PRESENTS:

FALL WORKSHOPS
October 24-25, 2014
Best Western Village Park Inn
1804 Crowchild Trail NW, Calgary, AB T2M 3Y7

INTEPREMEDIATE/ADVANCED WORKSHOPS
FEATURING

Dr. Assen Alladin, Clinical Psychologist
How to Utilize Science, Beliefs and Wisdoms in Hypnotherapy to Catalyze Healing

Dr. Jon Amundson, Clinical Psychologist
State of Mind: Yours and Theirs and Case / Treatment Design

This Intermediate/Advanced workshop is approved by the American Society of Clinical Hypnosis (ASCH) and the Canadian Federation of Clinical Hypnosis – Alberta Society.
FEATURE PRESENTERS

ASSEN ALLADIN, PH.D.
Clinical Psychologist, Adjunct Associate Professor
University of Calgary Medical School, Calgary, Alberta

Dr. Alladin is Past President, Conference Coordinator and Fellow of the Canadian Federation of Clinical Hypnosis - Alberta Society. He is a Clinical Psychologist and Adjunct Associate Professor in the Faculty of Medicine, University of Calgary. He is a Fellow of the Royal Society of Medicine and he has been practicing and teaching clinical hypnosis, psychopathology, and psychotherapy for over 30 years.

He is the 2005 recipient of the Best Research Paper from Division 30 of the American Psychological Association. Dr. Alladin is known to be an international expert on the integration of hypnosis with other forms of psychotherapy, particularly cognitive behavior therapy and he has published over 35 chapters and papers on the topic, including 3 books: Handbook of Cognitive Hypnotherapy for Depression: An Evidence-Based Approach (2007); Hypnotherapy Explained (2008); and Cognitive Hypnotherapy: An Integrated Approach to the Management of Emotional Disorders (2008). Currently, Dr. Alladin is working on the concept of the “wounded self”, which provides a solid scientific theory for eliciting and healing implicit emotional injuries in psychotherapy (see AJCH 2013, 2014).


Dr. Alladin has presented workshops and addresses on clinical hypnosis both nationally and internationally, and he is known to be an excellent teacher, well grounded in both science and practice. He has been on the Faculty CFCH-AS for over 20 years. For further information on Dr. Alladin, please refer to his website at www.dralladin.ca.

JON AMUNDSON, PH.D.
Clinical Psychologist, Associate Professor, University of Calgary, Calgary, Alberta

Dr. Amundson has been practicing psychology in Calgary since 1975. He has been involved with the Canadian Federation of Clinical Hypnosis – Alberta Society for almost 30 years. His clinical practice ranges from kids, adults and families through forensic assessment and primary health care.

He has been actively involved in not only forensic assessment and expert testimony for the court systems but in regulation of the profession of psychology in Alberta. He has chaired committees, served as an ethics investigator and consultant to the professional association. Moreover, he has made numerous presentations on topics ranging from legal and regulatory issues in psychology through family, child and individual issues in treatment and assessment.

In addition, he has authored over 20 publications in peer-reviewed journals. For further information on Dr. Amundson and his background, please refer to his website at www.amundsonandassociates.com
INTERMEDIATE/ADVANCED
TWO DAY WORKSHOP
HOW TO UTILIZE SCIENCE, BELIEFS AND WISDOMS IN HYPNOTHERAPY TO CATALYZE HEALING
Asses Alladin, PH.D.

Date: Friday October 24 and Saturday, October 25, 2014
Time: 9:00 a.m. – 4:30 p.m.
Location: BRENTWOOD 1

This evidence-based Workshop is based on a recent paper by Alladin entitled Mindfulness-Based Hypnosis: Blending Science, Beliefs, and Wisdoms to Catalyze Healing (AJCH, 2014, 56, 285-302). This hands-on workshop demonstrates how third-wave psychotherapy such as mindfulness-based cognitive therapy (MBCT) can be assimilated with hypnotherapy to catalyze healing and enhance outcome. We live in a global village, comprised of people with diverse cultural and religious beliefs. How do we integrate these different convictions in our clinical practice? MBCT offers a secular context for incorporating various cultural beliefs and wisdoms in therapies. This workshop critically reviews the limitations of Western psychotherapies and highlights the needs for incorporating non-Western concepts such as mindfulness, acceptance, and the “heart” in psychotherapy. Although these concepts have been inherent in Eastern healing practices for centuries, recently they have been scientifically validated in the West. Mindfulness has been found to reduce relapse rate in depression when it is combined with cognitive therapy and, as an alternative treatment, it has been demonstrated to be effective with a variety of psychological disorders. Similarly, the new science of neurocardiology has established the heart to be a complex information centre and the most powerful generator of psychophysiological coherence (PC). PC has been extensively studied by the HeartMath Institute and it has been shown to improve nervous system function, emotional stability, and cognitive performance. This workshop describes via simulated demonstrations how hypnotherapy can be integrated with MBCT to generate PC in the healing of anxious, depressed, chronic pain, and chronic disability patients.

