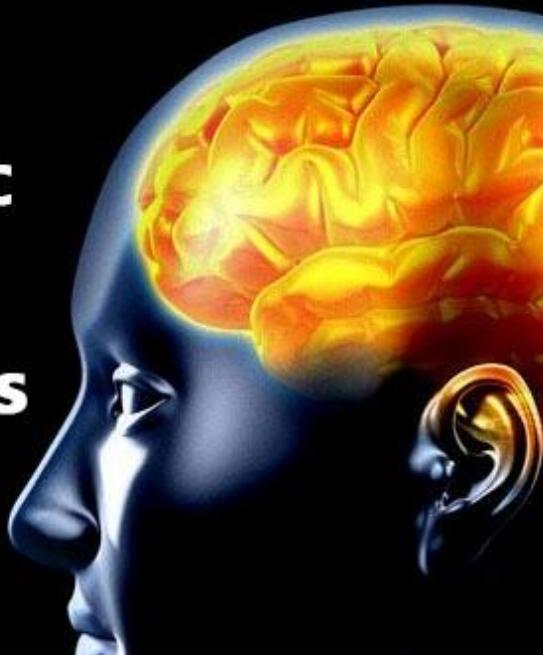


# Hypnotherapy Workshop

4 - 7 Nov

Dr. Eric  
&  
Dr. Moss



**4 – 7 NOV.  
HYPNOSIS WORKSHOP**

Study with the  
presidents of the  
strongest Hypnosis  
societies in the  
World

Strengthen your  
skills, strategies  
and applications of  
Hypnosis

Strong basis of  
understanding  
Hypnosis

Learn more  
techniques for the  
creative use of  
language of  
suggestions

## Basic Workshop: Fundamentals of Hypnosis

The workshop is a mix of didactic presentations, demonstrations, experiential exercises and faculty-led small group practice tailored to the specific needs and learning style of each participant. At the conclusion of the workshop you will have been taught the basic skills required to utilize clinical hypnosis and begin to apply it to your practice.

BLUE LOTUS FOUNDATION

01096664262

Heliopolis, Cairo

**Hypnosis Level 1 Basic Fundamentals** will be led by 2 professional doctors in the field of Hypnosis. Both of them are currently the presidents of the strongest societies in the USA, in the field of Hypnosis, Dr. Eric is currently the president-elect of the "American Society of Clinical Hypnosis", and Dr. Moss is currently the president of "Society of Clinical and Experimental Hypnosis (SCEH)".

#### **Workshop Description:**

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This four -day workshop "Fundamentals of Hypnosis" provides participants with a basic skill-set to conduct simple hypnotic interventions, along with knowledge about hypnotic concepts and approaches, and a familiarity with research-based applications of hypnosis to common coaching-related situations.

This workshop provides participants with an introductory level of understanding helpful for engaging in hypnosis-based interventions to help remove obstacles to achievement and promote peak performance.

This workshop will introduce trance induction protocols, trance deepening techniques, the use of post-hypnotic suggestion, and techniques to re-alert the subject and close the trance phase. In addition, the course will overview current scientific approaches to explaining hypnotic phenomena, will introduce the measurement and significance of hypnotic ability, and will discuss several of the widely used and effective approaches for utilizing hypnosis in personal transformation.

The course is designed to follow the Standards of Training in Clinical Hypnosis as presented by D. Corydon Hammond and Gary R. Elkins for the American Society of Clinical Hypnosis-Education and Research Foundation (2005).

This presentation will give attendees the opportunity to apply the skills taught throughout the presentation by utilizing lecture, role play, demonstration, and small group practice.

#### **Learning Objectives:**

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After attending introductory-level workshop, participants will be able to:

- (1) Discuss hypnosis in a non-technical manner with a client or patient.
- (2) Provide illustrative suggestions for eliciting hypnotic phenomena.
- (3) Identify steps in facilitating hypnotic induction.
- (4) Discuss the importance of removing suggestions and re-alerting patients, and be able to verbalize at least one method for re-alerting from hypnosis.
- (5) Identify and define at least 6 principles of hypnotic induction and suggestion.
- (6) Describe at least 4 types of hypnotic suggestions.
- (7) Identify and facilitate at least 4 basic induction techniques.

