

MINNESOTA SOCIETY OF CLINICAL HYPNOSIS

SUNDAY, OCTOBER 19, 2014

19TH ANNUAL MSCH ROSENTHAL MEMBERS RETREAT

“The Poetry of Language: Hypnotic Rhythms of The Body-Mind”

George Glaser, LCSW, BCD, DAHB

Approved Consultant, Fellow

Past-President American Society of Clinical Hypnosis

Private Practice, Austin TX

Members \$50

**Special Discount available to NEW MSCH Members Only: \$35

Coffee and Registration 8:30 AM – 8:50 AM

Workshop 9:00 AM – 4:30 PM

LUNCH PROVIDED

Carondelet Center

1890 Randolph Avenue

Saint Paul, MN 55105

This 6-hour workshop offers methods for recognizing and exploring the rhythmic components inherent in hypnotic/therapeutic processes. One can consider the processes of hypnotic induction and deepening as ‘musical’ or ‘poetic’ experiences complete with shifting tempos, rhythms and physiological engagement, regardless of whether we are speaking of a rapid induction in an emergency room or a more leisurely psychotherapeutic session. It is the presenter’s contention that awareness of such rhythms offers the professional a valuable tool in individualizing therapeutic approaches, especially in reference to elements of hypnotic deepening. A related concept suggests that deepening is best approached in an individualized manner, precipitated by the hypnotist’s use of naturalistic/somatic language based on the patient’s cognitive and emotional styles. This approach promotes the notion that hypnotic response and deepening is likely to be highly responsive to the quality of the hypnotist-client/patient relationship. In this view, the match between the therapist’s style and language and the client/patient’s needs and response styles are of utmost importance. These ideas and practices are relevant in a variety of healthcare environments.

Two forms of deepening will be examined: one involving a formal induction containing both standard and naturalistic hypnotic elements; the other involving an examination of how to utilize a person’s existing meditative and imaginal rhythms as a starting point in the hypnotic experience.

Teaching will be accomplished through lecture, demonstration/video, audience involvement and extensive participant practice.