



PRESENTS:

SPRING CONFERENCE & WORKSHOPS

MAY 14 – 16, 2010
The Banff Park Lodge
Banff, Alberta

INTERMEDIATE/ADVANCED WORKSHOPS

Hypnodynamic Techniques

Arreed F. Barabasz, Ph.D.

Brief Ego-State Hypnotherapy for PTSD

Arreed F. Barabasz, Ph.D.

CASE CONSULTATIONS

Expert Panel: Moderator, Linda Sabatini, Ph.D.

INTRODUCTORY WORKSHOP

Introductory Hypnosis Training

This 20-hour structured workshop consists of lectures, demonstrations, videos of expert hypnotherapists, small group (4-6) practice, and written material. The Introductory workshop is needed for both Membership in the CFCH and to attend any of the above (Intermediate or Advanced) workshops.

FEATURE PRESENTERS

Arreed F. Barabasz, Ph.D.

*Clinical Psychologist & Professor
Washington State University*



Arreed Franz Barabasz completed his first doctoral degree at the age of 23 at State University of New York at Albany. His PhD in Clinical and Human Experimental Psychology is from the University of Canterbury, New Zealand where he conducted the first studies of EEG and Hypnosis in Antarctica. His post-doctoral Clinical Fellowship was at Massachusetts General Hospital & Harvard Medical School.

Arreed is the Editor of the International Journal of Clinical and Experimental Hypnosis (IJCEH) and Professor at Washington State University. He is a Diplomat of the American Board of Professional Psychology. He is a Fellow of the American Psychological Association, the American Psychological Society, and the Society for Clinical and Experimental Hypnosis (SCEH) and past President of SCEH and of APA Division 30 (Society of Psychological Hypnosis). Arreed was Associate Professor of Psychology, Harvard Medical School prior to his Professorship at Washington State University.

He has published over 125 refereed research papers and received numerous awards for his achievements in research, theory and practice. He is three time winner of Guze Award from SCEH “for best research paper published in the previous year” and most recently (1999) for his experimental research showing unique EEG ERP responses to hypnosis.

His text *Hypnotherapeutic Techniques, 2E* (2005), co-authored by John G. Watkins was awarded the 2005 Best Book on Hypnosis. His latest books include *Advanced Hypnotherapy: Psychodynamic Techniques* (Watkins & Barabasz, 2008) and *Medical Hypnosis Primer: Clinical and Research Evidence* (Eds., Barabasz et al., 2010), which is adopted by both the Society for Clinical and Experimental Hypnosis and the International Society of Hypnosis for distribution to clinics and hospitals worldwide.

Ciara Christensen, Ph.D. Cand.

*Clinical Psychology
Washington State University*



Ciara Christensen is a Ph.D. Candidate, at Washington State University.

She is a member of the International Society of Hypnosis (ISH) and Society of Clinical and Experimental Hypnosis (SCEH).

Within the last five years, Ciara has presented papers, at the American Psychological Association, the Society of Clinical and Experimental Hypnosis, the International Society of Hypnosis Congress in Singapore and the Ericksonian Congress in Kathmandu.

Ciara has published papers in the International Journal of Clinical and Experimental Hypnosis (IJCEH), The American Journal of Clinical Hypnosis, and Psychological Hypnosis. She is the Managing Editor of the IJCEH (the highest-ranking journal in the field).

Ciara has co-presented several workshops with Dr. Arreed Barabasz both nationally and internationally. Her most recent Award (Crasilneck Award) for research on hypnotic age regression was bestowed by the Society for Clinical Hypnosis.

LOCAL FACULTY

ASSEN ALLADIN, PH.D.

Registered Psychologist

Dr. Alladin is the Past President and a Fellow of the Canadian Federation of Clinical Hypnosis – Alberta Society and the Secretary of the American Society of Clinical Hypnosis. He is a Clinical Psychologist and Adjunct Assistant Professor in the Faculty of Medicine, University of Calgary.

He is the 2005 recipient of the Best Research Paper from Division 30 of the American Psychological Association. Dr. Alladin has published several chapters and papers on clinical hypnosis and has authored 3 books including, *Handbook of Hypnotherapy for Depression: An Evidence-Based Approach* (2007), *Hypnotherapy Explained* (2008), *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (2008).

