

## **A NEXT STEP ON THE ROAD TO HYPNOTIC PROFICIENCY**

An Experiential Practice Session Linking What you Know with  
What you are Ready to Learn Next

David Alter, PhD, LP, ABPP, ABPH, FACHP

**January 14, 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:** Are you someone who recalls last year's introductory training in the use of Clinical Hypnosis in your practice? Are you someone who would like to use Clinical Hypnosis more routinely, more naturally, more comfortably and more effectively, whether your last formal training was this year or 10 years ago? Great news! This three-hour experiential workshop is designed just for you! We will be discussing together what your experience of clinical hypnosis in daily practice has been over the course of the last year. We will be working in small groups and dyads with accessible and important methods and skills for integrating clinical hypnosis into your personal toolkit, making it much more accessible to you as you work with your clients. This workshop is not oriented to a specific clinical population or condition. It is oriented to how you conceive, access and utilize hypnotic process in your work, regardless of your theoretical orientation or the client population with whom you work.

### **LEARNING OBJECTIVES**

1. Participants will learn a four-axis model for conceptualizing the relationship between the skill set we call hypnosis and the neurobiological process we call trance.
2. Participants will practice utilizing clients' in-born capacity for neuroplasticity by developing ways of activating that potential utilizing clients' orienting response and tolerance for novelty.
3. Participants will actively practice a set of skills and acquire methodologies that will better prepare them to utilize clinical hypnosis in their professional practices more naturally and routinely

**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 a 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 mind/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, *Staying Sharp: 9 Keys for a Youthful Brain using Modern Science & Ageless Wisdom*.