



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

# HYPNO EXPO 2021

*Learning Reimagined!*

## LIVE Online!

**May 21-23, 2021**

570-869-1021

IACT/IMDHA

[www.iact.org](http://www.iact.org)

[www.imdha.com](http://www.imdha.com)



# IACT / IMDHA



*Dear friend and colleague,*

It's exciting to be hosting this year's event virtually! Given the state of affairs due to the COVID-19 pandemic, the conference theme, '*Learning Reimagined*', has never been timelier.

Last year's virtual conference was an astounding success and this year you can count on us to deliver the same quality training that you've come to expect. The virtual event includes a plethora of unique and diverse lecture and course topics. We've implemented special tracks to refine and target practical courses for new practitioners, and tailor topics to deepen the expertise of seasoned professionals.

This year we've chosen 53 exceptionally gifted and highly acclaimed educators to bring you a versatile and well-rounded blend of extraordinary presentations to fit your experience level and interests. Collectively you have a choice of participating in 69 award-winning courses and lectures. Some presentations, uniquely connected to our conference, are not offered in any other venue; so I encourage you to seize the opportunity to select from your skill set 'wish list' and train with the pros! As if that is not enough reason to entice you to attend – included with full conference registration is a selection of 6 FREE workshops from which to choose.

When you attend Hypno Expo you have the opportunity to exchange ideas with colleagues from all over the world. Imagine what areas can be enhanced using the latest developments in social networking and marketing, teaching and practice building. Imagine obtaining timely information on legislative affairs and cutting edge research. Imagine an environment filled with opportunities for favorable networking, collaboration, demonstration and technique. The possibilities are endless as you embark on an educational adventure as limitless as your imagination!

Hypno Expo goes from strength to strength; and 2021 promises to be no exception, offering an array of expert speakers to inspire and motivate. Within these pages you'll find numerous lectures and courses from which to choose. The presentations are sure to *tantalize* your educational taste buds, *inspire* your professional development and *embrace* your desire for learning...all in the comfort of your home/office. You can literally attend in your slippers!

While browsing this catalog, I wonder how many topics will catch your attention or pique your curiosity. There's a real possibility that each page will contain something of interest to you. Before choosing, we encourage you to prepare a list of desired speakers, subjects and goals to help you decide which selections best fit your objectives and interests. Then, to get the most out of your conference experience, prioritize your choices.

Our goal in offering this conference is our commitment to assist you with ongoing personal and professional development. Dollar for dollar, the conference will prove to be one of the best values for your educational investment.

You can't expect to meet the challenges of today with yesterday's tools and expect to be in business tomorrow. Consider taking a weekend out of your busy life to invest in yourself and breathe in new ideas and inspirations.

I want to reiterate my commitment, to provide you with learning opportunities that are safe and viable. I trust next year finds us well beyond dealing with the COVID-19 pandemic and together once again in the beautiful Sunshine state. While we may not be able to share a hug or a handshake, or sit down to dinner together, we are excited about this opportunity to gather together LIVE for this virtual conference.

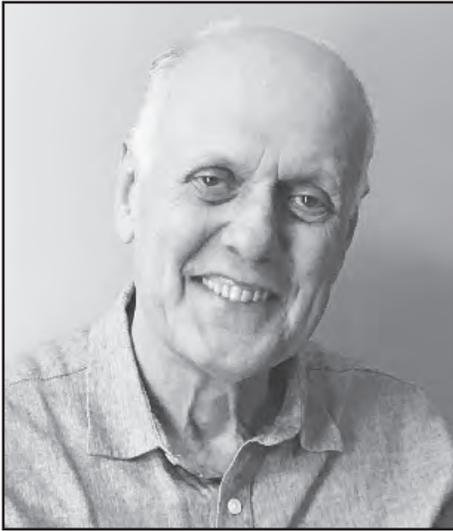
I'll see you there!

*"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." – Malcolm X*



# Keynote Address

## *Growth and Expansion Through Resilience*



Larry Garrett has been in full time practice since 1970, operating one of the oldest and largest hypnosis practices in Chicago. He incorporates an advanced technique of Electronic Hypnosis to advance his success of each session. He has taught hypnosis at Morton College (1972) and Wright College (1976) consistently until 1999. Both were the first hypnosis courses offered at a college in Illinois. Larry has worked with many police departments in the greater Chicago area and many physicians and hospitals; assisting with medical procedures using hypnosis. He has traveled 30 states at over 400 colleges and schools lecturing and demonstrating hypnosis and has been on more than 100 radio and TV programs.

Larry has used hypnosis with many corporations for smoking cessation and stress management including Baxter Travenol, General Motors, Borden Foods, Kodak, and RR Donnelly. Larry has published over 150 articles on hypnosis and related subjects. He writes a regular column in a trade magazine on hypnosis and a monthly community newsletter for nearly 30 years.

In 2001 he was invited by the former Iraqi Government to come to Iraq to hypnotize Uday Hussein, the eldest son of Saddam. He was in Baghdad, Iraq on September 11, 2001 and has written two books on his experiences; *Healing the Enemy* (2008) and *Hypnotizing the Devil* (2013)

There are few areas of hypnosis Larry has not become involved in. He has presented at a hypnosis conference each year since 1975 and observed hypnosis grow into a respected profession it is today. His philosophy is to always do what you love and the doors will open for you.

**Saturday 9:00 (Blue Room)**

### IMPORTANT CONFERENCE INFORMATION

**Conference Registration:**

**Register Online:** Go to [www.HypnoExpo.com](http://www.HypnoExpo.com)

**Register by Phone:** Call Hypnosis Headquarters at 570.869.1021.

**Register by Fax:** Complete your registration form and fax to 570.869.1249. (The secure fax line is a dedicated line—available 24 hours a day).

**Register by Mail:** Complete your registration form and mail with appropriate fees to IACT/IMDHA, 8852 SR 3001, Laceyville, PA 18623. You may download a copy of the registration form by going to the websites.

**Continuing Education:** Full attendance of the event on Friday, Saturday and Sunday will fulfill your annual CEU obligation in IACT and IMDHA. Additional credits are on an 'hour-for-hour' basis. Validation will be provided upon request.

**Conference Package Includes:** Your choice of all 45 minutes lectures on Friday, Saturday, and Sunday. Admittance to the Friday evening Social and Entertainment. Admittance to the Saturday evening Awards Presentation and Entertainment. Your choice of 6 FREE workshops.

**Tax Deduction:** An income tax deduction is allowed for expenditures of education undertaken to maintain and improve professional skills. (See Treasury Regulation 1:62-5: Coughlin v Comm. 203F.2d307)

**Consent:** There will be various professionals instructed to photograph and record the event. By attending the conference, you give consent to be a participant in any conference recordings or photographs.

# FRIDAY - AT - A - GLANCE

5/21/2021	BLUE	WHITE	RED
			
9:00 - 9:45 AM	Conference Orientation & Welcome - (Blue Room)		
Category	Skills Enhancement	Practice Building	Personal Growth
10:00 - 10:45 AM	<b>A. Scharlau</b>  Coloring Your Reality	<b>B. Eimer</b>  Hypnosis For Treating Depression	<b>Z. Grant</b>  Mindset For Success
11:00 - 11:45 AM	<b>J. Nash</b>  Long Term Consequences Of Childhood Abuse	<b>M. Valle</b>  Simple Things You Can Do Right Now	<b>R. White</b>  Developing Your Intuitive Self
12:00 - 12:45 PM	Lunch Break		
1:00 - 1:45 PM	<b>P. Sacco</b>  Verbal-Dontics	<b>S. Granger</b>  Become A Hypno Star	<b>W. Horton</b>  The Secret To Living Longer
2:00 - 2:45 PM	<b>F. Mau</b>  Future Now	<b>N. Gerey</b>  Change Stress To Confidence In Your Child	<b>L. Bennett</b>  Using Stories For Healing
3:00 - 3:45 PM	<b>S. Stockwell-Nicholas</b>  Mindfulness	<b>J. Catlin</b>  Accessing Emotion Within Heavily Guarded Clients	<b>M. Svatek</b>  Energy Model Of Therapeutic Change
4:00 - 4:45 PM	<b>J. Hanson</b>  Mind Your Garden	<b>K. Ring</b>  Self Hypnosis And Transformation	<b>P. Daoust</b>  Whole Brain Conflict Management
6:30 PM	Virtual Social Hour - (Blue Room)		
7:30 PM	Singing Bowls Concert - (Blue Room)		

# SATURDAY - AT - A - GLANCE

5/22/2021	BLUE	WHITE	RED
<b>9:00 - 9:45 AM</b> 	<b>President's Address - Robert Otto - (Blue Room)</b> <b>Keynote: Growth And Expansion Through Resilience - L. Garrett</b>		
Category	Skills Enhancement	Practice Building	Personal Growth
<b>10:00 - 10:45 AM</b>	<b>W. Horton</b>  Hypnoaddictionology: Addictions Or Bad Habits?	<b>M. Watson</b>  Presentation Magic	<b>G. Coles</b>  The Cancer Journey And Hypnotic Interventions
<b>11:00 - 11:45 AM</b>	<b>E. Rosen / P. Scott</b>  Medical Hypnosis Essentials To Grow Your Practice	<b>N. Wackernagel</b>  Chances And Limitations In Pain Management	<b>S.M. Andrews</b>  Instant And Rapid Inductions
<b>12:00 - 12:45 PM</b>	<b>LUNCH BREAK</b>		
<b>1:00 - 1:45 PM</b>	<b>D. Papadakis</b>  The Relationship Code	<b>S. Day</b>  Robust Receiving	<b>D. Cleary</b>  Induction And Intent
<b>2:00 - 2:45 PM</b>	<b>A. Caputo / K. Hand</b>  The HELP OUT Protocol	<b>C. Elman</b>  Sleep Talk Coach	<b>M. Babineaux</b>  This Means War!
<b>3:00 - 3:45 PM</b>	<b>J. Sanchez-Domenech</b>  Iridology And Hypnosis	<b>D.Chong / J. Chong</b>  The Philosophy Of Language	<b>L. Bennett</b>  I Am Fine...Are You Really?
<b>4:00 - 4:45 PM</b>	<b>C. Allyson</b>  Vision Boarding Into Success	<b>A. Ayinde</b>  Vitamin V - Visualization To Assist People With Cancer	<b>E. Clark</b>  Hypnosis For High Blood Pressure
<b>6:30 PM</b>	<b>Awards and Entertainment - (Blue Room)</b>		

# SUNDAY - AT - A - GLANCE

5/23/2021	BLUE	WHITE	RED
	Skills Enhancement	Practice Building	Personal Growth
9:00 - 9:45 AM	<b>M. Tiers</b>  Priming: In Practice	<b>Z. Grant</b>  The Inner Game Of Communication	<b>S. Norman</b>  The Breathing Induction
10:00 - 10:45 AM	<b>S. Granger</b>  Identify Eating Types	<b>M. Babineaux</b>  Ethics And The Seven Deadly Sins	<b>S. Prakash</b>  The Karmic Cycle
11:00 - 11:45 AM	<b>N. Auerbach</b>  Forgiveness And Gratitude In Reducing Stress	<b>C.R. Hunter</b>  Selling Success To Your Subconscious	<b>N. Yolles Young</b>  Womb Regression
12:00 - 12:45 PM	<b>LUNCH BREAK</b>		
1:00 - 1:45 PM	<b>E. Rosen</b>  Transformational Core Continuums	<b>H.L. Elman</b>  Development Of Critical Faculty	<b>D. Pelles</b>  Pain Clinic
2:00 - 2:45 PM	<b>M. Sacco/R. Woods</b>  The Language Of Healing	<b>D. Ellis</b>  The Use Of Technology In Everyday Practice	<b>W. Rocki</b>  Empowering Clients: Self-Hypnosis As An Effective Form Of Self-Care
3:00 - 4:45 PM	<b>S. Granger</b>  "It's A Head Thing"  FREE	<b>J. Eljay</b>  Replay In Vagus Please  FREE	<b>P. Blum</b>  Covert Verbal Inductions And Suggestions  FREE
5:00 - 6:45 PM	<b>M. Babineaux</b>  Hypnosis Is Habit Forming  FREE	<b>J. Linnett</b>  From Sessions To Programs  FREE	<b>S.M.Andrews</b>  Forgotten Dave Elman Techniques  FREE

