



The Greater Philadelphia Society of Clinical Hypnosis

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

Ellen L. Wright., Ph.D.

Present

The Subconscious as Co-therapist & Spiritual Guide in the Treatment of School
Age Children and Adolescents

Presented by: Ran D. Anbar MD

DATE: March 19, 2023

Time: 10 am – 1:00 pm Eastern (*see schedule below*) 9:45 login

**3 CE Credits for Psychologists and ASCH Certification/Re-
certification**

Zoom Webinar

Workshop Description:

This workshop will discuss clinical hypnosis tools beyond the commonly used relaxation, suggestions, metaphors, and ideomotor signaling. This workshop will focus on advanced utilization of the subconscious as a co-therapist and spiritual guide. Such tools have been reported to be helpful in the treatment of many patients including those with anxiety, dyspnea, headaches, insomnia, and irritable bowel syndrome. This approach is effective in large part

because of the hypnotic elicitation of patients' abilities to identify and address their own psychosocial issues that likely underlie perpetuation of their symptoms. The workshop will include review of published patient cases, video examples, clinical pearls to help optimize use of these tools, and experiential exercises that demonstrate their application.

Outline of Program:

9:30 AM-10:00 AM

10:00 AM-11:05 AM

11:05 AM-11:15 AM

Registration, Sign-in, Zoom Housekeeping, Introductions

Introduction to the Subconscious

Q and A, Break as needed (time/duration approximate -
presenter's choice based on structure/flow of presentation)

11:15 AM-12:00 PM	One Clinician's Experience with The Subconscious
12:00 PM – 12:45 PM	The Subconscious and Spirituality
12:45 PM-1:00 PM	Q and A, Integration, Conclusion, Evaluation

Program Learning Objectives:

At the end of the program, participants will be able to:

1. Use arm strength testing as a way of interacting with the subconscious and discuss limitations of this technique.
2. Elicit automatic writing, automatic talking, and automatic word processing as a way of interacting with the subconscious.
3. Identify patients' potential subconscious abilities and knowledge and plan those to apply within therapy.
4. Use interactions with the subconscious as a way of developing a spiritual perspective that can aid in their therapy.

Presenter:

Ran D. Anbar, MD, FAAP, is board certified in both pediatric pulmonology and general pediatrics, offering hypnosis and counseling services at Center Point Medicine in La Jolla, California, and Syracuse, New York. Dr. Anbar is also a past President, fellow, and approved consultant of the American Society of Clinical Hypnosis.

Dr. Anbar is a leader in clinical hypnosis, and his experiences with hypnosis since 1998 have allowed him to successfully treat over 7,000 children. He served as a professor of pediatrics and medicine and the director of pediatric pulmonology at SUNY Upstate Medical University in Syracuse, New York, for 21 years.

Dr. Anbar has worked as a guest editor and advisory editor for the American Journal of Clinical Hypnosis. He has had the privilege of directing or co-directing more than 20 clinic workshops on the subject of pediatric hypnosis. Dr. Anbar has been the principal investigator in 10 published case studies of pediatric hypnosis and involved in research trials of children with cystic fibrosis and other pulmonary disorders. He is a published author of more than 50 articles, abstracts, and book chapters on pediatric functional disorders and pediatric hypnosis.

References:

- Anbar, R. D. (2021). *Changing children's lives with hypnosis: A journey to the center*. Lanham, MD: Rowman & Littlefield.
- Anbar, R. D., & Cherry, R. N. (2021). Communicating with the subconscious: Ideomotor and visualization techniques. In M.P. Jensen (Ed.), *Handbook of hypnotic techniques, Vol. 2* (pp.196-231). Kirkland, WA: Denny Creek Press.
- Ewin, D. M., & Eimer, B. N. (2006). *Ideomotor signals for rapid hypnoanalysis: A howto*

manual. Springfield, IL: Charles C. Thomas.

• Shenefelt, P. D. (2011). Ideomotor signaling: From divining spiritual messages to discerning subconscious answers during hypnosis and hypnoanalysis, a historical perspective. *American Journal of Clinical Hypnosis*, 53, 157-16c

Weinberger, J., Brigante, M., & Nissen, K. (2022). Conscious intelligence is overrated: The normative unconscious and hypnosis. *Am J Clin Hypn*, 64(4):290-305.

Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website www.gpsch.org/events.

- GPSCH Members: \$100
- Non-Members: \$150
- Students/Residents/Interns: \$50
- CE Certificate \$15, **paid separately:**

Participants desiring **Psychology CE** credits will pay \$15 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123 Bainbridge Street, Philadelphia, PA 19146. Once *payment* is received by Dr. Kopple **and** the *webinar evaluation* is received by GPSCH, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: Deadline for registration is 03/18/23

Refund Policy: Requests for registration fee refunds must be received in writing (email) no later than midnight on the Friday before the webinar.

AUDIENCE/SKILL LEVEL: This program is intended for experienced hypnosis professionals.

CONTINUING EDUCATION CREDITS

This GPSCH webinar is co-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 and return the evaluation form and submit a certificate request form along with a check for \$15 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D. (See address above.)** This program meets requirements for **3 Credits** for psychologists.

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

Additional Information:

PLATFORM: ZOOM Webinar

Zoom link and login codes provided after paid registration.