence and positive expectancy that will literally attract the type of smokers you want a the ones who truly want to kick the habit in the butt!

Attendees will walk away with confidence and excitement about being financially successful helping people be Smoke-FREE.

This workshop includes an extensive handout with complete scripts and guidelines for the 'Living Smoke-FREE' program.

## HIGH-VALUE HYPNOTIC PROGRAMS

**J. Linett**

Help your clients better by breaking beyond dollars-for-hours and by-the-session hypnosis. Join Jason for an interactive workshop that will reveal the methods to create high-value programs your clients will be more attracted to. Personal change takes place by repetition and intensity, and you'll discover methods you can implement immediately to better support rapid transformation, create raving fans from your clients, and increase the value of your business.

Think bigger about the value you provide to your clients and the value you can receive when they invest in your services.

## SYSTEMS 101: HOW TO USE TECHNOLOGY TO BUILD YOUR BUSINESS FLOW

**L. Hall**

Want a simplified rundown of scheduling software, client files, audio recording management, graphics software, bookkeeping, and lead captures? In two hours I will show you start to finish the tools I've tested over the past 8 years to save you the headaches and dollars I've spent so that you can get tips for what's needed most for your chosen business styles.

Prepare for an open discussion with sharing – Q&A – and real demonstrations to cut your focus investment to a minimal and support an efficient micro-practice with minimal managerial needs.

Save time and money by knowing which kinds of digital tools will best support all of your office needs to build and maintain a thriving practice selling service and/or products!



---

*"The classes were extremely educational for me and life-changing. I am forever grateful for this opportunity, and so excited to be part of it all. I'm looking forward to next year. CAN'T WAIT!!"*

*- Renee Sherman, Georgia*

---

*"I just finished the Virtual Conference. Thank you so much for offering this option! I still got really great training and I could keep all the other balls that I juggle still in the air! AWESOME!!!"*

*- Mary Beth Lodge, Ohio*