



**The Greater Philadelphia Society
of Clinical Hypnosis**

A Component Section of the American Society of Clinical Hypnosis

MEETING: Sunday, June 7, 2020

Time: 9:00 am to 11:30 am (see schedule below)

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

Presenter: Laurence Irwin Sugarman, MD, FAAP, ABMH

Changing Our Minds With and About Clinical Hypnosis

If we were to re-invent clinical hypnosis in view of our current understanding of psychobiology— from its effect on gene expression to encouraging systemic plasticity of the embodied mind— how would it be different? Would we still be using inductions and scripts? How would we interact differently with the person in care? In this workshop we will rediscover hypnosis with beginners' minds. We will encounter hypnosis not as a procedure or ritual, but as a set of practical skills that build rapport, disrupt the encoding of experiential engrams, then cultivates them as resources for renewal. With video, demonstration, and experiential exercises, we will discover

new and powerful ways to integrate hypnosis skills into any clinical encounter. Instead of “doing hypnosis” we intend that participants will grow creatively inspired to “be hypnotic.”

Participants in this workshop will be able to increase their skills in conversational hypnosis, their ability to evoke and utilize the creative resources of the person in care, and unlock their own creativity in clinical encounters.

Participants will have the opportunity to question and discuss all subject matter during Q&A periods that are built into the schedule. In addition, a chat box will be available during the presentation, in which participants can post questions that they would like to have addressed by the presenter.

Outline of Program

9:00 - 9:10AM Signing in, Zoom housekeeping, introductions

9:10 – 10:00 Defining mind, trance and hypnosis

10:00 – 10:10 Q&A to address chat questions/Break as needed

10:10 – 11:00 Rediscovering basic skills and Orienting Principles

11:00 – 11:30 Bringing it all together: Q&A, Evaluations

Program Learning Objectives

At the end of this learning experience, participants will be able to:

1. Compare and contrast at least three differences between the ritualistic, procedurally-based, legacy model of hypnosis and a conversational, skill-based example.
2. Exemplify/List four skills that are basic to hypnotic interaction.
3. Describe the effects on the clinician of four orienting principles in hypnotic interaction.

Presenter

Laurence Irwin Sugarman is Research Professor and Director of the Center for Applied Psychophysiology and Self-regulation in the College of Health Sciences and Technology at the Rochester Institute of Technology (RIT); a developmental and behavioral pediatrician at the Easter Seals Diagnostic and Treatment Center in Rochester, New York; and Clinical Professor in Pediatrics at the University of Rochester School of Medicine and Dentistry.

Over two decades of primary care pediatric practice Dr. Sugarman refined clinical biofeedback and hypnosis strategies that effectively increase resilience and coping skills for young people and families. Based on this experience, he produced an internationally acclaimed videodocumentary, *Hypnosis in Pediatric Practice: Imaginative Medicine in Action*. At RIT, he has focused on how best to evoke the abilities of young people with autism spectrum disorder and other chronic health problems, innovative health apps, and pedagogy for professional development in psychobiological care.

With Dr. William Wester, Dr. Sugarman has co-authored and co-edited the text, *Therapeutic Hypnosis with Children and Adolescents*, now in its second edition. His new book, coauthored with Julie Linden and Lee Brooks, is *Changing Minds with Clinical Hypnosis: Narratives and discourse for a new health care paradigm*.

Co-Sponsorship

"Changing Our Minds About and With Clinical Hypnosis" is co-sponsored by Dr. Ellen L. Wright, Ph.D. and The Greater Philadelphia Society of Clinical Hypnosis. Dr. Wright is approved by the American Psychological Association to sponsor continuing education for PSYCHOLOGISTS. This program meets the requirements for 2 CE credits for Psychologists. Dr. Wright maintains responsibility for this program and its content.

Statement about the requirement that people have to attend the entire program and complete the webinar evaluation in order to received continuing education credit : Certificates of completion for 2 Continuing Education Credits will be awarded to participants who attend the entire webinar and complete the evaluation form.

This program does not receive any funding or commercial support for its content or instructor. Dr. Sugarman is presenting his own work and is including his writings as part of the webinar materials. This could reasonably be construed as a conflict of interest.

For further information, please contact SuzanneMalik at admin@gpscoh.org