

THE 49TH ANNUAL

Workshop in Clinical Hypnosis

Virtual Workshop for Skill Enhancement

Scheduled for:

June 17-19, 2021

**ANNOUNCING A VIRTUAL WORKSHOP FOR
SKILL ENHANCEMENT IN
CLINICAL HYPNOSIS**

Featuring...

**Michael D. Yapko, Ph.D.
Clinical Psychologist
San Diego, CA**

**Provided by
Minnesota Society of Clinical Hypnosis**

Joint Sponsorship provided by:



**MINNESOTA
MEDICAL
ASSOCIATION**



SKILL ENHANCEMENT Workshop Description

The workshop is for **anyone** who has completed an ASCH approved Level 1 Workshop. Our 2021 virtual workshop features Dr. Michael Yapko. This is an inclusive workshop for **anyone** who has completed Level 1.

In this three-day workshop based on Dr. Yapko's recent book, *The Discriminating Therapist: Asking "How" Questions, Making Distinctions, and Finding Direction in Therapy*, will look at people through the lens of cognitive style and HOW they make the choices they make. Instead of following the therapy tradition of analyzing *why* someone makes the choices they make, *The Discriminating Therapist* focuses on *how* people choose. We will especially focus on what they failed to either notice or discriminate in their global response to some circumstance. From this gentler perspective about people's problems, we can focus on the roles of missing skills or incorrect information relevant to making better decisions instead of simply pathologizing people. Hypnosis then becomes an invaluable tool for shifting the client's focus to what is relevant and effective while also mobilizing the resources necessary to make and implement good decisions. Through carefully constructed "how" questions that reveal the client's ineffective decision-making framework, the goals of therapy quickly become clearer and the likelihood of hitting well-defined therapy targets with well-structured hypnosis sessions increases.

ELIGIBILITY AND TARGET AUDIENCE

Persons licensed or registered by the state/province in which they practice, without any license or practice restrictions **AND** hold a Doctoral degree in dentistry, medicine, nursing, osteopathy, psychology, chiropractic, or a similar health care field **OR** hold a Master's degree in marriage and family therapy, nursing, psychology, social work, or a similar health care field **OR** hold a Bachelor's degree (B.A., B.S., B.N.) or equivalent terminal degree (i.e., is a graduate of a 4-year terminal training program which is directly related to their field of practice; **AND** is practicing in the field of nursing, acupuncture, physician assistant, physical therapy, occupational therapy, speech therapy, pastoral care, chemical dependency treatment, or in a similar health care field.

This conference is ideal for health professionals who have had previous formal training in clinical hypnosis. Participants should have previous experience in performing hypnotic inductions and facilitating hypnotic phenomena.

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Minnesota Medical Association and the Minnesota Society of Clinical Hypnosis. The Minnesota Medical Association (MMA) is accredited by the ACCME to provide continuing medical education for physicians.

The Minnesota Medical Association designates this live activity for Enhanced Skill Workshop for a maximum of 12.5 AMA PRA Category 1 Credit(s).™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Society of Clinical Hypnosis

This activity has been approved by ASCH for 12.25 credits towards membership and/or certification at the Advanced Level for the Workshop in Clinical Hypnosis for the Enhanced Skill Workshop.

Minnesota Board of Psychology

This activity has been approved by the State of Minnesota Board of Psychology for 12.5 continuing education hours for the Workshop in Clinical Hypnosis for the Enhanced Skill Workshop.

Minnesota Board of Marriage and Family Therapy

This activity has been approved by the State of Minnesota Board of Marriage and Family Therapy for 12.5 continuing education hours for the Workshop in Clinical Hypnosis.

Minnesota Board of Social Work (BSOW)

This activity has been approved by the State of Minnesota Board of Social Work for 12.5 continuing education hours for the Workshop in Clinical Hypnosis for the Enhanced Skill Workshop.

