



**The Greater Philadelphia Society
of Clinical Hypnosis**

*A Component Section of the American Society of Clinical Hypnosis
and*

Ellen L. Wright., Ph.D.

Present

**More Common Therapy: The Complex Simplicity
of Experiential Mastery**

Presenter: Robert Staffin PsyD, ABPH

DATE: November 1 & 8, 2020

Time: 9 am to 12 pm (see schedule below)
6 CE Credits (over 2 days) for Psychologists and ASCH
Certification/Re-certification
Zoom Webinar

**More Common Therapy:
The Complex Simplicity of Experiential Mastery**

Outline of Program:

Day 1

| | |
|------------------|--|
| 8:30 – 9:00AM | Registration, sign in, Zoom housekeeping, introductions |
| 9:00 - 10:30 | Definition, examples and presentation of utilization |
| 10:30 – 10:45 | Q&A to address chat questions/Break as needed |
| 10:45 – 11:45 | Video clips demonstrating different dimensions and examples of utilization |
| 11:45 – 12:00 PM | Q&A, Evaluations |

Day 2

| | |
|-----------------|--|
| 8:30 – 9:00AM | Sign in, Zoom housekeeping, introductions |
| 9:00-10:00 | Defining and describing: issues of influence, embodied cognition, the establishment of reference experiences, paraverbal and limbic communication and neuroimaging studies across 3 sensory modalities |
| 10:00 – 10:15 | Q&A to address chat questions/Break as needed |
| 10:15 – 10:30 | Review of utilization of self, other and circumstances |
| 10:30 – 11:40 | Clinical applications; varieties of hypnotic repair – cultivating and employing age regression, the experiential x-ray and opposing mirrors |
| 11:40 – 12:00PM | Bringing it all together: Q&A, Evaluations |

Workshop Description:

Day 1:

In 1973 with the publication of “Uncommon therapy: The Psychiatric Techniques of Milton H. Erickson, M.D.” Jay Haley brought the work of Dr. Erickson to a larger community of clinicians. In the ensuing 46 years, there has been a proliferation of strategic psychotherapies that can trace their roots back to Erickson’s work.

One of Dr. Erickson’s more prolific students is Dr. Jeffrey Zeig, the founder and executive director of the Erickson Foundation. Dr. Zeig has taken his appreciation of Erickson and, combining it with social psychology and the arts, has developed what he refers to as “Experiential Psychotherapy.” Simply put, if a picture is worth a thousand words, an experience is worth a thousand pictures.

In this program Erickson’s concept of utilization will be outlined. We will then look at video tapes of clinical encounters to see what this looks like in practice, ways in which it can be orchestrated and how we can bring it into our clinical practice.

One of Dr. Erickson’s most noteworthy contributions to the practice of psychotherapy is the concept of “utilization.” At its core, utilization can be defined as “a posture of readiness” on the part of the practitioner, a readiness to harness and employ aspects and elements of the client, the practitioner and the circumstances of the clinical encounter, to potentiate the interaction and advance the treatment. In this program Erickson’s concept of utilization will be outlined. We will then look at video tapes of clinical encounters to see what utilization looks like in practice. At the close of the program, participants will be able to explain how utilizing the dynamic trio of “self, other and circumstances” can tailored to each individual client thereby enhancing the interventions and bringing the therapy to life.

Day 2:

Hypnotically Informed Psychotherapy

This session will begin with a brief presentation of research literature from the fields of social psychology, neurosciences and embodied cognition. This literature will lay the foundation for the advantages of employing hypnotically informed psychotherapy.

Issues of influence – Evidence of our behaving in response to environmental stimuli of which we are not consciously aware of being influenced. These studies highlight issues of influence across a host of sensory modalities and environmental stimuli.

Neuro imaging studies highlight how our language and subjective experiences impact brain behavior across a host of sensory domains. Studies from the visual, auditory and somatosensory (pain) domains will be presented.

Embodied cognition – How our somatosensory experiences and physical activities form and are informed by our cognitive processes. *Ago ergo cogito* (I act therefore I think)

Following this presentation, the focus will pivot to the implications for clinical assessment and intervention. How we, as clinicians, can harness ourselves, our clients and the circumstance of the encounter (utilization of self, other and circumstances -session 1) so as to make our work more evocative and impactful will be presented, demonstrated and discussed.

Content areas for this latter part of the program will include: paraverbal and limbic communication, the creation and use of reference experiences, cultivating and employing age regression, hypnotic repair and the function and use of stories in psychotherapy.

Program Learning Objectives:

1. Explain utilization
2. List 3 domains that can be utilized
3. Be able to demonstrate and “experiential x-ray”
4. Be able to define and demonstrate paraverbal dimensions of communication
5. Describe what is meant by “influence” from a social psychological perspective
6. Exemplify/List four skills that promote and maintain “dissociation”

Presenter:

Dr. Robert Staffin is a clinical psychologist licensed in New Jersey and New York. He is a diplomate of the American Board of Psychological Hypnosis and an Approved Consultant for the American Society of Clinical Hypnosis (ASCH). He is the president of the Clinical Hypnosis Society of New Jersey, a component section of ASCH.

References:

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Szechtman, H., Woody, E.Z., Bowers, K.S. & Nahmias, C. (1998). Where the imaginal appears real: A positron emission tomography study of auditory hallucinations. *Proceedings of the National Academy of Sciences, USA*, 95:1956-1960.

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Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website or by clicking [here](#).

- GPSCH Members: \$220
- Non-Members: \$275
- Students/Residents/Interns: \$60
- CE Certificate \$30, paid separately:

Participants desiring **Psychology CE** credits will pay \$30 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123 Bainbridge Street, Philadelphia, PA 19146. Once the **payment** and the **webinar evaluation** are received the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: Deadline for registration is October 30, 2020.

Refund Policy: Requests for registration fee refunds must be received in writing (email or postmark) no later than midnight on the Friday before the webinar, i.e., before Friday, October 30, 2020. No refunds will be provided thereafter.

Conflict of Interest Disclosure:

Dr. Staffin has no real or apparent financial interest, or conflict of interest, regarding any of the material in this presentation.

Dr. Staffin will not be discussing any investigational or off label use of medications or medical devices in this presentation.

Dr. Staffin is the author of a book on Experiential Psychotherapy from which material for this presentation has been derived and from which I receive financial remuneration.

AUDIENCE/SKILL LEVEL: This program is intended for mental health professionals with an intermediate level of knowledge and experience and a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This Greater Philadelphia Society of Clinical Hypnosis webinar is sponsored by Dr. Ellen L. Wright. Ellen L. Wright, Ph.D., is approved by the American Psychological Association to sponsor **CONTINUING EDUCATION FOR PSYCHOLOGISTS**. Dr. Wright maintains responsibility for this program and its content. Certificates of completion for continuing education credits will be awarded to participants who attend **the entire program, complete the evaluation form and submit a certificate request form along with a check for \$30 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D.** 2123 Bainbridge Street, Philadelphia, PA 19146. This program meets requirements for **6 CE Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact admin@gpsch.org.

Additional Information:

PLATFORM: Zoom

When: Nov 1, 2020 08:30 AM Eastern Time (US and Canada)

Topic: More Common Therapy: The Complex Simplicity of Experiential Mastery

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_ow3V_L7rRCq4UK1fMpF5Nw

After registering, you will receive a confirmation email containing information about joining the webinar.