# PRE- AND POST-CONFERENCE COURSES

	9am - 6 pm	9 am - 6 pm	9 am - 6 pm	9 am - 6 pm	9 am - 6 pm	9 am - 6 pm
<b>Tuesday</b> <b>5/18/2021</b>				<b>M. Watson</b> Master Trainer Certification Training		
<b>Wednesday</b> <b>5/19/2021</b>	<b>S. Granger</b>  Create A Booming Hypnosis Business For 2021 And Beyond!	<b>A. Ayinde</b>  M.E.N.T. A. L. Games A New System Of Sports Enhancement	<b>E. Rosen/P. Scott</b>  Medical Hypnotherapy Specialty Training	<b>M. Watson</b>  Master Trainer Certification Training	<b>B. Eimer/C.R. Hunter</b>  Hypnotic Regression Therapy	<b>W. Horton</b>  Ultimate NLP Course
<b>Thursday</b> <b>5/20/2021</b>	<b>S. Granger</b>  Create A Booming Hypnosis Business For 2021 And Beyond!  2 Day	<b>A. Ayinde</b>  M.E.N.T. A. L. Games A New System Of Sports Enhancement  2 Day	<b>E. Rosen/P. Scott</b>  Medical Hypnotherapy Specialty Training  2 Day	<b>M. Watson</b>  Master Trainer Certification Training	<b>B. Eimer/C.R. Hunter</b>  Hypnotic Regression Therapy  2 Day	<b>W. Horton</b>  Ultimate NLP Course  2 Day
<b>Friday</b> <b>5/21/2021</b>	<----- NO FULL DAY CLASSES ----->					
<b>Monday</b> <b>5/24/2021</b>	<b>M. Tiers</b>  Practical Neuroscience: A Protocol For Strategic Brain Change	<b>P. Blum</b>  Conversational Hypnosis	<b>A. Caputo/K. Hand</b>  Post Pandemic Problem Solving With The HELP OUT Protocol	<b>M. Watson</b>  Master Trainer Certification Training	<b>B. Eimer/C.R. Hunter</b>  Train The Hypnotic Regression Therapist	<b>F. Mau</b>  Future Now: 300 Milliseconds And The Limits Of Cognitive Change
<b>Tuesday</b> <b>5/25/21</b>				<b>M. Watson</b>  Master Trainer Certification Training  5-Day	<b>B. Eimer/C.R. Hunter</b>  Train The Hypnotic Regression Therapist  2 Day	

# *What Is Your Reason For Attending?*

## **HYPNOEXPO LIVE! *ONLINE* IS A GREAT CONFERENCE!!!!**

**Watch the lectures—in REAL TIME – In the comfort and privacy of your home or office.**

Global educators from around the globe have teamed up for the event. Choose from three lectures each hour (excluding lunch) — Friday, Saturday and Sunday. And here's the clincher—you can fulfill your annual continuing education certification requirements by attending this event.

### **Hypno Expo delivers... bringing the Hypnosis Conference to you!**

Plan now to attend the Hypno Expo Virtual Conference. It will stream LIVE May 21st-23rd, 2021.

- Learn from top speakers around the world as they present 45-minute lectures on a wide variety of topics for both beginners and advanced practitioners.
- Learn new techniques and new topics in the field of hypnosis.

There are a variety of topics for those who are simply interested in hypnosis and mind-body wellness, so be sure to invite your friends and family—everyone can benefit! So, if you want to ride the virtual hypnosis wave... Here's a sample lineup of what you can expect.

- Melissa Tiers – Priming: In Practice
- C. Roy Hunter – Selling Success to the Subconscious
- Karen Hand – The HELP OUT Protocol
- Sean Michael Andrews – Instant and Rapid Inductions
- Will Horton – Hypnoaddictionology: Addictions or Bad Habits?
- Sheila Granger – Become a Hypno Star!
- H. Larry Elman – Development of Critical Faculty

In addition to watching the conference LIVE online, you will be given a link for access to ALL the handouts.

### **Why should you attend the Hypno Expo Virtual Conference?**

- Choose from nearly 48 hours of hypnosis education from some of the most respected names in the profession.
- Connect with speakers from all over the world via the internet.
- One low price, no additional fees or hidden costs.
- User friendly navigation.
- Computer compatible with nearly 100% of all personal PCs.
- Lectures are LIVE on-line! See, Hear, & Feel the excitement as it is happening!
- No Advanced Computer Skills Necessary! If you can click your mouse—you can attend this conference.
- Learn techniques and information to expand your practice that you can actually use the very next day!
- Classes are open to the public! Available to anyone with an interest in Hypnosis and Mind/Body Wellness.
- Watch as techniques are demonstrated just as if you were sitting in the audience.

# special

## ENTERTAINMENT



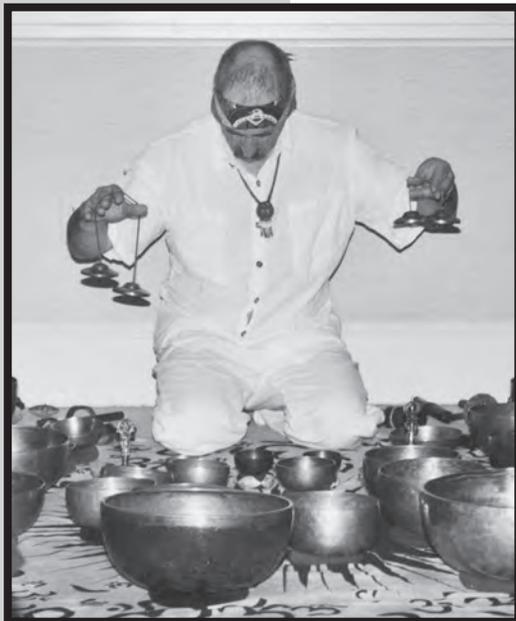
### **6:30 PM Virtual Social Hour**

*Friday evening 6:30 (Blue Room)*

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The antidote for social isolation! Join us for an unforgettable hour of fun and fellowship as we take our social skills to a new level.

*(Included with full conference registration)*



### **7:30 PM Sounds for Healing & Meditation with Peter Blum**

*Friday evening 7:30 (Blue Room)*

The enjoyable ritual of the Himalayan Singing bowls for healing has been used for thousands of years by many cultures to calm or energize the body.

Cap off the evening with a mesmerizing performance of sounds for Healing & Meditation. Peter's work is based on 30 years of studying and practicing the healing power of sound and music.

*(Included with full conference registration)*



# Lectures



**Friday, May 21st**

**Lectures 10:00 – 10:45**

## **COLORING YOUR REALITY ART AND HYPNOSIS FOR CLIENTS**

**A. Sharlau**

This new interactive presentation by Amye Scharlau combines the joy of art with the science of hypnosis for client change. Amye uses her art degree to create coloring pages used in conjunction with hypnosis processes to engage the mind on several levels. Receive coloring pages for weight loss, fears, and relaxation to be used with your own clients. Also learn how the art and surroundings of your physical office can be used as metaphors for change. Engaging with your clients through art will enhance rapport and give you an additional way to apply skills you already have.

This skill set works beautifully with groups of any age!

## **HYPNOSIS FOR TREATING DEPRESSION**

**B. Eimer**

This didactic and experiential skills building lecture is for hypnotherapists who want to learn how to use hypnosis to help clients break their patterns of depression. Attendees will learn the mindfulness based A.W.A.R.E. Hypnotherapy model to evaluate a client's depression, conceptualize the client's problem, formulate a hypnotherapy treatment plan, and implement it. We will cover how to work collaboratively with other treating professionals with the client's consent. By the end of this lecture, attendees will be able to demonstrate how to use hypnosis to change depressive beliefs and imprint antidepressant behaviors. Learning to use hypnosis to tame depression can make you a leader among your peers.

This talk is based on Bruce's 30 plus years of experience as a licensed clinical psychologist practicing hypnotherapy with depressed clients in private practice and depressed patients in hospital settings.

## **MINDSET FOR SUCCESS HOW TO GET PEAK PERFORMANCE IN 3 EASY STEPS**

**Z. Grant**

Use your most important resource, Your Mind, in a more effective way!

When your subconscious and your conscious mind disagree, your subconscious always wins. When you line up your subconscious with your conscious goals, you unleash the power to get what you want! Mindful States and Hypnosis are the most practical and the most effective way to subconscious change. Since the subconscious has no power to discriminate it will believe anything that it is told in the correct manner. Learn the three easy steps you can take to create the Mindset for Success.

**Lectures 11:00 – 11:45**

## **LONG TERM CONSEQUENCES OF CHILDHOOD ABUSE**

**J. Nash**

Often our client's problem is not the problem they come to see you for. There are a myriad of behaviors and symptoms that a client can present with that can be related to childhood abuse that the client may or may not be consciously aware of. This lecture helps you identify if the client's problem could be related to childhood abuse.

## **SIMPLE THINGS YOU CAN DO RIGHT NOW TO INCREASE YOUR PRACTICE AND ENHANCE YOUR LIFE**

**M. Vallei**

This lecture is about personal growth as well as about building your practice. Often we find ourselves confused, concerned and even stuck when it comes to growing our practices, and even ourselves. Sometimes we may feel like we are spinning our wheels and making no progress. We received the education we need to practice and we have tried just about everything we have heard about as a way to increase business and to do superb work with clients. But, there is something missing; something that just doesn't fit or that we haven't figured out. So, nothing changes. Our practice doesn't grow or it starts and stops. And/or we personally feel lost or unfulfilled. Has this happened to you? Or are you thinking these things now? If so, this lecture is an opportunity to learn how to change all that today.

This lecture presents 10 simple, yet vital and fundamental, things you can do each day that can change whatever state you find yourself and affect a positive change in your business and in the work you do with clients. These ten things can also help you live a better life. Simple is the key to profound positive, sustainable change. We often forget the simple and the practical. In so doing, we don't get where we want to go or we get close but, as the saying goes, "there's no brass ring".

Attendees will receive information which they can begin to use immediately in order to increase their business and enhance their personal growth. There will be time for discussion, questions and answers, and some actual hands-on practice.

## **DEVELOPING YOUR INTUITIVE SELF**

**R. White**

We were all born with the innate ability to transcend our five senses and tap into a realm beyond that which we can see: the realm of spirit. Due to societal conditioning over the years, most adults are not as naturally intuitive as we once were as children. Many of us have lost the ability, or have been taught to fear it, to connect with something beyond ourselves, with the pure love and compassion that exists for us from a team of guides and angels connected to the Divine. The good news is that we can learn to re-activate our intuition, or our third eye chakra.

In this lecture you will learn tips on how to activate your intuition in everyday life, such as through meditation, working with light, and simply just asking and opening.

Together, we will:

- Learn about easy ways to develop your intuition and open your third eye chakra.
- Discuss the difference between the Ego and intuition (and how to know which is which).
- Learn about the various forms of higher guidance (spirit guides, angels, Ascended Master, Divine Source energy) and how to connect with them.
- Do a guided meditation to meet your spirit guide.

You will get some handouts to take home and a greater sense of clear connection with your Divine guides.

**Lecture 1:00 – 1:45**

## **VERBAL-DONTICS**

**P. Sacco**

According to evidence-based scientific studies, poor dental health is connected to poor systemic health, all of which lead to low self-esteem, something that many of our clients request help for. By recognizing dental anxiety in the client intake, pre-talk, and powerfully scripted sessions, we can empower our clients to overcome the barrier of dental anxiety and make positive improvements in lifestyle and health.

Learn about how destructive dental anxiety is, and how it can be sabotaging your clients' overall health and well being. Poor Dental health inhibits welcoming body language and rapport.