- (8) Identify at least 5 of the phenomena associated with hypnosis.
- (9) Demonstrate the ability to facilitate 3 different hypnotic induction techniques, and to suggest some hypnotic phenomena.
- (10) Identify the traditional “stages of hypnosis” and demonstrate at least 4 traditional methods for “deepening” hypnotic involvement.
- (11) Define self-hypnosis.
- (12) Demonstrate understanding of the different types of strategies or goals to which hypnotic techniques may be applied.
- (13) Demonstrate awareness of coach, client, and environmental variables that may contribute to resistance.
- (14) Identify at least 6 alternative techniques for bypassing or working through resistance to hypnosis.
- (15) Identify the most commonly used hypnotic susceptibility scales.
- (16) Describe ethical-legal issues and standards for professional conduct in using hypnosis clinically.

#### **Professional Bio of Eric Willmarth**

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Ph.D.; Director of Training for the College of Integrative Medicine and Health Sciences

Eric K. Willmarth, Ph.D. is a clinical psychologist with an almost 40 history of clinical experience, the majority of which includes working with patients with chronic medical disorders and chronic pain.

He began teaching at Saybrook University in 2008. He is currently the Director of Training for the College of Integrative Medicine and Health Sciences where he also serves as the Director of Integrative Mental Health.

Dr. Willmarth also serves as a Co-Chair for the University Faculty Senate.

He is certified in Pain Management, Biofeedback, and Clinical Hypnosis and has been active in local, State, National, and International organizations related to these areas. He is the past president of the Society for Clinical and Experimental Hypnosis and past-president of the APA's Division 30, the Society for Psychological Hypnosis.

He is currently the president-elect of the American Society of Clinical Hypnosis. He presents extensively on the integration of hypnosis in biofeedback in the medical setting.

#### **Professional Bio of Dan Moss**

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Ph.D.; Dean of the College of Integrative Medicine and Health Sciences at Saybrook University.

Donald Moss, Ph.D., is Dean of the College of Integrative Medicine and Health Sciences at Saybrook University. Dr. Moss is president-elect of the Society of Clinical and Experimental Hypnosis (SCEH), and has been president of Division 30 (hypnosis) of the American Psychological Association and the Association for Applied Psychophysiology and Biofeedback

(AAPB). He is a fellow of both APA and SCEH, and is a current delegate to APA's Council of Representatives and the International Society for Hypnosis.

He is co-editor of Foundations of Heart Rate Variability Biofeedback (AAPB, 2016), co-author of Pathways to Illness, Pathways to Health (Springer, 2013), chief editor of Handbook of Mind-Body Medicine for Primary Care (Sage, 2003), and Humanistic and Transpersonal Psychology (Greenwood, 1998).

He currently has a new book in preparation for Springer with co-author Angele McGrady on Integrative Pathways: Navigating Chronic Illness with a Mind-Body-Spirit Approach. He has published over 70 articles and book chapters on psychophysiology, spirituality, health, and integrative medicine.

## **Dates**

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4 Days Course

4th November to 7th November

10 am to 6 pm

## **For Information and Registration**

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Call Blue Lotus Wellbeing

01096664262

## **Methods of payment:**

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At Blue Lotus Wellbeing Office

HSBC Bank Deposit/Transfer

For booking and information call

01096664262

## **Workshop Fees**

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Early Registrations Prices :

First 10 positions 9570 L.E

Second 10 positions 10970 L.E

Third 10 positions 12370 L.E

**Blue Lotus Wellbeing Foundation Address**

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19 Ibrahim Salem st, Koliat El Banat , Heliopolis , Cairo

**for more information please call**

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01096664262 - Blue Lotus office number

Blue Lotus Wellbeing Foundation