Pediatric Clinical Hypnosis Skill Development Workshops 2023 presented by

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

a 501(c)(3) nonprofit educational corporation

12th Annual Pediatric Hypnosis Skills Training Workshops

"Helping Children & Teens to Help Themselves"

October 5-7, 2023 Minneapolis, MN

Connecting clinicians while stretching skills in integrative health
Extensive experiential learning.
Renowned Faculty!

In collaboration with
Minnesota Society of Clinical Hypnosis
University of Minnesota Department of Pediatrics

Sponsored by Minnesota Medical Assocation



Highlights for 2023

- Special Keynote and added Presentations with Linda Thomson, PhD, APRN, ABMH, ABHN and Past President, American Society of Clinical Hypnosis (ASCH)
- EXPERIENTIAL learning activities comprise OVER HALF of each workshop!
- Learning and refining practical hypnosis skills is the primary focus of each of the 3 concurrent workshops!
- ALL NEW choices for Mini-Intensive Sessions in Utilization/Clinical Applications Workshop (90 min. each).
- Scholarships are available!

WHAT?

NPHTI, the premier Pediatric Hypnosis Training organization globally, announces its 12th gathering. Approximately half the workshop is devoted to practicing skills in a collegial small group with like-minded professionals and supportive faculty mentor-facilitators (typically a 6:1 ratio).

WHO?

Since 2010 NPHTI has trained over 1100 licensed pediatric clinical professionals, including mental healthcare providers, physicians, nurse practitioners, dentists, occupational and physical therapists, speech and language pathologists, and child life specialists. We especially welcome full-time trainees working toward an advanced clinical license in one of these fields. Pediatric clinicians—from the novice to the nimble—are invited to develop or refine skills in clinical pediatric hypnosis taught by seasoned multi-disciplinary faculty who include the top experts in the field.

WHY?

Come together to build your skills in clinical hypnosis that help children learn to help themselves. Learn how to set individualized goals and craft goal-driven hypnotic suggestions with your pediatric patients! Connect (or reconnect) with colleagues! Chat with the experts!

HOW?

Carve out time for a hard-earned respite in a lovely setting while absorbed in NPHTI's curricular focus on experiential learning. Rally your professional friends to attend one of our tri-level concurrent workshops.

WHEN?

Thursday-Saturday, October 5-7, 2023

WHFRF?

Plymouth, MN (Minneapolis suburb), USA.

RSVP ASAP!

Register now: Space is limited https://iplanit.swoogo.com/nphti2023



DESCRIPTION OF WORKSHOPS

These intensive workshops feature a combined lecture-demonstration-experiential training format with a developmental perspective in the use of clinical hypnosis & its empirically supported applications to children and teens with various medical & mental health conditions and challenges. Both research-based and pragmatic hypnotic interventions are taught.

- **Cutting edge presentations** (including VIDEOS of faculty cases) highlight therapeutic communication, goal setting and goal-driven suggestions and other hypnosis strategies.
- Faculty: Our multi-disciplinary, seasoned pediatric clinician-educators have expertise in pediatric hypnosis and are considered the most renowned leaders-teachers-researchers-authors in this field.
- Three levels of workshops: Fundamentals; Utilization & Expanded Clinical Applications; & Individualized Consultation.
- Extensive experiential learning: Activities during presentations, and abundant supervised practice of hypnotic techniques within supportive small groups with a high faculty-to-trainee ratio. (1:6)
- Registration fees include: Workshop Presentations, Online Syllabus, Small Group Exercises, CME/CEU Credit (at no extra charge), Comprehensive Bibliography, Complimentary Reception, Generous Breakfast and Morning & Afternoon Refreshments. Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance. Requests cannot always be honored on site.

ELIGIBILITY AND TARGET AUDIENCE: Requires an active clinical license AND one of the following:

- Doctoral Degree in Medicine, Psychology, Nursing or Dentistry
- Masters Degree in Social Work, Marriage and Family Therapy, Clinical or Counseling Psychology
- Masters Degree in Nursing or Advanced Practice Registered Nurses (i.e. APRN, CPNP, CNS)
- Other Advanced degree clinicians (e.g. Occupational & Physical Therapists, Speech & Language Pathologists)
- Child Life Specialists holding a Doctoral, Masters, or Bachelors degree
- Full-time Interns/Residents/Fellows or Graduate Students enrolled in an accredited program leading to these clinical degrees will be accepted when they provide a letter from their department on letterhead, attesting to their current full-time status, specifying timing of training (month and year).

NPHTI SCHOLARSHIP INFORMATION

Purpose:

The National Pediatric Hypnosis Training Institute (NPHTI) will provide scholarships to help to defray the annual workshop registration costs for clinicians and trainees who have limited monetary resources.

Criteria for recipients:

NPHTI intends to focus its limited scholarships for the annual workshop on:

- Trainees (graduate students, interns, residents, and post-doctoral fellows) in clinical programs leading to licensure
- Licensed clinicians who live in resource limited countries
- U.S. licensed clinicians with limited financial resources
- Early career professionals (e.g. within 2 years after licensure) with limited financial resources
- Trainees or licensed clinicians with limited financial resources who demonstrate plans to conduct research in the area of pediatric clinical hypnosis within the next 2 years

FUNDAMENTALS OF PEDIATRIC CLINICAL HYPNOSIS WORKSHOP:

This workshop is for clinicians who have NOTYET completed a <u>pediatric-specific</u> hypnosis training (20+ hours) **and** for clinicians wanting to refresh or solidify their confidence in fundamental pediatric hypnosis skills.

