

**18th Annual  
Clinical Hypnosis Workshops  
for Health Care Professionals**  
*Expanding Possibilities for Healing*

**Basic Track Training  
September 29 – October 1, 2017**  
Medical Hypnosis Consultants, PLLC  
3721-A University Drive  
Durham, NC 27707



**Medical Hypnosis Consultants, PLLC  
Wellness Consultants International**  
Supported by:  
**Duke Integrative Medicine**  
University of North Carolina Program on Integrative Medicine

## Course Description

This program is intended for counselors, psychologists, social workers, physicians, and professionals in related fields (see admission requirements). It is intentionally labeled a workshop since it is designed to be a “hands-on” experience. While it utilizes didactic presentations and demonstrations, all participants will be given supervised training in the induction of trance and its utilization. Because of the emphasis on supervised practice, the number of workshop participants is limited.

**Basic Track:** For those who have little or no experience in formal hypnosis training and in utilizing hypnosis with clients/patients. Basic induction techniques will be taught and practiced in small groups. Principles of deepening and termination as well as utilization will be addressed. The faculty will teach the nuances of hypnotic language, and how to formulate hypnotic suggestions. Participants will also learn self-hypnosis.

## Course Objectives

Completion of this course should give you a better understanding of:

- Myths and misconceptions about hypnosis.
- How to define hypnosis, trance and suggestion.
- The use of formal hypnotic inductions.
- The phenomenon that can occur with the use of hypnosis.
- How to formulate hypnotic suggestions.
- How to utilize hypnosis in your practice.
- The personal use of autohypnosis.

**Past participant feedback:** *“I wanted to let you know how impressed I was with the excellent program you put together. The leadership was diverse and intelligent, and all were terrific mentors in their own specialties. The flow of content and practice was orchestrated smoothly and with a perfect balance that kept me ever hungry for more- and alert through the extended hours.”*

## Course Credit

This workshop is approved by the American Society of Clinical Hypnosis (ASCH) for 20 hours of continuing education. These hours count towards the 40 hours required for certification.

## Faculty

*Course Coordinator:*

**Holly Forester-Miller, Ph.D., LPC**, President Medical Hypnosis Consultants, PLLC and Wellness Consultants International; Founder, Medical Hypnosis Foundation; ASCH Approved Consultant; 15 years as Medical Center Instructor/Small Group Leader, Practice Course, Duke University Medical Center, Durham, NC. Developed course and Teach - Self-Hypnosis for Cancer Patients, Duke Raleigh Cancer Center. Chair of the Training and Consultation Workshop (TCW) for ASCH. Treasurer-elect of the American Society of Clinical Hypnosis

**G. Lane Wagaman, EdD**, Licensed Psychologist, Health Services Provider Psychologist. Member, Approved Consultant, Co-Chair, Education Committee, American Society of Clinical Hypnosis; Member, Society of Clinical and Experimental Hypnosis; Diplomate, American Academy of Pain Management; Clinical Associate Professor and Preceptor, Family Medicine Residency Program, West Virginia School of Osteopathic Medicine and Greenbrier Valley Medical Center; Independent practice of Psychology, Carolina Rehabilitation and Surgical Associates, Cary, NC, and HRC Behavioral Medicine and Psychiatry, PA, Raleigh, NC.

# Program

## *Friday, September 29, 2017*

- 12:15-12:30 **Registration**  
12:30 -12:45 **Orientation and Meet the Faculty**  
12:45 -2:30 **Nature of Hypnosis, History, Myths and  
Misconceptions, Hypnotic Phenomena**  
2:30 -2:45 **Break**  
2:45 -5:30 **Deepening, Termination, Presenting  
Hypnosis to Patients, Informed  
Consent, Hypnosis and Memory, and  
Demonstration of Inductions**  
5:30 -6:00 **Break**  
6:00 - 7:30 **Small Group Practice**

