



# Lectures



**Friday, May 19th**

**Lectures 11:00 – 11:45**

**Lectures 10:00 – 10:45**

## **WAKING HYPNOSIS 101**

**W. Horton**

With the recent advances in science, it is important to know the biology and neurology of what we do. In this fun talk, learn some words that instantly activate neurochemicals, words that bypass the conscious mind, and why and how this works.

Waking Hypnosis 101 is an insight into how to use hypnosis and NLP without formal trance.

Bypass critical mind using simple words... Learn how and why certain words bypass critical factors and access the deep subconscious mind.

## **ANCHORING HAPPINESS IN YOUR CLIENT'S THERAPY**

**D. Castor**

In this lecture, we'll discuss happiness, from the subconscious side of your client. Directing the client to remember happiness, then practicing it with them, becomes a foundational cornerstone for the client, along with Choice (Voice), Safety, and Boundaries. Your results will change as you add in, anchor, then help the client practice happiness.

This is a PowerPoint conversational class. Less lecture and more discovery! It will include a group 'meditation'.

## **ARE WE MAGICIANS OR THE MAGIC?**

**W. Rocki**

This is an interactive lecture dialogue, a soul-searching of the hypnotherapy profession, aimed to prepare us for a more prominent role in healthcare.

A brain-storming identification of the unique aspects of hypnotherapy will facilitate marketing our profession in the post-covid area.

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*"This conference always has a beautiful welcoming committee. My first trip, I thought they hired models! It was the next year I found out Robert and Linda Otto RAISED the welcoming committee! What a beautiful family... and a great conference!"*

*-Karen Hand, Chicago, IL*

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## **CLEANING UP YOUR INTIMACY CIRCLES**

**A. Emrich**

Most of us go through life accumulating relationships with other people without realizing why we did it, how we did it, or what we can do now to improve the quality of our relationship life. The Intimacy Circle idea gives us some insight into how this process has been working for us to add relationships that bring love, joy, support, encouragement, and care, and to eliminate the ones that seem to create anxiety, boredom, disappointment, or feeling manipulated and used.

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.

## **CONSCIOUSNESS: WHAT'S THAT?**

**S. Stockwell-Nicholas**

A hands-on exploration into the nature of thought and awareness on all levels. This lecture will entail a self-exploration as to what really matters in life.

## **IMPACT ON GUT-BRAIN CONNECTION**

**M. Root**

Hippocrates, the Father of Medicine said, "All disease begins in the gut". All body systems are connected to our gut, mainly through the vagus nerve. Regardless of your client's health concern(s)—depression, anxiety, Alzheimer's, Parkinson's, belly fat, diabetes, etc—it's important, to begin with, the health of the digestive system (aka, the gut). We'll cover specific ways to improve the communication between the gut (our second brain) and the central brain so that transformation can take place.

Digestive myths will be dispelled, and a comprehensive, relatable overview of the digestive system will be provided. Attendees will leave with accurate information so they are

confidently prepared to help their clients take important steps toward gut health utilizing hypnosis.

Your clients can effectively achieve their health goals by first focusing on Gut Health—it ALL Begins in the Gut!

### Lecture 1:00 – 1:45

## AWAKENING TO YOUR SOUL GIFTS

A.M. Epp

Have you ever had that feeling of walking into a room for a reason, then completely forgetting why you came? Many of our clients walk around with that lost underlying feeling constantly. They know they have an important purpose on this planet, but somehow it often feels unclear, unattainable, or just out of reach. Using the power of Hypnotherapy and visualization techniques, Alli Mary guides lecture participants through a transformative talk on the key to fully embracing, embodying, and expressing our Soul Gifts. Alli discusses the common blocks that come to the surface when working with reconnecting to our purpose and soul's desire.

For instance, 'Fear of being seen' 'fear of being rejected in our truth', as well as common limiting beliefs such as 'I don't have time to follow my heart' or 'that won't pay the bills'. Through Alli's exciting and heartfelt personal story of transformation—she helps offer techniques to bust through clients limiting beliefs and offers new insight into helping clients thrive in their truest authentic essence and soul gifts.

Attendees will gain powerful insight and techniques on how to help their hypnotherapy clients confidently connect with their unique purpose and soul gifts.

