



American Council of
**Hypnotist
Examiners**

7183 Navajo Rd., Ste. E,
San Diego, CA 92119, USA
619-280-7200 • hypnotistexaminers.org
Dr. John Butler, Executive Director – Gil Boyne
Founder

American Council of Hypnotist Examiners
33rd International Hypnotherapy Conference
April 23-25, 2026

at the Hayes Mansion, San Jose, California

Three-Day Conference Includes

- **Three Days of Special Presentations** by recognized experts sharing their experience and speaking on a wide variety of hypnotherapy applications for all experience levels.
- **Access to Elective Workshops.** In addition to conference registration, low-cost, results oriented three-hour workshops on a variety of subjects are available, each designed to improve your professional and business skills. *\$35 each with full conference registration, 3 for \$90.
- **Free Admission to the Exhibitors Area**, offering the best in hypnotherapy and self-improvement books, DVDs and other related products.
- **Thursday Evening Welcome Mixer**, with hors d'oeuvres and no-host cocktails
- **Friday Evening Entertainment with Michael Mezmer's TranceNosis stage show**
- **Saturday Evening Dinner and Awards Banquet.** Admittance is included in your full conference registration. Extra tickets for banquet and dancing may be purchased for \$75.
- **Continuing Education Credit.** Thirty hours (30) CE credit from ACHE for full 3-day conference attendance. Certificate awarded.

Pre-Conference Offerings on Wednesday

Two, full-day Workshops, excluded from main fee, before the Conference begins.

Speakers and topics may change by necessity without notice.

Please note: Audio and video recording is strictly prohibited at all conference presentations and workshops.



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Accommodations

Hayes Mansion, Curio Collection by Hilton
200 Edenvale Ave, San Jose, CA 95136

A block of rooms has been reserved for April 20 – 25, 2026. The special room rates will be available until the group block is sold-out. Book online at

<https://book.passkey.com/event/51085267/owner/20668/home> Or call 1- [408-226-3200](tel:4082263200) and give them our group full name: American Council of Hypnotist Examiners.

The Hayes Mansion is a Legacy of the Gilded Age, built in 1905, thoughtfully equipped with:

- On-site Restaurant and Lounge
- Heated Resort Pool and Hot Tub
- Fitness Center
- Game Center and Croquet
- Walking Trail
- Fireside Nights on the Patio
- High-Speed WiFi

Airport Transportation

- Uber, Lyft, taxi, car hire: 15-20 minutes from San Jose International Airport, 1 Hour from SFO



ACHE 2026 Conference Catalogue

Pre-Conference: Wednesday, April 22, 2026

Pre-Conference – Full Day, 9:30 am – 5:00 pm

Activating Subconscious Power, with Advanced Analytical Hypnotherapy: Powerful Change that Lasts

Dr. John Butler

As incorporated by Gil Boyne into his Transforming Therapy™ system, Analytical Hypnotherapy is a sophisticated and powerful, highly interactive therapy which requires active partnering from the therapist, guiding the client throughout.

The human brain does not readily “let go” of powerful emotional imprints (“emotion to the subconscious is as light to the camera”) learned from significant, emotionalised life experiences often mediated by authority figures with powerful influence and control over the early development of the child. Adverse Childhood Experiences are now known in medicine to be capable of producing powerful, long-lasting adverse effects on physical / body systems predisposing the person to chronic illnesses and pain. The links between emotionally sensitizing or traumatizing events and mental and physical illnesses can be uncovered and addressed by Advanced Analytical Hypnotherapy.

Gil Boyne resisted over-simplistic approaches such as so-called “guaranteed” (or almost “guaranteed”) methods based on formulas and a narrow range of easy-to-apply techniques. His Transforming Therapy™ system combines the powerful methods of trance, bioenergetics, advanced analytical hypnotherapy - including direct elicitation of specific, key emotions, uncovering destructive subconscious beliefs, Gestalt dialogue and age regression, processing sensitising and traumatising events, decontaminating memories, powerful emotional re-education, acquiring new perspectives on past events, integration of conscious and subconscious perspectives, steps in closure and forgiveness, reinforcement programming and many other therapeutic elements.

The workshop will go through an extensive range of necessary steps involved in overcoming common causes of failure in clients to overcome inner conflicts and move forward effectively, such as Releasing Alibis, Overcoming self-sabotaging emotionalised beliefs and Psychic Masochism, Overcoming attachment to Secondary and Tertiary Gains, Activating Readiness for Change. Advanced Analytical Hypnotherapy, properly utilized, will enable the client to access their subconscious creative power and direct it towards the fulfilment of their goals and the purpose of their lives.

