



The Greater Philadelphia Society of Clinical Hypnosis

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

Ellen L. Wright., Ph.D.

Present

Mindful Hypnotherapy: The Basics and Clinical Applications

DATE: January 30, 2022

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

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

Zoom Webinar

Mindful Hypnotherapy: The Basics and Clinical Applications

Outline of Program:

8:30 – 9:00AM	Registration, sign in, Zoom housekeeping, introductions
9:00 – 9:20 am	Introduction, and initial group experience of mindful hypnosis
9:20 – 10:05 am	Essential concepts: Mindfulness and Hypnotherapy Integration
10:05 – 10:15 am	Q and A; break as needed
10:15 – 10:45 am	Research and clinical methods: mindful hypnotherapy – acceptance and change (pain, anxiety, depression)
10:45 – 11:45 am	Demonstration: Mindful Hypnotherapy for Anxiety and Stress Reduction
11:45 - noon	Q and A, Integration, conclusion, evaluation

Workshop Description:

Mindful hypnotherapy is an intervention that intentionally uses hypnosis (hypnotic induction and suggestion) to integrate mindfulness for personal or therapeutic benefit. Clinicians who are only trained in mindfulness may have preconceived notions about hypnosis. Likewise, individuals who are only trained in hypnosis may have self-limiting ideas about mindfulness. In addition, there may be some problems or symptoms that that benefit most from hypnotic suggestions for change and others that a mindfulness approach (acceptance) is more beneficial.

In this workshop, participants will learn about the conceptual basis and theoretical foundations of mindful hypnotherapy and hypnotically oriented interventions in

psychotherapy. Research on mindful hypnotherapy will be reviewed as well as applications. Mindful hypnotherapy will be considered in regard to stress and anxiety management. Hypnotherapy presents an intriguing synchronicity with some aspects of mindfulness, in that both practices involve focused attention, experiencing the world differently, and relaxation.

Program Learning Objectives:

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

1. Describe at least 1 core concept related to mindful hypnotherapy
2. Discuss the relationship between mindfulness and hypnosis.
3. Identify 1 mindful hypnosis intervention from an eight-step mindful hypnotherapy protocol.
4. Discuss at least 1 hypnotic suggestion based upon mindful hypnotherapy concepts for anxiety and stress reduction.
5. Identify at least 1 advantage of mindful hypnotherapy versus mindfulness alone.

Presenter:

Dr. Gary Elkins is a Professor of Psychology and Neuroscience at Baylor University in Waco, Texas where he is the Director of the Mind-Body Medicine Research Program. He is the Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis* and Past-President of the Society for Clinical and Experimental Hypnosis and American Society of Clinical Hypnosis. He has over 200 publications and presentations. Dr. Elkins' books published include *Mindful Hypnotherapy: The Basics for Clinical Practice* and *The Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues*. He also has an upcoming book entitled, *Introduction to Clinical Hypnosis: The Basics and Beyond*. His background includes service as a military psychologist and as a medical associate of the Baylor Scott and White Hillcrest Medical Center and Adjunct Professor of Psychiatry and Behavioral Sciences, Texas A&M University College of Medicine. Dr. Elkins is board certified in Clinical Health Psychology and maintains a part-time private practice. His research has been continually funded by the National Institutes of Health for the past 20 years in areas of hypnosis, music, and mindfulness in treatment of menopause/symptoms associated with aging, pain, stress, sleep disturbances, and post-traumatic growth. He is a research consultant to Mindset Health on development of hypnotherapy apps; and to Boulder Crest Foundation regarding post-traumatic growth research.

References:

Elkins, G. (2017) Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues. New York, NY: Springer Publishing

Elkins, G. & Olendzki, N. (2019) Mindful Hypnotherapy: The basics for clinical practice. New York, NY: Springer Publishing

Olendzki, N., Elkins, G., Slonena, E., Hung, J., & Rhodes, J. (2020). Mindful hypnotherapy

to reduce stress and increase mindfulness: A randomized controlled trial. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151-166.

DOI: [10.1080/00207144.2020.1722028](https://doi.org/10.1080/00207144.2020.1722028)

(open access article)

Slonena, E. & Elkins, G. (2021) Effects of a brief Mindful Hypnosis intervention on stress reactivity: A randomized active control study, *International Journal of Clinical and Experimental Hypnosis*, 69:4, 453-467, DOI: [10.1080/00207144.2021.1952845](https://doi.org/10.1080/00207144.2021.1952845)

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 1/28/22

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

Zoom link and login codes provided after paid registration.