## YOU DID WHAT?

M. Babineaux

There is a protective advantage in familiarizing yourself with the ethics code. Ethics training is now required of new members

Missteps, mistakes, and misunderstandings all affect your reputation and business whether it is your fault or not. Consider using the ethics code for the protection of your reputation.

## THE ART OF EVOLVING

W. Moyer

In one session you can help your client free themselves from negative past experiences that may be hindering their progress forward and keeping them from living a fulfilling life.

This is a comprehensive method to help clients let go of the past, accept the present and create a better future. It has been in development for several years and has evolved into a comprehensive program that has proven effective for many clients.

### Lecture 2:00 – 2:45

## INSIGHTS INTO SMOKING CESSATION

N. Wackernagel

Important points for a successful non-smoking session!

Learn the 5 most important points that your non-smoking session will be successful. And you can bring more and more clients into your practice and still have fun!

## UNLOCK THE MONEY IN YOUR MIND

M. McCool

Have you ever wondered why some people seem to find it easy to grow their income to six figures and beyond! while you feel like you are working yourself to death, and still have hit a glass ceiling in your mind? Why is it that the dream life you have envisioned seems so far out of reach? And even if you are earning the money, you seem to have no TIME to enjoy it?

In this talk I'll reveal how you can finally earn more money without ever overworking or sacrificing what you love so that not only do you earn more money, you experience deliriously HAPPY success with the time to do the things that really bring you JOY!! Come and discover the secret to deliriously HAPPY success!

## WORKING WITH MEDICAL DIAGNOSES AND THE DSM-5

*How clinical hypnotherapists can benefit and make enhanced productive use in hypnotherapy sessions.*

E. Rosen

In this lecture, learn 3 reasons why hypnotherapists need to understand the basic elements of the DSM-V, how it can enhance your working with clients or patients, and better networking with medical referral sources. Expand your practice by blending diagnostic awareness with hypnotherapy techniques.

### Lecture 3:00 – 3:45

## TURTLE TRANCE-FORMATION PROCESS

J. Hanson

TURTLE Trance-Formation Process© TURTLE is Totally Unlimited Renewal Truly Living Excellence. You will learn the TURTLE Trance-Formation Process, which is a blend of First Nations healing wisdom, Hypnosis, and NLP. Combined, these 3 systems create the powerful Total TURTLE Trance-Formation.

The TURTLE Process is easy to learn, even if you have only a basic understanding of Hypnosis. The 'Steps' are fun, simple, and easy to follow. Even if you miss a step, you cannot do it wrong! The TURTLE Trance-Formation Process is as reliable and hardcore as the Turtle itself.

The benefits of TURTLE include:

- Ease of doing
- Foolproof
- Changes can be made on several levels of neurology and depth of meaning
- Can be done content-free
- Do it yourself or with a facilitator
- Various levels of TURTLE—do the first 'Part' or go TOTAL TURTLE!

The TURTLE Trance-Formation Process is as reliable and hardcore as the Turtle itself. TURTLE is a fun easy process, changing the way in which you can do self-work and work with your clients. Go TOTAL TURTLE as you learn this fun technique!

## RELEASING REAL OR IMAGINED CURSES

M. Svatek

Empower your clients to take control of and release real or imagined curses.

In the past year, there seems to be an influx of new clients, none of whom have any type of relationship or knowledge of one another, who believe they have been cursed. This has inadvertently left me with the task of finding a way to deal with this type of issue without dismissing it as delusional—as I had seen so many times while working in the mental health field. My clients have experienced success and are being empowered to dive deeper into these beliefs and learn how to undo curses, whether self-induced, false beliefs or a curse that was purposely placed on them in previous generations of family members or another person intended to inflict harm.

## TEEN HYPNOTHERAPY

B. Scholl

Build up a profound rapport with your Teen Client in the professional Pre-Talk—the basis for a successful session!

"The inner door for healing always opens inward"—this means that we need to meet adolescents in their world when in a therapeutic setting.

Barbara Scholl, who is appreciated globally for sharing her in-depth know-how on Child & Teen Hypnotherapy, will fill you in on how you reach those teen hearts & minds in a very fresh, dynamic, and efficient way.

Come get charmed with exciting insights into the HypnoKids® method from Switzerland!