Dr. John Butler has had a career over 45 years in hypnotherapy and other methods of client change. His extensive studies included trainings in medical science and mental health. He co-taught with Gil Boyne in many training courses. His work is based on extensive clinical experience, academic studies and



neurological research, in which he holds a doctoral degree. He has made many media appearances discussing and demonstrating hypnotherapy in psychological and medical applications.

Pre-Conference – Full Day, 9:30 am – 5:00 pm

Hypnotic Therapeutic BreathWork: A Stand-Alone Protocol for Profound Client Breakthroughs

Rene Brent

Breathwork is rapidly gaining popularity, and hypnotherapists are uniquely positioned to harness its power. This full-day training introduces you to Hypnotic Therapeutic BreathWork (HTBW), a structured, stand-alone protocol designed to regulate the nervous system, enhance neuroplasticity, and bridge conscious and subconscious awareness for powerful client breakthroughs.

Rooted in both science and practice, HTBW has been successfully integrated into thousands of client sessions over the past 12+ years. Participants will learn not only the evidence-based mechanisms behind the protocol but also how to confidently facilitate sessions and integrate this tool into their practice. This is an experiential workshop: you will practice the protocol, witness live facilitation, and leave with the structure, scripts, and confidence to begin using HTBW immediately.

What You Will Learn:

- Neuroscience of BreathWork: How hyper-oxygenation regulates the nervous system, reduces cortisol, and optimizes brain states for deep change.
- Bridging Conscious & Subconscious: Why HTBW enhances access to subconscious material and accelerates client breakthroughs.
- Protocol Mastery: Step-by-step structure for a 30–40-minute HTBW session, including safety, pacing, and integration.
- Clinical & Practical Applications: How HTBW supports both analytical and emotionally stuck clients.
- Facilitation Skills: Language, presence, and pacing for guiding individuals and groups with confidence.
- Business Benefits: How offering HTBW can set you apart in a crowded market and become a strong referral source.

Rene Brent, RN, Clinical Hypnotherapist, is a best-selling author, educator, and instructor of Hypnotic Therapeutic BreathWork (HTBW). With 35+ years as a nurse and over 12 years in a 6-figure private practice, she has helped thousands of clients regulate stress, quiet the mind, and access the subconscious for profound breakthroughs. Known for blending science, humor, and heart, Rene makes complex concepts simple and practical for hypnotherapists ready to grow with confidence.



CONFERENCE: Thursday, April 23, 2026

Workshop 9:30 am – 12:30 pm – Cost \$35*

Curiosity and Inquiry: A Hypnotic Pathway to Subconscious Wisdom

Anna Kato and Kym Maehl

Person-centered hypnotherapy is a dynamic process that impacts both clients and practitioners. After a session, it is important for us to dedicate time to reflect on what emerges within ourselves. This reflection involves examining our own thoughts, feelings, emotions, and beliefs in response to the issues and experiences that clients share. By consciously acknowledging these internal responses, we create the opportunity to engage with clients on a deeper level and strengthen our ability to connect authentically and supportively, nurturing meaningful progress in the therapeutic relationship.

Attendees will participate in a series of experiential activities designed to facilitate access to subconscious wisdom. They will:

- Trace the pattern of a spiral, focusing their attention on the repetitive motion as a means of quieting the conscious mind and allowing deeper insights to emerge.
- Use a pendulum, and observing its movement, allow it to guide their focus and curiosity. This tactile engagement serves to further anchor attention and promote a gentle shift into a receptive state.
- Incorporate color to encourage self-expression and tap into nonverbal aspects of awareness.
- Enter a light state of hypnosis, and with the support of the presenters create a space for subconscious wisdom to surface.
- Utilize provided prompts to facilitate discussion regarding intrapersonal experiences throughout the process, focusing on curiosity, self-discovery, and their intentions for applying the process within their professional practice or interactions with others.

Anna Kato, BA, MS, Ed.D., CCHt.: Anna has a part-time hypnotherapy practice in Sacramento, CA. Previous to her hypnotherapy certification ten years ago, she taught in public elementary schools, and graduate programs with emphases in cross-cultural education, teacher education, and counselor education. She loves the visual arts and is a novice writer of poetry and flash creative non-fiction.

Kym Maehl is an Integrative Life Coach and Clinical Hypnotherapist based in Carson City, NV. She's been a counselor for over 30 years, successfully working with groups and individuals worldwide in assisting authentic transformation. In addition to her private practice, Kym teaches classes in integrative healing modalities and the creative arts. She holds additional advanced degrees and certifications in Holistic Ministries, Counseling and Educational Psychology, and Rehabilitation Counseling. For more information go to <http://www.spiritcounseling.info>



Workshop 9:30 am – 12:30 pm – Cost \$35*

Boundaries, Rules, Standards, and Expectations What are the differences? Are they the Same?