INTERMEDIATE/ADVANCED
ONE DAY WORKSHOP
THIS STATE OF MIND: YOURS AND THEIRS AND CASE/TREATMENT DESIGN
Jon Amundson, PH.D.

Date: Friday October 24, 2014
Time: 9:00 a.m. – 4:30 p.m.
Location: Brentwood 2

“No it’s not doing ‘hypnosis’ it is ‘being’ hypnotic.” (Yapko).

The workshop will focus upon the psychological concept of state of mind. The emphasis and learning objectives will involve:

Understanding the concept of state of mind as it applies to clinical practice, generally, and hypnosis, in particular.

- Utilization of the concept of ‘called forth’ relative to state of mind and its social-cognitive basis.
- Conceptual and executive ways to situate this within one’s practice.

The second part of the workshop will explore cases which participants will share. The objectives include:

- Understanding the concept of Reflexive Practice (Schon, 1986) and its application to clinical work generally and hypnosis in particular.
The Best Western Village Park Inn is an atrium-style property with 157 Guestrooms and 3 Premier Suites and your number one choice when seeking a comfortable hotel stay in Calgary, Alberta. Enjoy the benefits of an onsite restaurant, indoor pool, 24-hour business and fitness center and so much more.

The hotel has offered registrants a very favorable room rate of $139 per night plus taxes (rate includes 2 hot buffet breakfasts per room) for Standard Room. There will be rooms reserved up until September 23, 2014. After this time, rooms will be subject to availability; however, the room rate will remain the same for conference participants.

For More Information, please contact:

Bonnie Chang
Email: bchang@villageparkinn.com
Telephone: (403) 220-1804
Fax: (403) 220-1820
Address: 1804 Crowchild Trail N.W.
Calgary, Alberta T2M 3Y7

**ACKNOWLEDGEMENTS & RELEASE FORMS**

All participants will be required to sign an Acknowledgement and Release form prior to attending workshops.

**ATTENDANCE ELIGIBILITY**

**Intermediate/Advanced Workshop**
Available to all Licensed/Registered Health Care Providers who have completed Introductory Training approved by CFCH-AS or ASCH. Participants are encouraged to take the Intermediate level before moving on to Advanced workshops. Intermediate provides more participation in training due to smaller group sizes and comparable levels of experience by the participants.

**Students**
Available to all Students who have completed Introductory Training approved by CFCH-AS or ASCH. Students in programs that will, upon their completion, result in licensure and eligibility as defined above. Students must provide written proof of current full-time status to be eligible to attend any workshop. Attendance may be limited so students are encouraged to apply early, as they may be waitlisted after quotas are reached.
# Registration Form

**THE CANADIAN FEDERATION OF CLINICAL HYPNOSIS - ALBERTA SOCIETY**

**2014 FALL WORKSHOPS**

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**Title:**  
- [ ] Dr.  
- [ ] Mr.  
- [ ] Mrs.  
- [ ] Ms.  

**E-Mail:**

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**Surname:** ____________________________  
**First Name:** ____________________________

**Address:** ____________________________  
**City:** ____________________________

**Postal Code:** ____________________________  
**Bus Phone:** (____) _________  
**Res Phone:** (____) _________

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**PLEASE CHECK ONE**  
- [ ] Member  
- [ ] Non-Member  
- [ ] Student Member *  
- [ ] Student Non-Member *

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* Conference attendance and membership eligibility criteria differ. Please be in touch with us for details about membership eligibility.  

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**REGISTRATION (Fees include lunches, snacks & beverages)**

<table>
<thead>
<tr>
<th>Feature Workshops</th>
<th>Date</th>
<th>Members Early Bird/Regular</th>
<th>Non-Members Early Bird/Regular</th>
<th>Students Regular</th>
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<tbody>
<tr>
<td>Hypnotherapy to Catalyze Healing</td>
<td>Oct 24 &amp; 25</td>
<td>$495/ $550</td>
<td>$525/ $575</td>
<td>$350</td>
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<tr>
<td>Hypnotherapy for Case &amp; Treatment Design</td>
<td>Oct 24</td>
<td>$250/ $275</td>
<td>$300/ $325</td>
<td>$150</td>
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I am a member in good standing with the ____________________________ and ____________________________ (Regulatory Body) and ____________________________ (Registration Number)

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**Registration for Membership Status**  
**Annual Fee (present to January 31, 2014):**

- [ ] Members $155/Year
- [ ] Affiliate Members $130/Year
- [ ] Students $85/Year

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I confirm the accuracy of the information provided.  

**Signature:** ____________________________  
**Date:** ____________________________

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**Payment Details**

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**Payment by:**

- [ ] Cheque
- [ ] Credit Card Number ( [ ] Visa  [ ] Master Card)

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*Cancellations are permitted if at least 2 weeks of notice is provided. A $25.00 administration fee will be retained.*

**Please mail or fax your completed registration form and payment cheque to:**

CFCH - Alberta Society, Suite 302, 3939 50A Avenue, Red Deer, AB T4N 4E5  
1-800-386-7230 or 403- 341-6913 (Red Deer) Fax: 403 342 1150