

Minnesota Society of Clinical Hypnosis  
20<sup>TH</sup> ANNUAL MSCH ROSENTHAL RETREAT  
CURRENT MEMBERS ONLY

***“Integrating Hypnosis and Meditation for Mind/Brain Change”***

Annellen M. Simpkins, PhD and C. Alexander Simpkins, PhD

SUNDAY, OCTOBER 25, 2015

9:00 AM – 4:30 PM

LUNCH PROVIDED

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

Members: \$75 | \*\**Special Discount available to NEW MSCH Members Only*: \$50 | 6 CEUs

Carondelet Center | 1890 Randolph Avenue | Saint Paul, MN 55105

**WORKSHOP DESCRIPTION**

There has been an explosion of interest in Mindfulness and Yoga in recent years, both within the mental health field and the culture as a whole. And neuroscience has revealed the exciting reality of neuroplasticity, the fact that the brain can change throughout life, even grow new neurons in certain parts of the brain, when given the right experiences to activate positive plasticity. Our clients come to us caught in redundant patterns, disturbed states of consciousness that make it difficult for them to change. These states are activating certain networks of interaction in the brain while deactivating others. Typically, these disturbance patterns foster negative plasticity—a shutting down, narrowing, or repetition that gets people stuck. Meditation and hypnosis can foster neuroplasticity *in different ways* to help clients break through resistance to expand and heal.

Yoga and Mindfulness meditation foster an alert, awake, consciousness that attends to each moment as it unfolds, activating executive functions in the brain that are vital for self-regulation. By contrast hypnosis, and some forms of Taoist and Zen meditation, work unconsciously, to facilitate the natural non-conscious brain pathways that are also intelligent and capable of eliciting healthy regulation but do so automatically and often effortlessly. As therapists, we can and should draw from both, learning to utilize conscious and unconscious resources to help clients change in the ways that work best.

Our day together will:

- provide a quick guide to neuroscience along with an understanding of neuroplasticity and how the brain changes for better or worse;
- offer the neuroscience of hypnosis and meditation, two methods that foster therapeutic plasticity, each in their own unique way;
- teach experiential skills using conscious forms of meditation to enhance networks of brain processing that enhance self-regulation by sharpening attention and presence;
- provide hypnotic and Taoist/Zen techniques for fostering unconscious brain networks, thereby improving self-regulation through natural, automatic non-conscious brain pathways;
- provide generous opportunities to experience both forms; and
- offer techniques you can bring directly into your practice, providing examples from protocols and client cases that utilize these tools and approaches.

**LEARNING OBJECTIVES**

1. Identify key brain processes and healing plasticity elicited by hypnosis, suggestion, and meditation
2. Recognize similarities and differences between hypnosis and meditation in order to choose the best technique for each patient, situation, and problem
3. Train in effective brain-changing hypnotic & meditative interventions to activate conscious and unconscious healing processes
4. Learn protocols to easily integrate these methods into treatments for psychological problems

**Please join us for a stimulating, reflective and engaging day of learning together**

## THE PRESENTERS

We're excited to have Alex and Annellen Simpkins with us for this year's Rosenthal retreat, and to have them presenting on this topic. They bring a lot to the table!

First of all, they've been deeply immersed in the practice, teaching and research of hypnotherapy for their entire careers, spanning four decades. They've studied and worked beside some of hypnosis' brightest minds, including Milton H. Erickson, G. Wilson Shaffer, Ernest Rossi, and Harold Greenwald. They've maintained an ongoing affiliation with the Erickson Foundation, serving as Reviews Editors for the Erickson Foundation Newsletter.

Second, they've been deeply interested in what makes therapy effective, and have researched that issue under the guidance of Jerome Frank and Lawrence Kubie.

Third, over the last eighteen years they've immersed themselves in the emerging understandings from neuroscience, exploring how therapeutic and meditative practices change the brain. Again, they've learned from some of the brightest stars in that field, including Vilayanur Ramachandran, Jaime Pineda, Stephen Anagnostaras, and Paul and Patricia Churchland.

Finally, they've cultivated their own meditative practices and teach Tae Chun Do, a martial art that includes yoga mindfulness, meditation, and breathing to address mind, body, and spirit. Their personal practice informs and inspires their passion for researching and incorporating these elements into their clinical work.

Their desire to share what they've learned has led to an active teaching schedule and numerous presentations and workshops. Their collaboration has produced 28 books, some for professionals, some for the general public. Titles of theirs that they've suggested will be relevant to their presentation for MSCH include:

- "Neuroscience for Clinicians" (Springer, 2012)
- "Zen Meditation in Psychotherapy" (Wiley, 2011)
- "Neuro-Hypnosis" (Norton 2010)
- "Meditation for Therapists and Their Clients" (Norton, 2009)
- "Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice" (Wiley, 2010)
- "The Dao of Neuroscience" (Norton, 2010)
- "The Yoga and Mindfulness Therapy Workbook" (PESI, 2014) and
- "The Tao of Bipolar" (New Harbinger, 2013)

The Simpkins' commitment to a depth of learning on these topics, their warmth and clarity, and their focus on therapeutic effectiveness should provide us with an engaging, meaningful and useful learning experience!

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## ROSENTHAL REGISTRATION

**Registration Deadline October 23, 2015**

**Complete and Mail with \$75 Check or NEW Member rate of \$50 to:**

MSCH | c/o Deb Schrobilgen | PO Box 755 Prior Lake, MN 55372-0755

***Registration online begins September 11, 2015***

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Please check box if a vegetarian lunch is needed