



The Greater Philadelphia Society of Clinical Hypnosis

A Component Section of the American Society of Clinical Hypnosis

MEETING: Saturday and Sunday, April 13 & 14, 2019

Time: 9:00 am to 5:00 pm (*see schedule below*) *Lunch is on own*
12 CE Credits for Psychologists and ASCH Certification/Re-certification

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

Presenter: Maggie Phillips Ph.D.

Hypnosomatic Approaches for Healing Trauma and Pain

This workshop emphasizes the science of the Polyvagal Nervous System as delineated by Dr. Stephen Porges, combined with the principles and practices of Somatic Experiencing™ and direct and indirect hypnosis.

Day 1 of this workshop will focus on:

how persistent or chronic pain can be explained by incomplete fight, flight, and freeze responses, how the fear/immobility cycle is connected to both the sympathetic and dorsal vagal circuits and how to help clients move through and out of this cycle; Dr Philipps will also go over how to teach self-regulation clients to relieve pain and posttraumatic reactions and social engagement and co-regulation as the solutions to more primitive causes of pain. There will also be instruction in specific direct and indirect hypnotic and somatic strategies to help downregulate the active defensive reactions connected to trauma and pain and tools to turn on the ventral vagal circuit so that permanent healing is possible.

Day Two presents:

Somatic tools for *Strengthening the Body Self* drawn from research on the heart and gut brains as well as cutting edge advances in the study of right and left brain hemispheres. We will also focus on a whole brain approach to self-integration and wholeness and introduce Ego-State therapy and it's approach to building a positive sense of self. Some of the topics covered will include: The power of gut and heart wisdom; Shifting right and left in times of stress and imbalance; Ego-State Therapy as a model to heal fragmentation and promote self-integration; Strengthening and expanding the whole self as well as individual parts of the self; Somatic and hypnotic approaches to work with nonverbal, preverbal, and symbolic states of the self for developmental repair. There will be demonstrations and practice of corrective experiences for brain and body in order to widen the windows of healing and integration for even the most traumatized clients. Case consultation and clinical discussion will be encouraged.

Learning Objectives:

After completing this workshop, participants will be able to:

- 1) Discuss how persistent or chronic pain can be explained by incomplete fight, flight, and freeze responses
- 2) Explain how the fear/immobility cycle is connected to both the sympathetic and dorsal vagal circuit, and provide a brief explanation for how to help clients move out of the fear/immobility cycle
- 3) List two or more ways to teach self-regulation of pain and posttraumatic reactions
- 4) Summarize social engagement and co-regulation as the solutions to more primitive causes of pain
- 5) Apply specific direct and indirect somatic strategies to help downregulate the active defensive reactions connected to trauma and pain
- 6) Employ hypnotic and somatic tools to turn on the ventral vagal circuit so that permanent healing is possible
- 7) Summarize basic concepts of the power of gut and heart wisdom
- 8) Utilize basic principles of shifting right and left in times of stress and imbalance to achieve balance
- 9) Discuss the use of Ego-state Therapy for healing fragmentation in order to achieve developmental repair.
- 10) Compare and contrast approaches to strengthen the whole self and those used to help strengthen various states connected to trauma and pain, as well as to more adaptive resilient functions
- 11) Apply somatic approaches to work with nonverbal, preverbal, and symbolic aspects of the self for developmental repair
- 12) Describe how to find and intervene with somatic ego states connected to perinatal and early childhood trauma and neglect

Program Schedule:

April 13 - Polyvagal Solutions to Trauma and Pain

8:30A.M. – 9:00A.M.	Registration
9:00A.M. -10:30 A.M.	Persistent or chronic pain and incomplete fight, flight and freeze responses
10:30 A.M. -10:45 A.M.	Break
10:45 A.M.- Noon	Connection of the fear/immobility cycle with the sympathetic and dorsal vagal circuits, and how to help clients move out of this cycle
Noon -1:30 P.M.	Lunch
1:30 P.M.-3:00P.M.	Teaching self-regulation of pain and posttraumatic reactions in practice groups with hypnosis and other modalities.
3:00P.M.- 3:15P.M.	Break
3:15P.M.- 5:00P.M.	Social engagement and co-regulation for dealing with primitive causes of pain; Direct and indirect somatic strategies to handle trauma and pain.

