

***The Canadian Society of Clinical Hypnosis  
Ontario Division***



Mission Statement: To promote the use of clinical hypnosis by regulated health professionals in the therapeutic treatment of individuals through education and training, collegial support among clinicians, and liaison with other professional hypnosis societies, in a manner consistent with the highest standards of ethical practice.

## **ADVANCED WORKSHOP**

**An advanced workshop on energy psychology,  
hypnosis, and chronic pain**

with

**Maggie Phillips Ph.D.**

**June 7<sup>th</sup> & 8<sup>th</sup>, 2008  
(Saturday and Sunday)**

**ROYAL CANADIAN MILITARY INSTITUTE  
426 University Ave., Toronto, Ontario**

**The CSCH-OD AGM will take place at lunchtime, Saturday June 7<sup>th</sup> 12-1:30**

**CONFERENCE COMMITTEE:**

Drs. Annette Lorenz, Sid Freedman, Heather Aubry and Lynn Marshall

**COMPONENT SECTION: CANADIAN FEDERATION OF CLINICAL HYPNOSIS/  
FÉDÉRATION CANADIENNE D'HYPNOSE CLINIQUE**

**AMERICAN SOCIETY OF CLINICAL HYPNOSIS**

## Dr. Maggie Phillips

Maggie Phillips, Ph.D, lives and works as a clinical psychologist in the Oakland Hills above the San Francisco Bay. She has taught at major conferences on hypnosis, EMDR, behavioral medicine, Somatic Experiencing™ and Energy Psychology in the U.S., Canada, Europe, South Africa, Australia, Scandinavia, Hong Kong, Malaysia, and Japan. As the author of numerous papers and articles on trauma, dissociation, ego-state therapy, hypnosis, and mind-body healing, she specializes in the treatment of stress and pain disorders. She is a Fellow of the American Society of Clinical Hypnosis and the International Society for the Study of Dissociation. Dr. Phillips is recipient of the Cornelia Wilbur award from International Society for the Study of Trauma and Dissociation for contributions to the study of dissociation and of the Crasilneck award for the best first paper in the field of hypnosis.



Dr. Phillips is author of three books. Her latest book, *Reversing Chronic Pain*, was released in September/October, 2007. Her other books are *Finding the Energy to Heal* (W.W. Norton, 2000) and co-author of *Healing the Divided Self* (W.W. Norton, 1995). She has also recorded two CD programs on pain: *Hypnosis: The Pain Solution* and *Hypnosis: The*

*Headache Solution*. As an innovator in mindbody healing and in the treatment of persistent pain, Dr. Phillips is particularly interested in the interface of trauma, dissociation, and pain conditions.

## Workshop Outline

This two-day workshop is designed to teach both the art and science of working with the wisdom and resources of the body to heal mind-body symptoms and reverse the effects of emotional and physical trauma. Although the body is acknowledged as an important partner in the healing process, there are few models that can be applied effectively in a wide variety of settings. The model of Somatic Experiencing™ (SE), based on the study of resiliency responses of animals and humans to threat, provides gentle yet powerful interventions that can be incorporated into any practice setting. As time permits, a multi-modal approach drawn from Energy Psychology, structured imagery, ego-state therapy, mindfulness, breathing techniques, and Ericksonian hypnosis will be used to expand the scope of the Somatic Experiencing™ model. The workshop format for both days includes lecture, discussion, practical case examples, live demonstrations, practice exercises, and consultation.

**Day One** will focus on the treatment of complex PTSD (Posttraumatic Stress Disorder) and the Dissociative Disorders. This first level will emphasize the latest advances from the fields of neurobiology and psychoneuro-immunology that are relevant to effective treatment. Topic areas for discussion will include treatment of anxiety, panic, and depression, attachment trauma, and other post-traumatic phenomena; and the importance of teaching self-regulation to patients. We will also explore the interface between trauma and various mind-body symptoms. Participants will learn how Somatic Experiencing™ techniques can be used to detect and resolve constriction in the body and dysregulation of the nervous system that contributes to a wide spectrum of clinical, medical, and learning problems.

**Day Two** will review the major mechanisms of pain including the dynamics of the central nervous system, Melzack and Wall's Gate Theory, the common pathways of emotional and physical pain, the role of neuropeptides and neurotransmitters, and distinctions between pain and suffering. Specific techniques will be demonstrated and practiced which can help to rebalance the nervous system, provide rapid pain relief, activate the parasympathetic restoration cycle, and teach self-regulation. Additional tools to promote site-specific healing and to resolve common barriers to the resolution of chronic pain will also be presented as time permits. Opportunity for clinical case discussion and consultation will also be provided.