You will learn the practical application of hypnosis for clients with dental anxiety from a Dental Hygienist's perspective who is also a Hypnotist.

## **BECOME A HYPNO STAR IN THE EYE OF THE MEDIA AND EXPLODE YOUR HYPNOSIS BUSINESS**

**S. Granger**

Favorable news about your hypnotherapy business in the local, national or even international press can boost your profile and position you as the expert, the 'go to' therapist and in turn increase your client base massively.

Good publicity in the media is the most powerful tool for building recognition with your potential clients, like word-of-mouth recommendation. It is far more credible than advertising. And the good news is that it can be achieved for zero cost! I'll be sharing all the ways that you can get press attention immediately.

I'll be giving away a completely free Press and Media master class workbook to all attendees

## **THE SECRET TO LIVING LONGER**

**W. Horton**

Put more life in your years and years in your life.

In this talk you will learn:

- The secrets to anti aging technology.
- Simple ways to add both life to your years and years to your life.
- Mental hacks to slow down your aging process.

With people aging - we all want to live better as well as longer!

**Lecture 2:00 – 2:45**

## **FUTURE NOW**

### **300 MILLISECONDS AND THE FAILURE OF COGNITIVE CHANGE**

**F. Mau**

The rational mind exists 300 milliseconds 'at least' in the past. At a neurological level emotional processing is always happening in the flash future, with cognitive processing trailing. While cognitive processes can only manage problems that have happened, emotional hypnotic change can create a truly different future, without even a moment's notice.

This presentation explores the cutting edge of the neurological nature of hypnosis, and the superiority of hypnotic approaches versus cognitive change processes. Gain a clear understanding of the cutting edge science of hypnosis, and see your clients, and the nature of true change, in a new way.

## **CHANGE STRESS TO CONFIDENCE IN YOUR CHILD**

**N. Gerey**

These days the stress level of our children is just incredible. They are forced to wear a mask, can't play with each other, need to keep distance, etc. And of course parents are stressed as well...

The Gouilding Process, a simple and effective tool we can teach parents to change their children's stress to confidence. We'll share a study about the Process, used after a catastrophic bush fire in Australia to reduce the young victims' trauma (some of them lost their parents).

## **USING STORIES FOR HEALING**

**L. Bennett**

The Stories that tie us, bind us and ultimately free us. Learn to hold our client stories in a more empowered way. Change the narrative with the right questions and new perspectives.

This talk is about teaching clients to tell their stories in new inspired ways to avoid perpetuating their old disempowered stories. You will learn techniques to guide them from old explanations to new expressions.

**Lecture 3:00 – 3:45**

## **MINDFULNESS**

**S. Stockwell-Nicholas**

I teach mindfulness as a fine hand in glove technique for hypnotherapy. Mindfulness invites you to pay attention to your thoughts, emotions and actions. You mind your mind and observe your behavior, thoughts, actions and reactions, and then choose how to think and be. Here-and-now focus let's you stop and smell the roses. Conscious awareness or mindfulness helps you relax.

Mindfulness has long been used for introspection and to induce hypnosis and helpful suggestions. Some try to distinguish hypnosis from mindfulness saying that one is directed by suggestion and the other is non-directive (you attend to now as thoughts as feelings come and go.) Of course, hypnosis does that very well. As I see it, mindfulness is just hypnosis in a tuxedo.

It's a good idea for hypnotists to add mindfulness to their list of practices. Join me for a fun-filled, lively presentation.

## **ACCESSING EMOTION WITHIN HEAVILY GUARDED CLIENTS**

**J. Catlin**

Working with clients who seem to be stuck in their minds can be a challenge. Unresolved emotion from the past is attached to limiting beliefs which drives behavior in the present. Accessing emotional space is important for clients to discover the root of their presenting issue and to provide permanent resolution. In this presentation, we will discuss how to work with clients who are guarded and learn how to help them connect to their inner world in a safe, effective way.

You will learn how to help guarded clients connect with their emotions in order to create effective behavioral change.

## **ENERGY MODEL OF THERAPEUTIC CHANGE**

**M. Svatek**

Learn how to assist your clients (and yourself) in fully understanding the practical, day-to-day flow of energy in and out of our lives in our energy core areas and how this determines a person's ability to function and thrive (or not) in each energy core area.

**Lecture 4:00 – 4:45**

## **MIND YOUR GARDEN**

### **WEEDING OUT OLD THOUGHTS TO LIVE A BOUNTIFUL LIFE**

**J. Hanson**

This is a corny play on words for a fresh look at the Root of client issues. Thoughts are the Seeds we sow, some are invasive and take over our lives, while others grow slowly and mature later. From the Edible to the Ornamental, and the Medicinal to the Weeds; learn a fun way to get your Wallflower clients to let go of their Forget-me-nots, and have them blooming like Daisy's in no time.

## **SELF HYPNOSIS AND TRANSFORMATION**

**K. Ring**

Learn how simple directives to the subconscious mind can have a meaningful effect on change in your life when directed through the power of suggestion and the magic of self-directed suggestion similar to affirmation. Neuroplasticity and the Brain Mind singularity are flexible and have a manageable plasticity to promote lasting change.

## **WHOLE BRAIN CONFLICT MANAGEMENT INTEGRATING HYPNOSIS WITH TRADITIONAL MODELS**

**P. Daoust**

The internet is rich with advice on how to manage conflict and there are plenty of workshops that teach effective strategies. People can master the skills, but they still don't use them. Why? Because conflict is an emotional event. The standard approach to teaching conflict management skills depends on changing how you think about conflict and a linear step-by-step approach to create change in behavior. There is nothing wrong with these models, they just aren't enough. This lecture will discuss the integration of hypnotic tools to engage the subconscious of both parties with the more traditional, cognitive approaches. This whole brain approach is more effect and efficient.

Attendees will learn a more holistic approach to conflict management that is both more efficient and effective. This is useful in personal life and when working with clients.

**Saturday, May 22nd**

**Lecture 10:00 – 10:45**

## **HYPNOADDICTIONOLOGY: ADDICTIONS OR BAD HABITS**

**W. Horton**

Learn about the neurological aspects of habit and addictions. What is the difference between a bad habit and an addiction? Learn the best ways to help an addict or alcoholic and to understand the brain based aspects of addictions.

I have been lecturing on addictions for 35 years and share current up-to-date info as it becomes available.

## **PRESENTATION MAGIC**

**M. Watson**

It's easy to do presentations and public talks when you know a few special secrets. Learn two formats that you can use to quickly put a presentation together in minutes and create opportunities to speak to groups and organizations.

This program is the result of 4 decades of experience. We'll explore the 4Mat method and how to use it effectively. We'll also cover the presentation style of NLP creator John Grinder. In addition, you'll learn a number of tips, techniques and other gems that will make your talks sparkle.

## **THE CANCER JOURNEY AND HYPNOTIC INTERVENTIONS**

**G. Coles**

1 in 2 people born in the western world since 1960 will experience cancer at some time in their lives. 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.

This talk will enable participants to identify how hypnosis can be used and to be able to formulate hypnotic approaches and interventions to assist those going through the cancer journey both psychologically and physically.

**Lecture 11:00 – 11:45**

## **MEDICAL HYPNOSIS ESSENTIALS TO GROW YOUR PRACTICE**

**E. Rosen / P. Scott**

Learn the three critical areas where you, as a Hypnosis professional, can become an indispensable asset to your local medical community. You will gain insight into how you can help to educate and inform medical professionals about the unique contributions you can make to the medical 'team', making it easier, more comfortable, and practical for them to refer patients to you.

You'll learn valuable tools to expand your practice by working with medical referrals and receive a handout that includes additional useful medical research and material beyond what is covered.

## **CHANCES AND LIMITATIONS IN PAIN MANAGEMENT**

**N. Wackernagel**

"Pain control and the possibilities of hypnosis have always been close to my heart. In the past, I had to deal with it personally again and again due to the many interventions. If I had known hypnosis at that time, I would certainly have used it beneficially for me. This year we decided to make various experiments with hypnosis. These included experiments with self-hypnosis, somnambulism and esdaile. What are the important aspects that can lead to success? It was very exciting what we experienced.

## **INSTANT AND RAPID INDUCTIONS**

**S. M. Andrews**

Rapid and instant inductions give a hypnotist the flexibility to hypnotize more people, the confidence to be more effective, and the ability to draw more clients into the practice. Client safety is the most important consideration and simple rules to ensure the comfort and safety of the subject will be emphasized in this talk. Ericksonian confusion techniques as well as shock inductions will be demonstrated.

- Learn the safety considerations and meaning of the acronym N.E.W.S.
- Identify the two types of instant inductions, shock and confusion.

## Lecture 1:00 – 1:45

### 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 Decoding. Debbie has further enhanced this system with the power of hypnosis, making it a highly dynamic tool for hypnotists. Learn how to facilitate this very simple, yet powerful system to assist clients to heal their wounded heart. Yes, you too can learn to help your client's transform any relationship! This is a step-by-step demonstration using the techniques required to restore and renew your clients' relationships and heal their wounded heart by removing the blockages that hinder them.

### ROBUST RECEIVING

**S. Day**

Become skilled in the art of Robust Receiving by releasing the conditioned and generational habits and beliefs which limit your ability to prosper as an entrepreneur or practitioner. Investigate and disrupt abundance blocks and habituated patterns of scarcity and lack so that you become a Robust Receiver. In this lecture, you'll develop a personal action plan to move you into the zone of a receiving mindset with ease.

### INDUCTION AND INTENT

**D. Cleary**

This presentation benefits novice to expert by demonstrating the incredible effectiveness of intent.

Recognition of the impact of life experience enhances induction. By utilizing the energies of the client we naturally develop an aura of healing, causing clear understanding of the success of the session. The simplicity of these techniques reminds participants to immediately access awareness of success for themselves and their clients.

- Clarify awareness that induction begins prior to the session.
- Realize the healing power of intent.
- Learn to shift "resistance" to advantage.
- Influence client expectation to achieve powerful results.
- Connect with the certainty of success.

## Lecture 2:00 – 2:45

### THE HELP OUT PROTOCOL POST PANDEMIC PROBLEM SOLVING

**A. Caputo / K. Hand**

Clients are finding a greater need for relief in these post pandemic times. From those clients suffering from lingering effects of the virus to clients who continue to suffer from other aspects of the pandemic, this overview will discuss the wide range of issues and how to facilitate relief.

Seasoned hypnotists will get a good understanding of the 7-step protocol, and new hypnotists will get an excellent introduction to the wide range of modalities that can be used to offer relief from effects of loss, isolation and the changing times.

Attendees will discover a helpful protocol to offer individual clients or groups to facilitate a change for good in changing times.

### SLEEP TALK COACH

**C. Elman**

SleepTalk for Children has been available for decades and encompasses a longer period of training and working with families. The new SleepTalk Coach creates opportunities for hypnotists and therapists to talk to groups of professionals, teachers, churches, Parent groups, and corporations through Human Resources, etc. It teaches them the basics of the process of the Gouilding Process of SleepTalk for Children so that they can help build their children's self-esteem and emotional resilience. This foundation has proven to be effective in building happier children and families, and happier families yield better students, and more focused employees. You will learn about the basics of the process and areas of marketing which can expand your hypnosis practice.

SleepTalk for Children, whether as a consultant or a coach, is extremely Zoom effective. Even before the current social distancing, I have done 95% of my work with SleepTalk online. This also expands your ability to work globally.

### THIS MEANS WAR!

**M. Babineaux**

The quickest way to reconnect with your emotions may simply be to recognize and acknowledge them.

This talk focuses on the basic elements of making beneficial changes in your life. Find and recognize your motivation to change. Analyze the actions you need to take. And consciously repeat that action in fulfillment of that motivation. It may simply be a question of recognizing that life itself is change and the action you need to take is learning to gracefully accept those changes. Become a Hypnotic Warrior in the search for peace-of-mind.