- Foundational skill-building in hypnosis as therapeutic communication and adjunctive intervention for children/teens with various health and behavioral problems.
- Clinical focus: hypnosis adjunctive management of pain, anxiety, fear, and sleep issues for children and teens at different developmental stages.
- State-of-the-art presentations include instructional videos (faculty cases) and case vignettes.
- Experiential learning is a critical focus: Over half of total workshop time is spent in very small group practice(6:1 trainee: faculty ratio) and large group exercises focused on the structure and elements of clinical hypnosis with children/teens, using therapeutic language, explaining hypnosis to parents and children, delivering goal-directed hypnotic suggestions, and the use of self-hypnosis.

REGISTRATION

REGISTER EARLY TO GET THE DISCOUNT!

	Early Bird	Regular
	Before or on July 31	After July 31
Fundamentals Workshop	\$899	\$1,025
MSCH Members/Uof MN Faculty/Staff	\$845	\$989
Grad/Res/Fellow	\$700	\$770

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed and payment received. Please note that payment must be sent no later than 2 weeks after registration/acceptance.

For <u>complete information</u> and to register for the Fundamentals Workshop, click here: https://iplanit.swoogo.com/nphti2023
Register online with Visa, MasterCard, or American Express

QUESTIONS: For any questions relating to registration, please contact NPHTI@iplanitmeetings.com or call 800-781-1193, ex 61 between 8 am-5 pm Mountain Time.

UTILIZATION AND EXPANDED CLINICAL APPLICATIONS WORKSHOP:

NOTE: Participants must have completed a Fundamentals all pediatric-specific hypnosis training workshop (20+ hours), and are using clinical hypnosis with pediatric patients on a regular basis. We welcome any and all who are licensed health professionals, and have completed a Fundamentals all-pediatric-specific Hypnosis Training Workshop (20+ hours) with NPHTI, SDBP, or equivalent approved Pediatric Hypnosis Workshop. (Please submit other than NPHTI or SDBP Workshop curriculum for review and approval). Please indicate the year of your Fundamentals or Introductory/Basic Pediatric Hypnosis Workshop on your Registration.

- Workshop emphasizes experiential learning and how to set personalized hypnosis GOALS and create goal-driven SUGGESTIONS!
- Learn how to incorporate Ericksonian Utilization principles in your hypnosis approach.
- Refine and expand existing hypnosis skills and develop individualized hypnotic treatment approaches for your patients.
- Faculty videos and case vignettes are integral throughout the workshop.
- Supervised exercises: Augment your confidence and utilization skills (conversational invitations, pacing & leading, constructing goal-driven suggestions, talking in trance, self-regulation strategies, and other person-centered strategies) within thoughtfully clustered small groups (with high faculty to trainee ratios).
- Select two NEW "mini-intensive" (90 minutes each) clinical applications for Hypnosis Skill Development.

REGISTRATION

REGISTER EARLY TO GET DISCOUNT!

	Early Bird	Regular	
	Before or on July 31	After July 31	
Utilization & Expanded Clinical Applications Workshop	\$899	\$1,025	
MSCH Members/Uof MN Faculty/Staff	\$845	\$989	
Grad/Res/Fellow .	\$700	\$770	

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed, and payment is received. Please note that payment must be sent no later than 2 weeks after registration/acceptance.

To register for the Utilization/Expanded Clinical Applications Workshop, click here: https://iplanit.swoogo.com/nphti2023
Register online with Visa, MasterCard, or American Express. QUESTIONS: For any questions relating to registration, please contact NPHTI@iplanitmeetings.com or call 1-800-781-1193, ext. 61 between 8 am-5 pm Mountain Time.

INDIVIDUALIZED CONSULTATION WORKSHOP: Personalized and Peer Mentoring

- Provides extensive, individualized mentor consultation to clinicians ready to enhance their knowledge and expertise in the use of pediatric hypnosis.
- Fulfills partial requirements for attaining ASCH Certification in Clinical Hypnosis and/or an ASCH-Approved Consultant.
- Unique format: Clinicians consult in a small group (max = 6) with rotating faculty facilitators (ASCH Approved Consultants).

In addition to thoughtfully-matched faculty consultation, this model expects participants to learn from one another and to have their own expertise affirmed and expanded. During the consultation sessions, the focus is on issues unique to each practitioner's practice as reflected in their video submissions. Participants must present a video-recording of hypnotic work with a pediatric patient and a corresponding typed case vignette of the video.

A firm deadline for video submission is July 15, 2023. A "how to" guide to help learners develop effective video recordings will be provided. An EARLY-AS-POSSIBLE completed application and learning/needs assessment is requested and advised to facilitate planning before registering for the workshop. See instructions below.

REGISTRATION REGISTRATION IS LIMITED - REGISTER NOW!

Registration Deadlines & Fees

Registrations will not be accepted after July 15, 2023 \$1,025

Workshop Registration Fee

TO REGISTER FOR THE INDIVIDUALIZED CONSULTATION WORKSHOP

Go to: https://iplanit.swoogo.com/nphti2023 to complete the Prior Learning/Needs Assessment. Early registration is encouraged to reserve your place and facilitate faculty planning. Register online with Visa, MasterCard, or American Express

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed, and payment is received. Please note that payment must be sent no later than 2 weeks after registration/acceptance.

QUESTIONS: For any questions relating to registration, please contact NPHTI@iplanitmeetings. com or call 1-800-781-1193, ext. 61 between 8 am-5 pm Mountain Time.

"I would highly recommend this NPHTI course for any general pediatrician or pediatric subspecialist."

"I have grown so much as a professional in just
three days! I felt so supported and
three days! I felt so supported tike an
three days! I felt so supported and
This course felt like an
apprenticeship. I had the chance to
apprenticeship. I had the chance up
work with experts in the field, who came
work with experts in the field, who with
alongside me and boosted me up
alongside me and helpful suggestions."
empowerment and helpful suggestions.

