

A DIFFERENT LENS:
Unfolding Potential in Persons of All Abilities

Christi Siegel, MA LP

February 11, 2017

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

DESCRIPTION: Join Christi Siegel as she offers a trance-formative experience that will give you a view into how she incorporates hypnotic work with clients who have intellectual differences. Her presentation will explore how her own development as a clinician has shaped her vision of what helps all people heal, grow, and change. Structured to intersperse key points of learning with experiential exercises and case video and vignettes, this conference will be conversational, playful, and experiential. Come and immerse yourself in an expanded way of looking at client care, and discover some new ideas and techniques to adapt to your own work.

LEARNING OBJECTIVES

1. Describe common therapeutic goals of hypnosis with people who have intellectual differences.
2. Adapt hypnotic interventions to better match individuals' cognitive and verbal abilities.
3. Evoke and utilize naturalistic trance phenomena to enhance developmental mastery among adults with intellectual differences.

BIOGRAPHICAL SKETCH: Christi is a psychotherapist in private practice in Edina, MN. She began her work in psychology as a paraprofessional, offering biofeedback and group therapy to clients with intellectual differences. During her graduate internship at Pyramid Counseling Center, she trained in child and family therapy, and studied psychological testing. She soon decided that the relational aspects of counseling had more appeal than psychometrics, and returned to Pyramid for a 17 year stint working with highly challenging clients. She continued to develop expertise in counseling clients with intellectual differences and expanded her work in individual, group, and family therapy with children, teens, and adults. She started her private practice as a part-time venture in 2004, and went full-time about two years later when the luster of the non-profit world wore off. Her practice continues to focus on persons with intellectual and other challenges. She works with children and teens as well. Although she considers herself a generalist, her work is guided more and more by her training in hypnosis, her growing experience with yoga and mindfulness, and her overall faith in people's innate ability to grow and heal. Her philosophy is summed up as follows:

"As a psychologist, I believe we each have a unique developmental potential. By unfolding it, we can reach optimal mental, emotional, spiritual, and physical health. I provide clients with a respectful, safe, and validating counseling relationship in which old patterns can become new possibilities. Together with dialogue, I offer individually tailored, multi-modal therapy using art, music, play, movement, education, and creative reflection."