



The Greater Philadelphia Society of Clinical Hypnosis

A Component Section of the American Society of Clinical Hypnosis

MEETING: Saturday, November 3, 2018

Time: Registration 8:30 am Program 9:00 am to 5:00 pm (*see schedule below*)
6 CE Credits for Psychologists and ASCH Certification/Re-certification

THOMAS JEFFERSON UNIVERSITY

Hamilton Building Room 505

233 S 10th St, Philadelphia, PA 19107

Presenter: Bruce Eimer Ph.D., ABPP

Mindful Hypnotherapy for Taming Chronic Pain

Patients on an unending search for satisfactory relief from chronic pain often become depressed, angry and alienated. This makes them a challenge to treat and decreases the likelihood of their receiving effective help. While hypnosis is an empirically validated treatment tool for pain, its efficacy is dependent on multiple factors. This workshop will examine what these factors are and how they interact. Then the session will provide concrete guidelines for utilizing these factors when using hypnosis to treat patients with chronic pain syndromes. A phase-oriented hypnotherapy treatment model developed by the presenter will be described, and the objectives of each phase along with hypnotherapeutic techniques used in each phase of the treatment, will be described and demonstrated.

BENEFITS. Attendees who work with or expect to work with chronic pain patients will be able to assess new patients with an understanding of the factors that can promote or interfere with effective pain treatment. This will enable attendees to avoid further alienating the already disillusioned pain patient, and more effectively use the clinical relationship in the service of the therapy. The presenter will provide examples of how any licensed health care professional who works with pain patients can address the objectives of each phase of the pain treatment model to facilitate improved treatment adherence and enhanced patient satisfaction.

Learning Objectives:

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

1. Attendees will be able to conduct a biopsychosocial pain evaluation that promotes a positive relationship with a chronic pain patient. This will be accomplished through a combination of lecture, demonstration, and role-play
2. Attendees will be able to explain to the patient how hypnosis can help the patient get out of pain. This will be accomplished through a combination of lecture, demonstration, and role-play.

3. Attendees will be able to list the factors that they need to consider in formulating a realistic pain management treatment plan using hypnosis. This will be accomplished through a combination of lecture, demonstration, and role-play.
4. Attendees will be able to demonstrate two hypnotic treatment strategies for each phase of an individualized pain management hypnotherapy treatment plan. This will be accomplished through a combination of lecture, demonstration, and role-play.
5. Attendees will be able to describe or demonstrate two brief inductions that are appropriate for a chronic pain patient.

Program Schedule:

8:30 – 9:00 AM	Registration
9:00 – 9:45	Understanding Chronic Pain Alienation Syndrome (CPAS) and how Hypnotherapy can help
9:45 – 10:30	Pain assessment, waking state reframing and choice of hypnotic pain relief strategies
10:30 - 10:45	Break
10:45 - 12:00 PM	Introducing the patient to the A.W.A.R.E. model of Mindfulness Based Pain Hypnotherapy (MBPH)
12:00 - 1:30	Lunch
1:30 - 2:15	Brief inductions, suggestions, and teaching self-hypnosis for mindful pain control (MPC)
2:15 – 3:00	Practice of brief inductions and delivering pain relief suggestions
3:00 – 3:15	Break
3:15 – 3:45	Debriefing about practice sessions
3:45 – 4:30	Hypnoanalysis for when you must go deeper than direct suggestion in hypnosis
4:30 – 5:00	Wrap up, Q&A, Evaluations

Presenter:

Dr. Eimer has been a practicing clinical psychologist since 1986. He has worked in outpatient and inpatient settings, as a clinician and clinical supervisor. He is a licensed clinical psychologist in Pennsylvania and New Jersey, and a Board Certified Diplomate with the American Board of Professional Psychology (ABPP) in Behavioral & Cognitive Psychology.

From October of 2011 through September of 2017, he was the full-time Director of Pain Psychology and Behavioral Health, serving the Crozer Psychiatry Department and the Crozer Comprehensive Pain Center. His duties included performing psychological evaluations and psychotherapy with chronic pain patients and opiate dependent patients, employing a variety of psychological modalities, including: cognitive-behavioral therapies and clinical hypnosis. His position at the Pain Center entailed conducting opiate abuse risk assessments, patient education, pain management psychotherapy, clinical education, provision of in-service programs, staff supervision, consultation-liaison, psychological evaluations and psychological testing. He developed the behavioral healthcare component of Crozer Keystone Health System's multi-disciplinary pain management program. His position also included conducting clinical research and writing articles, book chapters and books for publication in the areas of: pain management, addictions, psychotherapy, hypnosis, and hypnotherapy.

His experiences and expertise include consultation, teaching, organizational management, supervision, writing, counseling and psychotherapy (children and adults), hypnosis and hypnotherapy, psychological and neuropsychological assessment, and serving as an expert witness in forensic matters. He has excellent written and verbal communication skills necessary to build outstanding patient and client services and mentor students and professionals. He has conducted thousands of psychological evaluations, and supervised many students, interns, and clinicians since 1986.

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 **6 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.** A Certificate of Attendance will be provided upon completion of the presentation. No credit is awarded for partial attendance. APA CE's will be provided by PSCP by email.

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

Maps and Parking: Please visit <https://www.jefferson.edu/university/maps-and-directions>

Hamilton Garage: 221 S 11th St, Philadelphia, PA 19107
Parkway Walnut Towers Garage: 221 S 9th St, Philadelphia, PA 19107

REGISTRATION

Title of Workshop: Mindful Hypnotherapy for Taming Chronic Pain

Date: Saturday November 3, 2018 Registration 8:30 am Workshop 9 am – 5:00 pm

Location: Thomas Jefferson University, **Hamilton Building – room 505**
233 S 10th St, Philadelphia, PA 19107

Continental breakfast and afternoon snacks provided – lunch is ON OWN

Name of Attendee: _____

Email Address: _____

Full payment must accompany registration form in order to be processed.

Early Registration (postmarked by 10/1/2018)

\$210.00 GPSCH Members

\$235.00 GPSCH Non-Members

\$60.00 Interns/Residents/Students (with proof of status)

Regular Registration (postmarked by 10/19/2018)

\$245.00 GPSCH Members

\$270.00 GPSCH Non-Members

\$85.00 Interns/Residents/Students (with proof of status)

Late Registration (after 10/19/2018)

\$280.00 GPSCH Members

\$305.00 GPSCH Non-Members

\$100.00 Interns/Residents/Students (with proof of status)

Please enclose check with registration form – or pay online at GPSCH.org

Questions: admin@gpsch.org