



**The Greater Philadelphia Society
of Clinical Hypnosis**

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

Ellen L. Wright., Ph.D.

Present

Presenter: Carol Ginandes PhD., ABPP

DATE: November 7, 2021

Time: 9 am – 12 pm (see schedule below)

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

**Designing Strategic Multiphasic Hypnotic Interventions for
Enhanced Mind-Body Healing**

Outline of Program:

- 8:30 – 9:00 am Registration, sign in, Zoom housekeeping, introductions
9:00 – 11:00 am Overview of applications, Introduction to the “Extended Strategic Model,” Case examples, Experiential exercise
11:00 – 11:15 am Q&A to address chat questions/Break as needed
11:15 – 11:45 am Audio clips demonstration of techniques; Practicum exercise in Case analysis and application of strategies
11:45 – 12:00 pm Q&A, Evaluations

Workshop Description:

The use of hypnotic interventions in myriad illness conditions may provide significant adjunctive contributions to medical patients in several ways: through the alteration of physical discomfort, the alleviation of emotional distress (anxiety, fear, depression), enhanced ego-strengthening, the replacement of helplessness with pro-activity and mastery, the movement through unconscious impasses related to the illness condition, and the facilitation of organic healing itself. In this clinical workshop, participants will be introduced to the presenter’s strategic, phase-oriented model with several associated techniques that can be tailored to patients with a wide variety of mind/body problems. The workshop will also describe various randomized controlled trials of applications of clinical hypnosis such as: pain management, surgical preparation, accelerated post-surgical recovery and healing, adjunctive cancer treatment, gastrointestinal conditions, skin disorders, affect regulation, and stress management. This workshop is for intermediate and advanced hypnosis practitioners seeking to reach the next level of proficiency in their clinical work with mind/body issues in treatment.

Program Learning Objectives:

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

1. List four conditions for which hypnosis has been documented to facilitate clinical improvements
2. Demonstrate the application of a multisensory imagery technique to assess a client's native representational system
3. Describe three component strategies to foster hypnotic healing (creating personalized imagery for healing, evoking states of deep relaxation, targeting site specific healing)
4. Describe hypnotic suggestions and phasic interventions that stimulate proactivity and mastery versus helplessness in medical patients

Presenter:

Carol Ginandes, Ph.D., ABPP, is a well-known health psychologist whose practice integrates hypnosis and meditation strategies with psychotherapy to address a wide variety of mind-body problems. She holds staff appointments at Harvard Medical School as assistant clinical professor of psychology and at McLean Hospital, where she offers training and supervision. Her clinical research has focused on the leading edge of hypnotically accelerated healing. In addition to her written publications, Dr. Ginandes has authored various medical hypnosis audio programs.

References:

References for Carol Ginandes November 7, 2021 presentation

“Designing Strategic Multiphasic Hypnotic Interventions for Enhanced Mind-Body Healing”

Ginandes, C. (2017). Staying the course: Using hypnosis to help cancer patients navigate their illness. *American Journal of Clinical Hypnosis*, 60(1)1, 85-102.

Ginandes, C. (2016). Using hypnosis to accelerate the healing of bone fractures. In G. Elkins (Ed.) *Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues*. New York, NY: Springer.

Milling LS, Valentine KE, LoStimolo LM, Nett AM, McCarley HS. Hypnosis and the alleviation of clinical pain: A comprehensive meta-analysis. *Int J Clin Exp Hypn*. 2021 Jul-Sep;69(3):297-322. doi: 10.1080/00207144.2021.1920330. Epub 2021 May 26. PMID: 34038322.

Szeverenyi C, Kekecs Z, Johnson A, Elkins G, Csernatony Z, Varga K. The Use of Adjunct Psychosocial Interventions Can Decrease Postoperative Pain and Improve the Quality of Clinical Care in Orthopedic Surgery: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J Pain*. 2018 Nov;19(11):1231-1252. doi: 10.1016/j.jpain.2018.05.006. Epub 2018 May 25. PMID: 29803669.

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 the *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 11/6

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 mental health professionals with a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This GPSCH 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 \$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

GPSCH is inviting you to a scheduled Zoom meeting.

Topic: Dr. Carol Ginandes

Time: Nov 7, 2021 08:30 AM Eastern Time (US and Canada)

(Webinar start time 9 am)

Zoom link and login codes provided after paid registration.