



The Greater Philadelphia Society of Clinical Hypnosis

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

Ellen L. Wright., Ph.D.

Present

From Spiraling to Unraveling: The Hypnotherapeutic Treatment of Anxiety

Presented by: Douglas Flemons PhD

DATE: March 16, 2025

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

Workshop Description:

The feral feel of anxiety tends to inspire antagonistic efforts to rein it in. Clients may initially seek you out because they're hoping hypnosis will help them conquer their tachycardia, worried thoughts, fainting, IBS, excessive sweating, or panic attacks. However, hypnosis is best employed not to try to dominate or banish such symptoms, but, rather, to invite their unraveling and dissolution through the facilitation of effortless—avolitional—shifts and alterations in how clients make sense of and respond to anxious experience.

In this three-hour webinar, we'll tease out some of the common intra- and interactive patterns of anxiety and illuminate key hypnotic strategies for therapeutically altering them. You will learn how to approach hypnosis as a vehicle not for enhanced control but, rather, for inviting curiosity, creative collaboration and coordination, and extemporaneous invention and discovery.

Outline of Program:

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

10:00 AM-11:05 AM

- The standard understanding of anxiety as a reified *something*
- Reconceiving anxiety in terms of intra- and interpersonal patterns of mind-body interaction
- The self-referential nature of anxious experience

- Why efforts to counter or ignore anxiety tend to exacerbate it
- Why relaxation and breathing techniques are often of limited use in treating anxiety
- Why hypnosis is particularly suited to the treatment of anxiety
- Undertaking hypnosis as a means of unraveling and dissipating anxiety
- Illustrative case descriptions

11:05 AM-11:15 AM Break

11:15 AM-11:30 AM Q and A

11:30 AM-12:45 PM

- Creating a context for hypnotic change:
 - classifying anxiety as a mind-body response to challenging circumstances
 - inviting alternative mind-body collaborations
 - nurturing expectancy
- A getting-in-sync induction: utilizing extemporaneous experience to invite hypnotic responsiveness
- Putting avolitional agency in service of hypnotherapeutic change:
 - acknowledging, allowing, gathering, and releasing
 - anticipating and inviting minor shifts in anxious thoughts, images, sensations, and body rhythms
 - unraveling self-referential spirals
- Illustrative case descriptions

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. Contrast control- and coordination-based approaches to treating anxiety
2. Outline the self-referential spiraling inherent in anxiety and panic
3. Identify 3 symptoms of anxiety as the result of mind-body efforts to meet a challenge
4. Describe 2 ways to alter symptoms of anxiety

Presenter:

Douglas Flemons, Ph.D., is a Canadian-American family therapist. Professor Emeritus at Nova Southeastern University, he is an AAMFT Approved Supervisor and Clinical Fellow. Flemons is the author of two books on hypnosis (*Of One Mind* and, most recently, *The Heart and Mind of Hypnotherapy*); co-editor of three editions of *Quickies: The Handbook of Brief Sex Therapy*; and co-author of *Relational Suicide Assessment* (all published by W. W. Norton). His recently completed book on empathy (working title: *Empathic Engagement: A Clinical Guide*) will be published by APA in late 2025. In 2021, the *American Journal of Clinical Hypnosis* awarded Flemons the *Milton H. Erickson Award for Scientific Excellence in Writing on Clinical Hypnosis* for his article, "Toward a Relational Theory of Hypnosis." He has presented throughout North America and internationally on a variety of topics, and, since 1993, has offered an (almost) annual Florida-Board-approved 50-hour hypnosis workshop. He currently lives with his wife in Asheville, NC.

References:

Flemons, D. (2019). Heating up to cool down: An *encountering* approach to Ericksonian hypnotherapy and brief therapy. In M.F. Hoyt & M. Bobele (Eds.), *Creative therapy in challenging situations: Unusual interventions to help clients* (pp. 70-79). New York, NY: Routledge. (Learning objective #2)

Flemons, D. (2020). Toward a relational theory of hypnosis. *American Journal of Clinical Hypnosis*, 64(4), 344-363. DOI: 10.1080/00029157.2019.1666700 (Learning objective #3)

Flemons, D. (2023). Unraveling depression: Principles and practices of clinical hypnosis. *American Journal of Clinical Hypnosis*, 66(1), 6–19. <https://doi.org/10.1080/00029157.2023.2208622> (Learning objective #1)

Flemons, D. (2024). Mind, self, and hypnosis: A relational theory. In J. H. Linden, G. De Benedittis, L. I. Sugarman, & K. Varga (Eds.), *The Routledge international handbook of clinical hypnosis* (pp. 89-104). Routledge. DOI: 10.4324/9781003449126-10 (Learning objective #1)

Ramos, C., & Flemons, D. (2022). Relational hypnotherapy for a phobia of blood and needles: A context-enriched conversation analysis. *Journal of Systemic Therapies*, 41(1) 52-70. <https://doi.org/10.1521/jsyt.2022.41.1.52> (Learning objective #4)

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 1/14/2025

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.