



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.