**Lecture 3:00 – 3:45**

## **IRIDOLOGY AND HYPNOSIS**

**J. Sanchez-Domenech**

Iridology and adjunct techniques can be used in conjunction with hypnosis to complement the hypnotic experience. It helps the client enhance their receptivity and healing process by integrating hypnosis with other holistic modalities.

## **THE PHILOSOPHY OF LANGUAGE**

**D. & J. Chong**

There is an automaticity that we have only one language and that is English. The oddest thing is that very few people seem to be aware that we happen to live in systems. It is the language of the systems that we use. We have to think of the power of the philosophy of each language system as a rocket engine. They power us into a trajectory that reaches its orbital level of life. Few are even aware of what the systems are that we live in!

## **I AM FINE...ARE YOU REALLY?**

**L. Bennett**

Seeking to understand the real message of “I’m fine” This talk is about the hidden messages behind “I’m Fine”. What happens when our clients are Faking it when in reality they are struggling to Face Internal Negative Emotions and Experiences? Learn to ask potent questions to facilitate deep conversations of awareness and create pathways to freedom and peace

**Lecture 4:00 – 4:45**

## **RIDING THE WAVE OF CHANGE VISION BOARDING INTO SUCCESS**

**C. Allyson**

There has never been a greater need to navigate change than right now. Let’s ride this wave of change together and prevent getting knocked down and sucked under by it. We know the subconscious mind ‘speaks’ in images and works 24/7. Vision boards are a collage of images of what we want our lives to reflect, which is why they are so powerful. The additional application of the experiential pieces taught here, create an unparalleled blueprint for success.

Join us here to learn a UNIQUE approach to create successful, deliberate changes in life for yourself and clients. This is a 2 step process:

- Learn three unique types of boards to use with clients based upon where the client is in their ability and desire for change.
- Learn to combine this result with 2 additional, experientially based activities, to integrate on a cellular level, achieving this vision of success.

Vision Boards are fun to do, and an excellent complimentary tool to help clients see and therefore achieve a concrete representation of desires and aspirations that they want to create next: in life, work, health and relationships.

Participants will learn how to lead groups creating Vision Boards in person, and virtually, using Zoom.

## **VITAMIN ‘V’ – USING VISUALIZATION TO ASSIST PEOPLE WITH CANCER**

**A. Ayinde**

Cancer continues to claim millions of lives each year in the US and abroad. While these negative statistics continue to mount, a growing number of people termed ‘exceptional patients’ have emerged to show us the mind has tremendous healing powers. We really can think ourselves well.

This talk will lay the groundwork for learning to heal emotionally and cope with the illness and the fears that often accompany cancer. You can use “Vitamin V” to stimulate the body’s natural defenses, improve mood, lessen pain, handle the demands of treatment, increase appetite and more.

This innovative system is the leading edge of self-regulatory healing. These techniques have emerged from the recent research that has emerged from the field of clinical hypnosis and psychoneuroimmunology (PNI). What are the beliefs and attitudes we must hold if we are to survive and thrive after a cancer diagnosis.

## **HYPNOSIS FOR HIGH BLOOD PRESSURE**

**E. Clark**

Expand your practice by learning what one in three people need: support in managing their high blood pressure. The results of several recent randomized controlled research studies show that hypnosis can be effective in reducing blood pressure in the short term, middle and long term.

This presentation will help you understand how the mind affects blood pressure and the key factors to address with hypnosis to support your clients with HBP.

# Sunday, May 23rd

Lecture 9:00 – 9:45

## PRIMING: IN PRACTICE

**M. Tiers**

Learn all the different ways you can influence unconscious processing. From priming the environment to evolving unconscious anchors. We are, in every moment, communicating and receiving way more information than we can consciously track. This lecture will give you some different ways to bring more congruency to your change work.

## THE INNER GAME OF COMMUNICATION

**Z. Grant**

Communication is the foundation of all relationships. The primary problems in relationships come from poor communication. Good communication creates the foundation for trust, empathy and allows connections to grow and develop. Active listening and effective speaking are the primary communication skills for all of us to learn. These skills form the foundation for everything that is done in good communication. In combination, these skills are greater than the sum of their parts and help people to connect. In order to really connect, we need to connect from our hearts not our heads.

## THE BREATHING INDUCTION

**S. Norman**

Breathing is a direct link to the nervous system. By altering how we breathe, we change our states of mind, which are corollary to the nervous system. This lecture will introduce you to a few breathing techniques, called Pranayama, (breath control) taught by the oldest known philosophies for accessing altered states of consciousness known, yoga. Breathing can be a powerful hypnotic induction and deepened as well; you can teach yourself and your clients how to diffuse stress and anxiety through simple breathing techniques.

Lecture 10:00 – 10:45

## IDENTIFY EATING TYPES

**S. Granger**

In this fast paced presentation you will learn how to break through the many “aspects” of weight loss, and be able to laser focus on the things that really need to change to help your client to lose weight.

I’ll be sharing all my top secrets for delivering a programme of hypnotherapy that gives you and your client major breakthroughs, with demonstrations of aversion techniques that stick. Learn the “pattern interrupts” for major change in the way someone thinks about food. You too can become a weight loss expert in your local community and beyond!

## ETHICAL PRACTICE AND THE SEVEN DEADLY SINS

**M. Babineaux**

An overview of ethical hypnosis/hypnotherapy practice and comment on the 7 deadly sins as they relate to that ethical practice. Also an overview of the ethics course available online and possible updates on legislation as it affects the hypnosis community.

Be on the lookout in your own behavior for habits which can destroy the confidence and trust that your clients and the public have in you and the hypnosis community. Attendees receive a nice handout with additional possibilities.

This presentation is general in nature and not intended to be legal advice. Any question as to the legality and licensing of your practice should be directed to licensed legal and accounting professionals in your particular province or state.

## THE KARMIC CYCLE

**S. Prakash**

Karma is directly related to rebirth. With origins in ancient India, Rebirth is a fundamental concept of Hinduism, Buddhism, Jainism, Sikhism and Taoism. Rebirth is a concept that all living beings go through a cycle of multiple births. The rebirth may be in an altogether different situation, realm or form. The situation in which rebirth happens depends upon the seeds of Karma sowed in the past lives. This cycle of birth, death and rebirth continues indefinitely. The Soul keeps getting reincarnated in new physical bodies, torturing one physical Body after another, generating more Karma and passing their brunt in the future births/ lifetimes/ incarnations. The Karmic cycle in many cases is taking us in past instead of future progress. This can continue in an endless loop. Consciously we do not remember any of our past lives or our past Karmas or why we are being tortured or victimized.

**Lectures 11:00 – 11:45**

## **FORGIVENESS AND GRATITUDE IN REDUCING STRESS**

**N. Auerbach**

Research has shown that forgiveness and gratitude play a crucial role in reducing stress levels by releasing toxic emotions, enhancing mental health, and developing resiliency. See how these two modalities coupled together successfully can liberate your clients from the cycle of negativity to promote positive relationships and peace of mind.

In this lecture you'll learn how Forgiveness Therapy can teach your clients to release the anger and resentment that is often found at the cornerstone of many physical, mental and emotional ailments, while gratitude can be approached from the perspective of how it can improve the client's life.

## **SELLING SUCCESS TO YOUR SUBCONSCIOUS**

**C.R. Hunter**

This lecture is based on "The Benefits Approach" -- a great way of enhancing the motivating desire to change a habit or reach a goal (such as smoking cessation, weight management, etc.) Although not the only way to help clients change, this approach has passed the test of time since 1983 with many thousands of clients.

Helping clients identify the BENEFITS of reaching a goal increases the emotional desire to achieve success after helping clients identify their personal benefits of success, I use hypnosis to progress them forward in time to fantasize success, and enjoyment of those benefits.

## **WOMB REGRESSION**

**N. Yolles Young**

En Utero/womb regression has the power to change lives, heal personality imprints, shift difficult family dynamics as well as provide an access point to deep soul wisdom. Over the past year, I have been exploring the healing opportunities found in this place of integration, growth and development. It is the location where the soul mind converges with the developing fetus, and through the gestational process, so much happens that imprints this incoming life. This talk is about what I have discovered in my exploration, as well as the techniques I use.

**Lecture 1:00 – 1:45**

## **TRANSFORMATIONAL CORE CONTINUUMS**

**E. Rosen**

Clinical hypnotherapy helps create positive changes in the subconscious mental world, having constructive impact on life in our conscious alert world. Hypnotherapy language targets 'feel good' words that activate these changes. 'Feel good' words are actually internal positive emotional states, need states, that are core facets of our humanity, with life wounds contaminating our 'default' settings of confidence, belonging, and purpose, to name a few. Medical issues undermine these need states. This talk provides a working rubric to expose these internal cores of affirmative living, presented as visual continuums. The aim is to help the hypnotherapists customize client centered outcome goals to help those with medical and health concerns live fuller lives.

This talk will help the clinical hypnotherapist to customize client/patient positive emotional and behavioral outcomes, particularly for working in medical hypnotherapy with health related illnesses.

It proposes a new model for creating well defined clinical hypnotherapy outcomes for clients/patients with health concerns. Expand your practice and your skill set with applied hypnosis techniques.

## **DEVELOPMENT OF CRITICAL FACULTY**

**H.L. Elman**

"Hypnosis is the bypass of the Critical Faculty (or Factor) and the Installation of Selective Thinking" When does a child develop its Critical Faculty and how? If we knew that, Inductions of children could be improved, and Change Work Suggestions would be worded much more effectively.

This Presentation will provide a model of Critical Faculty development, and examine its implications for Hypnotic Semantics, both children and adult. For adult clients, this is particularly relevant to Age Regression Procedures. Discussion will be encouraged. ...

Attendees will become much more aware of the Development of the Critical Faculty, and this knowledge will be of use in Regression and other adult treatments as well as affecting Child Hypnosis Procedures.

## **PAIN CLINIC**

**D. Pelles**

We will discuss and demonstrate several waking-hypnosis ways to eliminate acute pain, and talk about when it is appropriate to do so. If there is time, we will also briefly discuss chronic pain. This presentation is especially for individuals who are currently experiencing pain.

Participants will learn several ways to eliminate pain, in themselves and others.

Lectures 2:00 – 2:45

## THE LANGUAGE OF HEALING INTRODUCTION OF VERBAL MEDICINE

M. Sacco / R. Woods

You will be introduced to the use of cognitive-behavioral approaches and mind-body work such as relaxation, biofeedback, hypnosis, meditation, distraction, and imagery. You will discover how successfully integrating Verbal Medicine at the bedside will enhance your ability to care for and enhance the patient's perception of care.

## THE USE OF TECHNOLOGY IN EVERYDAY PRACTICE D. Ellis

This lecture is on the uses of technological implements in the practice of Hypnotherapy. I have been a clinician for many years and have been using implements such as the Lucia Light to help clients achieve their goals in a more efficient manner. This talk will not only cover the fundamentals of what science has discovered about consciousness but will also discuss how to take the guess work out of the trance induction process using the tools and implements of modern scientific implements. A demo of the Lucia light and it's possibilities is included here

Information about how consciousness works is no longer steeped in mystery. Science has understood some of the fundamentals of how it operates and has found ways of using mind dynamics for not only healing the mind but the body as well. This tool shortcuts the process of trance induction by removing the need for "buy in" and using the clients' natural programming to create trance.

You will learn how to use technology to take the hit or miss out of their therapy sessions and ensure client satisfaction with their services.

## EMPOWERING CLIENTS: SELF-HYPNOSIS AS AN EFFECTIVE FORM OF SELF-CARE W. Rocki

Our conscious dream of life follows our non-conscious script of self-hypnosis. We change life's undesired conditions, e.g. chronic disease, phobias, addictions by exploring the non-conscious script and re-writing it with self-hypnosis. This represents self-care which builds resilience, necessary in these times of the collective emotional trauma.

Join us in an experiential presentation to learn practical tools of the self-hypnosis-based self-care which you can apply to your personal and professional life.