Dr. Alladin has served as Guest Editor for Special Issues in Hypnotherapy for the *Journal of Cognitive Psychotherapy* (1994) and for the *American Journal of Preventive Neurology and Psychiatry* (1992). He was also Guest Editor for the *International Journal of Clinical and Experimental Hypnosis* (April & July 2007) for the Special Issues on Evidence-Based Practice in Clinical Hypnosis.

Dr. Alladin has presented workshops and addresses on clinical hypnosis both nationally and internationally. He is known to be an excellent teacher. He was Fellow of the Royal Society of Medicine and Associate Fellow of the British Psychological Society

PHILIP KLEMKA, M.D.

M.D. Psychotherapist

Dr. Klemka is a member CFCH-AS, ASCH, and ISH. He has served as Chair of Education Committee (CSCH-AD), devoting full time to psychotherapy practice in Edmonton since February 2004. Dr. Klemka has utilized clinical hypnosis in practice since 1979 as a Family Physician and has taught hypnosis to medical students as an Associate Professor in the Department of Family Medicine at the University of Alberta.

DONNA GOULD, M.Ed.

Registered Psychologist

Donna has been working in Calgary in private practice for 15 years. She has been a member of CFCH-AS for more than 15 years and has been on the Board for four years. Donna uses hypnosis in her work with children, adolescents, adults and trainees. She has years of experience teaching adults to bring to the faculty. Donna is a member of the College of Alberta Psychologists and has a special interest in play therapy.

LEONARD MCEWEN, M.S.W.

Registered Social Worker

Mr. McEwen is President of the Canadian Federation of Clinical Hypnosis/Fédération Canadienne d'Hypnose Clinique. He is a full-time psychotherapist, educator, and mediator. Mr. McEwen works from offices in both Spruce Grove and at the Edmonton General Hospital in Edmonton. Hypnosis is a major part of his practice as he uses it to promote therapeutic focus to enhance the application of the treatment modality chosen with the client.

Mr. McEwen also uses Neurofeedback and related Biofeedback and Entrainment Techniques to address self-regulation concerns. He finds that the use of hypnotic techniques is fundamental to the successful application of these therapeutic activities.

His other interests include: pain management, addictions, adolescent-adult and divorce mediation, services to persons with developmental delays and teaching "Parenting After Separation", "Surviving Loss", "Bereavement and Persons with Developmental Delays".

JIM ELIUK, PH.D.

Registered Psychologist

Dr. Jim Eliuk has been a registered psychologist in Alberta since 1987. He began his training in hypnosis in 1988 and since that time has used hypnosis, hypnotherapy and general relaxation techniques with individuals with chronic illnesses, including chronic pain, for stress management, age regression, habit reduction, anxiety management, and exam preparation. He is currently the Clinical Supervisor in Clinical Services, Department of Educational Psychology, University of Alberta where he provides supervision to graduate students studying counselling and psychological assessment.

JASON PEEBLES, PH.D.

Registered Psychologist

Dr. Jason Peebles has been working as a psychologist in Saskatchewan for 12 years. He has been practicing hypnosis almost a decade. Since 2001, he has operated a private practice specializing in Behavioural Medicine and treatment of clients with chronic pain. Jason was recently contracted as the Divisional Psychologist for the RCMP in Saskatchewan. He has conducted workshops for professional groups such as the Saskatchewan Dental Hygienists Association Saskatchewan College of Medicine. Jason has published research in the areas of personality and pain. He is currently a sessional lecturer in Psychology for the University of Regina. Jason sits as treasurer for the Alberta Division of CFCH, as well as being a member of the Professional Conduct Review Committee of the Saskatchewan College of Psychologists.

INTERMEDIATE/ADVANCED WORKSHOP

HYPNODYNAMIC TECHNIQUES

Arreed Franz Barabasz, Ph.D. & Ciara Christensen, Ph.D. Cand.

Date: Friday, May 14
Time: 9:00 a.m. – 4:30 p.m.
Location: The Black Bear

This workshop is intended for those clinicians who find they are using only a limited range of hypnotic techniques. Based on approaches from Watkins and Barabasz (2008) *Advanced Hypnotherapy: Hypnodynamic Techniques*, Barabasz and Watkins (2005) *Hypnotherapeutic Techniques, 2E*, and demonstrated in the Barabasz and Christensen (2010) DVD set, this workshop will include a variety of induction techniques. Brief lectures and discussion will feature demonstrations of hypnotic phenomena and induction techniques. The overarching aim of this workshop is to teach techniques, that can facilitate responses well beyond those that can be evoked by mere suggestion alone, as are required for the treatment of trauma and the resolution of underlying conflicts.

