



The Greater Philadelphia Society of Clinical Hypnosis

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

Ellen L. Wright., Ph.D.

Present

Make Your Heart Free: Transcending Grief to Peace **Presenter: Kathryn Rossi PhD**

DATE: November 6, 2022

Time: 9:45 am – 1:15 pm (see schedule below) 9:30 login
3 CE Credits for Psychologists and ASCH Certification/Re-
certification
Zoom Webinar

Make Your Heart Free: Transcending Grief to Peace

Outline of Program:

9:30 – 9:45 AM	Registration, sign in, Zoom housekeeping, introductions
9:45 – 11:15	The Neuroscience of how time heals; Rossi Principles underlying therapeutic change; What constitutes a whole person? Grief reworks, clarifies, and redefines the new emerging self; Connection with classical spiritual yoga; Milton H. Erickson's hypnotherapeutic techniques for grief
11:15 - 11:30	Q&A, Break as needed (time approximate)
11:30 – 1:00 PM	Experiential clinical demonstrations for applying new principles and techniques
1:00 – 1:15	Q&A, Conclusion, Evaluation

Workshop Description:

Can we find new ways to transcend grief by way of neuroscience and the heuristics of therapeutic hypnosis? Can we make our hearts free to begin life anew after death and disappointment? Is it possible to become better than you were before? These are the questions I have asked since the death of my beloved husband and professional partner, Ernest Lawrence Rossi. In this practical workshop we will explore and experience nine Rossi therapeutic principles: (1) Living in the present moment; (2) The Biology that Underlies all of Life Processes; (3) The Novelty, Numinosum, Neurogenesis Effect; (4) The 4-Stage Creative Cycle; (5) Nature's Basic Ultradian Rhythms, including the 20-Minute Break; (6) The healing duality of the Inner Observer-Operator; (7) PsychoSocial and Cultural

Genomics; (8) Quantum Consciousness (9) The coming together of the yoga attunement of kindness, love, laughter, comfort and joy.

We will practice easy-to-learn four-stage creative patterns for problem solving as presented in *Creating Consciousness: How Therapists can Facilitate Wonder, Wisdom, Beauty, Truth & SelfCare* (Rossi & Rossi, 2012) and *The Practitioner's Guide to Mirroring Hands: A Client-Responsive Therapy that Facilitates Natural Problem-Solving and Mind-Body Healing* (Hill & Rossi, 2017) paired with ancient yoga stories and gentle movement.

Program Learning Objectives:

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

1. Identify the 4-Stages of the ultradian creative cycle.
2. Construct a healing narrative using the 8 embodied grief dimensions.
3. Construct a healing narrative using the 8 limbs of yoga.
4. List 3 techniques of Ericksonian hypnosis consistent with modern neuroscience.

Presenter:

Kathryn Rossi, PhD, has edited or co-authored 20 books in the field of psychotherapy including co-editing 16 volumes of *The Collected Works of Milton H. Erickson* with Ernest Rossi and Roxanna Erickson-Klein. She has authored numerous scientific articles on psychosocial genomics and therapeutic hypnosis with Ernest Rossi along with other current topics of social and spiritual significance. She is passionate about bringing yoga into the field of psychotherapy and has taught innovative psychotherapy internationally for more than 30 years.

References:

- Hill, R., Rossi, E. L. (2017). *The practitioner's guide to mirroring hands: A client-responsive therapy that facilitates natural problem-solving and mind-body healing*. Williston, VT: Crown House Publishing.
- Rossi, E. (Rossi, K. Ed.) (2012). *Creating consciousness: How therapists can facilitate wonder, wisdom, truth and beauty: Vol. 2. Selected Papers of Ernest Lawrence Rossi*. Phoenix, AZ: The Milton H. Erickson Foundation Press.
- Rossi, K. (2022). *Grief to peace: Changes through time*. *The Science of Psychotherapy*, March.
- Rossi, K. (2021c). Transforming grief into peace: The normal grieving mind - memory construction, deconstruction, and reconsolidation. *American Journal of Clinical Hypnosis*, 64 (2), 157-170. <https://doi.org/10.1080/00029157.2021.1947768>
- Rossi, K. (2019a). The yoga of creative consciousness and cognition in neuropsychotherapy, Part 2. *Science of Psychotherapy*, 7, 21-42.
- Rossi, K. (2018d, October). The yoga of creative consciousness and cognition in

neuropsychotherapy, Part 1. Science of Psychotherapy, 6, 20– 40.

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 5/13/22

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 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.