Hypno Expo 2021 **LIVE Online!** May 21st—23rd

**VIRTUAL CONFERENCE**  
May 21st—23rd

**3 Full Days of Lectures**  
**Silver: \$299** incl access to all lectures and handouts to every presentation  
**Gold: \$379** incl access to all lectures and handouts to every presentation  
**PLUS** recordings of all recorded lectures in mp3 format

Full Day Pre and Post Conference Courses Available Independent of the Conference Weekend

**Register Online Today!** [www.HypnoExpo.com](http://www.HypnoExpo.com)

MacBook Air



# Workshops

**Sunday, May 23rd**



**WORKSHOP 3:00 – 4:45**

*FREE to all conference registered participants*

**“IT’S A HEAD THING”  
HELPING BUSINESS OWNERS NOW – WITH HYPNOSIS  
S. Granger**

If you want to take your hypnosis into the lucrative business community then this presentation is for you. What prevents business growth? Most of the time a business owner will have the knowledge of what needs to be done...but something stops them.

I’ve worked with 75 corporate businesses of all shapes and sizes since the start of the pandemic, using hypnosis to clear a path to success.

This no-holds barred-presentation will examine the subconscious blocks to business growth (often not what you think!) and how they can be overcome. Learn the easy ways to market your services to this niche, high-value market place.

Let me help you to help them!

**REPLAY IN VAGUS PLEASE  
EMOTIONS BEHIND IBS AND OTHER GASTROINTESTINAL DISORDERS  
J. Eljay**

Foster relief in IBS and other common gastric disorders using a step-by-step process which focuses on changes occurring during SARS CoV-2 pandemic.

Hypnotherapy’s best medically documented outcomes occur in the devastating subtypes of irritable bowel syndrome (IBS). In addition to IBS, there are many related forms of gastric distress that respond to hypnotic intervention including inflammatory bowel disease, gastroesophageal reflux disease, functional dyspepsia, heartburn, etc. The most common symptoms are pain, bloating and intractable bowel movements. What is most surprising about the hypnotherapy result is that the patients studied were enrolled because they were resistant to other types of medical management.

IBS involves a complex array of organs (endocrine, immune, autonomic, central- and enteric-nervous systems) as well as, the brain-gut-microbiome axis (tripartite communication system). Perhaps more surprising is IBS is significantly associated with early in life adverse events including: 1) trauma 2) emotional abuse 3) physical violence and 4) sexual exploitation. One explanation as to why hypnosis may work so well in IBS and its related diseases may be that hypnosis deals with complex and deep-rooted emotional and spiritual issues to resolve unhealthy behavior. Additionally, this pandemic adds and exacerbates this disease of fear, pain, and immune malfunction. Learning to resolve these interwoven emotions is paramount to success. Focusing on these complex emotional issues, novel strategies for IBS will be discussed and demonstrated. All practitioners who are serious about impacting these debilitating diseases will be given a novel (pandemic updated) step-by-step process to alleviate the root-cause of these common and debilitating gastric diseases.

**COVERT VERBAL INDUCTIONS AND SUGGESTIONS  
P. Blum**

Sometimes, when we are in the presence of a master communicator, we find that we are having different thoughts and changing our minds and behavior without knowing exactly what happened. They certainly didn’t TELL us what to do. And yet... Learn the subtle art of how to induce trance and make suggestions to others outside of their conscious awareness.

**WORKSHOP 4:00 – 5:45**

*FREE to all conference registered participants*

**HYPNOSIS IS HABIT FORMING  
M. Babineaux**

Tips, tools and tactics for using hypnosis to improve or remove those persistent habits which seem to either run or ruin our lives. Learn to use triggering, anchoring, visual cues breathing and other simple reinforcement techniques to either amend or suspend our learned behaviors.

Learn to use all of the senses to both make sense of the moment and make the most of the moment.

**“FROM SESSIONS TO PROGRAMS”  
PROFITABLE SOLUTIONS FOR YOUR HYPNOSIS BUSINESS  
J. Linett**

Are you guilty of thinking too small in your hypnosis business? Imagine the better results you could create with your clients and the growth you’d inspire in your business by transforming your practice from one that offers “sessions” and instead to one that offers “programs” and “solutions.” This two-hour workshop isn’t just about creating packages of sessions... it’s about designing a proprietary process from start-to-finish that helps you to stand out in the marketplace, position yourself as an irreplaceable asset, and create a more valuable change experience for your clients. Stop tripping over pennies to get to dollars and make it a priority to be a part of this workshop.

## FORGOTTEN DAVE ELMAN TECHNIQUES

S. M. Andrews

Everyone has heard of the Dave Elman Induction. It's been around for over a hundred years, and many consider it the most effective hypnotic induction ever.

But Elman had a huge catalog of inductions and techniques that most people have never heard of. Join Dave Elman Hypnosis Institute Supervising Instructor Sean Michael Andrews for a lively, fun two-hour survey of mostly forgotten Elman techniques including:

- The Catalyst induction
- Waking Hypnosis
- Migraine Cure
- Elman's stage/group induction (Useful for hypnotherapists who do demonstrations)
- Fractionation
- The Coma deepener
- Working with sexual issues
- And much more

## Who Will Win The Coveted Titles In 2021?

Throughout the years the IACT and the IMDHA has had the privilege of recognizing colleagues for their outstanding accomplishments, exceptional growth and outreach, outstanding performance, dedication, service, exceptional contributions to the profession, literary contributions, and lifetime achievement to the Art and Science of Hypnotism.

There is nothing more heartwarming than being recognized for your hard work in a room full of your peers. It's not only emotional, but truly gratifying.

It gives us great pleasure to host the annual awards presentation this year virtually. When you plan your schedule for conference, please be sure to set aside Saturday evening and join us for one of the highlights of the weekend.

Here are some of the recipients receiving recognition over the past decade.



# AWARDS *and* ENTERTAINMENT



**6:30 PM**  
**Awards Presentation**  
*Saturday evening 6:30 (Blue Room)*

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This is the highlight of the conference! It gives us great pleasure to recognize our peers and colleagues for exceptional work and outstanding contributions to the profession. Please join us virtually for a memorial and heartwarming tribute to this year's recipients.



## **Swami Beyonandanda**

Swami's performance is perfect for community gatherings, Because his appeal is diverse – bridging the spiritual, holistic health, yoga, environmental, green business and peace communities. As an 'insider,' Swami pokes gentle fun at our foibles, and leaves the audience with a positive message, and a positive feeling. While the show is hilariously funny, it not only leaves 'em laughing, it leaves them smiling. Bottom line: Swami's performance is perfect for those who love to laugh... and those who need to. *(included with full conference registration)*

# Full-day courses

**ALL FULL-DAY COURSES RUN 9 AM – 6 PM**

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**\* 5-Day Course**  
**CERTIFIED MASTER TRAINER**  
**M. Watson**  
**Tues-Wed-Thu-Mon-Tues**  
**May 18th, 19th, 20th and 24th, 25th**

Discover the Art of Presentation in this immersive program that is designed to give you all the tools you need to conduct your own hypnosis certification courses. Gain confidence as you develop your own training style. Learn how to “think on your feet” and respond easily to any situations that arise.

Learn to demonstrate and explain hypnosis effectively and to create useful learning experiences and exercises for YOUR students as they become skillful hypnotists and pre-prepare to embark on a new career. Use the latest audio/video technology and even learn to offer training online.

Enjoy the support of a complete curriculum in basic and advanced methods as well as trainer’s manuals that show you how to present every bit of it. Access exclusive Power Point Presentations, Video and Audio files. Offer previews and promote your courses.

***There is simply no other program like this!***

First, you’ll get a real “hands-on” trainer’s training where you will learn and integrate the proven methods, modelled from great presenters, that will make your courses powerful and effective as you prepare the next generation of hypnotists to carry on this life-changing work.

You’ll also get a comprehensive curriculum, newly revised and expanded for 2020 to reflect the latest developments in the field. There are 5 Training Manuals for your use so you can start right away. (Basic/Advanced Student Manuals, Basic/Advanced Trainer Manuals, Presentation Skills Manual). We will keep this material updated for all our CMTs and send you any revisions that we make in the future.

### ***Powerful Ongoing Support***

As a CMT, you’ll have access to a community of trainers and resources to help you. There are power point presentations you can access and use along with an exclusive library of video and audio files, and demonstrations of new techniques and processes to keep you up to speed. We even include regular online meetings to show you what’s new, network, share tips and support one another.

Tuition includes, course, certification fee and all materials. PLUS—take 50% off the conference fee!!

If you’re ready to take the next step in your hypnosis career, this is the course for you.

*\*Successful graduates of this program become IACT Certified Master Trainers.*

**\* YOUR CHOICE**  
**2- OR 4-Day Course**  
**HYPNOTIC REGRESSION THERAPY**  
**B. Eimer and C. R. Hunter**  
**Wednesday–Thursday**  
**May 19th-20th**

Hypnotic regression therapy (HRT) is very effective for certain types of problems when competently facilitated. However, some hypnotherapists are not aware of the pitfalls (such as the risk of false memories), while others avoid HRT completely because of problems caused by inappropriate use of HRT. Roy Hunter and Bruce Eimer addressed these concerns in their highly praised book, *The Art of Hypnotic Regression Therapy: A Clinical Guide* (2012, Crown House Publishing). Some professionals believe this book sets the standard for HRT. In response to numerous requests, these two authors and trainers have created a workshop designed to BOTH teach hypnotic regression therapy to hypnosis professionals, AND to certify qualified participants as a Certified Hypnotic Regression Therapist (CHRT).

*The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, are approved by the American Psychological Association to sponsor continuing education for psychologists. The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, maintain responsibility for this program and its content. Roy Hunter is an approved presenter.*

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*“It was a great weekend! Let me reiterate my pride in this organization... Thank you for embracing an evolving business and carrying us into the future. I also look forward to a return to physical EMBRACING some day...but in the meantime, a nasty virus can’t stop a flexible force! Thank you! Thank you! Thank you!”*

*-Karen Hand, Chicago, IL*

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**TRAIN THE HYPNOTIC REGRESSION THERAPIST**  
**B. Eimer and C. R. Hunter**  
**Monday–Tuesday**  
**May 24th-25th**

Learn how to teach client centered Hypnotic Regression Therapy and provide the CHRT certificate to those who qualify, using the copyrighted participant workbook written and revised by Roy Hunter and Bruce Eimer, PhD, ABPP. A PowerPoint presentation on HRT is also available for the exclusive use of a qualified HRT Trainer who enrolls in this course.

Prerequisite: You must either take the 2-day pre-conference HRT workshop, OR state when and where you took the 2-day hypnotic regression therapy course from either Roy Hunter or Bruce Eimer.

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**\* 2-Day Course**  
**CREATE A BOOMING HYPNOSIS BUSINESS FOR 2021–AND BEYOND!**  
**S. Granger**  
**Wednesday–Thursday**  
**May 19th-20th**

*Includes \$10,000's of hypnosis courses and "done-for-you" marketing materials–thrown in!*

The times have never been more challenging.

But we can use them to motivate us as we've never been motivated before!

2021 can be the best year yet—for you, your clients, and your community.

The pandemic has forced huge changes on all of us, but the actions you take now and over the coming months will ensure that you and your hypnotherapy business will thrive.

This fast-paced, two-day course will give you absolute clarity on your personal path forward—and the marketing knowledge on how to make it happen!

It will help you remove subconscious blocks and uncover the easy pathways through these fast and ever-changing times—and will enable you to see your dreams!

You will learn:

- The latest must-know and must-do marketing techniques that will build the highest yield for your hypnosis practice in 2021
- The hot-topic public issues on which to focus your services—so that you can really serve your community in the best ways possible
- The "How-To" market and deliver all your services to clients online, and in groups!

I want to ensure that you have all the tools you need, not just to *survive*, but to *THRIVE* in 2021.

I will therefore give away—yes, GIVE AWAY—done-for-you marketing materials, professionally-produced personalized promotional videos and full hypnosis training guides—valued at thousands of \$\$\$!

The hypnosis courses cover areas such as working with stress, anxiety, depression, relationships, alcohol, weight loss and sleep. And more!