Participants will be able to:

1. Recognize and apply key discrete hypnotic induction components
2. Minimize conscious volition and foster dissociated control

The following induction procedures will (time permitting) be reviewed and/or demonstrated:

1. Chevreul's pendulum to reveal defensiveness
2. Opposed arm-hand levitation for resistant patients
3. Barabasz's Verbal-Nonverbal induction for resistant patients
4. Watkins' Non-verbal Method
5. Subject-Object-complex indirect technique
6. Leaving the stones behind (use when hypnoanalytic contact time is brief)
7. Milton Erickson's induction concepts
8. Erickson's covert handshake induction
9. In- Out Technique for hypnoanalytic diagnosis
10. Ideomotor signaling
11. Age regression for release of repressed material
12. Hypnoplasty in hypnoanalysis- Hypnography, Plastotherapy & Digital Hypnography

Additional inductions demonstrated on request: Eye-fixation, Hand-clasp resistance, Direct stare for time critical situations, Barabasz's Meditation induction for health and well-being.

A limited number of Barabasz and Watkins (2005) *Hypnotherapeutic Techniques, 2E* and Watkins and Barabasz (2008) *Advanced Hypnotherapy: Hypnodynamic Techniques* texts and the Barabasz and Christensen *Hypnotherapeutic Techniques DVD (2010)* set will be available for sale on site.

INTERMEDIATE/ADVANCED WORKSHOP

BRIEF EGO-STATE THERAPY FOR PTSD

Arreed Franz Barabasz, Ph.D. & Ciara Christensen, Ph.D. Cand.

Date: Saturday, May 15
Time: 9:00 a.m. – 4:30 p.m.
Location: The Black Bear

Brief Ego-State Therapy (EST) is a comprehensive and integrated hypnotherapeutic approach for treating clients who suffer from the effects of past traumatic experiences. This entirely new, first time offered workshop, is intended for clinicians and therapists familiar with hypnotic techniques, who have an interest in learning the Manualized EST procedures, intended to treat PTSD, in as little as four therapy contact hours. Participants will learn how to target the fullest expression of the traumatized ego state activated in the clients' symptomatic expressions and how to provide the needed resources to respond to the threatening agent(s) to fully resolve the trauma. Once resolved, the PTSD symptoms disappear because they are no longer driven by the underlying ego state maladaptation that carried the trauma. Participants will learn how to use hypnosis as the EST catalyst for emotional catharsis as a form of release therapy. When skillfully carried out the result can produce permanent relief to the client and the disappearance of the psychopathology related to that experience.

The workshop includes:

1. Understanding Ego States
2. Principals of Ego State Therapy
 - a. Key Features
 - b. Transference
 - c. Resonance
3. Rationale for the 4-Hr Intensive TX
4. The Brief EST approach
5. Treatment Protocol
 - a. Qualify & orient client for Brief EST
 - b. Contacting Ego States
 - c. Hypnotic inductions- Demonstrations
 - d. Diagnostic Exploration
 - e. Ego State Mapping techniques
 - f. Resolving Internal Conflicts: Abreaction and reconstruction
 - g. Abreactive Techniques - Direct regression, Affect Bridge, Somatic Bridge, Silent Abreaction
 - h. Reassurance and reintegration

Copies of the EGO STATE THERAPY MANUAL: PTSD & ASD-RESEARCH EDITION (Barabasz, Christensen & Watkins, 2010) will be available for sale only to workshop participants.

A limited number of Barabasz and Watkins (2005) Hypnotherapeutic Techniques, 2E and Watkins and Barabasz, (2008) Advanced Hypnotherapy: Hypnodynamic Techniques texts and the Barabasz and Christensen (2010) Hypnotherapy 3 DVD set will also be available.

INTERMEDIATE/ADVANCED WORKSHOP

CASE CONSULTATIONS

With Expert Panel

Dr. Linda Sabatini (Moderator), Mr. Len McEwen, Dr. Phil Klemka, Dr. Jason Peebles, Dr. Jim Eliuk

This is an opportunity for members to bring cases to an expert panel. The panel consists of seasoned therapists with extensive experience in hypnotherapy. Please prepare your case presentation in advance so that the greatest number of cases can be heard.

