

A MINNESOTA SOCIETY OF CLINICAL HYPNOSIS

MEMBERS ONLY WORKSHOP

**Healing the Body/Mind:
Creating Re-Regulation Experiences for
Chronic Medical Patients with Psychological Trauma**

Suzanne Candell, PhD

SATURDAY SEPTEMBER 26, 2015

9 AM – 12 PM

Registration at the Door Begins at 8:30 AM

3 CEUs | Cost: \$20

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

WORKSHOP DESCRIPTION

A history of psychological trauma, particularly in early life, predicts poorer outcomes in patients with chronic pain, functional gastrointestinal disorders, and other chronic medical problems. Standard treatment approaches that help less complex patients inadvertently trigger post-traumatic hypervigilance and dissociation, dysregulating the complex patient and leading to frustration and treatment failure. In this presentation, participants will learn the importance of integrating treatment of the psychophysiological sequelae of trauma to enable successful treatment of the complex chronic medical patient. Strategies offered will include how to assess for trauma in a patient who isn't seeking help for trauma; how to identify and intervene in (often subtle) signs of patient dysregulation during the moment-to-moment unfolding of treatment sessions; how small modifications in tried and true techniques, such as grounding, can significantly improve utility with complex patients. Strategies focus on building patient psychophysiological awareness, tolerance and modulation skills to decrease discomfort, enable an adaptive pace for living, improve capacity to adhere to treatment recommendations, and enable patients to more skillfully oscillate with symptom and treatment ups and downs. Strategies emphasize "being hypnotic" through the use of hypnotic language, brief hypnotic approaches and mindfulness.

OBJECTIVES

1. Identify mind/body (psychophysiologic) principles that are especially relevant to effective treatment of chronic medical patients with histories of psychological trauma.
2. Learn to assess psychological trauma in chronic medical patients who are not seeking treatment for trauma.
3. Identify and learn strategies to intervene in dysregulation in complex chronic medical patients in clinical sessions to enable more effective treatment outcomes.

Suzanne Candell, Ph.D., L.P. is a clinical psychologist in private practice in Minneapolis, and at the Minnesota Head and Neck Pain Clinic. She specializes in health psychology, especially patients with chronic medical conditions, and in treating survivors of childhood and adult trauma. She has a particular expertise in addressing the unique needs of chronic medical patients with psychological trauma histories. Dr. Candell is an approved consultant in Clinical Hypnosis through the American Society of Clinical Hypnosis.