"NPHTI as an organization and the faculty at the conference have been impactful beyond anything I had expected. It has fundamentally changed how I view my clients as well as how I view myself. It fostered a sense of safety within myself that I feel confident I can teach to the kids that I work with as a marriage and family therapist. I will continue to draw on this experience and recommend for years to come."

Lunch on Your Own

Lunch during the three-day workshops is not included in the registration fee. The hotel will provide options to purchase a box lunch or attendees are welcome to make a reservation at the hotel's restaurant for lunch.

Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$40 per person to be deducted from the corresponding registration fees listed above. Individual registrations in a Group registration must be received within two business days of each other to qualify for this discount. Contact Registration Services at 1-800-781-1193, ext. 61 to obtain a discount code before beginning the registration process. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

Course Materials

A printed syllabus will NOT be distributed at the Workshops. NO services for printing syllabi are available on site during the workshops. Registered attendees will be emailed access instructions to view course materials online, then download and print a week or so prior to the Workshops. The presentations and other course-related materials (e.g. extensive copywritten bibliography) will remain available online at the www.NPHTI.org website for 6-8 weeks following the Workshops.

Cancellation Policy

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 1, 2023. No refunds will be made after this date.

Cancellations due to COVID-19: these will be considered on a case-by-case basis.

WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

Crowne Plaza Minneapolis West 3131 Campus Drive Plymouth, MN 55441 www.CPPlymouth.com 763-559-6600 800-227-6963



A limited block of hotel rooms is available at the discounted rate of \$139.00 per night plus local taxes.

In order to get this reduced rate, reservations must be made directly with the hotel by the cut-off date of September 15, 2023. You may reserve your room by one of these methods:

- 1. Click here to make reservations: NPHTI Conference 2023
- 2. Instructions:
 - Click on the Link
 - Enter Both Your Arrival & Departure Dates into the Calendar Grid and click "Book Now" and the \$139 group rates will populate.
- 3. Select a Room Type and complete the reservation.

Or you can call the hotel directly:

4. Call 763-559-6600 and request the NPHTI Room Block to receive the group rate discount

IMPORTANT: Please support NPHTI by booking your hotel reservation at the hotel. NPHTI has a contract with several rooms on hold for our attendees at this special rate. Penalties to NPHTI apply if we do not meet this commitment. **THANK YOU!** Reservations will be accepted based on space and rate availability.

Parking is complimentary and adjacent to the facility. Valet parking is available for \$5.00 per day.

ATTENDEE SAFETY PLAN

We take your health and safety seriously. We are committed to providing a safe environment for all in-person participants of NPHTI Workshops to the best of our abilities.

To promote the safety of everyone at the event, NPHTI will follow the guidance and requirements of the Centers for Disease Control and Prevention (CDC), State of Minnesota, City of Plymouth, the Crowne Plaza Hotel and other local regulations regarding COVID-19 safety practices. This Attendee Safety Plan may change from time-to-time until the start of and during NPHTI Workshops. By registering to attend the NPHTI Workshops in-person, you are agreeing to abide by all applicable COVID-19-related requirements, advisories, policies, procedures, and protocols put in place by NPHTI, hotel, the city and state, as well as the CDC for the duration of the event.

IMPORTANT: In light of events surrounding COVID-19, this is an appropriate time to remind ourselves of the risks incident to participating in the NPHTI Workshops. Even with every reasonable precaution to keep you safe as outlined for you by the CDC, NPHTI cannot fully eliminate all risks of harm to attendees or guarantee their safety, especially from risks posed by COVID-19 or its variant strains. Ultimately, you are responsible for your own safety.

Vaccination Requirements:

Vaccination is required for all attendees, faculty and vendors, who seek to gain access to the in-person meeting. According to the CDC, people are considered up to date on COVID-19 vaccines two weeks after they have received the second dose in a two-dose series (e.g., Pfizer/BioNTech or Moderna), or two weeks after they have received a single-dose vaccine (e.g., Johnson & Johnson's/Janssen). Boosters are recommended by CDC, but not required.

Mask Recommendation:

NPHTI highly recommends masks for in-person attendees, faculty and vendors during non-food events. This is primarily due to the meeting space and the small group interactions that are recurrent throughout the meeting. As a member of the NPHTI community, please be respectful of fellow workshop attendees and requests from local businesses regarding mask requirements. As a disclosure, this requirement could change as we get closer to the event.

Do Not Attend if...

All attendees, faculty and vendors should **NOT ATTEND** if they:

- are exhibiting any symptoms or signs of sickness.
- have been in contact with known positive COVID-19 cases within 10 days of the NPHTI Workshops.
- have tested positive for COVID-19 within the last 5 days from the start of the NPHTI Workshops.
- have had contact with a person that has or is suspected of having COVID-19 within five (5) days from the start of the Workshops and have not completed a quarantine protocol.

On-Site Health and Safety Measures

- During registration, you will click a button to attest that you meet the vaccination requirements listed above. No need to upload your vaccination card to begin the validation process.
- You must wear your name badge at all times during the event as visual proof of vaccination status.
- NPHTI reserves the right to deny such entry to anyone seeking admittance or remove them from the venue should they not provide proof of vaccination or if they present any COVID-19 like symptoms.

If you have any questions or concerns about this policy, please email trainwithnphti@gmail.com

We appreciate your cooperation and diligence to the disclosed safety plan in advance and during of the NPHTI Workshops.

ACCREDITATION

Minnesota Medical Association/PRA

TBD



"A wonderful opportunity to expand your tool kit for clinical practice."

