

## Accessing The Creative Flow of Trance:

### Building on the Lessons from Stephen Gilligan's June 2015 Workshop

David Alter, PhD

November 12, 2015

6:30 PM – 9:30 PM

Registration at the Door Begins at 6:00 PM

3 CEUs | Cost: \$20

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

#### Workshop Description

Stephen Gilligan, PhD presented to MSCH last June. His powerful and engaging workshop modeled how to unlock the potential for positive change that resides within each of us. His approach showed that change is an emergent process, “generated” by accessing and enabling modification of the multiple levels at which we encode experience. In this experiential workshop, Dr. Alter will briefly review some of the keys features of Dr. Gilligan’s approach. Using presentation, video and discussion built around multiple practice experiences, this evening promises to leave participants re-energized to delve more deeply into Dr. Gilligan’s approach so as to release the potential we all carry within us all.

#### Learning Objectives

1. Attendees will learn to distinguish between trance as a phenomenon that is elicited and evoked rather than a process that is “done to” the client.
2. Participants will be able to engage their clients’ three levels of “mind”: the somatic, field, and cognitive minds.
3. Participants will familiarize themselves with the four basic steps of generative trance and how to apply them in the work with their clients

#### Biographical Sketch

David Alter, PhD is a health psychologist and neuropsychologist who has practiced in the Twin Cities for the past 30 years. His involvement with clinical hypnosis has powerfully shaped his therapeutic orientation and clinical approaches to the process of change. He is the past-President of MSCH and current member of the MSCH Board. He has also remained involved with hypnosis nationally as a past member of the Executive Committee of ASCH. Dr. Alter continues to seek ways of shaping how trance and hypnosis are evoked in the clinical encounter and utilized for the betterment of the clients who seek help from our members.

Dr. Alter is deeply immersed in the many ways that our brains, bodies, and minds/soul “talk” to each other and the role that hypnosis serves in this multi-level communication process. He maintains an active clinical practice, offers multiple hypnosis consultation groups locally and nationally, and is an active teacher/trainer on various subjects for professional and lay audiences. He is the co-author (with Henry Emmons, MD) of the recently released book, “Stay Sharp: 9 Keys for a Youthful Brain using Modern Science and Ageless Wisdom.”

