



The Greater Philadelphia Society of Clinical Hypnosis

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

Ellen L. Wright., Ph.D.

Present

Hypnosis and Zen Buddhism in the Treatment of Pain and Suffering

Presented by: David R. Patterson PhD, ABPP, ABPH

DATE: November 10, 2024

Time: 10 am – 1 pm EDT (see schedule below) 9:30 am login
3 CE Credits for Psychologists and ASCH Certification/Re-
certification
Zoom Webinar

Workshop Description:

This webinar will use didactics demonstrations to explain how psychotherapy informed by hypnosis and mindfulness can be used to treat chronic pain. The first half of the workshop will describe eight modules of content (assessment, motivational interviewing, cognitive restructuring, activity monitoring, hypnosis, mindfulness, treating psychological issues and sleep) that are ideally covered when working with people who want to improve managing chronic pain. A model of non-linear hypnosis will be described that enables the clinician to use this modality in treating the dimensions of pain elucidated through a biopsychosocial conceptualization. The second half of the webinar will present a model based on Zen Buddhism for introducing meditation to patients by using a model of the non-dualistic, scientifically based illusion of the self, along with a simple method for teaching meditation that is based on this.

Outline of Program:

9:30 AM-10:00 AM Registration, Sign-in, Zoom Housekeeping, Introductions

10:00 AM-11:05 AM Psychotherapy for chronic pain informed by hypnosis and

mindfulness

11:05 AM-11:15 AM Q and A, Break as needed (time/duration approximate)

11:15 AM-12:45 PM Non-dualism, the illusion of self and initial training in meditation

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. Describe the biological, psychological and social components of a model to assess chronic pain for hypnotically based management.
2. Articulate how implicit learning and priming serve as scientifically based methods to elicit unconscious processing for hypnotic interventions.
3. Perform hypnotic inductions for pain that combine suggestions for modifying negative thoughts about pain with pain reduction

Presenter:

David R. Patterson, PhD, ABPP, ABPH, is a professor emeritus in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine. He is the former head of the Division of Psychology for his home department and cochair of the ethics committee at Harborview Medical Center. Dr. Patterson worked as a clinical psychologist at Harborview Medical Center from 1983 to 2023, particularly in the burn unit and the psychology consultation and Liaison service he created. Over the past 10 years his career has focused on psychotherapy for patients with pain, disability, and terminal illness. He holds diplomate degrees in the areas of psychological hypnosis and rehabilitation psychology. Dr Patterson was instrumental in creating psychology intern and postdoctoral training programs for and mentored hundreds of clinical and research students. His research has funded by the National Institutes of Health since 1989 for 30 years and he has published over 150 articles and chapters in the areas of hypnosis and pain control. His articles can be found in such journals as *Psychological Bulletin*, *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Pain*, *American Psychologist*, and the *New England Journal of Medicine*. Dave has worked closely with Mark Jensen PhD as a co-author on grants and papers. His most recent work has emphasized combining hypnosis with Zen Buddhism and the neurophysiology of consciousness.

References:

Bargh J. A. (2019). The modern unconscious. *World Psychiatry*, 18(2), 225–226.
(Learning Objective #2)

Jensen, M.P., Adachi, T., Tomé-Pires, C. & Miró, J. (2015). Mechanisms of hypnosis: Toward the development of a biopsychosocial model. *International Journal of*

Clinical and Experimental Hypnosis, 63(1), 34-75 . (Learning Objective #1)

Jensen, M.P., Mendoza, M.E., Ehde, D.M., et al. (2020). Effects of hypnosis, cognitive therapy, hypnotic cognitive therapy and pain education in adults with chronic pain: A randomized clinical trial. *Pain*, 161(10), 2284-2298. (Learning Objective #3)

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 11/9/2024

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.