*And... the personalized videos include your details and even a photo and logo!*

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**M.E.N.T.A.L. GAMES – A NEW SYSTEM OF SPORTS ENHANCEMENT**  
**A. Ayinde**  
**Wednesday–Thursday**  
**May 19th-20th**

This incredible workshop is geared toward mastering real skills and concepts that enhance physical performance in athletic people. Athletes are fun to work with and have a host of conscious and subconscious resources that you can help them to mobilize to achieve personal bests on and off the court. This work models professional athletes, Olympians, martial artists and professional dancers. Experience **Mind/Body Excellence Now Through Advanced Linguistics** in an exciting class that combines Neuro-Linguistic Programming (NLP), clinical hypnosis and cross-cultural spirituality with the latest developments in the field of applied sports psychology to take fitness enthusiasts to the next level. The program will teach the six core skills of the system: visualization, positive self-talk, relaxation, focus control, realistic goal setting and motivational strategies.

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*"THANK YOU and your staff for organizing a really special event. I know that these do not occur by happenstance, but by a lot of careful planning and hard work, so I want you to know it is much appreciated. The moderators were obviously well trained and attentive, and the presenters were top notch!"*

*-Tony Moon, Arcadia, OK*

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**\* 2-Day Course**  
**MEDICAL HYPNOTHERAPY SPECIALTY TRAINING**  
**E. Rosen & P. Scott**  
**Wednesday–Thursday**  
**May 19th-20th**

Expand your practice and gain credibility by working cooperatively with medical professionals.

Learn advanced medical & clinical hypnotherapy techniques, theory, scripts and approaches for a variety of health issues such as chronic pain, IBS, fibromyalgia, hypertension, allergies, cancer, diabetes, MS, rheumatoid arthritis, etc.. Training will also discuss and/or expand on the physiology of healing, psychoneuroimmunology, hypno-anesthesia, cellular regeneration, working with the DSM-V & medical referrals, legal Issues, marketing & partnering with medical professionals and more. Learning to partner with medical professionals can expand your practice and make you the go-to expert for referrals in your area.

Attendees will receive a workbook, PowerPoint presentations, hypnosis scripts, additional materials, and a 'Certificate of Completion' for this 2-Day training in Medical Hypnotherapy. Those wishing to go forward to receive the optional IMDHA Certification as a 'Medical Hypnotherapist' may complete additional requirements post-conference for an additional fee (including on-line ZOOM training and outside assignments).

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**\*2-Day Course**  
**THE ULTIMATE NLP COURSE**  
**W. Horton**  
**Wednesday–Thursday**  
**May 19th-20th**

Do you want to address serious change using NLP in professional hypnosis? Learn the basic of NLP inductions, NLP techniques, and NLP conversational hypnosis.

If you are in this field to help people and you truly want to make a more meaningful impact in the lives of your clients, this class is for you. Will has successfully used integrated NLP with hypnotism techniques with over 50,000 clients and will teach you some of the secrets of the super performers in our field. Having cracked the code of NLP, he teaches it in a fun, fast, easy-to-use way, and does so with the deepest integrity. Attendees walk away with life transforming skills they never dreamed possible. Many deeply and positively change their own lives in the process. You will acquire the tools that make impact therapy a reality. You will learn basic techniques that have made NLP one of the most sought-after trainings. This is a fun, hands-on learning experience. You will learn it the NLP way – seeing it, doing it, and having it done.

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**\* 1-Day Course**  
**PRACTICAL NEUROSCIENCE**  
**A Protocol for Strategic Brain Change**  
**M. Tiers**  
**Monday**  
**May 24th**

This course goes way beyond “neurons that fire together wire together” and into the art of directionalized neuroplasticity. You will learn a comprehensive and adaptable protocol that can fit the brain of every client. From creative strategies for instigating memory reconsolidation to neutralizing triggers conversationally, this course will take your practice to the next level.

Pulling from the latest research in embodied cognition, priming and poly vagal theory you will learn how to shift and entrain the entire nervous system. This course will give you new techniques to play with while teaching you how to integrate what you already do into the structure underpinning brain change.

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*“Thank you so much for such a great conference. I think it was one of the best I’ve ever been to in my 15 years of practice! I look forward to migrating my life more to Florida from my Santa Fe base. I’m interested in being more active.”*

*PS - Great presenters, great rapport. I felt very comfortable. You really pulled off the virtual beautifully.”*

*-Nancy Brown, Santa Fe, NM*

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*“THANK YOU, THANK YOU! The conference was great. I am blessed to be part of both wonderful organizations. I chose to train and join because of the professionalism and family atmosphere. Thanks for setting a bar high and keeping it there!”*

*-Jessica Hanson, Wilmar, MN*

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**\* 1-Day Course**  
**CONVERSATIONAL HYPNOSIS**  
**Hypnotic Suggestions without Formal Trance**  
**P. Blum**  
**Monday**  
**May 24<sup>th</sup>**

Learn fascinating subtle and elegant linguistic patterns to make suggestions outside of your clients' awareness! Streamline your work with your clients by incorporating embedded suggestions in statements and questions during your pre-talk or intake interview.

Also learn the use of implied directives, tense shifts, and story and metaphor. Along with making suggestions, you can actually produce trance in your subjects with the use of "covert verbal" inductions. Your instructor has been utilizing these techniques for over 35 years, and has studied with numerous master Ericksonian hypnotists, shamans, and storytellers.

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**\*1-Day Course**  
**POST PANDEMIC PROBLEM SOLVING WITH THE H.E.L.P. O.U.T. PROTOCOL**  
**A. Caputo / K. Hand**  
**Monday**  
**May 24<sup>th</sup>**

Discover a mixed-modality approach to post pandemic problem solving using primarily Hypnosis and NLP coupled with EFT, Essential Oils and Yogic Breathing.

The HELP OUT Protocol deals with issues from insomnia, stress, and pain to loss of connection and loss of taste and smell. This protocol works well for clients who have survived COVID-19 yet still feel lingering symptomatic effects and for clients who continue to experience other post pandemic issues such as anxiety, grief, loss of connection or self worth and more. The protocol includes; 7-steps, 7-sessions, or 7-meetings to be used with individual clients or with groups. This is an experiential course using Hypnosis and NLP Techniques along with EFT, Yogic Breathing and Essential Oils. A workbook will be provided along with a sample of essential oils.

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**\*1-Day Course**  
**FUTURE NOW: 300 MILLISECONDS AND THE LIMITS OF COGNITIVE CHANGE**  
**F. Mau**  
**Monday**  
**May 24<sup>th</sup>**

Cognitive processing, the rational mind, exists 300 milliseconds – at least – in the past. At a neurological level emotional processing is always happening in the flash future, with cognitive processing trailing. While cognitive processes provide a way to manage problems that have happened, emotion-based hypnotic therapies can create a truly different future, without even a moment's notice. This presentation explores the cutting edge of the neurological nature of change, and the advantages of hypnotic approaches versus cognitive change processes. As a full day training the workshop will also be a master class modeling practical applications of the best neurological understanding of hypnosis and change.

**VIRTUAL CLASSROOM ETIQUETTE:**

- Use the video option when possible. It allows people to see you and confirm you are in attendance.
- Dress appropriately. While attending classes, it's probably a good idea to put on something more professional-looking. In addition to looking good you may find it makes you feel good too.
- Bear in mind that people aren't seeing just you. Stage your viewing area in such a way so that the camera isn't facing a pile of unfolded laundry.
- Proper lighting dramatically improves the video quality. Adding an extra lamp (in front of you) is usually helpful.
- Do a test run prior to the start of the event to be sure your audio and video settings are good. Zoom has a feature that lets you test your setting before your meetings begin.
- It's a good idea to stay muted if you're not talking. Background noise can be distracting.
- Refrain from eating during the meeting. There will be ample time to break for a quick snack.

# our special PRESENTERS 2021



**Allyson, Christine**

Christine Allyson is a Life Coach and author of *So You Want to Make a Change?* With over 30 years experience as an Expert on Change & Transformations for

personal and professional growth. Her expertise includes utilizing and teaching Whole Systems Change and Interpersonal Skills Training. She passionately assists clients to move beyond their conscious and unconscious limitations into their potential. She is a past President of the MI Association of Counselors and Hypnotherapists and President of Christal Clear Consulting.

**Andrews, Sean Michael**



IACT 2018 Hypnotist of the Year Sean is a graduate of Regents College. He is a Master Practitioner of Neuro-Linguistic Programming. Sean is the Supervising Instructor for the Dave Elman Hypnosis Institute and he teaches the nurse anesthetist course for the American School for Clinical Hypnosis International. Sean holds a black belt in Taijutsu Karate.

**Auerbach, Norma Lent**



Norma holds a Ph.D. in Psychology. She is President and founder of the Bodymind Learning Institute of Boynton Beach, FL. She is a hypnotherapist and NLP practitioner with extensive experience

conducting workshops and seminars. She specializes in self-improvement programs, stress management, past life regression and NeuroLinguistic Programming. As a former school administrator and col-

lege professor, she is listed in Who's Who in American Education. She also taught a popular program at The Learning Annex in New York entitled "Get Anyone to Do What You Want with NLP." She has authored numerous publications including a popular handbook *Empower Yourself: Design Your Personal Stress Management Program from A to Z*.

**Ayinde, Ajamu**

As a Medical Hypnotherapist since 1995, Ajamu specializes in sports, childbirth, and cancer. As a Trainer of Hypnosis and Neuro-Linguistic Healing, he has taught across the US, Canada, and England. He has a BA in Asian Studies and an MA in Motivational Psychology focused on the Olympic mindset. Ajamu is the 2004 IACT Therapist of the Year and was honored by the NATH in 2012 and 2017 for his work in sports and childbirth, respectively.



**Babineaux, Mark**

Mark is an attorney in general practice and trained in both Mediation and Collaborative Resolution. He is honored as a Life Diplomat by the IMDHA, Certified Master Trainer with IACT and is appointed to the Mediation Committee of the IMDHA and IACT. He teaches many hypnosis related curricula, and his practice includes helping individuals and groups overcome destructive habits, improve beneficial habits and Forensic Hypnosis.

**Bennett, Linda**

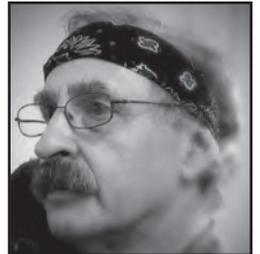
Linda Bennett is Senior Curriculum Specialist and the Hypnotherapy Program Director at Southwest Institute of Healing Arts. Linda is the esteemed 2014 IMDHA Educator



of the Year, received the National Association of Transpersonal Hypnotherapists 2011 Outstanding Clinical Contribution Award, and awarded the 2017 IMDHA Chapter of the Year for Exceptional Growth & Outreach for Practitioners in the Community.

**Blum, Peter**

Peter has had a full-time practice in hypnosis for 30 years. He is a pioneer in the field of sound healing and is an ordained interfaith minister. His teachers



have included Dr. Anne Linden, Dr. Steve Carter, Dr. Ernest Rossi, Beautiful Painted Arrow, and Dr. Lewis Mehl-Madrona. He was awarded Hypnotist of the Year in 2015 by the IACT, and in 2018 was recognized as "Life Fellow in Hypnotherapy by the IMDHA.



**Caputo, Ashley Lynn**

Ashley is a member of IACT, IMDHA, IAIH, ICBCH, and a former presenter/current member of HEA. She owns and operates Unwind the Mind Hypnosis and Wellness, LLC in St. Petersburg,

FL where she combines her knowledge as an E-RYT 500 Yoga/Meditation Instructor/Student Yoga Therapist, Reiki Master, and Hypnotherapist to assist her clients in transforming themselves into their true state of wholeness, aligning body, mind, and soul to achieve the life of their dreams.





**Catlin, Jennifer**

Jennifer is a certified hypnotherapist, hypnotherapy certification instructor and mindfulness coach for empaths and highly sensitive people. She holds her Master's degree

in School Psychology and is also a certified Life Between Lives Hypnotherapist through The Newton Institute and a certified Kripalu yoga teacher. Jennifer practices in Cary, NC and works with clients around the world virtually. Her work involves blending mindfulness with hypnotherapy for efficient and effective change.