## Saturday June 7th

### Introductions

Brief review of participant interests and needs  
Overview of workshop

### How the Brain Operates During Posttraumatic Stress: PNI research

Why the brain matters  
The animal model of stress and threat  
The cortisol factor  
The effects of relationship on stress  
The interaction of emotional states and stress  
The stresses of the first 2 years of life, including prenatal and perinatal distress  
How symptoms form: The stress-diathesis model  
The importance of bottom-up trauma processing

### The Body as Healer

5-step model for working with the body as an instrument of healing and regulation of the nervous system  
Using the breath to develop the calming response  
Focusing on the body and the felt sense  
3 strategies to teach exploration of body experience  
Rebalancing the mind-body system through pendulum rhythms and oscillation  
Demonstrations and practice

### Closing

Questions & answers  
Case consultation and discussion

### Saturday Schedule

Registration and continental breakfast: 8-9am

Workshop 9-5:30

Lunch 12:00-1:30

Morning Break 10:30 – 10:45

Afternoon Break 2:30 to 2:45

AGM Sat, June 7th 12-1:30

## Sunday June 8th

### Introductions

Review objectives  
Overview of the presentation  
Brief review of participants' needs, interests, and experiences in treating emotional and physical pain

## **Multiple Mechanisms of Pain**

How emotional and physical pain are identical

Evaluating pain: Mind, body, heart, and soul

Biology, psychology, and energy dynamics of pain

- The functions of pain

- The major types of pain

- The reign of pain is mainly in the brain: Psychobiology and the polyvagal system

- The gate theory

- Impact of unresolved traumatic stress and emotional/physical distress

Understanding the energy dynamics of pain

Roleplay Demonstration: Setting the Stage for Treatment: How to talk to patients about their pain

## **Treatment of Emotional and Physical Post-Traumatic Pain: SE and EP**

The top 5 strategies that make the biggest difference in pain: Current research evidence

A 10 step, skill-based model to treat pain effectively

How to turn on the body's self-regulation system

Approaches to close the gates on pain

Healing the spiritual dynamics of pain

**Demonstrations and exercises**

## **Techniques to Reduce and Reverse Pain**

Breathing and mindfulness

The felt sense and the inner guidance system

Relaxation response

Using imagery and self-suggestion with pain

Energy Psychology approaches

Maximizing self-treatment

**Demonstrations and practice exercises**

## **Treating Psychological Issues related to Pain**

How trauma is often the "root cause" of chronic pain conditions

Mitigating fight-flight-freeze reactions

Healing the heart of pain: Transforming unattended grief and suffering

Repair internal conflicts that block healing

**Demonstrations and experiential exercises**

## **Prevention of Chronic Pain**

Daily energy self-care

Stress reduction

Rebalancing the energy system in times of vulnerability

**Demonstrations and practice exercises**

## **Closing and Course Evaluation**

### **Sunday Schedule**

Continental breakfast: 8-9am

Workshop 9-5:00

Lunch 12:00-1:00

Morning Break 10:30 – 10:45

Afternoon Break 2:30 to 2:45

## ATTENTION ALL REGISTRANTS

For the purpose of providing continuing education credits, we will have sign-in sheets to track attendance.

Certificates will be provided after completion of the two-day workshop.

## REGISTRATION FEES

### ADVANCED WORKSHOP:

<b>Members (CSCH, CFCH, ASCH)</b>	\$395
<b>After May 1<sup>st</sup></b>	\$445
<b>Non-Members</b>	\$445
<b>After May 1<sup>st</sup></b>	\$495
<b>Students</b>	\$295
<b>After May 1st</b>	\$345

Fees include continental breakfast and lunch on both days.

## ELIGIBILITY

Open to all licensed/registered health care providers, who are regulated by a College under RHPA or equivalent, and to Social Workers with a Masters degree, registered in the College of Social Work or equivalent.

Students in graduate programs working towards a Masters or Doctorate in a healthcare discipline or in Social Work are eligible to register.

**Completion of an approved introductory hypnosis workshop is a prerequisite to attend this advanced workshop.**

## WORKSHOP VENUE

The workshop will take place at the **Royal Canadian Military Institute (RCMI)**, 426 University Ave. in Toronto. It is located on the west side, just south of Dundas St. For those taking public transportation, the closest subway stop is St. Patrick station. Please note that on Sundays, the subway does not start until 9:00 a.m.

**Parking:** There is a parkade on the north side of Dundas, one block east of University Ave at Centre St. You can park for \$5.00 for the whole day.

Please note: We have been fortunate to be able to hold our workshops at this private club through the assistance of one of our members. The Institute has some rules we must respect: **Please do not wear jeans or running shoes.** Otherwise, casual dress is permitted. Also, please respectfully refrain from using cell phones inside the Institute meeting areas.

