



# 50th Annual Conference

## CHOOSE FROM LEVEL 1 OR SPECIAL TOPICS TRAINING OPTIONS

### LEVEL 1

June 10th-11th  
(virtual) & June 18th  
(in person)\*

### SPECIAL TOPICS:

#### Hypnosis & Trauma

June 16th-18th  
(virtual & in person  
options)\*

LOCATION\*: Amherst H. Wilder Center  
451 Lexington Parkway North St. Paul MN  
55104 (in person) & Zoom (virtual)

[Level 1](#)  
[Register Here](#)

[Special Topics](#)  
[Register Here](#)

## NEARBY HOTEL OPTIONS



The Saint Paul Hotel  
350 Market Street  
Saint Paul, MN  
(651) 292-9292



Hilton Garden Inn  
Minneapolis University Area  
511 Huron Blvd. SE  
Minneapolis, MN  
(612) 504-3000



Drury Plaza Hotel St.  
Paul Downtown  
175 10th St. E., St. Paul,  
MN 55101  
(651) 222-3337

## CONTINUING EDUCATION CREDIT

The following CE hours are anticipated to be approved by the American Society of Clinical Hypnosis, the MN Board of Marriage and Family Therapy, and the MN Board of Psychology.

Level 1 Training- 21.5 CE hours (21.5 ASCH-approved)  
Special Topics Training- 13.5 CE hours (13.5 ASCH-approved)

### **QUESTIONS?** **CONTACT US**

[deb@msch.us](mailto:deb@msch.us)  
[www.msch.us](http://www.msch.us)

\*MSCH will make a final decision regarding whether or not in person portions of training will remain in person depending upon city of St. Paul guidelines closer to the date of the conference.

# Level 1 Training

June 10th-11th, June 18th

The MSCH Level 1 training is a standardized training prescribed by the American Society of Clinical Hypnosis (ASCH). It is the first of a series of training workshops that comprise ASCH certification in clinical hypnosis. The MSCH Level 1 training is taught by faculty from various health care disciplines who will demonstrate and teach participants the concepts, principles, and processes of hypnosis. The training includes didactic presentations, demonstrations, experiential exercises, and faculty-led small group practice.

At the successful completion of the Level 1 training, participants will have been taught the knowledge and skills necessary to begin to integrate clinical hypnosis into their clinical practice. They will also be eligible for ASCH membership as well as participation in Intermediate and Advanced ASCH or ASCH-approved workshops.

## EDUCATIONAL OBJECTIVES

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

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

## AGENDA

\*all times in Central Standard Time

### Friday, June 10th

#### Online on Zoom

8:30- 9:00	Welcome, Faculty and Student Introductions and Instruction
9:00- 9:30	Introduction to Clinical Hypnosis
9:30- 10:15	Hypnotic Principles and Stages I: Rapport & Attunement
10:15- 10:30	Break
10:30- 11:15	Hypnotic Principles and Stages II: Trance Elicitation, and Re-orienting
11:15- 11:45	Group Hypnotic Experience with Debriefing
11:45- 12:45	Lunch Break
12:45- 1:30	Anatomy of a Hypnotic Experience
1:30- 2:15	Hypnotic Phenomena
2:15- 3:00	Fundamentals of Hypnotic Communication and Formulation of Suggestions
3:00- 3:15	Break
3:15- 3:45	Ethical Principles and Professional Conduct
3:45- 4:30	Self-Hypnosis: How and What to Teach Patients
4:30- 5:00	Questions and Closing Remarks

### Saturday, June 11th, 2022

#### Online on Zoom

8:00- 8:15	Welcome, Questions
8:15- 8:45	Introduction to Small Group Practice
8:45- 9:00	Demonstration of Group #1
9:00- 10:30	Small Group Practice of Hypnotic Process #1
10:30- 10:45	Break
10:45- 11:30	Patient/Client Assessment, Presenting Hypnosis to the Patient/Client
11:30- 12:15	Neurophysiology of Hypnosis
12:15- 1:15	Lunch Break
1:15- 2:15	Intensification of Hypnotic Experience
2:15- 3:15	Treatment Planning, Strategy and Technique Selection in Hypnotherapy
3:15- 3:30	Break