**Lecture 4:00 – 4:45**

## THE CONTROL ROOM

C. Elman

This presentation will center on taking clients to the 'Control Room' of their minds which is an effective way to accomplish change. Learn through interactive discussion different strategies for approaching Mission Control, plus

metaphors and structures to fit your individual client and use of the remote control. These techniques are effective in both pain management and emotional shifts, PTSD, and more. Learn to install an express elevator within your client to use together or to use for their own self-hypnosis. Help your clients gain control of their own changes and their own lives.

## THE RELATIONSHIP CODE

D. Papadakis

The Relationship Code is a systematic combination of conflict resolution techniques using the secrets of ancient healing and visualization, with Decording. As demonstrated in her new book, *The Relationship Code: Heal Your Wounded Heart*, Debbie has further enhanced this system with the power of hypnosis, making it a highly dynamic tool for Hypnotists and Hypnotherapists. Learn how to facilitate this very simple, yet powerful system to assist clients to heal their wounded hearts. Yes, you too can learn to help your clients transform any relationship! Debbie will guide you through a step-by-step demonstration using the techniques required to restore and renew your clients' relationships and heal their wounded hearts by removing the blockages that hinder them.

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

Participants will have the opportunity to:

- Identify problematic areas and learn how to transform their clients' relationships and heal the wounded heart.
- Demonstrate how to energetically free their clients from past destructive relationships (if any).
- Learn how to clear cellular memory and break multi-generational patterns that are stored at the cellular level.
- Define and explain the seven Chakras (energy centers) and learn how to use them to uncover blockages in order to restore balance and healing.
- Apply specific techniques to transform negative emotions into positive ones using the Relationship Code system.
- Outline the steps required to overcome emotional blocks and obstacles created by painful experiences/relationships.
- Outline the steps to forgiveness.
- Identify how to create the relationships their clients desire by using the power of the mind.
- Partake in a powerful demonstration and group exercise to experience forgiveness and personal transformation.



## **CUMULATIVE STRESS**

### **B. Austin**

Cumulative Stress is analogous to an accumulation of little t-Trauma. Where does one start with delayering the onion when the client is overwhelmed with life events? In this lecture, we will:

- Define cumulative stress
- Explore the various aspects of cumulative stress
- Experience methods to deal with cumulative stress

**Saturday, May 20th**

**Lecture 10:00 – 10:45**

### **WHAT HYPNOS NEED TO KNOW ABOUT STAGE HYPNOSIS**

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

Impress your clients with your broad knowledge of all aspects of hypnosis and be able to answer their questions about stage hypnosis.

Love it or hate it, as a hypnotherapist you will get questions from your clients about stage hypnosis. Many of your clients first discover hypnosis through a stage show or a program on TV. Find out how stage hypnosis really works and learn some techniques that can help you perform killer demos when you speak to groups to bring clients into your practice!

### **SOCRATIC QUESTIONING**

#### **S. Gilbert**

Socratic Questioning helps clients to uncover how accurate and helpful certain thoughts may be. Specifically, this is done by exploring how the client came to have those thoughts and evaluating the evidence regarding those and other possible thoughts.

This lecture will explore the basics of Socratic Questioning and how you can implement these questions during your intake interview and during trance dialogue. You will get the opportunity to play with some Socratic questioning yourself.

If you already use trance dialogue, this technique will help you up your game and deal with even the most resistant inner child!

If you're new to using trance dialogue, you will be excited to see how easily you can jump right in with this technique!

You will leave this talk excited to begin using this simple and very useful technique!

### **GESTALT THERAPY AND HYPNOSIS**

#### **M. Geers Dahl**

The work of Fritz and Laura Perls and Paul Goodman, founders of Gestalt Therapy, is embedded in the training of Mark Gilboyne aka Gil Boyne. Gestalt practices include

empty chair, parts therapy, don't ask why, peel the onion, and be here now. Instead of using regressions to cause, Gestalt asks a person to be fully present, right here and now. The body holds tension right here, right now, accessing that tension and releasing it is key to creating an integrated, relaxed sense of self. When there are parts of the body or mind that are not integrated, a Great Debate can be used to integrate the body for a full sense of being fully present here and now. The assumption behind the Gestalt foundation taught by Gil Boyne was that the problem behind all problems is a fear of being unloved or unlovable in some form. Come ready to practice being here, now, an integrated person able to function in peak performance from a relaxed state of well-being.