**Accommodation:** Courtyard by Marriott (800-847-5075), and Toronto Marriott Downtown, Eaton Centre (800-905-0667) are located not too far from the workshop venue. Other hotels and bed & breakfast listings may be found at: [www.torontotourism.com/Visitor/WhereToStay](http://www.torontotourism.com/Visitor/WhereToStay). (The downtown locations section would be most relevant.) There are no special workshop-related rates available; however, we understand that individuals can obtain reasonable rates by mentioning their institutional and professional affiliation or CAA membership.

## ATTENTION NON-MEMBERS

**The discount our members get for workshops, both in Ontario and elsewhere, pays for their membership!**

Membership is \$150 a year. Think about joining us! In order to provide the discount for *this* workshop, we require your completed membership application, workshop registration and payment by May 1st, 2008 to allow time for application processing.

For membership information and an application form, see our web site:

<http://www.clinicalhypnosis.ca/CFCH08/Ontario/Membership.html>

## REGISTRATION INFORMATION

### CSCH-OD Advanced Workshop June 7<sup>th</sup> and 8<sup>th</sup>, 2008

For inquiries, contact:

Dr. Heather Aubry: (705) 840-1212

[heatheraubry@sympatico.ca](mailto:heatheraubry@sympatico.ca)

or

Dr. Annette Lorenz: (905) 338-2195

[alorenz@cogeco.ca](mailto:alorenz@cogeco.ca)

## CANCELLATION POLICY

A \$25 administration fee will be charged for cancellations.

## MEMBERSHIP POLICY

Current CSCH-OD members who are in arrears in their membership must become fully paid up or include their outstanding dues with the workshop fee to receive the members' discount.

## Society Meetings

The CSCH-OD AGM will be held during lunch on Day 1 of the workshop.

Location: Royal Canadian Military Institute (RCMI), 426 University Ave. in Toronto in the Dining Room.

Date: Saturday June 7<sup>th</sup> 2008

Time: 12:00 p.m. to 1:30 p.m.

Agenda highlights:

- President's Report
  - reports of officers and committee chairs
  - election of the Board
  - amendments to the Bylaws
  - and other exciting stuff
-



## Advanced Workshop June 7<sup>th</sup> and 8<sup>th</sup> 2008

(Please Print)

TITLE: Dr. Mr. Mrs. Ms.  
LAST NAME: \_\_\_\_\_  
FIRST NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

BUSINESS PHONE: ( ) \_\_\_\_\_

RES. PHONE: ( ) \_\_\_\_\_

FAX NUMBER: ( ) \_\_\_\_\_

**E-MAIL ADDRESS:** (lack of an e-mail address will delay your confirmation)

### Please check one, and specify below

- licensed / registered professional
- student

(specify profession or student specialty and graduate program affiliation)

### Credentials

I am a member in good standing with the:

\_\_\_\_\_  
professional regulatory body (college)

Highest Degree \_\_\_\_\_

**I confirm the accuracy of the information provided.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Registration #

I TOOK MY INTRODUCTORY HYPNOSIS TRAINING AT:

Organization: \_\_\_\_\_

Year: \_\_\_\_\_

I AM A MEMBER OF CSCH-OD YES NO  
or other provincial/state hypnosis society  
please specify \_\_\_\_\_

I AM A MEMBER OF ASCH YES NO

ASCH MEMBERSHIP #: \_\_\_\_\_

Workshop fee \$ \_\_\_\_\_  
Renewal dues if any \$ \_\_\_\_\_  
TOTAL FEES ENCLOSED \$ \_\_\_\_\_

Special dietary needs (We cannot accommodate everyone's dietary needs, so please specify if you prefer a vegetarian diet; otherwise, sandwiches, soup and dessert will be provided):

\_\_\_\_\_

Accessibility needs (please specify):

\_\_\_\_\_

\_\_\_\_\_

Please fill in ALL SECTIONS of this form, write your cheque payable to CSCH-OD, (NO post-dated cheques please) and mail the form and cheque to:

**CSCH-OD**  
**c/o Creekwood Digital Solutions**  
**2281 Rockingham Drive,**  
**Oakville, Ont. L6H 7J4**

**If you are applying for membership** as well, please send the membership form and payment to the Membership Chair directly, not to this address. The member rate cannot be confirmed until your membership is approved.

**Completed registration for early deadline must be postmarked no later than May 1<sup>st</sup> 2008. NO EXCEPTIONS**

Please....

For our future communications planning, it would be helpful if you would indicate how you heard about this workshop. (Please circle one.)

Email   Brochure   Colleague  
Web Site