**Chong, Dennis and Jennifer**

Jennifer and Dennis are respectively Fellows of the Society of Neuro-



Semantics, Fellows of the American Board of Medical Psychotherapy, Fellows of the International Medical and Dental Hypnotherapy Association. They have had a joint clinical practice in Hypnotherapy and Psychotherapy since 1979 in Oakville, ON, Canada. In answer to their research question—Is it really possible for a person: to find out how another knows-to-know-to be they completed their book *Do you know how another knows to be?* in October 2017.



**Clark, Eva**

Eva directs the nonprofit, MIND-basedHealing, that provides leadership in the development and application of mind-based practices to effectively treat the psychosocial factors behind Chronic Disease. She trains hypnotherapists and

NLP practitioners on how to use their skills to address chronic disease and is currently getting her Psych D. in Health Psychology.

**Cleary, Daniel**

Dan is an internationally recognized Hypnosis Instructor, Pain Relief Educator, and a Master Practitioner of NeuroLinguistics. Teaching hypnosis and hypnotic techniques throughout the United States



and Europe to doctors, therapists, and hypnotists. His specialties include pain relief and personal transformation.

**Coles, Garry**

Garry is one of only a very small number of hypnotherapists in the UK (and probably Europe) to hold an MSc in Clinical Hypnotherapy. Practicing as a full-time therapist for many years, Garry has busy private practices in five locations in London (Harley Street) and the south of the UK. Garry has consulted for over 15 years at a major hospital specializing in oncology-based hypnotherapy work. He also practices from within a local GP surgery, with the GP's referring many of the patients directly. In addition, he receives hospital referrals and referrals from many other local GPs and health care professionals.



**Daoust, Paula**

Paula has spent 30 years helping both adults and children find their best self. With a doctorate from the University of Kansas in Behavior Psychology and as a certified hypnotherapist, she can help you find



your excellence professionally, academically, in athletics and in well-being.

**Day, Suzy**

Clinical Hypnotherapist & Master Hypnotic Coach practicing in Oregon & online; Hypnotherapy Instructor at Southwest Institute of Healing Arts; Certified Speak to Inspire Method Facilitator & Trainer; Author, several published hypnosis articles; Winner, 2017 IMDHA Essay Contest; Created Hypno-Shorthand Seminar for IMDHA AZ Chapter; Provides mastermind workshops on business and personal development as an entrepreneur, including hypnosis workshops and speaking engagements.



*"Great as always. Thanks for the event and having the courage to boldly go where others have not!"*

*-William Horton, Venice, FL*

**Eimer, Bruce**

As a licensed psychologist, Bruce has treated thousands of clients with anxiety and mood disorders and chronic pain. He was the director of pain psychology at a hospital pain clinic and served on staff at multiple hospitals. He has given hundreds of talks and workshops and has authored nine books. Bruce is a Licensed Psychologist in Florida and holds licenses to practice in Pennsylvania and New Jersey. He is a Diplomate with the American Board of Professional Psychology.



**Eljay, Jean**

Jean earned his doctorate in Medical Genetics with a master's degree in Molecular Biology from the Johns Hopkins University. He was awarded post-doctoral positions at the Rockefeller University, NY and at the Hematology Division of the National Heart Lung and Blood Institute, National Institutes of Health, MD. Jean is a worldwide lecturer and renowned author with 100s of published citations in the medical literature. He has excelled as a lecturer and educator for over 25 years. With 30 years lecturing in higher academic institutions, he focuses on providing knowledge of Complementary Alternative Medicine (CAM) and evolving the practice of hypnosis.

matology Division of the National Heart Lung and Blood Institute, National Institutes of Health, MD. Jean is a worldwide lecturer and renowned author with 100s of published citations in the medical literature. He has excelled as a lecturer and educator for over 25 years. With 30 years lecturing in higher academic institutions, he focuses on providing knowledge of Complementary Alternative Medicine (CAM) and evolving the practice of hypnosis.

**Ellis, David Dean**

A graduate of The University of Cumbria Master of Laws Program, and The University of Edinburgh, Mr. Ellis' background spans the spectrum from a being a Registered Yoga Alliance Yoga Teacher Trainer (ERYT) and Continuing Education Provider (YACEP), A Master Life Coach and Neuro Linguistics Practitioner (NLPMP) as well as a Hypnotherapy Educator with the International Association of Counselors and Therapists, the International Medical And Dental Hypnotherapy Association and aboard advisor to the Professional Board of Hypnotherapy. He is also a certified Nutritional Counselor with the Institute of Natural health (Dip.N).



**Elman, Cheryl J.**

Cheryl has a BS in Varying Exceptionalities K-12 and Elementary Ed. plus 30 years experience in business. She is President and the marketing force behind the Dave Elman Hypnosis Institute. As a CH, CMT and International Speaker/Trainer, Cheryl has presented at major conferences plus co-trained with Larry Elman in 18 countries. She is an Accredited Trainer and Consultant for the Goulding Process of SleepTalk™ for Children.

**Gerey, Nicolas**

Nicolas is a professional trainer (Cert IV Training and Assessment), Clinical Hypnototherapist (MAACHP), NLP Master Practitioner (MABNLP), Goulding Process SleepTalk® Consultant and Trainer and a member of the IACT and the IMDHA. He runs trainings and gives speeches at conferences in Australia, the US and Europe. He taught hundreds of parents to SleepTalk, internationally and now trains professional consultants for the Goulding Process. Presently he works with biocybernetics researcher and developer Gabor Lednyiczky on cell-level communication application projects.

**Hand, Karen**

Karen is a BCH, Trainer, Author, and World-Class Communicator. Her 30-year career as a Chicago radio personality was the perfect foundation for using language to help others exercise their imagination. Since 2005 she has helped thousands of clients and she's trained countless hypnotists and NLPers. Karen sees clients and conducts training workshops worldwide on Zoom. Her books include *Magic Words and Language Patterns* and *Hypnotic Workshops Like A Pro!*

**Elman, H. Larry**

Colonel H. Larry Elman, Dave Elman's son, took his father's course several times before attending MIT and becoming an aeronautical engineer. During careers in engineering and the

Air Force, Larry had to restrict his hypnosis activities. Now CEO of the Dave Elman Hypnosis Institute, Larry lectures and teaches hypnosis internationally while producing CDs and DVDs that demonstrate Dave Elman's medical hypnosis methods. Larry also gives Certification Courses, more advanced hypnosis instruction, and shorter courses worldwide.

**Garrett, Larry**

Larry has been in full time practice since 1970. He began teaching hypnosis at Morton College in 1972 and Wright College in 1976 consistently until 1999. Both were the first courses



on hypnosis offered at a college in Illinois. Larry has worked with many police departments in the Chicago area and many physicians and hospitals, assisting with medical procedures using hypnosis. He has traveled 30 states at over 400 colleges and schools lecturing and demonstrating hypnosis and has been on over 100 radio and TV programs.

**Granger, Sheila**

A transformational leader in personal and business development, Sheila is a multi-award winning hypnotherapist and business-owner. She has been described by some

as 'Britain's leading hypnotist', as 'a magician of belief' and 'a creator of programs that work like magic.'

She is the creator of the widely acclaimed Virtual Gastric Band weight loss program. Sheila is also the author of two Amazon bestselling books, *No More Diets* and *How to Build A Hypnotherapy Business*.

**Grant, Zoilita**

Zoilita is an internationally known expert in hypnosis, which she has been practicing for nearly 50 years. She is a real innovator opening new markets and using hypnosis in unique and powerful ways. During her professional career she has created a line of hypnosis meditations, wrote twenty-four books for hypnosis practitioners, and founded Colorado Coaching where she's taught five styles of hypnosis. She now practices exclusively as a hypnotic coach.

**Hanson, Jessica**

Jessica is often described as an "old soul" because of her many experiences which leave even the experts wondering. She had a near death experience in 2006 which drove her studies and cu-

riosities deeper than ever. She is a compassionate hypnotherapist, self taught herbalist, walked the road of widowhood and is an avid volunteer.

**Horton, William**

Will is the world's leading expert in using NLP & hypnosis in the treatment of addictions and performing arts. He has treated tens of thousands with addictions and helped countless performing artists take their art to the next level.

He is the 'go to' guy for professionals with these problems. He brings 35 years of experience and constant research to help people. He is called the "Cowboy Doc" not just for his horses and attire but his attitude of never stopping and trying to help others.



*"I spent 8 days altogether either presenting, moderating, or as an attendee and would have thought you had been conducting on-line conferences for years!!!! I know you all put in a lot of hard work and the results were truly impressive."*

*-Patricia Scott, Palm Harbor, FL*

**Linett, Jason**

Jason is a best-selling author, TEDx speaker, full-time professional hypnotist, and the host of the WORK SMART HYPNOSIS PODCAST. He was awarded as the

“Hypnotist of the Year” by the Mid-America Hypnosis Conference. His programs, HYPNOTIC WORKERS and HYPNOTIC BUSINESS SYSTEMS are used by thousands of professional hypnotists world-wide, and he co-trains the ICBCH Train-the-Trainer Program. Jason is also the host of the HYPNOTIC LANGUAGE HACKS podcast, teaching online entrepreneurs the power of hypnotic communication for ethical business influence. While building a successful business is a great goal to strive toward, Jason is most proud of his ability to do so and be at home each night with his wife and two children.

**Hunter, C. Roy**

C. Roy is a published author and trainer recognized in America and abroad. His highly praised books are used at hypnosis schools around the world; and he has presented workshops in over 20 countries since



2001. Roy’s numerous awards include lifetime achievement. He was inducted into the International Hypnosis Hall of Fame for his books and is a Life Diplomate of IMDHA and APHP.

**Mau, Fredric**

Fredric is an international keynote speaker, winner of several professional awards both for his careful empirical research and his counseling skill, and a clinical mental health counselor.

A sought-after science-based speaker, this talk is a change of pace, where he focuses on practical skills of hypnotherapy and helping clients.

**Nash, Janine**

Jane is a Psychotherapist, Clinical Hypnotherapist, NLP (Neuro-Linguistic Programming) Trainer & Master Practitioner, Master Hypnotist, Advanced EFT Practitioner and Forensic Investigative Hypnosis Trainer and has always been a Passionate Teacher. She is the founder and Chief Trainer at The International Institute of NLP and Clinical Hypnotherapy (IINLPCH) and a monthly columnist for iPinion Syndicate. iPinion Syndicate LLC is a collective of accomplished and award-winning writers.

**Norman, Suzanne**

Suzanne is a healthy lifestyle expert and unconventional game-changer in the field of transformational coaching and personal development. Her extensive experience and

knowledge in multiple healing modalities as well as her special skill in subconscious mental training for permanent change, has allowed her to work with high-level individuals and groups world-wide. She has over twenty years experience in the fields of complementary and alternative therapeutic practices and personal development.

**Papadakis, Debbie**

Debbie is a Registered Psychotherapist, Clinical Hypnotherapist, Diplomate of the IMDHA, practicing since 1995 as well as Author of the newly released book



*The Relationship Code: Heal Your Wounded Heart*. She has been featured in Oprah’s “O Magazine, O’s Big Book of Happiness, ElleCanada, Zoomer, CNN.com, WTN and VISIONTV. She is an IMDHA Certified Hypnosis & Pain Management Instructor, Reiki Master, Educator, Speaker & Founding Director of Hypno Healing Institute in Toronto, Canada and recipient of the IMDHA Life Diplomate and Fellow awards in Hypnotherapy.

**Pelles, Donald**

Donald is a hypnotherapist in Kensington, MD. He works with his clients to resolve their difficult issues and thus transform their lives, utilizing hypnosis and Neurolinguistics (NLP). Hypnotherapy is Donald’s third successful career; he was previously a mathematics professor, making significant contributions to the field, and later a software developer. Donald is very happily married to Rosalyn; they have three grown sons and four grandchildren.