**Lecture 11:00 – 11:45**

### **RECLAIMING SLEEP**

#### **J. LaVelle**

Shorting yourself on sleep? Or do your clients? The focus of this training is to get game-plans in place to assist people with their sleep needs. Stress, age, lifestyle habits, plus more can interfere with your ability to sleep or to maintain sleep. Hypnotherapists and Stress Management Consultants can make a major impact on the lives of their clients with these simple techniques. Demo included.

### **CHANGING PERSPECTIVES: CHANGING LIVES**

#### **M. Watson**

In most cases, success in therapy is the result of finding a new perspective. A new way to relate to those troublesome issues. A more resourceful way to respond to those triggers, problems, situations, and people that have been challenging for our clients.

Resourcing, Regression, Reimprinting, and Reconsolidation are the tools that hypnotherapists can call upon to make and integrate powerful change. In this exciting presentation, we will explore how you can help your clients come to an empowering understanding as they open up new possibilities in their lives.

Utilize the unconscious mind for deep pervasive change.

### **TRAUMA-INFORMED CLINICAL HYPNOTHERAPY**

#### **E. Rosen**

Empower your practice using a trauma-informed approach to clinical hypnotherapy. Expand your competencies and attract new clients.

This workshop provides current thoughts 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.

This presentation makes use of PowerPoint slides, didactic information, and group discussion with hypnotherapy techniques employed.

**Lecture 1:00 – 1:45**

## **EMPATH: GIFT OR CURSE**

**S. Day**

Empaths feel others' emotions and physical sensations in their own bodies. Essentially, they are emotional sponges who tend to absorb the stress of the people around them. As a result, they may suffer exhaustion, anxiety, addictions, depression, and a plethora of other physical and mental maladies.

What's unfortunate is empaths often have no awareness that the ailments they suffer are a result of the influence of others. They often feel they don't fit into this world; that they're odd and alone. Maybe you have clients who are empaths, or perhaps you are an empath. The secret to mastering empath abilities is to maintain a vital, healthy sense of self by utilizing specific grounding, clearing, protection, and self-care strategies. This develops resilience and cultivates the ability to face life's challenges without experiencing sensory overwhelm or health detriments.

Come learn specific strategies and techniques to teach your clients (or utilize yourself) in order to protect empathic sensitivities. These strategies mitigate the challenges of being an empath, while simultaneously remaining open to the opportunity of enjoying life's journey and the blessings of the gifts.

Attendees will be equipped to provide a program of techniques and tools for their empath clients so they can achieve self-acceptance, express their full empathic selves, and come into their own power.

This is a highly interactive and participatory lecture. Attendees will leave with actionable protocols and techniques to immediately utilize with their empathic clients (or for themselves). Complete assessments and a variety of techniques will be experienced within the presentation.

## **FINDING YOUR STORIES**

**P. Daoust**

Hypnosis has a long history of embedding stories as a metaphor to inspire the desired change. Stories are everywhere but when you use stories drawn from your own experience, you create curiosity, add originality, authenticity, and inspiration and you deepen rapport with your client. We all have stories but it is sometimes a challenge to find them.

This session will provide the participants with a simple tool to easily identify great story material. It will also suggest some tips for naturally making the story richly hypnotic.

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*"As usual you all do a superb job."*

*-Norma Auerbach, Boynton Beach, FL*

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## **HYPNOSIS FOR PAIN CONTROL**

**B. Eimer**

Hypnosis is an empirically validated treatment tool for chronic and acute pain. However, the efficacy of hypnosis is strongly influenced by hypnotic suggestibility and the skillful use of direct analgesic suggestion. Hypnotic suggestibility is mostly determined by the clinical context which includes rapport, competent use of language, the clinician's skills, and the patient's motivation. Efficacy of 'direct analgesic suggestions' is determined by the clinician's hypnotic language skills.

After attending this lecture, you will be able to define pain scientifically, explain why hypnosis is an ideal treatment tool for pain control, and summarize research findings that support classifying hypnosis as an Evidence-Based Treatment for pain control. You will also understand what it means to 'tame' as opposed to "fight" persistent pain, and you will be able to list a range of hypnotic strategies for relieving persistent pain.

**Lecture 2:00 – 2:45**

## **HYPNOTHERAPY IN MENTAL HEALTH**

*Treating the HypnoBiome Shows Exemplary Results*

**J. Eljay & J. Patterson**

An introduction to relief in IBS and other mental health disorders using a step-by-step process that focuses on renewing harmony and balance in your client's life.