"This journey, with NPHTI, should you choose to listen to your intuition calling you, will change your life and the lives of the people in your care."

"The workshop was wonderful and fully worth my time and investment. It provided clinical skills that I can start using right away, and also fostered confidence. The small group sessions were lovely and powerful, and the faculty was extremely supportive and encouraging. An excellent experience overall."



FUNDAMENTALS WORKSHOP SCHEDULE

Workshop Coordinators: Daniel Kohen, MD, FAAP, ABMH, Leora Kuttner, PhD, & Jody Thomas, PhD

Educational Objectives

At the completion of the Fundamentals Workshop, learners should be better able to:

- List the stages of hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe three pediatric hypnosis "invitation" methods
- Demonstrate three appropriate "invitation" techniques
- Describe methods for intensification of and re-alerting from hypnosis
- Outline applications for pediatric hypnosis
- Describe and demonstrate the use of hypnosis for pain control for procedures and for chronic, recurrent pain
- Describe and demonstrate how to teach a child/parent the skill of self-hypnosis and how to practice it regularly
- Describe and demonstrate a therapeutic hypnosis approach for sleep onset insomnia/anxiety and for circadian rhythm disorders in teens
- Outline a strategy for getting started using hypnosis in clinical practice
- Using therapeutic language, design a hypnotic suggestion for children and teens with clinical anxiety

AGENDA

AGENDA						
Thursday, Oc 7:00 - 7:55 a.m.	ctober 5, 2023	12:40 - 1:30	#4 Small Group Practice: Explain Hypnosis to Child & Parents			
8:00 - 8:25	Registration and Breakfast Buffet Introduction – Course Overview & Faculty Introductions	1:35 - 2:25	Choosing Goals & Suggestions for Hypnosis Session			
8:30 - 9:25	Hypnosis Definitions/ Theories/ Myths	2:25 - 2:40	Refreshment Break			
9:25 - 10:15	Hypnosis Structure and Elements	2:40 - 3:40	Hypnosis Goals & Suggestions: Self-Regulation for			
10:15 - 10:35	Refreshment Break		Anxiety			
10:35 - 11:15	Hypnosis: The Many Right Ways Overview: Format for Small Group Practice	3:40 - 3:55	#5 Demo: Invitation & Intensification (Learners' Choice); Goal-driven Suggestions			
11:15 - 11:35 11:35 - 11:50	#1 Demo: Invitation: Special Place (Dissociation); Intensification: Multisensory Imagery	4:00 - 5:30	#5 Small Group Practice: Invitation & Intensification (Learners' Choice), Goal-driven Suggestions; Reorient, Debriefing			
11:50 - 1:00	Lunch on Your Own					
1:00 - 2:40	#1 Small Group Practice: Invitation: Special Place (Dissociation) – Intensification: Multisensory	Saturday, Oc	tober 7, 2023			
	Imagery; Reorient; Debrief	7:00 - 7:55 a.m.	Breakfast Buffet			
2:40- 3:00	Refreshment Break	8:00 - 8:50	Goals & Suggestions: Sleep Disturbances			
3:00 - 3:15	#2 Demo: Invitation: The Breath; Intensification:	8:50 - 9:50	Goals & Suggestions: Acute & Chronic Pain			
	Muscle Relaxation	9:50 - 10:10	#6 Demo: Magic Glove Technique			
3:15 - 4:50	#2 Small Group Practice: Invitation: The Breath;	10:10 - 10:25	Refreshment Break			
	Intensification: Muscle Relaxation; Reorient;	10:25 - 11:30	#6 Small Group Practice: Magic Glove Technique			
4:55 - 5:45	Debrief Hypnosis: Developmental Considerations	11:30 - 12:40	Lunch on Your Own			
6:00 - 7:30	Welcome Complimentary Cocktail Reception & Special Presentation by Linda Thomson, RN, CPNP	12:40 - 1:00	Self-Hypnosis (SH): Learning, Teaching, and Questions			
	"Humor, Hypnosis and Kids"	1:05 - 1:20	Self-Hypnosis: Large Group Experience/Debrief #7 Demo: Teach SH + Do SH			
Eriday Octol	2026 2022	1:25 - 2:05	#7 Small Group Practice: Teach Self- Hypnosis – Do SH			
Friday, Octol 7:00 - 7:55 a.m.	Breakfast Buffet	2:05 - 2:20	Refreshment Break			
8:00 - 9:10	Formulating Suggestions: Language & Utilization / Communication Techniques	2:20 - 3:30	Breakout Groups: (Participants' Choice) 1. Pain			
9:10 - 9:25	#3 Demo: Invitation: Magnet Fingers; Intensification: Utilization; Give Suggestions		2. Anxiety3. Primary Care4. Chronic Conditions			
9:25 - 9:45	Refreshment Break	3:35 - 3:55	Continued Learning & Resources beyond Monday:			
9:45 - 11:00	#3 Small Group Practice: Invitation: Magnet Fingers;	3.33 3.33	NPHTI, Ongoing Education & Organizations			
	Intensification: Utilization; Incorporate Language & Suggestions; Reorient, Debrief	3:55 - 4:05	Beyond Today: What's Left To Learn?			
11:05 - 11:30	#4 Demo: Explaining Hypnosis to Child & Parents w/ Video	4:05 - 4:15	Special Closure: All Faculty Group Hypnosis w/ Participants			
11:30 - 12:40	Lunch on Your Own and Keynote Address by Linda Thomson, RN, CPNP "Hipponosis" (11:45 - 12:30 pm)	4:15 p.m.	Adjourn /Submit Evaluations			



