

2nd Annual Shep Myers Memorial Workshop
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**Evidence-Based Hypnotherapy:
Hypnosis Intervention for Hot Flashes, Stress, and Deeper Sleep**

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Sunday April 9, 2017

9 AM - 4:00 PM | 6 CEUs

Check in Begins at 8:30 AM

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

Pre-Registration is Required | Registration Deadline | Monday April 3, 2017

Cost: New Members \$50 | Members \$75 | Non-Members \$90

Workshop Description: In this advanced workshop, participants will learn about the evidence base for hypnotic relaxation therapy (HRT) and the role that hypnosis can play in effectively treating hot flashes, reducing anxiety and stress, and improving sleep quality in adults. The presenter will review contemporary research and provide a mixture of didactic and clinical material. Clinical examples and experiential approaches will be used to illustrate methods clinicians can use to expand their clinical practice.

Hypnotic relaxation therapy is a clinical method that utilizes hypnotic inductions, mental imagery, direct and indirect suggestions, and individualization to meet treatment goals. The concept of hypnotizability will be considered as it relates to clinical practice. Participants will develop increased knowledge and competency in (1) understanding how hypnotherapy can be used to improve health of women and men in adulthood and with aging; (2) effectively treat hot flashes; and (3) consider research informed clinical hypnosis approaches.

Objectives:

1. Learn the 10 principles of hypnotic relaxation therapy.
2. Learn the evidence base for hypnotherapy in treatment of hot flashes post-menopause and in breast cancer survivors.
3. Learn a hypnotic relaxation treatment protocol and session-by-session goals.
4. Learn how hypnosis can be used to improve sleep quality and reduce stress.
5. Learn about the clinical assessment of hypnotizability.

Bio: Gary R. Elkins, PhD, ABPP, ABPH is a Professor of Psychology and Neuroscience at Baylor University. He is Director of the Mind-Body Medicine Research Program at Baylor conducting NIH funded research into clinical applications of hypnosis. In addition, he maintains a part-time private practice. His research and clinical work has focused on areas such as the role of the therapeutic relationship in hypnotherapy, hypnotizability, mechanisms, pain, sleep, hot flashes, and stress. Dr. Elkins is the author of four books: *Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues*; *Hypnotic Relaxation Therapy: Principles and Applications*; *Complementary and Alternative Medicine*



for Psychologists: An Essential Resource; and *Relief From Hot Flashes: The Natural, Drug-Free Program to Reduce Hot Flashes, Improve Sleep, and Ease Stress*. He is a renowned expert in clinical hypnosis and President of the Society for Clinical and Experimental Hypnosis; Past-President of the Society for Psychological Hypnosis (Division 30 of the American Psychological Association). He is also Past-President of both the American Society of Clinical Hypnosis and the American Board of Psychological Hypnosis. Elkins holds the Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis (ABPH) and the Diplomate in Clinical Health Psychology from the American Board of Professional Psychology (ABPP). He has taught courses nationally and internationally on clinical hypnosis. Elkins is the co-author of the publication *Standards of Training in Clinical Hypnosis* published by ASCH. He is the incoming Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis*.

Hot flashes are a significant public health problem that affects millions of women for several years. Hot flashes are a prevalent symptom after menopause (natural and surgical), but also after treatment for breast cancer. It is estimated that over 25 million women in the United States have hot flashes (HFs), with up to 80% of women in the general population reporting hot flashes during the menopause transition and lasting an average of 7.4 years; 96% of women with breast cancer reporting hot flashes soon after beginning anti-cancer therapy⁵ and up to 73% reporting hot flashes 6 years after diagnosis, even after endocrine therapy has been completed. Women may, however, experience hot flashes for 15 or more years. Hot flashes are a symptom that impacts a very large number of women, both with and without a history of breast cancer, and they can persist for an extended period of time.

Hot flashes negatively impact health related quality of life. Over half of the women with a history of breast cancer report their hot flashes as severe. Hot flashes can cause sweating, discomfort, anxiety, fatigue, and can interfere with sleep leading to adverse health outcomes. One large population based study of 2,703 post-menopausal women found that hot flashes negatively impact work (46%), sleep (82.0%), mood (68.6%), total energy level (63.3%), and overall quality of life (69.3%). Descriptive studies of women with a history of breast cancer and the general community link hot flashes to poorer emotional and social functioning in addition to increased anxiety and poor sleep. There are data supporting the link between poor sleep and increased mortality as well as risk for chronic diseases. Therefore, effective treatment of hot flashes can have broad positive effects on health and health related quality of life. Hypnosis has been shown, in several randomized clinical trials to be an effective treatment for hot flashes and reduces anxiety and improves sleep.

Hypnosis is an effective option for hot flashes, stress, and sleep. Dr. Gary Elkins and colleagues have developed a hypnosis intervention involving standardized and individualized hypnotic inductions, audio recordings of hypnosis for home practice, and assessment of hypnotizability. This hypnosis intervention has been shown to reduce the frequency and severity of HFs (hot flash scores) by approximately 80% *on average* in postmenopausal women with and without a history of breast cancer, which is comparable in efficacy to that of hormone replacement therapy. The positive effect of hypnosis on hot flashes has been replicated in clinical trials at the Mayo Clinic and Baylor University Mind-Body Medicine Research Laboratory and others. ***This burgeoning data has resulted in hypnosis being added to the clinical practice guidelines of the North American Menopause Society as having level 1 evidence.***

In addition, evidence from recent studies has shown hypnosis can reduce anxiety and improve overall sleep quality. In a randomized clinical trial global scores of sleep quality improved by 43% for participants in the hypnosis intervention at the end of treatment and by 54% at 12-week follow up compared to 9% and 10%, respectively in the structured attention control. Additional studies have indicated that slow wave sleep can be positively impacted by hypnotic suggestion.

Outline of the Day

- 9:00-10:30 Ten Principles of hypnotic relaxation therapy
Evidence base for hypnotherapy for treatment of hot flashes
- Break from 10:30 10:45
- 10:45-12:00 Demonstration: Hypnotherapy intervention for hot flashes (and stress) in post-menopause and breast cancer survivors
Group practice 1
- Lunch from 12:00-1:30
- 1:30-3:15 Discussion of hypnotic relaxation protocol and session-by-session approach
Hypnosis for deeper sleep
Demonstration
Group practice 2
- Break from 3:00 - 3:15
- 3:15-4:00 Consideration of hypnotic abilities in clinical practice
Demonstration: Elkins Hypnotizability Scale
Discussion
- End at 4:00 pm