Date: Sunday, May 16, 2010

Time: 9:00 a.m. – 11:00 a.m.

Location: The Den

INTRODUCTORY WORKSHOP

INTRODUCTORY HYPNOSIS TRAINING

This 20-hour structured workshop consists of lectures, demonstrations, videos of expert hypnotherapists, small group (4-6) practice, and written material. Each participant will have the opportunity to experience trance state, use several induction and deepening routines with fellow participants, and will be exposed to several hypnotic strategies that can be utilized with various medical and psychological problems. This Workshop is approved by the American Society of Clinical Hypnosis (ASCH).

Successful completion of this workshop satisfies one of the membership requirements for the Canadian Federation of Clinical Hypnosis-Alberta Society.

Eligibility for attending this workshop is open to: Licensed Health Care Professionals (Physicians, Dentists, Psychologists, Social Workers, Nurses and Licensed Marriage and Family Therapists, and students enrolled in programs leading to these professional designations.

Dates (Time): Friday May 14, 2010 (10:00 a.m.) through Sunday, May 16, 2010 (1:15 p.m.)

Locations: Lynx Salon

Friday, May 14

10:00-10:15	Introduction (McEwen)
10:15-11:00	History, Definitions and Misconceptions of Hypnosis (Klemka)
11:00-12:00	Inductions and Re-alerting (Eliuk)
12:00-13:00	LUNCH (on own)
13:00-14:00	Demonstrations (McEwen & Alladin)
14:00-15:30	Small Group Practice I
15:30-16:00	BREAK (nutritious)
16:00-17:30	Hypnotic Phenomena and Therapeutic Application (Alladin)

12:00-13:00	LUNCH (on own)
13:00-13:30	Teaching Self-hypnosis (McEwen)
13:30-14:00	Presenting Hypnosis to Patient and Informed Consent (McEwen)
14:00-15:00	Clinical Applications of Hypnosis I: Medicine (Klemka)
15:00-15:30	BREAK (nutritious)
15:30-17:00	Small Group Practice III

Saturday, May 15

08:00-09:00	Methods of Deepening - Stages of Hypnosis, Hypnotic Susceptibility (Peebles)
09:00-10:00	Treatment Planning and Technique Selection (Alladin)
10:00-10:30	BREAK (nutritious)
10:30-12:00	Small Group Practice II

Sunday, May 16

08:00-09:00	Unconscious Exploration and Strategies for Managing Resistance (Gould)
09:00-10:30	Clinical Applications of Hypnosis II: Psychiatry - Anxiety Management (Alladin)
10:30-11:00	BREAK (nutritious)
11:00-12:30	Small Group Practice IV
12:30-13:15	Hypnosis and Professional Ethics (McEwen)
13:15	Certificates and Adjourn

ATTENDANCE ELIGIBILITY

Introductory Workshop

Available to all Licensed/Registered Health Care Providers.

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

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.

SELF CONNECTION BOOKS



Self Connection Books of Calgary will be at the Banff Park Lodge with a variety of books available on hypnosis and related topics. Participants are encouraged to make use of their excellent selection. To find out more about Self Connection Books, please visit their website at www.selfconnection.ca

Dates: Friday May 14 & Saturday, May 15, 2010

Time: 9:00 a.m. – 6:00 p.m.

Location: The Den

ANNUAL GENERAL MEETING



Members are encouraged to attend. Come and share your views, hear what has been happening this past year and what the future holds for the Federation. Lunch will be provided for CFCH-AS and CFCH members.

CFCH-AS AGM

Date: Saturday, May 15, 2010

Time: 12:00 p.m. to 1:00 p.m.

Location: Glacier Salon

BOARD MEETING

This is the last Board Meeting for the current year before the General Annual Meeting.

Date: Friday, May 14, 2010

Time: 5:30 p.m. – 8:30 p.m.

Location: Chinook Private

BANQUET

Time to relax. Please come and mingle with your friends and colleagues and enjoy the delicious four-course dinner offered by the Banquet in the elegant Glacier Salon. Formal/Semi Formal dress code advised. Tickets for the Banquet are available for \$55 each.