### Saturday, June 11th, 2022

#### Online on Zoom

3:30- 4:15	Hypnosis with Children
4:15- 5:00	Integrating Hypnosis into Clinical Practice: Improving Health & Resilience
5:00- 5:15	ASCH Membership and Certification
5:15- 5:30	Closing, Raffle and Questions

### Saturday, June 18

#### In Person at Wilder Center

#### St. Paul, MN

7:30- 8:00	Breakfast and Social Time
8:00- 8:15	Announcements/Raffle
8:15- 8:30	Demonstration of Group #2
8:30- 10:00	Small Group Practice of Hypnotic Process #2
10:00- 10:15	Break
10:15- 11:00	Ego Strengthening
11:00- 11:45	Tailoring Hypnosis for Your Client/Patient
11:45- 12:00	Demonstration of Group #3
12:00- 1:00	Lunch Break (Awards at 12:45)
1:00- 3:00	Small Group Practice of Hypnotic Process #3
3:00- 3:15	Break
3:15 - 3:30	Demonstration of Group #4
2:45- 3:00	Break
3:30- 5:30	Small Group Practice of Hypnotic Process #4
5:30- 6:00	Closing Review, Raffle and Discussion

This workshop anticipates approval for 21.5 hours of continuing education by the following boards:  
American Society of Clinical Hypnosis  
MN Board of Marriage and Family Therapy  
MN Board of Psychology

# Special Topics in Hypnosis: Hypnosis and Trauma

June 16th- 18th

A 3-DAY COURSE FOR LICENSED HEALTH AND MENTAL HEALTH PROFESSIONALS TO STRENGTHEN AND EXPAND THEIR SKILLS IN THE USE OF HYPNOTIC LANGUAGE, PRINCIPLES AND TECHNIQUES TO INCREASE THE EFFICACY OF THEIR TRAUMA WORK. PREVIOUS HYPNOSIS TRAINING IS REQUIRED.

AUDIENCE: HEALTH PROFESSIONALS WHO HAVE HAD PREVIOUS FORMAL TRAINING IN CLINICAL HYPNOSIS. PARTICIPANTS SHOULD HAVE PREVIOUS EXPERIENCE IN PERFORMING HYPNOTIC INDUCTIONS AND FACILITATING HYPNOTIC PHENOMENA.

## EDUCATIONAL OBJECTIVES

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

- Describe specific effects of early attachment trauma on the relationship to self
- List symptoms caused by trauma-related dissociative splitting
- Identify effects of autonomic dysregulation on the ability to focus and calm
- Identify signs indicative of disowned dissociated ego states
- Describe manifestations of internal conflicts between parts
- Identify mindfulness-based techniques that increase awareness across different ego states
- Articulate advantages to using parts language with fragmented clients
- Describe “blending” as a hypnotic state
- Identify interventions for facilitating dual awareness
- Describe somatic interventions that increase hypnotic connection to young ego states
- Articulate uses of hypnotic suggestion that evoke increased compassion for young ego states
- Identify interventions that foster ‘earned secure attachment’ as the outcome of attachment bonding between clients and wounded ego states

## FEATURING JANINA FISHER, PHD



Janina Fisher, PhD is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a therapist and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher has been an invited speaker at the Cape Cod Institute, Harvard Medical School Conference Series, the EMDR International Association Annual Conference, University of Wisconsin, University of Westminster in London, the Psychotraumatology Institute of Europe, and the Esalen Institute. 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.