UTILIZATION & EXPANDED CLINICAL APPLICATIONS WORKSHOP SCHEDULE Workshop Coordinators: Daniel Kohen, MD, FAAP, ABMH, Leora Kuttner, PhD, & Jody Thomas, PhD

Educational Objectives

At the completion of the Utilization & Hypnosis Skills Workshop, learners will be able to:

- Refine therapeutic language skills to be used during hypnosis sessions
- Identify individualized and specific hypnosis goals and design and deliver goal-driven suggestions
- Utilize a patient's resources and needs when designing an individualized treatment plan
- Apply hypnotic utilization techniques: conversational invitations, pacing & leading, talking in trance, fractionation, reframing, and age progression & regression
- Apply hypnosis strategies to more complex and mental health issues (such as anxiety disorders, stress, fears, pain, respiratory, gastro-intestinal symptoms)
- Incorporate hypnotic self-regulation strategies during hypnosis sessions.

Refreshment Break

2:10 - 2:25

	AGE	NDA	
7:00 - 7:55 a.m. 8:00 - 8:25	Introduction – Course Overview & Faculty Introductions	2:25 - 3:40 3:40 - 3:55 4:00 - 5:30	Recurrent and Chronic Pain, and Palliative Care #4 Demo: Suggestions for Changing Sensation #4 Small Group Practice: Conversational Induction & Suggestions for Changing Sensation Adjourn
8:30 - 10:00 10:00 - 10:25 10:25 - 10:40 10:40 - 12:10	Refining Utilization of Language: Why and How To Say What We Say, Pacing & Leading Introduction to Small Groups #1 Demo: Conversational Invitation; Pacing & Leading Refreshment Break #1 Small Group Practice: Conversational Invitations; Pacing & Leading	Saturday, Oc 7:15 - 7:55 a.m. 8:00 - 8:15 8:20 - 9:45	ctober 7, 2023 Breakfast Buffet #5 Demo: Communication in Trance: Talking, Ideomotor Signals #5 Small Group Practice: Formal Induction & Talking in Trance
12:10 - 1:20 1:20 - 2:00	Lunch on Your Own Utilizing Unfolding Development: Abstract Thinking, Metaphors, & Self-Regulation	9:45 - 10:05 10:05 - 11:35 Pick of	Refreshment Break Mini-Intensives: ALL NEW! one of the following:
2:00 - 3:00	Planning a Hypnosis Session: Creating Goal Driven Suggestions		Repeats in PM! What's a Meta For?
3:00 - 3:15 3:15 - 3:55	Refreshment Break Planning a Hypnosis Session: Post-Hypnotic Suggestions #2 Demo: Designing and Delivering Suggestions	C1) I	Morning Only! Pediatric Hypnosis in Loss, Unexpected Grief, Adverse Childhood Experiences. Morning Only! Strength Based Hypnosis with People who Have Developmental Diff-abilities
3:55 - 4:10 4:15 - 5:45	#2 Small Group Practice: Conversational Induction & Designing & Delivering Suggestions Welcome Complimentary Cocktail Reception &	11:35 - 12:45 12:45 - 2:15	Lunch on Your Own Mini-Intensives: ALL NEW! Pick One of the following:
6:00 - 7:30	Special Presentation by Linda Thomson, RN, CPNP "Humor, Hypnosis and Kids"	B2) H C2) Ar	hat's a Meta For? ypnosis for the Hospitalized Child/Teen existy: Helping Parents Help a Child Afraid to Sleep - Fears of
Friday, Octo 7:00 - 7:55 8:00 - 9:20	ber 6, 2023 Breakfast Buffet Creating Hypnotic Self-Regulation Suggestions, Anxiety, Worry and Fears	D2) Ba	umily Trauma while Asleep asic All-Purpose Skills in Conversational Hypnosis: What to Do ith What You Notice.
9:20 - 9:35	#3 Demo: Suggestions for Self-Regulation of Anxiety	2:15 - 2:35	Refreshment Break
9:35 - 9:50 9:50 - 11:20	Refreshment Break #3 Small Group Practice: Conversational Induction	2:35 - 3:25	Open Forum—Questions for Faculty: Building, Using, & Maintaining Hypnosis
11:20 - 12:30	& Individualizing Suggestions for Self-Regulation of Anxiety, Worry & Fear Lunch on Your Own and Keynote Address by Linda Thomson, RN, CPNP "Hipponosis" (11:45 - 12:30	3:35 - 3:55	Continued Learning & Resources Beyond Monday: NPHTI, Ongoing Education & Organizations
	pm)	3:55 - 4:05	Beyond Today: What's left to learn?
12:30 - 1:20	Integrating Conversational Hypnosis into Clinical Encounters	4:05 - 4:15	Special Closure: All Faculty Group Hypnosis with Participants
1:20 - 2:10	Acute and Procedural Pain	4:15	Adjourn / Submit Evaluations

Adjourn / Submit Evaluations

INDIVIDUALIZED CONSULTATION WORKSHOP

Coordinators: Daniel P. Kohen, MD, FAAP, ABMH and Leora Kuttner, PhD

Educational Objectives

At the completion of the Individualized Consultation Workshop, learners will be better able to:

- Reflectively evaluate one's own clinical skills/language through video review, critique, and discussion with colleague advanced learners and carefully matched faculty mentors.
- Problem-solve challenging clinical situations regarding application of hypnotic strategies with colleagues advanced learners and carefully matched faculty mentors.
- Review, evaluate and offer guidance regarding (others') clinical hypnosis encounters with (their) patients/clients with colleague advanced learners and carefully matched faculty mentors.