April 14 - Strengthening the Body Self

9:00A.M. -10:30 A.M.	The power of gut and heart wisdom
10:30 A.M. -10:45 A.M.	Break
10:45 A.M.- Noon	Shifting right and left in times of stress and imbalance; Ego-State Therapy as an approach to healing fragmentation (Demonstration and group practice)
Noon -1:30 P.M.	Lunch
1:30 P.M.-3:00P.M.	Strengthening and expanding the whole self and working with self states to achieve developmental repair
3:00P.M.- 3:15P.M.	Break
3:15P.M.- 5:00P.M.	Finding and intervening with somatic states connected to perinatal and early childhood trauma and neglect; important uses of hypnosis as an integrative strategy Q&A, Evaluations

Maggie Phillips, Ph.D. is a licensed psychologist in full-time private practice in Oakland, California. She is director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis.

She has served on the faculties of the American Society of Clinical Hypnosis (ASCH), American and European Congresses of Ericksonian Hypnosis and Psychotherapy, the Eye Movement Desensitization and Reprocessing International Association (EMDRIA), the Esalen Institute, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, the International Society of Hypnosis (ISH), and The Association of Comprehensive Energy Psychology, Alliant University, the Society for Clinical and Experimental Hypnosis (SCEH), the International Society for the Study of Dissociation (ISSD), the International Transactional Analysis Association (ITAA), and the University of California at Santa Cruz, Extension. Dr. Phillips has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and uses of energy therapies in mindbody healing.

She has authored numerous papers and articles in the areas of ego-state therapy, redecision therapy, and the treatment of post-traumatic conditions, and is the co-recipient of the 1994 ASCH Crasilneck award for excellence in writing and of the Cornelia B. Wilbur award from the ISSD. Dr. Phillips is co-author of *Healing the Divided Self* and author of *Finding the Energy to Heal and Reversing Chronic Pain*. Her latest book is *Freedom From Pain*, co-authored with Peter Levine.

She is also a Fellow of the International Society for the Study of Dissociation (ISSD), and a Fellow of the American Society of Clinical Hypnosis.^[1] Basic and advanced trainings with Dr. Maggie Phillips can be found at www.maggiephillipsphd.com.

Psychology Continuing Education: This program is co-sponsored by the PSCP: The Psychology Network and The Greater Philadelphia Society of Clinical Hypnosis. PSCP: The Psychology Network is approved by the American Psychological Association to sponsor Continuing Education for psychologists. PSCP: The Psychology Network maintains responsibility for the program and its content. This program provides 12 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: CE credits are included in the registration price. CE's will be sent directly by email from PSCP a few weeks after the program.

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

Cancellation Policy: Registration fees may be refunded, less a \$50 administrative fee, for participant cancellations before designated date. **No refunds will be issued for cancellations received after date designated on registration form.** Exceptions will only be granted due to death or severe illness of participant/immediate family member, or governmental restrictions / legal obligations. Written notification and appropriate documentation is required.

Receipt of registration does not ensure activity attendance because seating is sometimes limited. Accepted registrations are confirmed via email confirmation by GPSCH. Walk in registration is accommodated if space is available. Workshop fees are not transferable to another workshop.

******* 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.

REGISTRATION

Title of Workshop: Hypnosomatic Approaches for Healing Trauma and Pain

Date: April 13 & 14, 2019 Registration 8:30 am Workshop 9 am – 5:00 pm

Location: ROXBOROUGH MEMORIAL HOSPITAL (RMH), WOLCOFF AUDITORIUM

5800 Ridge Avenue, Philadelphia, PA

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 March 8)

\$390.00 GPSCH Members

\$460.00 GPSCH Non-Members

\$120.00 Interns/Residents/Students (with proof of status)

Regular Registration (postmarked by April 4)

\$415.00 GPSCH Members

\$485.00 GPSCH Non-Members

\$145.00 Interns/Residents/Students (with proof of status)

Late Registration (after April 5)

\$440.00 GPSCH Members

\$510.00 GPSCH Non-Members

\$170.00 Interns/Residents/Students (with proof of status)

Please enclose check with registration form

Mail registration form and payment to: GPSCH PO Box 551 Berwyn PA 19312

Or pay online at www.gpsch.org/events and send registration form by email to admin@gpsch.org

Questions: admin@gpsch.org