



**The Greater Philadelphia Society
of Clinical Hypnosis**

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

Clinical Practice Enrichment Series

Present

Women's Health and Hypnosis

Presenter: Julie H. Linden PhD

DATE: September 27, 2026

Time: 10 am - 1 pm (*see schedule below*)

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

Zoom Webinar

Outline of Program:

10:00 AM-11:05 AM Definitions of terms, i.e., sex and gender, stereotypes and archetypes of women, hypnosis and trance; the 5-E's model, socio-psychobiological hypnosis, conversational hypnosis. Technique on airport observation. Technique on sexual identity.

11:05 AM-11:15 AM Q and A, Break as needed

11:15 AM-12:45 PM Case illustrations and hypnosis techniques for each of the 5-E's. Empathy, Empowerment, Equality, Ego-Strengthening, Embodiment addressing medical conditions, leadership, roles for women at all stages of life.

12:45 PM-1:00 PM Q&A, Integration, Conclusion, Evaluation

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

Workshop Description:

Women's health across the lifespan benefits from hypnosis and suggestive communication. The usefulness of a Social-psychobiological model of hypnosis will be discussed. Clinicians will be introduced to the 5 E's model of Feminist Hypnosis, Empathy, Empowerment, Equality, Ego-Strengthen, and Embodiment, and its applications to the female's development, medical conditions, and psychotherapy. Techniques to access resources, reduce anxiety, and bring about positive outcomes will be taught and practiced. The focus of this workshop is intended to be on women and to be inclusive or all people who identify as female. The same techniques can be applied to people of all genders.

Program Learning Objectives:

At the end of this learning experience, participants will be able to:

1. Describe the 5E's model and its application in hypnosis (Banyai, 1991; Sugarman & Linden, 2020)
2. Explain and employ at least 3 suggestive techniques for reducing anxiety (Daitch, 2018; Haidt, 2024)
3. Illustrate the use of ego-strengthening suggestions in disorders of functional GI (Linden, 2019; McNeal, 2020)

Presenter:

Julie H. Linden, clinical psychologist, is the Past President of the International Society of Hypnosis (ISH). Both the beginning and end of her presidency were marked by the two largest scientific hypnosis congresses in the history of ISH, with more than 2500 participants from 56 countries contributing to their success. She is also a Past President of the American Society of Clinical Hypnosis and Past President of the Greater Philadelphia Society of Clinical Hypnosis.

Julie is coauthor of *Changing Minds with Clinical Hypnosis: Narratives and Discourse for a New Health Care Paradigm*, written with Physician, Laurence I Sugarman and Poet, Lee Brooks. Most recently she was Editor-in-Chief of *The Routledge International Handbook of Clinical Hypnosis*, with editors Giuseppe De Benedittis, Laurence I Sugarman, and Katalin Varga.

This compendium is the most up to date, and truly global gathering of experts (93 contributors) in the field of clinical hypnosis. It is comprised of cutting-edge neuroscience research, a comprehensive overview of past and present theory, and the integrated practice of hypnosis in health and clinical care.

Long before integrative medicine was popular, she was integrating hypnosis principles and skills into a wide range of areas. In medical settings she was an early (1975) pioneer of pediatric hypnotic pain management and facilitating healing in both acute care, e.g., burn patients, medical procedures, emergency room presentations, and preparation for surgery, as well as chronic illness care, e.g., kidney dialysis; oncology; cystic fibrosis, to name a few. In clinical psychology she has forged the path on the integration of play therapy, trauma, and hypnosis. She has taught workshops for ASCH, SCEH, ISH, ESH, on these topics and lectures and consults about psychotherapy with children, trauma and hypnosis all over the world.

In 2003 she received the Josephine Hilgard Award from the *American Journal of Clinical Hypnosis*, *AJCH*, for her paper, “Playful Metaphors” about the use of hypnosis with children. In 2007 she was again a recipient of the *American Journal of Clinical Hypnosis* Josephine R. Hilgard Award for Scientific Excellence in Writing on Pediatric/Adolescent Uses of Hypnosis for the article “Hypnotically Enhanced Dreaming to Achieve Symptom Reduction, with Anuj Bhardwaj, MD and Ran D. Anbar, MD. In 2018 she was the recipient of the ISH Benjamin Franklin Gold Medal award: “Distinguished leader, master clinician, effective teacher, respected colleague, and reliable friend to the field. Your longstanding commitment, depth of knowledge, wisdom, creativity, and humanity have advanced the practice of hypnosis worldwide.”

Julie works with clients of all ages and has contributed to the understanding of hypnotic work in a developmental framework. Her varied interests and writings range from children and adolescents; trauma, hypnotic sandtray; gender-sensitive hypnosis and feminist hypnotherapy; ego state therapy; hypnosis and creativity; hypnosis and the brain-gut connection; education and training in hypnosis; as well as hypnosis and leadership.

Passionate about hypnosis best describes Julie, as she enthusiastically travels the world, lecturing and training others on the enormous potential for healthy change when hypnosis is incorporated into one’s health care practice.

References:

Bányai, É. I. (1991). Toward a social-psychobiological model of hypnosis. In Lynn, S. J., Rhue, J. W. (Eds.) *Theories of hypnosis: Current models and perspectives*. New York, London: Guilford Press, 564-598.

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Haidt, J. (2024). *The Anxious Generation*. Penguin Press, NY.

Linden, J. (1999). Discussion of symposium enhancing healing: The contributions of hypnosis to women’s health care. *American Journal of Clinical Hypnosis*, 42, 140-145.

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Linden, J. (2015). Brain–Gut Bi-Directional Axis and Hypnotic Communication, *American Journal of Clinical Hypnosis*, 58:1, 1-4, DOI:10.1080/00029157.2015.1040294

Linden, J. (2019). Ego Strengthening Tools for the Empowerment of Women. Chapter 4 in Jensen, M. (Ed.) (2019) *Handbook of Hypnotic Techniques*, Vol. 1. Pp. 55-66. Seattle, WA: Denney Creek Press.

McNeal, S., & Frederick, C. (1993). Inner strength and other techniques for ego strengthening. *American Journal of Clinical Hypnosis*, 35(3), 170–178.
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McNeal S. (2020). Hypnotic Ego-strengthening: Where We've Been and the Road Ahead. *Am J Clin Hypn*. 2020 Apr;62(4):392-408. doi: 10.1080/00029157.2019.1709151. PMID: 32216626.

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Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website or by clicking [here](#).

- 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, 1315 Walnut Street, Suite 1700, Philadelphia, PA 19146. Once the payment and workshop evaluation are received by Dr. Kopple, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: September 25, 2026

Refund Policy: Requests for registration fee refunds must be received in writing (email or postmark) no later than midnight on the Friday before the webinar, i.e., before 11:59pm, Friday, September 25, 2026. No refunds will be provided thereafter.]

AUDIENCE/SKILL LEVEL: This program is intended for mental health professionals with an intermediate level of knowledge and experience and a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This Greater Philadelphia Society of Clinical Hypnosis webinar is sponsored by Clinical Practice Enrichment Series (CPES). Clinical Practice Enrichment Series 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 CE Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact admin@gpsch.org.

Additional Information:

PLATFORM: Zoom link will be sent the week prior to the program.