Success of hypnosis-mediated clinical studies in Irritable Bowel Syndrome (IBS) makes up, perhaps, the most significant studies in hypnotic patient management. The key to success is learning to resolve these unhealthy emotions. Focusing on the complex emotional issues involving gastric distress will aid in resolving gastric-related disorders and perhaps, it will be generalizable to other mental health issues. All practitioners who are serious about impacting these debilitating diseases will be given a novel step-by-step process to alleviate the root cause of these common and debilitating gastric diseases. This unique process is non-invasive and fosters well-being and health in IBS. Control of IBS symptomology through hypnosis enhances the quality of life of all your clients. The brain-gut-microbiome (BGM) interacts in both directions e.g., brain to gut and gut to brain. Initially, animal models and subsequent clinical trials implicate the microbiome as a key factor in normalizing gastric discomfort in IBS. Microbiome therapy and hypnosis both affect the anxiety/stress neurologic pathway mediated by the vagus nerve (polyvagal theory). Recent evidence from a genomic study of over 50,000 IBS patients confirmed the central role of the anxiety/stress pathway. Whether modulating the microbiome or hypnosis effect identical, similar, or divergent sub-pathways remains for future study.

Both approaches modulate the parasympathetic nervous system helping to manage anxiety and stress levels. The increase and creeping uncertainty of the future, the

potential of diving into an economic recession, worldwide disharmony, and runaway inflation underscores the increasing recognition of using hypnosis in these mental health disorders. IBS is significantly associated with early in-life adverse events including: 1) trauma, 2) emotional abuse, 3) physical violence, 4) sexual exploitation, and 5) childhood overuse of antibiotics. These ingrained sources of emotional distress both support hypnotic intervention and the normalization of the microbiome in IBS. Specifically, the uncertainty of the future and its concomitant burgeoning anxieties affects both the incidence of newly diagnosed IBS patients as well as exacerbating the symptoms in previous patients. Indeed, Coronavirus infection, itself, also negatively impacts the gastrointestinal tract. Creating a long-term environment of calming quiet and balance greatly reduces the most severe sequelae of these ubiquitous diseases. The 'how' of hypnotic interventions as the key to success in this spectrum of gastric disorders and other mental health issues will be specifically addressed.

Learning Modules:

- Live Style Modifications and Neuro-omics Interventions
- New Techniques, Handouts, Step-by-Step Process
- Age-related Gastric Insults from Antibiotic Over-use and Childhood Trauma
- Q/A

## **LANGERIAN MINDFUL HYPNOTHERAPY & SELF-TRANSFORMATION**

**S.M. Fatemi**

This is a new model of hypnotherapy based on my nine-year long-standing work at Harvard University. The model has proven to be effective in dealing with numerous disorders.

This talk offers a new perspective on hypnotherapy and its therapeutic implications. Integrating Langerian mindfulness with hypnotherapy, the workshop provides the audience with a new understanding of hypnotherapy and its applications and implications.

Beginning with a preamble on hypnosis, hypnotherapy, and its components, I will discuss the therapeutic applications of hypnotherapy in a wide variety of contexts including insomnia, pain management, relaxation, stress management, trauma, weight loss, addiction, and anxiety management.

The discussions will continue to focus on different levels of awareness and consciousness by exploring pre-personal, personal and transpersonal and pre-convention, conventional and post-conventional realms, and explore the distinctions between knowledge and wisdom in wider therapeutic contexts.

The distinction illustrates how wisdom considerably goes beyond knowledge. Whereas knowledge is acquired through information, wisdom needs understanding it. Knowledge and wisdom focus on the dialectics of having and being. Knowledge is something we have; wisdom is something we must become. Knowledge informs us, whereas wisdom transforms us; knowledge empowers, and wisdom enlightens.

I then turn to mindfulness and its two mainstream versions: meditation-based mindfulness and Langerian mindfulness. By integrating Langerian mindfulness with hypnotherapy, the presentation will discuss, explain and describe the features and components of mindful hypnotherapy and its uniqueness in offering therapeutic interventions.

Attendees will be able to describe and explain the components of mindful hypnotherapy, its applications, and its implications for a wide variety of disorders.