AGENDA

Thursday, October 5, 2023			Saturday, October 7, 2023		
	7:00 - 7:55 a.m.	Registration & Breakfast Buffet	7:00 a.m.	Breakfast Buffet	
	8:00 - 8:25	Introduction – Course Overview & Faculty	8:30	Case Presentation (V) with Mentor Consultation	
		Introductions	10:10	Refreshment Break	
	8:35	Case Presentation (I) with Mentor Consultation			
	10:15	Refreshment Break	10:30	Continuation of Case Presentation (V) with Mentor Consultation	
	10:35	Continuation of Case Presentation (I)	11:50	Lunch on Your Own	
		with Mentor Consultation	12:45	Case Presentation (VI) with Mentor Consultation Refreshment	
	12:15 pm	Lunch on Your Own	12.15	(,	
	1:30	Case Presentation (II) with Mentor Consultation	2:30	Break	
	3:10	Refreshment Break	2:45	Continuation of Case Presentation (VI) with Mentor Consultatio	
	3:30	Continuation of Case Presentation (II) with Mentor	3:55	Beyond Today: What's left to learn?	
		Consultation			
	5:15	Adjourn	4:05	Special Closure: All Faculty Group Hypnosis with all Participant	
	6:00 - 7:30 p.m.	Welcome Complimentary Cocktail Reception & Special Presentation by Linda Thomson, RN, CPNP	4:15	Adjourn /Submit Evaluations	
		"Humor, Hypnosis and Kids""			

Friday, October 6, 2023

7:00 a.m.	Breakfast Buffet
8:30	Case Presentation (III) with Mentor Consultation
10:15	Refreshment Break
10:35	Continuation of Case Presentation (III) with Mentor Consultation
11:45	Lunch on Your Own and Keynote Address by Linda Thomson, RN, CPNP "Hipponosis" (11:45- 12:30 pm)
1:00 p.m.	Case Presentation (IV) with Mentor Consultation
2:30	Refreshment Break
2:45	Continuation of Case Presentation (IV) with Mentor Consultation $% \left(1\right) =\left(1\right) \left($
4:45	Adjourn for the Day/Evening Viewing (on own)

2023 HOST WORKSHOP FACULTY AND GROUP FACILITATORS

SPECIAL GUEST FACULTY



Linda Thomson, PhD, APRN, ABMH, ABHN has been a Pediatric Nurse Practitioner for nearly 5 decades. She is an Approved Consultant in Clinical Hypnosis, a Diplomate of both the American Board of Hypnosis and the American Board of Hypnosis in Nursing and a Fellow of the American Society of Clinical Hypnosis. Linda is a past president of ASCH and was the Moderator of ASCH's Board of Governors. She is a past president of the New England Society of Clinical Hypnosis and the current president of the Northeastern Mountain Society of Clinical Hypnosis.

Linda has published on a wide variety of subjects in professional journals in the United States, Europe, and Australia, has contributed book chapters and is the author of 2 books on pediatric hypnosis: Harry the Hypnopotamus: Metaphorical Tales for Children, Volumes I and II., Harry the Hypnopotamus Imagination Cards and Learning the Lingo of Language Cards. She created "Stress Free Surgery: A Self Relaxation Program to Help Prepare for and Recover from Surgery". She received the Josephine Hilgard Award for Best Paper on Pediatric Uses of Hypnosis. She received the Community Impact Award for her multimedia production of "COVID 19, a Hypnopotamus and You" and the Outstanding Achievement Award for "Harry Goes to Help the Children of Ukraine"

Linda was awarded the prestigious William Wester Award for her significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children. In 2022 ASCH awarded Linda the Lifetime Achievement Award. Linda has lectured and taught workshops across the country and around the world. She is passionate about teaching health care professionals how to incorporate clinical hypnosis into help people help themselves.

FACULTY LISTING

ANDREW J. BARNES, MD, MPH, FAAP

Associate Professor, Pediatrics and Adolescent Health, Developmental-Behavioral Pediatrics, Director of Fellowship Training DBP and/or Medical Director of Leadership Development in Neurodevelopmental Disabilities Program; University of Minnesota, Minneapolis, MN; Former physician member-at-large, MSCH; Approved Consultant, ASCH

DAVID BECKER, MD, MA, LMFT

Clinical Professor, UCSF Department of Pediatrics; Co-Director IP3 Pain Management Clinic; Integrative Medicine and Behavioral Health Clinics at the UCSF Osher Center for Integrative Medicine. MA in Clinical Psychology, Licensed Marriage and Family Therapist; ASCH member

F. RALPH BERBERICH, MD, FAAP

Private group practice (Retired). Staff Physician, UCSF Benioff Children's Hospital Oakland (Retired). Pediatric Suggestions, Approved Consultant, ASCH.

CHERYL S. BEMEL, PhD, LP

Adjunct Faculty, University of Minnesota School of Dentistry; Health Psychologist in private practice, St. Paul MN; Pre-surgical Psychological Diagnostician: Allina Health; MN Behavioral Health Unit Medical Reserve Corps (MN BHMRC); Minneapolis Police Department's Child Development Policing Project Crisis Responder to 911 calls; Former Crisis Psychologist, United Hospital Emergency Room, St. Paul, MN; Former Child Psychologist, University of Minnesota Hospitals and Clinics Inpatient Units; Past President & Faculty, MSCH; Board Member and Faculty ASCH; MN Certified Tobacco Treatment Specialist (C-TTS), Nationally Certified Tobacco Treatment Practitioner (NCTTP); Approved Consultant, ASCH; Certified School Psychologist, MN Dept of Education; Licensed Early Childhood Teacher, MN Dept. of Education.