**Prakash, Sunil**

Sunil is a certified Trainer & Hypnotherapist practicing in India; addressing various forms and provided training to the team of management professionals where DOW chemicals is a big name. He provides an online course for Hypnotherapy. Through

his sessions he has helped people from all walks of life with issues related from general to specific problems. Release of soul attachments is his forte.

**Ring, Kenneth**

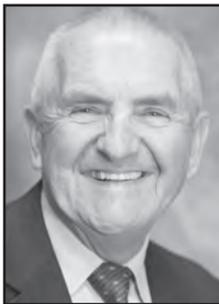
Ken-Adi is a Hypnotherapist and Certified Instructor, since 2010. CEO Tri-Unity Welllife Associates, Ken-Adi is a certified yoga/meditation instructor, Licensed Massage Therapist, and Instructor in



practice since 1975. In addition to decades of teaching Ken founded the Wisconsin School of Massage & Bodywork in the 1980s. He has produced 40+ years of events such as 20 Mother Earth Festivals, led Sacred Sweat Lodge, produced dozens of Wellness & Metaphysical Expos and sponsored leading edge author-speakers such as Deepak Chopra MD, Marianne Williamson, Dr. Wayne Dyer, Joan Borysenko, PhD, Bernie Siegel, MD & many others.

**Rocki, Weislaw**

Weislaw is a curious wanderer, a worshipper of self-healing, and a medical doctor for the last 45 years. My last clinical practice was focused on holistic medicine which included hypnotherapy (certified since 2009). Last two years I have dedicated to writing and learning the therapeutic aspects of theatrical improvisation. I am currently returning to clinical practice, this time as a real doctor- the teacher and a coach. I am applying healing modalities, including a combination of hypnosis and improv.

**Rosen, Eric**

Eric is an Adjunct Faculty with the Florida School of Professional Psychology at National Louis University, Tampa, with specialization in pediatrics, child/family/ & couples work, school psychology, clinical hypnotherapy with

Master Certification for teaching (IACT/IMDHA), working with special needs populations including Deaf, Deaf Blind, ASD, intellectual disabilities, learning disabled, and ADHD, fluent in ASL. He also is a certified trauma professional (IAPT), and does forensic work in areas as expert witness, parental fitness, competency to proceed and criminal responsibility cases. Eric also has a diplomate fellow in clinical psychopharmacology. He was awarded an international Educator of the Year award by IACT for hypnosis teaching (2018), and Lynn Groves Keys to Excellence Award (2019) by the Hypnosis Education Association of Florida for Contributions and Accomplishments in the Field of Hypnosis.

**Sacco, Patricia**

Patricia is an NGH Certified Consulting Hypnotist, NLP Practitioner, and clinical Registered Dental Hygienist with 30 years of experience. Patricia has a B.A. in Health Studies and connects studies of dental anxiety to general health.

**Sacco, Marc**

The Patient Whisperers, Roger Woods & Marc Sacco are both ED RNs with over 50 years of experience between them. Both are NGH Board Certified Hypnotists and NLP Practitioners. Having used hypnosis on over 30,000 patients, they co-authored the book *Verbal Medicine*, and are known as SMEs of Hypnosis in Healthcare and tireless advocates for their patients and are on a mission to enlighten the medical world about the phenomenal advantages of integrating complementary medicine into modern medicine.

**Sanchez-Domenech, Juan**

Juan is an author of *Hypnosis 2100-Parallel Dimension-Alternative Complimentary Counseling Therapy*. He has a Ph.D. in Counseling and advanced training

in Clinical Hypnosis. He has been working with the physical and mentally disadvantaged clients. During the last years he has been working in the pharmaceutical area and providing complementary therapies. He has been a professor/lecturer with the University of Puerto Rico at the Mayaguez Campus, Metropolitan University Ana G.

**Scharlau, Amye**

Amye is certified as an instructor in hypnosis by two internationally recognized organizations, as well as being an international speaker. She holds degrees in art and theater! Her presentations are lively and interactive, prepare to learn and have fun! She brings her training, experience, exceptional interpersonal skills, and the joy of healing into every presentation. Her clients are successful losing weight, stopping smoking, dealing with stress, building confidence, and navigating through life.

**Scott, Patricia**

Patti is a Certified Medical Hypnotherapist (since 1992), Certified Master Trainer for the IACT, and a Life Fellow with the IMDHA. President of UP Hypnosis Institute (Unlimited Possibilities Hypnosis Inc.) in Florida, she maintains a private practice and teaches Hypnosis, Medical Hypnotherapy and NLP. Prior, Patti had an exciting 20-year career as a professional singer, actor, dancer & songwriter.

**Stockwell-Nicholas, Shelley**

Shelley comes to us from Southern California. She's President of the International Hypnosis Federation and the author to 25 books on hypnosis and happiness.

(She wrote four books with the venerable Ormond McGill) Shelley has appeared on hundreds of radio and television talk shows and has received many awards including the IMDHA Distinguished Service Award, Pen and Quill Award and the IACT Team Player Award. Her classes are based on her books *Mindfulness Made Easy* and *Spiritual Counselor's Secrets for Professionals*.

**Svatek, Mary Beth**

Mary Beth, an IMDHA Certified Hypnosis Practitioner and Life Coach, holds a MA in Psychology with 10 years as counselor for individuals, family and group therapy and Crisis Case Management. She has 6 years experience as administrative director; is the developer of Energy Model of Therapeutic Change and founder of the Psycho-Energetic Institute (PEI)




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*"Congratulations on turning a geographically cancelled conference into a successful on-line conference. I believe this is the first ever on-line conference for a hypnosis association, and should be in the history books for decades to come."*

-C. Roy Hunter, Tacoma, WA

### Tiers, Melissa

Melissa is the founder of The Center for Integrative Hypnosis with a private practice in New York City. She is an international lecturer and trainer in clinical hypnosis, NLP and mental health coaching and an adjunct faculty member of The New York Open Center and the Tri-State College of Acupuncture. Melissa is an award-winning author of the books *“Integrative Hypnosis: A Comprehensive Course in Change”*, *“The Anti-Anxiety Toolkit: Rapid Techniques to Rewire your Brain”* and her new book, *“Keeping the Brain in Mind: Practical neuroscience for coaches, therapists and hypnosis practitioners”* co-written with Shawn Carson, is now available at amazon.



### Wackernagel, Nicole

Nicole is the CEO and director of the Swiss Hypnosis Institute in Switzerland. She has a full-time practice in Frauenfeld as a hypnotherapist. She is also an IMDHA/IACT trainer, a trainer for the Dave Elman Hypnosis Institute, for Sleepwalk from the Goulding Institute and collaborates with different hypnosis schools world-wide.



### Watson, Michael



An international trainer of NLP and Ericksonian Hypnosis, Michael has been practicing hypnotherapy for over four decades. He is a former trainer for Salad Ltd in the UK and on the training team for NLP of the Rockies and the UP Hypnosis Institute. A Diplomate of IMDHA, and IACT “Educator of the Year”, Michael is a faculty member of HPTI and is the Director of Phoenix Services for Personal Development. Known for his lighthearted and caring style, Michael’s training programs are as enjoyable as they are practical. His developmental work in Evolutionary Hypnosis is “cutting edge” and offers a new skill set to hypnotists in contemporary practice. When he’s not traveling and training, he lives in Orlando, Florida where he maintains a private practice.

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### White, Rachel Horton

Merging the spiritual with the real world, Rachel Horton White helps people release negative patterns in their lives, with practical tools like mindfulness, energy, and intuition exercises, to connect with their true, inner selves. Through her work in Soulful Work Intuitive Consulting, Rachel is a certified clinical hypnotherapist, life coach, mindfulness teacher, intuitive reader, tree-hugger and loves to talk to angels. Rachel also has a bachelor’s degree in English from Wellesley College and a master’s degree in



Public Administration from the University of Georgia, yet claims her true education came from studying abroad in Dakar, Senegal. Her greatest teachers these days are her two bright-eyed, energetic children in Portland, Maine.

### Woods, Roger

The Patient Whisperers, Roger Woods & Marc Sacco are both ED RNs with over 50 years of experience between them. Both are NGH Board Certified Hypnotists and NLP Practitioners. Having used hypnosis on over 30,000 patients, they co-authored the book *Verbal Medicine*, and are known as SMEs of Hypnosis in Healthcare and tireless advocates for their patients and are on a mission to enlighten the medical world about the phenomenal advantages of integrating complementary medicine into modern medicine.



### Vallei, Mary

Mary has been a Hypnosis Professional since 2007. She is an Internationally Certified Hypnotherapist who has a thriving Multi-State Practice in CO, NM, MI, and other areas in the Western United States. Her clients

range in ages from 7 to 94. She works with individuals, groups, couples, and families. She is a Life Fellow of IMDHA. Mary is a member of ACHE, and active with the Colorado Association of Psychotherapists. In MI she served as President of the MI Association of Counselors and Hypnotherapists and as an Instructor for the MI School of Hypnotherapy. In her practice, *Hypnotherapy Center for Positive Change*, Mary specializes in anxiety, fears, stress, general wellness and personal growth and performance. Mary is dedicated to assisting her clients in discovering how to live who they are for as long as they can in the happiest, healthiest ways.

### Yolles-Young, Nora



Nora holds a Bachelor of Arts in Human Origins and Prehistory from The University of Redlands, Johnston Center. Nora considers her work as a certified integrative and regression hypnotherapist and instructor; Life Between Lives® therapist; consciousness coach; and healer to be both her art and her soul’s purpose. In her twenties Nora worked as a contract archaeologist in Hawaii and California; today, she blends her understanding of consciousness and people and a variety of methods to achieve desired results.

*“The Hypno Expo 2020 Virtual Conference was truly phenomenal, and you receive not five, but six stars. The sixth one is the “ESP” Star”, for “extra services performed”. Thank you for the excellent planning and work that you did to facilitate this very inclusive educational Healthcare Extravaganza. The package was unique, with the exceptional quality and heartwarming cordiality that so clearly typify IACT and IMDHA everywhere present. Commendations to all of you!”*

-Clarice Graham Carter, Farmington Hills, MI



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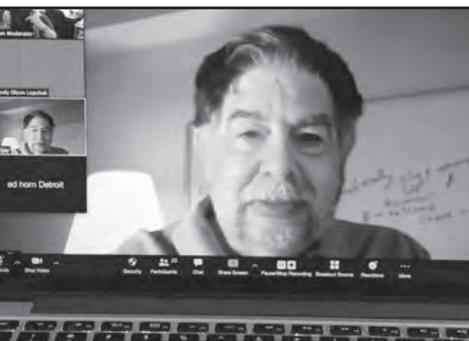
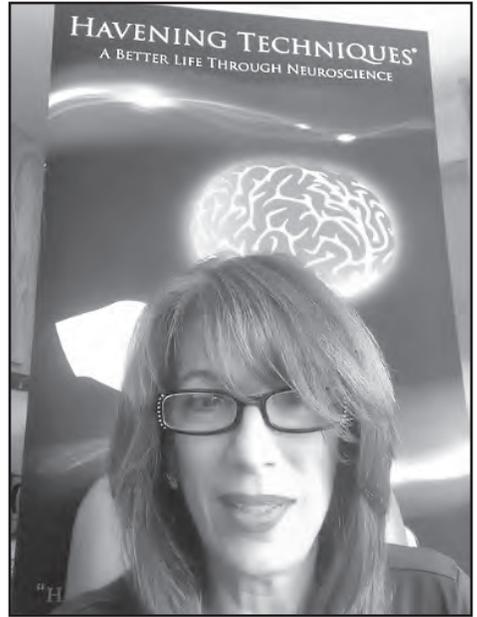


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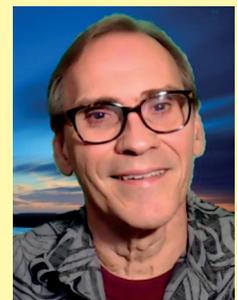
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