## **THE FORGIVENESS FIRE**

**R. Light**

Research has clearly established the negative effects of holding grudges against others and yourself. The Forgiveness Fire is a highly effective healing session that incorporates techniques that work synergistically to create acceptance and forgiveness on the cellular level. You the hypnotist have the power to assist your clients in the ultimate healing so they can overcome the negative emotions and the physiological issues from holding onto resentment and guilt. The Forgiveness Fire is the forum that truly makes it easier to let go of past wounds because it combines hypnotherapy with 6 different healing modalities into one highly transformative session. You also discover techniques and strategies to prepare your clients for forgiveness as well as a deeper understanding of what forgiveness is and does. Accepting and forgiving allow for more joy and peace. It can provide relief from insomnia, guilt, resentment, and stress as well as emotional and physical pain.

Attendees will learn and experience a highly effective healing protocol that can bring immense joy, peace, and emotional and physical healing for the client.

**Lecture 3:00 – 3:45**

## **PHILOSOPHY & HYPNOSIS = A LIFESTYLE**

**E. Jorre**

An introduction to how hypnosis relates to different philosophies and how to incorporate new powerful frameworks into our practice. We'll be looking at how our personal belief system plays a fundamental role in the transformative energy we generate in our practice as well as in the lifestyle we want to project when working with our clients. Integrity and self-congruence play in our favor, to create the confidence and motivation required for efficient change work.

## **DIVERSIFY YOUR DEEPENERS**

**C. Elman**

Ever get bored of counting to take your client into a deeper trance? Are you using deepeners as stand-alone "scripts" after your inductions? Learn through lectures, discussions, and demos, a variety of deepening techniques, and how to creatively place them in your sessions while weaving them in a client-centered manner.

Participants will learn a variety of ways to deepen or modulate a client's trance, creating a "fresh", creative, and effective method of being client-centered.

The class will include a lecture, demo, and discussion on various methods including but not limited to Fractionation, Re-induction, Pyramiding, Counting methods, Non-Verbal, Catalysts, and many more. Whether these techniques are used as stand-alone processes or creatively strung together, participants will attain more confidence in their ability and when and where to use deepening techniques.

## **EPIGENETICS: NURTURE, NATURE, CHANGE, AND HOPE**

**F. Mau**

Behaviors and emotional orientation can be physically inherited. This soft inheritance is not via genetic changes; epigenetics refers to heritable chemical modifications to DNA that alter gene activity without changing nucleotide sequence. Your clients may believe that they have inherited a family curse like trauma or addiction. The good news is that, unlike genetic inheritance, epigenetic inheritances are not destiny that can be changed. We will review the current state of behavioral epigenetics with a focus on ways to help and encourage your clients as they create change.

**Lecture 4:00 – 4:45**

## **HYPNOSIS FOR SURGERY PREPARATION**

**B. Eimer**

Careless comments are common in the OR. When uttered within earshot of the unconscious patient, a careless comment can trigger in the patient's unconscious ominous ideas of death on the operating table. This lecture will explain how to hypnotically inoculate a patient against this. At the conclusion of this lecture, attendees will understand the necessity of this procedure and how they can learn the entire hypnosis protocol.

When preparing a patient for surgery, it is important to understand that even under general anesthesia, the unconscious can hear and interpret voices and sounds in the operating room. Therefore, it is important to prepare the patient consciously and unconsciously for this reality. Research shows that many cases of unexplained persistent pain following surgery can be prevented with proper psychological preparation. This lecture will introduce a three-session hypnosis protocol that teaches pre-surgical patients: (1) what to ask and request from their surgeon and anesthesia team and (2) how to prepare their conscious and unconscious minds for general anesthesia, the surgical procedure itself, and recovery post-surgery.

Attendees will learn the single most important prognostic indicator for an unfavorable surgical outcome and how this can be communicated to the patient and the surgeon.

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*"Wonderful conference!!!"*

*-Joni Johnston Neidigh, Orange Park, FL*

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## **THE TRAUMA EXPERIENCE IS DIFFERENT FOR EVERYONE**

**J. Nash**

Traumatic experience differs for every individual person. A person can feel traumatized from as little as jamming their finger in a door to losing a loved one to being sexually assaulted, kidnapped, or seriously assaulted. I can show you how to recognize, understand and work with your clients at their level of trauma.

## **COGNITIVE POLARE TRANSFORMATION**

**L. Heusinger**

In the presentation, I will be teaching and demonstrating the CPT technique with a brief introduction to the Chinese 5 Elements, which allows us to produce very specific results from the Transformation process.