FREDERICK BOGIN, MD, FAAP

Assistant Professor of Pediatrics (retired), University of Connecticut School of Medicine; Private Practice, Pediatric Hypnotherapy; Certified, ASCH CAMILLA G. CEPPI COZZIO, MD, FMH General Pediatrics and Adolescent Medicine Physician, Private Practice, Dübendorf, Switzerland; Member of Swiss Society of Pediatrics; Certified Physician, Swiss Academy of Psychosomatic and Psychosocial Medicine (SAPPM); Certificate of Competence of SMSH (Swiss Medical Society in Hypnosis), Member Swiss Medical Society of Hypnosis; ASCH, International Member

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CANDACE J. ERICKSON, MD, FAAP, MPH

Associate Professor of Clinical Pediatrics, Columbia University College of Physicians and Surgeons, New York, NY; Developmental and Behavioral Pediatrician, Morgan Stanley Children's Hospital of New York Presbyterian Hospital, New York, NY: Course Director SDBP Pediatric Clinical Hypnosis Workshops (1987-2009)

HOWARD HALL, PhD, PSYD, BCB

Professor of Pediatrics, Psychiatry, and Psychological Sciences, UH Cleveland Medical Center,

Rainbow Babies & Children's Hospital, Division of Developmental/ Behavioral Pediatrics & Psychology Cleveland, OH; Board Certified in Biofeedback (BCB); Approved Consultant, ASCH

ADAM KEATING, MD, FAAP

General Pediatrician, Section Head, Community Pediatrics, Cleveland Clinic Children's, Wooster, OH; Medical Director, Longbrake Student Wellness Center, College of Wooster; Clinical Assistant Professor of Pediatrics, Cleveland Clinic Lerner College of Medicine; Clinical Associate Professor of Pediatrics Ohio University Heritage College of Osteopathic Medicine.

REBECCA KAJANDER, CPNP, MPH

Teaches mind/ body skills to patients hospitalized in psychiatric units in 2 Twin City hospitals, Minneapolis, MN. Former PNP with Noran Neurological Clinic, Minneapolis, MN; Former Department Chair and Clinical Practice Director, Alexander Center for Child Development and Behavior, Park Nicollet Clinic, St. Louis Park, MN; Former Adjunct Faculty Development tal-Behavior Pediatrics, Department of Pediatrics, University of Minnesota Medical School; Instructor, School of Nursing, University of Minnesota, Minneapolis, MN

DANIEL P. KOHEN, MD, FAAP, ABMH*

Co-Founder & Coordinator of Education and Training, National Pediatric Hypnosis Training Institute; Developmental-Behavioral Pediatrics, Medical Hypnosis & Self-Regulation, Kohen Therapy Associates, Golden Valley, MN (retired); Former Director: Developmental-Behavioral Pediatrics and Professor, Departments of Pediatrics and Family Medicine and Community Health, University of Minnesota (retired); Former Director of Education and Training, Minnesota Society of Clinical Hypnosis (MSCH); Past President, MSCH; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, and Approved Consultant, ASCH; Fellow, SCEH

HARRIET KOHEN, MA, MSW, CPT

Therapist, Kohen Therapy Associates; Past-President and Fellow, MN Society for Clinical Social Work; Credential Chair, International Federation of Biblio/Poetry Therapy; Faculty, NPHTI, MSCH

LEORA KUTTNER, PhD*

Co-leader Individual Consultation. Clinical Professor of Pediatrics, University of British Columbia, and British Columbia Children's Hospital, Vancouver, Canada; Clinical Pediatric Pain Practice (retired). Canadian Society of Clinical Hypnosis (BC Division); International Society of Hypnosis (ISH); Scientific Planning Committee for ISH World Congress of Hypnosis, Montreal, 2018; Approved Consultant, ASCH

LISA LOMBARD, PhD*

President, Board of Directors NPHTI; Clinical Psychologist - Private Practice Chicago IL; Former Research Assistant Professor at Northwestern Feinberg School of Medicine; Former Associate Professor of Clinical Psychology (Child and Adolescent Track) at the Chicago School of Professional Psychology, Past-President of the Chicago Society of Clinical Hypnosis; Former Clinical Section Head, Illinois Psychological Association; Approved Consultant, ASCH; Founder, Comfort Kits for Children (nonprofit)

ROBERT PENDERGRAST, MD, MPH, FAAP

Professor of Pediatrics, Medical College of Georgia, at Augusta University; Director, Adolescent Medicine, Children's Hospital of Georgia, Augusta, GA; Aiken-Augusta Holistic Health, North Augusta, SC; Approved Consultant, ASCH

TERESA QUINN, MD, ABMH

Assistant Professor, University of Minnesota; Methodist Hospital Family Medicine Residency, CAQ Geriatrics

LAURENCE I. SUGARMAN, MD, FAAP, ABMH

Research Professor and Director, Center for Applied Psychophysiology and Self-regulation, Institute and College of Health Sciences and Technology, Rochester Institute of Technology; Clinical Professor in Pediatrics, University of Rochester; Behavioral Pediatrician, Easter Seals Diagnostic and Treatment Center, Rochester, NY; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, Approved Consultant, ASCH

JODY THOMAS, PhD*

Clinical Psychologist, Private Practice in Denver, Colorado; Former Associate Professor, Department of Anesthesia, Stanford University School of Medicine; Former founding Clinical Director, Pediatric Pain Rehabilitation Program at Stanford Children's Health; Member, ASCH

* Denotes Planning Committee Member

REGISTRATION FORM

Pediatric Clinical Hypnosis Fundamentals Workshop ONLY* October 5-7, 2023

Please type or print clearly. A name badge and CME/CEU statements are generated from this form.