NOTE about Level 1 Beginners Workshop

This workshop has been postponed until June 2022. If you would like to attend a Level 1 workshop in Minnesota, please wait until 2022. If you would like to attend a Level 1 workshop sooner, please go to the American Society of Clinical Hypnosis website at www.asch.us where you will find virtual Level 1 workshops that you can attend during 2021.



**MARK YOUR
CALENDAR FOR
2022!**

Please mark your calendar for the 50th Anniversary of Clinical Workshops in Clinical Hypnosis! This will be a celebration worth attending!

Dates: Thursday, June 16th 2022 – Saturday, June 18th 2022

Skill Enhancement Workshop Speaker: Janina Fisher, PhD

Dr. Fisher is a licensed Clinical Psychologist and Instructor at the Trauma Center. Known for her expertise as both a therapist and consultant, Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches. Registration details will be available in mid-2021.

Skill Enhancement Workshop

The Discriminating Therapist: Hypnosis in Enhancing Decision-Making



Guest Faculty

Michael D. Yapko, Ph.D., is a clinical psychologist residing near San Diego, California. He is internationally recognized for his work in advancing brief, active treatments for depression and applications of clinical hypnosis in outcome-focused psychotherapies. He routinely teaches to professional audiences all over the world, having been invited to present his innovative ideas and methods to colleagues in more than 30 countries across six continents, and all over the United States.

Dr. Yapko is the author of 15 books and editor of three others, as well as numerous book chapters and articles on the subjects of the brief therapy of depression and the use of clinical hypnosis in strategic psychotherapies. His books include his classic text on hypnosis, *Trancework: An Introduction to the Practice of Clinical Hypnosis*, now in its 5th edition, as well as *The Discriminating Therapist*, *Taking Hypnosis to the Next Level*, *Depression is Contagious*, and *Treating Depression with Hypnosis*.

Dr. Yapko is a Fellow of the American Psychological Association (Div. 30), a Fellow of the American Society of Clinical Hypnosis, and a member of the International Society of Hypnosis. He is a recipient of lifetime achievement awards from the American Psychological Association's Division 30, the International Society of Hypnosis, and The Milton H. Erickson Foundation. More information about Dr. Yapko's work is available on his website: www.yapko.com

Educational Objectives

Upon completion of this educational activity, learners should be better able to:

- Recognize cognitive style and its effect on experience in general and symptomatic experience in particular
- Identify the role of global cognitions in client problems
- Relate how a low tolerance for ambiguity increases the likelihood of poor decision-making
- Ask "how" questions that identify the client's experiential deficits (i.e., missing or incorrect information that work against his or her effective decision-making)
- Recognize how a therapist's cognitive style may hinder treatment results
- Motivate the client to make key distinctions that regulate decision-making related to his or her presenting problems
- Identify and articulate discrimination criteria that help teach discrimination strategies
- Recognize how identifying more possible solutions to the client's problem may prevent him or her from implementing them
- Design and deliver hypnosis sessions to teach discriminations strategies as they relate to more effective decision making

*"MSCH has been my go-to for clinical hypnosis education."
(social worker, 2019)*

"Experiential workshops are essential for learning. MSCH has done a great job delivering this type of education." (nurse, 2019)

*"The positive feedback during learning was critically important to learning new skills."
(psychologist, 2019)*

Thursday, June 17, 2021

5:30 pm	Introductions/Educational Overview	Jennifer Stoos, Carol Siegel
6:00 pm	Conventional Wisdom is Often Contradictory The Social Climate, Global cognition and Cognitive Biases Discrimination Strategies in Therapy and in Life	Michael Yapko
7:30 pm	Break	
7:45 pm	Group Hypnosis: Making Discriminations with Insight Debrief and Deconstruct the Session	
9:00 pm	Adjourn	

Friday, June 18, 2021

8:45 am	Overview of Day	Jennifer Stoos, Carol Siegel
9:00 am	Global Cognitive Style, Problems and Implications for Treatment	Michael Yapko
10:30 am	Break	
10:45 am	Group Exercise: Assessing Controllability as a Therapeutic Discrimination Issue Group Exercise: Identifying Discrimination Issues from Interview Clips The "How" Question in Action	
12:00 pm	Lunch break	
1:00 pm	Watching It Work: A Video Demonstration: The Case of Myra: Addressing How Poor Discriminations and Bad Decisions Make Depression Worse Follow up Information Debrief and Deconstruction the Session	
3:00 pm	Adjourn	