**Sunday, May 21st**

**Lecture 9:00 – 9:45**

## **HYPNOSIS IS B.S. & OTHER MAGICAL SECRETS**

**K. Hand**

Whether you're intrigued, angered, or confused about the title of this presentation, you will definitely want to be in the room where it happens. You will discover how important the B.S. is in what we do to facilitate change. And you will learn a variety of ways to understand and explain hypnosis to a modern audience/client. You will also get the SECRET to how a mind can install and save the lasting change.

Participants will walk away with a variety of upgraded and useful metaphors that lead to lasting change.

## **SERENITY PRAYER FOR HYPNOSIS CLIENTS AND PRACTITIONERS**

**P. Blum**

This lecture is an examination of the elegance and universality of the famous "Serenity Prayer". We'll take an in-depth look at how to apply this for helping to make the distinction for both practitioner and client of what we can and cannot change or influence, and how to be at peace with that.

The information shared in this lecture may help to comprehend the ease of finding the eye of calm in the middle of a storm.

## **PRETALK AS A CATALYST FOR CHANGE**

**P. Scott**

During my 30+ years practicing Hypnotherapy it has become ever more apparent to me that the pretalk is the single most important element of the session. I've developed some very powerful tools for setting clients UP to expect and manifest the most successful outcomes

possible. In this lecture, I'll share these approaches and attitudes and provide the supporting materials that you can begin using immediately to literally set your clients UP for success!

Attendees will learn simple methods to generate commitment and positive expectation in their client that virtually guarantees successful outcomes. This lecture includes an extensive handout.

### Lecture 10:00 – 10:45

## RITUALS OF TRANSFORMATION

M. Watson

Never wonder about how to proceed with a client when you learn how to develop powerful personalized sessions on the spot.

Each client that we see is unique. Each problem they present is experienced in their own way. So how we work with them must be responsive to their individuality. In this dynamic presentation, we'll explore the process of creating and tailoring your interventions for each client for greater effectiveness in your work. The presentation includes numerous examples and demonstrations.

## IS YOUR BODY ONE OF YOUR BEST FRIENDS?

A. Emrich

Milton H. Erickson, M.D. reportedly once said something like—your clients are your clients because they are out of rapport within themselves. This interactive presentation explores ways to ensure that we establish deep rapport between our conscious (decision-making) mind and our unconscious mind (the mind of our body).

## 3 SECRETS OF A CONFIDENT HYPNOTIST

N. Wackernagel

Self-confidence for a hypnotist is so important. Because when we are confident, we are convincing as a hypnotist. And when we are convincing as a hypnotist, clients trust us. And when they trust us, we can change their lives.

Learn the 3 secrets of what makes a confident hypnotist. How can you build your confidence, what does it take? What makes you different in your practice?



### Lectures 11:00 – 11:45

## LET'S MAKE IT HAPPEN

H. Grahn

Do you have an impossible goal? Let's make it possible. Let's make it happen!!! I find that many people are only achieving a small fraction of their potential. Too many of us keep ourselves small and hold ourselves back.

Too many of us are stuck. As an endurance athlete that successfully conquers 100 km to 120-mile mountain races, I know what it's like to achieve an impossible goal. There was a time that I could barely run 5KM and I really struggled to run up hills. Now I am crushing 100km to 120-mile mountain races. It's absolutely mind-blowing what you can achieve when you get out of your own way. I'm here to talk to you about how to make it happen. Learn how to get out of your comfort zone and go after those audacious goals. It's time to stop holding yourself back. It's time to have the life of your dreams. Let's do this!

Attendees will learn helpful tools about how to achieve even those seemingly impossible goals and they will gain inspiration and motivation to go after the life they want and deserve.

## OXO MODEL FOR MANAGING DEEP TRANCE

B. Lemaire

Based on our study of historical hypnosis and our experiments in hypnosis, the "OXO" model is a very practical and pragmatic model developed to manage deep trance. Whatever your practice in hypnosis, operative, medical or therapeutic, you'll learn a new tool to practice hypnosis, much faster, deeper, and easier.

This lecture will enhance your freedom and creativity in making inductions, deepeners, and tests, all mixed together in one technique.

## INDUCTIONS FOR THE ANALYTICAL RESISTER

R. Hunter

Learn how to help the analytical resister believe that he or she was hypnotized.

