



**The Greater Philadelphia Society
of Clinical Hypnosis**

A Component Section of the American Society of Clinical Hypnosis

MEETING: Sunday, October 14, 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: Susan Sacks RN, MSN, PMHCNS-BC

**Clinical Hypnosis: Strategies and Techniques for
Chronic Pain Management**

In this workshop, Ms. Sacks will address a variety of factors maintaining pain symptoms, hopelessness, and social isolation. The role of irrational health beliefs, pain avoidance behaviors, stress, psychological trauma, and the distrust of and communication from providers will be discussed. In addition, she will describe her seven session approach which includes direct and indirect techniques, including symptomatic modification, use of metaphor and hypnoprospection.

Learning Objectives:

At the conclusion of these presentations participants will be able to:

1. Identify when complete hypnotic analgesia is acceptable and safe
2. Describe 7 specific hypnotic strategies for chronic pain management

Program Schedule:

9:30-10:00 am	Registration
10:00-10:30	Discussion of hypnosis research for pain management; Pain assessment and discussion factors maintaining pain symptoms
10:30-11:00	Direct hypnotic approaches for pain management
11:00-11:30	Indirect hypnotic approaches for pain management
11:30-11:45	Participants practice session
11:45-12:00 pm	Q&A, Evaluations

Presenter:

Ms. Sacks is a board certified Psychiatric Clinical Nurse Specialist, Approved Consultant with the American Society of Clinical Hypnosis, and is certified in Rational Emotive Behavior Therapy from the Albert Ellis Institute. She is on the clinical faculty of University of Pennsylvania School of Nursing. She has published articles on Rational Emotive Behavior Therapy, as well as Critical Incident Stress Debriefing. She has 35 years of private practice experience in Plymouth Meeting. She is a former co-director of Cope Consultants, which provided Critical Incident Stress Management for employees affected by workplace violence in the tri-state area. She has conducted numerous wellness workshops for companies including Philadelphia Phillies, Children's Hospital of Philadelphia, Federal Reserve Bank, Merck & Co., Vanguard, Suburu, Pepperidge Farms, Milton Hershey School, Campbell's Soup, Aramark, Comcast, Novacare, Law Offices of Morgan, Lewis & Bockius, and Law Offices of Duane, Morris & Heckscher.

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.