Saturday, June 19, 2021

8:30 am	MSCH Open Board Meeting	Jennifer Stoos, Carol Siegel
8:45 am	Overview of the day	
9:00 am	1:1 Exercise: Utilizing Hypnosis to Address Your Partner's Discrimination Issue Debrief the Exercise	Michael Yapko
10:30 am	Break	
10:45 am	Decision Making and Choice Architecture Framing Effects on Choice Group Hypnosis: Enhancing Decision-Making Debrief and Deconstruction Session	
12:00 pm	Lunch Break	
1:00 pm	1:1 Exercise: Hypnosis to Help Your Partner with a Decision	
2:45 pm	Summary, Q&A and Closure	
3:00 pm	Raffle & Awards Ceremony	Cheryl Bemel, Carol Siegel & Jennifer Stoos, Lisa Kastenbauer
3:15 pm	Wrap Up/Adjourn	Jennifer Stoos, Carol Siegel

Workshop in Clinical Hypnosis

June 17-19, 2021

REGISTRATION FORM

Please type or print clearly. A statement of attendance will be generated from this form.

Name _____

Affiliation _____

Department _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Receipts and confirmations are e-mailed from our office. Please provide your e-mail address and print clearly.

DEGREE/CERTIFICATION

- ☐ MD ☐ DO ☐ PhD/PsyD ☐ EdD ☐ MSW/ACSW ☐ LMFT ☐ MA/MS ☐ RN
☐ APRN (NP, CNS) ☐ DDS/DMD

SPECIALTY

- ☐ Family Medicine / Subspecialty _____
☐ Internal Medicine / Subspecialty _____
☐ Pediatrics / Subspecialty _____
☐ Other _____

Graduate Student (please list school, program, and date enrolled):

Profession you are currently licensed in _____

State _____ License# _____

REGISTRATION FEES

- ☐ MSCH Member Discounted Rate
☐ Non-Member Rate
☐ Resident/Fellows/Students
☐ MSCH Lecture Faculty

On or before May 30, 2021	On or after June 1, 2021
\$345	\$355
\$385	\$395
\$295	\$295
\$295	\$295

How did you hear about this workshop?

- ☐ Colleague/Friend ☐ Employer ☐ Email ☐ Other _____
☐ Website ☐ Flyer

TO REGISTER - you have two choices:

To register **online** with Visa, MasterCard, or American Express, please click here: <https://iplanit.swoogo.com/2021MSCHVirtualSkillEnhancement>

To register via **mail**:

Mail this registration form and your check, payable to
Minnesota Society of Clinical Hypnosis
P.O. Box 755, Prior Lake, MN 55372

CANCELLATION POLICY

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be returned if you notify us by 4:30 pm Central Time by **May 30, 2021**.

If you have any questions, please contact our office at 800 781 1193 ext 610 or email us at MSCH@iplanitmeetings.com

Workshop Faculty

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Host Faculty

***CHERYL S. BEMEL, PhD, LP,** MSCH 2021 Annual Conference Coordinator; Licensed Psychologist; Nationally Certified School Psychologist (NCSP); Staff Psychologist, Allina Health, Past President MSCH, ASCH Approved Consultant in Clinical Hypnosis

Special thanks to our meeting and virtual professional partner, Bonnie Boucher, from ConferenceDirect

***CAROL SIEGEL, PhD, LP,** MSCH Co-President; Clinical Psychologist, Private Practice; Instructor in Infant and Early Childhood Mental Health Masters Program, University of Minnesota

***JENNIFER STOOS, MA, M.Div., LMFT,** MSCH Co-President; Private Practice, ASCH Approved Consultant

*Denotes Planning Committee Member