How can you deal with an analytical client who claims, "I wasn't hypnotized...I heard every word you said"? Roy has helped many analytical resisters over the years, as his practice is near Boeing, Microsoft, and Intel. This short presentation includes two demonstrations of inductions for analytical clients.

While your favorite induction is best for most of your clients most of the time, when an analytical resister comes for an intake session, it is important to know how to spot the analytical client and adapt to his or her needs.



**Lecture 1:00 – 1:45**

## **FEEL TO HEAL** **L. Bennett**

Feeling our feelings is important to our well-being. Clients often seek hypnotherapy with the intention of going into deep hypnosis to clear challenges and avoid the feelings. While this can work, denying our feelings is just postponing the inevitable. This talk is about tools to help clients feel safe to truly acknowledge and express their feelings and to release what they are holding deep inside.

## **MYSTICAL SHAMANIC JOURNEYING: THE EXPERIENCE** **C. Hewerdine**

With or without state-altering substances, learn how you can offer your clients (in groups or individually) profound healing shamanic journeys. Many people fear what they've heard about the deep and mystical experiences of plant medicine journeys and alternative healing modalities. Here's a way to let them experience it. It's a safer, lighter version but with the same deep profound healing elements. We all know the magic that's possible with hypnosis. Adding solid elements from the shamanic world, it's the set and setting that will take magic concepts to a concrete reality. Learn how to plan and execute the rituals and rites to take your clients to another world, perhaps even taking you to the retreat locale of a lifetime.

## **LOGICAL THINKING** **H.L. Elman**

The general public often thinks that Hypnotic Subjects lose communication and/or logic while in Trance; hypnotists know this is not true. But a Spontaneous Esdaile State appears to violate this. By examining Dave Elman's research in this area, followed by then examining a dramatic actual class incident, the Attendees will understand that LOGICAL THINKING ABILITY AND COMMUNICATION CAPACITY ARE RETAINED BY HYPNOSIS SUBJECTS REGARDLESS OF DEPTH OR STATE OF TRANCE.

Attendees will gain a clearer understanding of BOTH the Esdaile State and other lesser-depth States of Hypnosis, and thus hopefully an improvement in Hypnotic Semantics and associated techniques.

**Lectures 2:00 – 2:45**

## **THE PROOF OF THE EFFECTIVENESS OF SLEEP TALK WITH TRAUMATIZED CHILDREN** **N. Gery**

The Goulding Method™ is a well-established method that's been around for over 40 years. It's been learned by thousands of therapists and consultants all over the world, who taught tens of thousands of parents for Joane Goulding's

simple method, to give their children emotional balance and healthy self-confidence.

If you ever wondered how effective a simple, parent-delivered method can be, I have study results that show its effectiveness in cases of trauma and extreme stress.

In these hard times, our children experience constant, pressing distress, coming from both, their own life and from their parents. So, I consider our most important contribution to a better future to be, to help our children achieve emotional and mental balance.

In this presentation, I'm going to share with you a study that was conducted by the Melbourne Royal Children's Hospital, and the University of Melbourne, with Joane Goulding, creator of the Goulding Method. It shows the results of using the Method with traumatized children after the century's most devastating bushfire in Australia.

## **SIMPLE SELF HYPNOSIS** **J. LeClaire**

This is a quick and effective method to enter the hypnotic state to initiate positive change.

Join me as we create suggestions for many different conditions. Together we will develop techniques to use on you to reach their goals. This is so versatile it can be used on self, clients, and groups.

## **ADDICTION IS UP!** **W. Horton**

When it comes to addiction issues, it can affect relationships, work, family, and career. It can be difficult to manage and can be incredibly hard to overcome. It can feel like it's your fault and that you are somehow responsible for the issues you are facing. But it's important to remember that addiction is not your fault.

Society, the media, and big business set you up for failure when it comes to addictions! The good news is that there is help available. New treatments such as neuro-linguistic programming (NLP) and hypnosis can help you address the underlying issues that may be causing your addiction. NLP can help you identify and change negative thought patterns that may be contributing to your addiction. Hypnosis can help you to think differently about your addiction and can also help you to develop new, healthier habits. By using NLP and hypnosis, you can gain insight into the underlying causes of your addiction and begin to make positive changes that will help you overcome it. With the right help and support, you can begin to take back control of your life and build a better future. Join us for the keys!