## Agenda

\*all times in Central Standard Time

TOTAL CEU: 13.5 HR

### Thursday, June 16, 2022 - 6:00PM-9:00PM

Online on Zoom

6:00	Sign on
6:15	Welcome
6:30- 9:00	Lecture/Demonstration

### Friday, June 17, 2022 - 7:30AM-5:30PM

Online or In Person

7:30- 8:15	Breakfast/Social Time
7:40- 8:10	MSCH Annual Board Meeting
8:10- 8:15	Announcements
8:15- 9:45	CAPS (Topics TBD*)
9:45- 10:00	Break
10:00- 12:00	Lecture/Demonstration
12:00-1:00	Lunch Break
1:00- 2:45	Lecture/Demonstration
2:45- 3:00	Break
3:00- 4:30	Lecture/Demonstration
4:30- 5:30	Reception

### Saturday, June 18, 2022 - 7:30AM-4:45PM

Online or In Person

7:30- 8:00	Breakfast/Social Time
8:00- 8:15	Announcements/Raffle
8:15- 9:45	CAPS (Topics TBD*)
9:45- 10:00	Break
10:00- 12:00	Lecture/Demonstration
12:00-1:00	Lunch Break
1:00- 2:45	Lecture/Demonstration
2:45- 3:00	Break
3:00- 4:30	Lecture/Demonstration
4:30- 4:45	Wrap-up; Raffle

This workshop anticipates approval for 13.5 hours (13.5 ASCH-approved) of continuing education by the following boards:

American Society of Clinical Hypnosis  
MN Board of Marriage and Family Therapy  
MN Board of Psychology

## Level 1 Training Faculty/Small Group Facilitators

June 10th-11th, June 18th

### **Victoria Beck, MSW, LICSW**

Victoria Beck is a Clinical Social Worker currently in private practice in Grand Rapids, MN. She provides individual, family and group therapy as well as being a BOSW and LPCC certified clinical supervisor. She also engages in consultation with other providers in private practice in the area. She utilizes clinical hypnosis in her work with individuals currently addressing a variety of complaints including managing mood related symptoms, chronic pain, ego strengthening and habit disorders.

### **Cheryl Bemel, PhD**

Cheryl Bemel is a licensed psychologist. She is an adjunct professor at the University of Minnesota's School of Dentistry, training dentists and dental students in psychophysiological management of pain techniques with patients. She is also a provider within Allina Health Medical Clinics, as well as in her own independent practice. Dr. Bemel is an Approved Consultant with the American Society of Clinical Hypnosis.

### **Suzanne Candell, PhD, LP**

Suzanne Candell is a Clinical Health Psychologist in private practice in Minneapolis, MN and has been providing training and consultation in clinical hypnosis to other health care professionals for over 10 years. She is an ASCH-approved Consultant in Clinical Hypnosis and a long-time member of MSCH. Dr. Candell specializes in treating complex chronic physical health problems, with a particular expertise in addressing the complicating effects of psychological trauma on physical health.

### **Alfred Clavel, MD**

Al Clavel serves as the Medical Director of the Hennepin County Pain Clinic and Research Center and directs the Acute Pain Consultative Service, located at the Hennepin County Medical Center. He is board certified by the American Board of Psychiatry and Neurology and the American Board of Pain Medicine. Dr. Clavel is a co-owner and Medical Director of MN Head & Neck Pain Clinic. He currently sees patients in the Plymouth and St. Paul clinic locations. He also practices at Fairview Palliative and Pain Clinic.

### **Kevin Harrington PhD**

Kevin Harrington is a licensed psychologist currently working in private practice in Bloomington Minnesota. He utilizes hypnosis in his work with children, adolescents, adults and families. Dr. Harrington has been teaching hypnosis to healthcare providers nationally and internationally for over 25 years. His private practice includes providing parenting seminars, training and supervision of healthcare providers, consultation to schools and psychotherapy for families, children, adolescents and adults.

### **Delle Jacobs, LICSW, LMFT**

Delle Jacobs has a psychotherapy and consulting practice in St. Paul, MN, focusing on mind-body applications of clinical hypnosis. On the American Society of Clinical Hypnosis (ASCH) Education and Training Committee (CHET), Ms. Jacobs teaches all levels of training. She is an ASCH Approved Consultant and a Past President of the Minnesota Society of Clinical Hypnosis (MSCH).