Name			
Affiliation			
Department			
Address HOME OFFICE			
Mail Stop			
City		Zip	
Office Telephone Number			
Email			_
Receipts, confirmations, and driving directions are now emailed from o		ail address and print clearly.	
Degree MD DO PhD PsyD LCSW LM		RN	
□ LPC □ PA □ CCLS □ DDS/DMD □ OT □ I		I.	
Specialty: General Pediatric Practice: Marriage/Family/Therapy / Subspecialty:	Pediatrics / Subspecia	alty:	_
☐ Social Work / Subspecialty:	☐ Psychiatry / Subspeci	altv:	
☐ Anesthesia / Subspecialty:	I IPsychology / Subspec	cialty:	
☐ General Surgery / Subspecialty: ☐ Other:	_ ☐ Nursing / Subspecialty: ☐ APRN / Subspecialty:	iy:	
Licensed in Profession			
Students, Interns, Residents, Fellows (Must include letter full-time enrollment toward a clinical license):	rom school and clinical pr	ogram documenting curre	ent
rull-time enrollment toward a clinical license):			_
REGISTRATION FEES REG	GISTER EARLY TO	O GET DISCOUN	
	Early Bird	Regular	
- 1 (134/11		After July 31	
Fundamentals Workshop MSCH MEMBERS/UMN FACULTY/STAFF	\$899 \$845	\$1,025 \$989	
Grad/Res/Fellow	\$700	\$770	
Utilization and Expanded Clinical Applications Workshop		\$1,025	
MSCH MEMBERS/UMN FACULTY/STAFF	\$845	\$989	
Grad/Res/Fellow	\$700	\$770	
Individualized Consultation Workshop	\$1,025		
Group Registration			
A minimum of 3 registrants from the same organization is	required for a group disco	ount of \$40 per person to	be deducted
from the corresponding registration fees listed above. Sul- group registrations must be received within two business.	bmit all registrations toget	her with one check payn	nent. Online

to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

List any Special Needs: _______ Special needs such as dietary restrictions, lactation room, etc. should be requested in advance; requests cannot always be

PLEASE NOTE: A SIGNED ACKNOWLEDGEMENT AND RELEASE FORM MUST ACCOMPANY YOUR REGISTRATION. Payment must be sent no later than 2 weeks after registration/acceptance.

TO REGISTER - Register online with Visa, MasterCard, or American Express. Go to https://iplanit.swoogo.com/nphti2023 **QUESTIONS:** For any questions relating to registration, please contact **NPHTI@iplanitmeetings.com** or call 1-800-781-1193, ext. 61 between 8 am-5 pm Mountain Time.

CANCELLATION POLICY - In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 1, 2023. No refunds will be made after this date. COVID Cancellations will be handled on a case-by-case basis.

ACKNOWLEDGMENT AND RELEASE

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE (NPHTI) SKILL DEVELOPMENT WORKSHOPS IN PEDIATRIC CLINICAL HYPNOSIS DEPARTMENT OF PEDIATRICS, UNIVERSITY OF MINNESOTA, MINNESOTA SOCIETY OF CLINICAL HYPNOSIS (MSCH)

Name of Workshop: National Pediatric Hypnosis Training Institute (NPHTI)

12th Annual Skill Development Workshops in Pediatric Clinical Hypnosis

Dates: **October 5-7, 2023**

Location: Crowne Plaza Minneapolis West

3131 Campus Drive Plymouth, MN 55441

The undersigned acknowledges that s/he has volunteered to participate in a workshop in which s/he engages in a hypnotic state ("trance"), and that workshop participants and faculty will be present during this/these session(s).

Because this is a Skills Development Workshop, all participants are expected to attend the ENTIRE workshop and participate in all experiential exercises / activities, including trance experiences. **NO EXCEPTIONS.** The clinician acknowledges that s/he will arrange one's travel plans and regular clinical and personal responsibilities in order to fully participate in the entire workshop.

The undersigned does not have any medical or mental health problems or other special conditions that might interfere with their participation, except as have been disclosed to faculty members.

The undersigned understands that Continuing Education Certificates are distributed at the completion of the workshop, upon completion of the evaluation form. Again, please plan your travel accordingly.

In addition, an optional (for purchase) pre-ordered Certificate of Participation, (suitable for framing) is provided only to those attending the FULL program and must be picked up at the conclusion of the workshop.

The undersigned acknowledges that NPHTI reserves the right to withdraw from participation in the training workshop any clinician whose behavior significantly interferes with the group's learning process, or is disrespectful and/or offensive to colleagues and/or faculty. NPHTI also reserves the right to withdraw participants who are not attending/participating in the entire workshop.

The undersigned agrees to hold harmless NPHTI, MSCH, University of Minnesota Department of Pediatrics, and Minnesota Medical Association, their employees and members, the faculty, and other participants in the above described workshops, and indemnify them from and against any and all claims, damages, and costs arising from the undersigned's participation in the above described workshops.

Printed Name			
Signature			
 Date			

NOTE: All participants are expected to attend the entire workshop and participate in experiential activities, including trance experiences. Exceptions are not permitted. Participant Certificates are provided only to those attending the FULL program, and available at the conclusion of the Workshops on Saturday afternoon.



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

a 501(c)(3) nonpro it educational corporation

12th Annual Pediatric Hypnosis Skills Training Workshops

"Helping Children & Teens to Help Themselves"

October 5-7, 2023 Minneapolis, MN

Websites

For more information about the National Pediatric Hypnosis Training Institute www.nphti.org

For more information about the University of Minnesota Pediatrics Program https://med.umn.edu/pediatrics

For more information about the Minnesota Society of Clinical Hypnosis www.msch.us