



**The Greater Philadelphia Society
of Clinical Hypnosis**

A Component Section of the American Society of Clinical Hypnosis

MEETING: Sunday, March 18, 2018

Time: 10:00 am to 12:00 pm *(see schedule below)*

2 CE Credits for Psychologists and ASCH Certification/Re-certification

**ROXBOROUGH MEMORIAL HOSPITAL (RMH), WOLCOFF AUDITORIUM
5800 Ridge Avenue, Philadelphia, PA** *(directions on page 3)*

Presenter: Miriam Franco, Psy.D.

**Guided Imagery: An Effective, Versatile Treatment Intervention for
Multiple Sclerosis and other Auto-Immune Disorders**

This two hour presentation will explore how Relaxation and Guided Imagery (GI) techniques offer unique therapeutic opportunities to lower anxiety, depression, stress, and pain associated with Multiple Sclerosis (MS) and other autoimmune disorders and health conditions. Specific benefits of utilizing GI interventions with chronic illness populations including its adaptability to many treatment settings and patient lifestyles, its ease of practice and functionality, its effectiveness in improving short term immune function and increased adherence to adverse or painful medical procedures will be examined. Demonstration of imagery techniques and particular GI exercises designed for MS will be presented. Ways to incorporate these techniques into your clinical practice will also be discussed.

Learning Objectives:

Participants will:

1. Understand how GI works and its treatment relevance to people coping with MS and other autoimmune disorders.
2. Identify specific benefits and properties of GI interventions such as its versatility, functionality, effectiveness in promoting self-efficacy and coping with chronic illness..
3. Develop a greater awareness of how GI techniques are similar and dissimilar to other mind body techniques such as hypnosis, meditation or cognitive treatment approaches.
4. Explore ways to incorporate GI techniques within your clinical work with health trauma

Program Schedule:

9:30-10:00 am	Registration
10:00-10:15	Overview of Guided Imagery (GI)--What it is, How it Works
10:15-10:45	Specific Application of GI with MS population
10:45-11:30	Demo of GI Intervention with MS: Lowering Anxiety and Injection Anxiety
11:30-11:45	Other Applications of GI
11:45-12:00 pm	Q&A, Evaluations

Dr. Franco is a licensed psychologist and is certified as a MS specialist and in Integrative Guided Imagery by Beyond Ordinary Nursing Organization. She is on the Health Advisory Council of the Multiple Sclerosis Association of America and is a Health Partner with the National MS Society. Dr. Franco has conducted GI Workshops for MS population and has trained health practitioners in these techniques across the nation and has been a keynote speaker for many years at the annual Consortium of MS Centers conferences. She has also served as a consultant with the International Caregivers Congress examining the role of caregiver stress among MS, stroke and Alzheimer care partners. She is the Founder and President of Guided Imagery Foundation.org and her website is: imagerywork.net.

Psychology Continuing Education: This program is co-sponsored by The Philadelphia Society of Clinical Psychologists (PSCP) and The Greater Philadelphia Society of Clinical Hypnosis. The Philadelphia Society of Clinical Psychologists is approved by The American Psychological Association to sponsor Continuing Education for psychologists. The Philadelphia Society of Clinical Psychologists maintains responsibility for the program and its content. This program provides 2 Hours of CE credits for Psychologists.

Clinical Social Worker, Professional Counselor, Marriage and Family Therapist Continuing Education: The awarded CE credits for full attendance may be submitted to the PA State Board of Social Workers, Professional Counselors, and Marriage and Family Therapists. For questions, call the State Board at 717-783-1389.

ASCH Credit: This workshop is approved by The American Society of Clinical Hypnosis (ASCH) and as such is applicable toward membership in The Greater Philadelphia Society of Clinical Hypnosis (GPSCH), ASCH, The Society for Clinical and Experimental Hypnosis (SCEH), and toward ASCH certification requirements.

Credit Certificates: There is no charge for GPSCH members who wish to obtain ASCH certification or re-certification of CE hours. ASCH Certificates are not available to non members. For those who wish to obtain APA CE credits, the fee is \$25 for GPSCH members and \$75 for non-members for a two hour program (check payable to GPSCH). There is no advance registration, and you must pay for the CE credits on-site. Upon signing the on-site Registration Form, it is understood that you have read and accepted the Acknowledgement and Release. A Certificate of Attendance will be provided upon completion of the presentation. No credit is awarded for partial attendance.

Special Needs: The Greater Philadelphia Society of Clinical Hypnosis is committed to providing access and support to persons with special needs who wish to participate in the programs we sponsor. If you have any questions, or if you require reasonable accommodations for a disability in order to participate fully in this continuing education activity, please contact Suzanne Malik, GPSCH Administrative Director, at gpsch@verizon.net

******* Directions to Roxborough Memorial Hospital *******

From the Main Line / Valley Forge Area: Take the Schuylkill Expressway (1-76) east bound. Exit at the Belmont Exit (Exit 338). Turn left at the bottom of the ramp and cross the Schuylkill River. Go up Green Lane to the top of the hill. At the first traffic light, turn right onto Ridge Avenue. The hospital is just past the third traffic light (about 6 blocks). Turn left past Roxborough onto Jamestown Street. The parking lot is on the right.

From Center City: Take the Schuylkill Expressway (1-76) west to Exit 340 A (Lincoln Drive-Kelly Drive). Stay in the right lane and take the ramp leading to Ridge Avenue West. The hospital is on the right side of Ridge Avenue, five traffic lights after exiting 1-76.

From Northeast Philadelphia: Take Route 1 South to the Ridge Avenue exit. Turn right and follow Ridge Avenue for five traffic lights. The hospital is on the right side of Ridge Avenue after the Walnut Lane intersection.

From North Philadelphia: Take Broad Street to Roosevelt Blvd. and follow the same directions as "From Northeast Philadelphia."

From Mount Airy: Take Washington Lane to Wayne Avenue. Turn left onto Wayne Avenue. Follow to Walnut Lane. Turn right onto Walnut Lane and drive about three miles (over Wissahickon Avenue and Henry Avenue) to Ridge Avenue. Turn right onto Ridge Avenue. The hospital is one-half block up Ridge Avenue.

Parking is in the hospital parking lot on Jamestown Street, and it costs \$3.00 (paper or coin operated machine, for unlimited duration). Street parking is limited but free. We will meet in the Wolcoff Auditorium, a separate building (pink-red brick) on the hospital campus. It is just a short walk from the parking lot along the service drive.

In the event of inclement weather, call the Roxborough Hospital switchboard at 215-483-9900 to confirm whether this meeting has been postponed or cancelled; we will also send a notice via e-mail.