Date: Saturday, May 15, 2010
Time: Cash Bar 6:30 p.m.
Dinner 7:00 p.m. – 12:00 a.m. Midnight
Location: Glacier Salon

ACCOMMODATIONS

Once again, the Federation has decided on the Banff Park Lodge, which is in the heart of Banff, Alberta (central to all amenities) to host this year's Annual Spring Conference and Workshops. This setting in the Rocky Mountains of Canada is known for its beauty and majesty. The Federation has found this location to be valuable in assisting registrants to relax and be productive. The Banff Park Lodge is the only downtown full-service resort hotel and conference centre.

They have offered registrants a very favorable room rate of **\$136.00** plus taxes for a **Superior Single/Double room**. There will be rooms reserved up until **March 29, 2010**. After this time, rooms will be subject to availability; however, the room rate will remain in effect.



Banff Park Lodge Resort Hotel & Conference Centre

222 Lynx Street P.O. Box 220

Banff, Alberta, Canada T1L 1K5

1-800-661-9266

www.banffparklodge.com

ADVANCE NOTICE

Banff Workshops, May 13-15, 2011

Contact Registration Desk for early registration at favourable rate

Feature Presentation

ADVANCED CLINICAL HYPNOSIS FOR ANXIETY, PAIN, AND SYMPTOM MANAGEMENT

Presenter: Gary Elkins, Ph.D., ABPP, ABPH

Professor, Baylor University

Director, Mind-Body Medicine Research Program

This Clinical Hypnosis Workshop will provide professional training in both the theory and application of hypnosis in clinical practice of anxiety and pain management, behavioral health, and symptom management. Attendees will learn “cutting edge” applications of hypnotherapy such a treatment of hot flashes in breast cancer survivors and post-menopausal women and treatment of insomnia and sleep problems.

THE CANADIAN FEDERATION OF CLINICAL HYPNOSIS (ALBERTA SOCIETY)
2010 SPRING CONFERENCE & WORKSHOPS
REGISTRATION FORM

Title: Dr. Mr. Mrs. Ms. E-Mail: _____

Surname: _____ First Name: _____

Address: _____ City: _____

Postal Code: _____ Bus Phone: (____) _____ Res Phone: (____) _____

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

* Conference attendance and membership eligibility criteria differ. Please be in touch with us for details about membership eligibility. *Early Bird: Before March 31, 2010*

REGISTRATION	Date	Members	Non-Members	Students
Intermediate/Advanced Workshop		<i>Early Bird/Regular</i>	<i>Early Bird/Regular</i>	<i>Early Bird/Regular</i>
<input type="checkbox"/> Hypnodynamic Techniques	May 14	\$275/\$300	\$325 / \$350	\$150
<input type="checkbox"/> Brief Ego-State Hypnotherapy for PTSD	May 15	\$275/\$300	\$325/\$350	\$150
<input type="checkbox"/> 2 Days	May 14 -15	\$500/\$550	\$550/\$600	\$250
<input type="checkbox"/> 3 Days (Includes: & Case Consultation)	May 14 -16	\$550/\$600	\$700/\$750	\$275
<input type="checkbox"/> Case Consultation	May 16	\$50	\$75	\$25
Introductory Workshop		N/A	<i>Early Bird/Regular</i>	\$350
<input type="checkbox"/> Introductory Hypnosis Training	May 14 -16		\$550* / \$600*	
<input type="checkbox"/> Banquet Tickets	May 15	\$55	\$55	\$55

* Introductory Students who successfully complete this workshop and meet eligibility requirements will receive free membership to CFCH-AS for the year!

I am a member in good standing with the _____ and _____
(Regulatory Body) (Registration Number)

Registration for Membership Status Annual Fee (present to January 31, 2011):

<input type="checkbox"/> Members \$135/Year	<input type="checkbox"/> Affiliate Members \$110/Year	<input type="checkbox"/> Students \$65/Year
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I confirm the accuracy of the information provided. Signature: _____ Date: _____

Payment Details

Registration \$ _____
 Membership \$ _____
 Matched Pre-Pay (50 + 50) \$ _____
 Banquet \$ _____
 Total \$ _____

Payment by:

Cheque
 Credit Card Number (Visa Master Card)

Card Number	_____
Expiry Date	_____
Signature	_____

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