## *Saturday, September 30, 2017*

- 8:00-9:30 **Use of Language**  
9:30-10:45 **Small Group Practice**  
10:45-11:00 **Break**  
11:00-12:30 **Pain Management and Physiological  
Control**  
12:30-1:30 **Lunch on your own**  
1:30- 3:00 **Ego Strengthening; Anxiety and Phobias**  
3:00- 3:30 **Hypnotic Susceptibility Scales, Stages of Hypnosis**  
3:30 - 3:45 **Break**  
3:45-5:15 **Small Group Practice**  
5:15-6:30 **Formulating Hypnotic Suggestions**

## *Sunday, October 1, 2017*

- 8:00- 9:45 **Self-Hypnosis & Managing Resistance**  
9:45-10:30 **Therapeutic Applications of Hypnotic Phenomena**  
10:30-11:00 **Break**  
11:00-12:00 **Treatment Planning, Strategy and Technique Selection**  
12:00-12:45 **Demonstration: Putting It All Together**  
12 :45-1:30 **ASCH Ethical Code & Certification  
Q & A and Conference Wrap-up**

## Workshop Eligibility

Admission to the workshop is open to persons holding doctoral degrees in counseling, medicine, dentistry, psychology and related fields. Persons holding a master's degree in counseling, social work, nursing, or counseling/clinical psychology who are licensed by the state in which they practice are also eligible. Students and trainees actively enrolled in programs leading to these degrees are eligible and encouraged to attend.

Inquiries concerning eligibility should be addressed to Holly Forester-Miller, Ph.D., course coordinator, (919) 403-7229. The course coordinator reserves the right to make decisions concerning admission to the workshop as well as participant placement in the appropriate track.

*To join us for this workshop, please complete the attached registration form and return it along with your fee (make check payable to Medical Hypnosis Consultants, PLLC).*

## Lodging

A limited number of 1 and 2 person rooms are being held for participants at the La Quinta Inn, Durham, NC. Please make your reservations early and directly with the hotel by calling (919) 401-9660, reference Medical Hypnosis Consultants.

### **Workshop Location:**

3721-A University Dr.  
Durham, NC 27707

**Directions:** From NC 147 take exit 16B - 15-501 toward Chapel Hill to exit 105B Martin Luther King Jr. Blvd. Turn left onto University Drive. After the light at the intersection of Shannon Rd and University Dr, University Commons is 0.2 mile on the right. We are in the first building on the West end of the complex, the door faces University Drive.

**For directions from other locations go to:**

[Wciconsultants.org](http://Wciconsultants.org)

(Early registration is suggested as participation is limited)

Please type or print clearly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone \_\_\_\_\_

E-mail address: \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Degree & Specialty: \_\_\_\_\_

License(s) Field: \_\_\_\_\_

State & License No: \_\_\_\_\_

First name to be used on name badge \_\_\_\_\_

Please print the exact name you would like printed on your certificate:

Name: \_\_\_\_\_

### Course Fees\*\*

Early Registration (postmarked by September 11, 2017) .....	\$425.00
Regular Registration .....	\$465.00
Interns and Residents.....	\$300.00
Student (full-time).....	\$235.00
(Documentation of full-time student status required)	
On-site registration fee.....	add \$25.00

\*\* Please make check payable to: Medical Hypnosis Consultants, PLLC

**Mail payment with this form to:**  
**Medical Hypnosis Consultants, PLLC**  
**3721-A University Drive**  
**Durham, NC 27707**

**Important:** If you are unable to attend the workshop after you have registered, you must notify us in writing at least two weeks prior to the program in order to receive a refund. No refunds for workshop fees will be made after that time.

**A \$50 fee will be charged for cancelled registrations.**

If you have any concerns or complaints about this or any of our workshops, please contact Dr. Forester-Miller. 919 403-7229.

## Scholarships

A limited number of student scholarships are available.

Contact **Dr. Holly Forester-Miller** for application information at:  
[HFM@WCIconsultants.org](mailto:HFM@WCIconsultants.org)

A faculty letter/email verifying **full-time** student status is required.

Scholarships applications will be reviewed based on the order in which completed applications are received.