

Integrating Hypnotic Techniques with Polyvagal Theory- June 17, 8:15-9:45

This workshop will help you to gain a practical understanding of Polyvagal Theory and how we can begin to decode the language of our body. Angie will discuss the dorsal, sympathetic, and ventral states of our nervous system; strengthening the vagal brake; anchoring in ventral vagal, neuroception, co-regulation, and how to utilize hypnosis with this useful theory.

Angie Gwiazdon, MSE, LMFT

For over 25 years, Angie has helped people discover their preferred path in life. As is a Licensed Marriage and Family Therapist and board approved supervisor, she brings compassion, curiosity, and humor to her work. She believes in the importance of each individual's unique experience – and how that is expressed and understood through race, gender, sexual orientation, spirituality, and socioeconomic status. Drawing on her own life experiences and extensive training, Angie is fluent in Narrative Therapy, Postmodern approaches, Hypnotherapy, Neuro-Linguistic Programming, EMDR, and Polyvagal Theory. Her practice also spans a diverse collection of settings, including private practice, residential treatment, day treatment, and on-site mental health in schools. Angie's work addresses a wide range of mental health challenges, including depression, anxiety, abuse, addiction, post-traumatic stress disorder, grief/loss. She also has deep experience with parenting issues, couple and family communication and providing supervision and training. She brings her compassionate, healing work to all ages, working with adolescents, adults, couples and families.

Headache and Trauma: Current Perspectives and Hypnotic Strategies- June 18, 8:15-9:45

Treating chronic headache pain is challenging, but even more complicated when the headache patient has undergone trauma. In this 90-minute workshop, Dr's Weisberg and Clavel will clarify how undergoing various types of traumatic events affects one's nervous system, making chronic headache more likely and more complex to treat. They will then demonstrate effective hypnotic strategies that can be helpful in reducing headache distress

Alfred Clavel, MD

Dr. 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. In addition to his medical training, Dr. Clavel completed a four-year residency in Neurology at the University of Minnesota and a fellowship in Clinical Electrophysiology and Clinical Pain Medicine. 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 our Plymouth and St. Paul clinic locations. He also practices at Fairview Palliative and Pain Clinic.

Mark B. Weisberg, Ph.D., ABPP

Dr. 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. Additionally, he is a past president of the Minnesota Society of Clinical Hypnosis and past vice-president of the American Society of Clinical Hypnosis. 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. He has many publications in the medical, dental, and psychological scientific literature.