

# Northern Virginia Clinical Psychologists

Presents a 20-hour *VIRTUAL* CEU Program on June 25-27, 2021

## Level I Clinical Hypnosis Workshop

**PRESENTER: David B. Reid, Psy.D., FASCH  
ASCH Fellow and ASCH Approved Consultant  
Saybrook University**

**PLACE:** Zoom Link provided to paid Paypal registrants

**COST:** \$457

**PROGRAM OVERVIEW:** Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above. Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians. The benefits of using clinical hypnosis in treatment situations include:

- Rapid establishment of rapport and the hypnotic relationship developmental and readiness to change stages.
- Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.
- Cost-effective, collaborative, person-centered treatment.
- Providing patients with life-long skills for better health.

Many professional organizations strongly recommend that all clinicians practicing clinical hypnosis participate in at least a Level I training. It is the first of a series of training workshops that are offered by several national and international organizations. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants.

**LEARNING OBJECTIVES:** At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. Upon completion of this workshop, participants will be able to do the following in their clinical practices:

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.

- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

\*This workshop includes 20 continuing education hours, provided by Virginia Academy of Clinical Psychologists (VACP). Please note that attendance of all sessions is required to earn continuing education credit for this program. Partial credit is not provided.

**SPEAKER:** David B. Reid, Psy.D., FASCH, ASCH Fellow and ASCH Approved Consultant

Dr. David Reid is a licensed clinical psychologist, author, and has served as an Adjunct Clinical Professor at James Madison University and Saybrook University. Dr. Reid completed a postdoctoral fellowship in rehabilitation and neuropsychology at the University of Virginia in 1993. He is an Approved Consultant and Faculty member with the American Society of Clinical Hypnosis (ASCH), a Science Editor for the Journal of Clinical Hypnosis, Chair of the Society of Clinical and Experimental Hypnosis (SCEH) Certification Committee, and President-Elect of American Psychological Association (APA) Division 30 (Psychological Hypnosis). Dr. Reid is the coauthor of *Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies* (2010) and an award-winning author of *Hypnosis for Behavioral Health* (2012), a professional text honored by The Society for Clinical and Experimental Hypnosis as the best book on hypnosis in 2013.

## **SCHEDULE**

**Friday** (Tentative Schedule; Final Schedule may vary by an hour and will be updated with registrants)

- |             |  |
|-------------|--|
| 12:30 –1:30 | Introduction to Clinical Hypnosis, Myths, Misconceptions, definitions, History     |
| 1:30 - 3:00 | Why Hypnosis?<br>Principles & Process of Rapport, Facilitation & Reorienting       |
| 3:00 – 3:15 | Break  |
| 3:15 – 4:15 | Demonstrating Facilitating a Trance State and Introduction to Small Group Practice |
| 4:15 – 5:30 | Small Group Practice 1 (Rapport, Introducing hypnosis, Eye fixation)               |
| 5:30 - 5:45 | Break  |
| 5:45 - 6:45 | Intensification/Deepening/Reorienting  |
| 6:45 –7:45  | Hypnotic Phenomena   |

## **Saturday**

- |              |  |
|--------------|--|
| 8:15 - 9:15  | Neurophysiology of Hypnosis  |
| 9:15–10:00   | Fundamentals of Hypnotic Communication and Formulating Suggestions                             |
| 10:00–10:15  | Break  |
| 10:15- 11:45 | Small Group Practice 2 (Eye roll, Ego Strengthening Suggestions)                               |
| 11:45–12:30  | Ego Strengthening  |
| 12:30 -1:30  | Lunch  |
| 1:30 - 3:15  | The Art of Permissiveness and Managing “Resistance”<br>Small Group Practice Questions and Plan |
| 3:15 – 3:30  | Break  |
| 3:30 – 5:15  | Small Group Practice 3 (Naturalistic, Conversational Facilitation)                             |

- 5:15 – 6:00 Group Experience/Demonstration  
6:00 – 6:45 Patient/Client Assessment/Presenting Hypnosis

## Sunday

- 8:00 – 10:30 Small Group Practice 4 (Practice what you want)  
10:30- 10:45 Break  
10:45 –11:30 Treatment Planning: The Hypnosis Toolbox  
11:30– 12:15 Integrating Hypnosis into Practice: Reid’s GPS guide  
12:15 - 1:00 Putting it All Together & Anatomy of a Hypnotic Experience  
1:00 –1:30 Ethical Principles/Professional Conduct; Membership/Certification  
Group Hypnosis Experience

### REGISTRATION INFORMATION:

Registration for this CE will be done in three steps. Space is VERY limited and the virtual workshop will be capped at six to ensure quality experiential opportunities. Please follow these steps if interested in registering:

- (1) Email Tiffany Duffing, PhD ([NVCPCECHAIR@google.com](mailto:NVCPCECHAIR@google.com)) to ask if there is space and request to join. Emails will be processed in the order they are received.
- (2) A response to your email will be sent notifying you if there is still space. If there is space, a Paypal invoice will be sent to you for \$457, which is expected to be paid within 24 hours given the short registration timeline. Attendance for the CE will be taken throughout the event. Participants must be present for the entire event, without notable tardiness, in order to earn any CE credits. No partial credit will be offered. For this CE event, no credits or refunds will be offered for any reason after payment has been made.
- (3) Once payment is received, a Zoom link will be sent within 48 hours. This is the only confirmation email that will be sent. Please save the email/link.

If you are unfamiliar with Zoom or may require technical assistance, please login 10 minutes early. Once the presentation has started, no technical assistance will be available. Participants will be muted when the presentation begins and are asked to remain muted until the presenter notes otherwise. For your awareness, parts of the presentations may be recorded.

Questions and concerns may be directed to the NVCP CE Chair, Tiffany Duffing, PhD, at [NVCPCEChair@gmail.com](mailto:NVCPCEChair@gmail.com). Please be aware that replies may take up to 48 hours.

\*\*\*\*\*  
*Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost CE events, quarterly newsletters, message board forum, and a website ([www.nv-cp.org](http://www.nv-cp.org)). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Laurentia Ruby at [laurentia.ruby@verizon.net](mailto:laurentia.ruby@verizon.net), or call 703-839-2523, or visit website at [www.nv-cp.org](http://www.nv-cp.org). Be sure to join soon, as membership is based on a calendar year.*