### **Kristen Kampsula, LMFT, LADC**

Kris Kampsula is a Mental Health Professional at Hazelden Betty Ford and a Licensed Marriage and Family Therapist and Licensed Alcohol and Drug Counselor and works with individuals, couples and families. She is trained in EMDR and Clinical Hypnosis. She specializes in treating trauma and addiction, and relational dysfunction.

### **Heather Klein, PhD, LP**

Heather Klein is a licensed psychologist at the Parkdale Therapy Group. She provides supervision to post-doctoral level psychologists and conducts workshops for mental health providers and members of the community. Dr. Klein is currently on the Board of Directors for the Minnesota Society of Clinical Hypnosis (MSCH) and has served as the editor of Images. She is currently serving as president elect as well as the Small Group Coordinator for MSCH's annual conference. Dr. Klein is an Approved Consultant through the American Society of Clinical Hypnosis (ASCH).

### **Mary Landwehr, MD**

Mary Landwehr is a Family Medicine Physician in independent private practice in Chippewa Falls, Wisconsin. She is classically trained in western Family Medicine and additionally trained in clinical hypnosis, aromatherapy and medical acupuncture. She currently works at Sunrise Family Care Clinic where she combines traditional western allopathic medicine with alternative medicine including aromatherapy, medical acupuncture, attentive listening, and clinical hypnosis.

### **Jack S. Rusinoff, MA, LP, ATSA Fellow**

Jack Rusinoff is a Masters Level Licensed Psychologist who currently serves as Vice Chair of the Board of Psychology. Mr. Rusinoff is a Sex Offense Treatment Professional at Minnesota Department of Corrections and an ATSA (Association for the Treatment of Sexual Abusers) Fellow. He has been a faculty member of the MSCH annual Introductory Workshop since 1993.

### **Ann Schissel, PhD, LP**

Anne Schissel is a Doctoral-level Licensed Psychologist and ASCH member. She is currently in private practice at CenterLife Counseling and teaches as an Assistant Professor at St. Mary's University of Minnesota in the Counseling Psychology Doctorate Program.

### **Jennifer Stoos, MA, MDiv, LMFT**

Jennifer Stoos is a Licensed Marriage and Family Therapist, MN Board and American Association of Marriage and Family Therapists Approved Supervisor, and American Society of Clinical Hypnosis (ASCH) Approved Consultant. She is the current co-President of the Minnesota Society of Clinical Hypnosis (MSCH). She has been using hypnosis with couples and individuals since 2007.

### **Carol Siegel, PhD**

Carol Siegel is a licensed psychologist in Minneapolis and faculty member of the Infant and Early Childhood Mental Health Masters Program at the University of Minnesota. Dr. Siegel's primary clinical focus is parenting and issues encountered by parents with complex histories. She has been using clinical hypnosis with clients since 2012 and is the current co-President of the Minnesota Association of Clinical Hypnosis (MSCH).

### **Mark B. Weisberg, PhD, ABPP**

Mark Weisberg is a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota. He is Adjunct Community Faculty, Academic Health Center, University of Minnesota. He is a Fellow of the American Psychological Association, American Society of Clinical Hypnosis, and American Academy of Clinical Health Psychology. He has worked at the Minnesota Head and Neck Pain Clinic in St Paul MN for over 30 years and maintains an independent practice in Minneapolis MN. Dr. Weisberg has been involved in clinical practice and consultation in integrative mind-body medicine and treatment of chronic physical conditions for over 30 years and teaches nationally and internationally on these topics.

### **Ben Wolf, LICSW**

Ben Wolf is a licensed clinical social worker currently working in private practice in St. Paul, Minnesota. He is a current member and past president of MSCH. He has been utilizing hypnosis in his work with adolescents, adults, and couples for over 10 years. Ben specializes in treating anxiety, depression, complex trauma and eating disorders.