Sherry Gilbert

Many of our clients come to us looking to release their past, live better in the now, and work together to be their best selves. An essential aspect of this journey is to learn to set healthy boundaries, understand their expectations of others, and what rules and standards they want to apply to their lives and relationships. Let's explore what these words mean, how we can help our clients apply the concepts, and what hypnotherapy sessions they may need as they move into this next chapter of their lives.

Sherry Gilbert has been practicing hypnotherapy since 2001 and is a certified hypnotherapist through the International Medical and Dental Hypnotherapy Association and the International Association of Counselors and Therapists. Sherry is a communication coach and relationship specialist trained with the Gottman Institute. She also has a degree in Holistic Health. In addition to being part of the online faculty for SWIHA, Sherry has a busy practice in North Scottsdale, Arizona.

Presentation – 9:30 am – 10:20 am

Trauma to Triumph: Hypnosis for Posttraumatic Growth

Gaye Gibson

This presentation will briefly describe a theoretical framework for conducting sessions with individuals who have experienced trauma and have a desire to move beyond those experiences and their accompanying emotions. I will suggest ways of using hypnosis to help clients visualize themselves moving from an identity of victim to not just a survivor but a "thrivor", able and eager to live in the here and now in stability and joy—not in spite of their difficulties but because of them.

Gaye Gibson has been in private hypnotherapy practice since 1996 and she has been an instructor at Randal Churchill's hypnotherapy school since 2011, teaching both basic and advanced techniques. She has been a frequent presenter at the ACHE conference and is once again a member of the ACHE Board of Directors. Gaye has a background in nursing, martial arts, and psychology, and affirms that hypnotherapy is her truest calling.

Presentation – 10:30 am – 11:20 am

HypnoQuests: The Missing Link Between Sessions and Success

Stephanie Voss



Discover how curiosity-based language and hypnotic questions can transform affirmations into actionable “quests” that extend client success beyond the session. Recent research shows that while affirmations can be helpful, they’re not always the most effective tool for change. For clients with low self-esteem or deeply held self-criticism, affirmations may even backfire—triggering resistance, reinforcing self-doubt, or substituting repetition for real action.

Clinical Hypnotherapist Stephanie Voss offers an alternative: the power of questions. Drawing on curiosity as a neutral, motivating emotion, she invites you to explore the quest as a metaphor for the hypnotic journey—where discovery, not declaration, drives transformation. This experiential presentation reveals how curiosity-based language extends the trance experience and turns auto-suggestion into a natural way of being.

Stephanie Voss, CHT, is a clinical hypnotherapist and founder of Voss Wellness. She helps clients harness the mind-body connection to achieve lasting change in areas such as IBS, smoking cessation, and stress management. Known for her engaging, hands-on teaching style, Stephanie integrates practical techniques—including belly breathing, HypnoQuests, and Hypnofingles—to make changework accessible, memorable, and even fun. She empowers hypnotherapists to extend the impact of their sessions and give clients tools they’ll actually use

Presentation – 11:30 am – 12:20 am

Deep Emotional Clearing – Finding the Window Within

Patricia Reynolds Sorbye

Many troubling concerns contain powerful and historical emotional components that must be addressed for real change to occur: mental blocks, fears, stresses, anxiousness, poor self-esteem, reactivity, anger, and more. Suggestions alone may not be enough to address the long-term, deep-seated emotional issues that have tripped the client up – sometimes for decades. Good news is what casts the shadow of strong emotion shifts neatly with a creative blend of hypnotic focus and techniques.

This training helps a client who's suffered from an old story for a significant or even a very long time. Here are simple, effective elements that can lead to a lighter, clearer and more focused life for the client. My hope is that this helps to cultivate dependable success for you and your client in a very rewarding aspect of our work.

Patricia Reynolds Sorbye is a Certified Clinical Hypnotherapist, with 21 years in private practice in Oakland, California. She’s conducted thousands of sessions of emotional clearing, internal restructuring, energy and resilience strengthening and resource support. In addition to this, she’s been an instructor at Randal Churchill’s Hypnotherapy Training Institute in CA since 2020, served on ACHE Board of Directors, including as Chair, and Vice-Chair: is currently ACHE Secretary, and serving as Chair of Conference, Marketing and Ethics committees.



Lunch, 12:30 – 2:00 pm

Workshop 2:00 pm – 5:00 pm – Cost \$35*

Master Presentation Methods of Hypnotism

Michael Mezmer

One of the most powerful advertising tools a hypnotherapist can have to grow their therapy business is being able to present powerful public demonstrations of hypnotism for the public. Whether your goal is to learn how to present hypnosis for service clubs and meetings or do a full-blown stage show, this workshop will give you the tools you need to succeed. Some of the topics covered in the workshop include: "Storytelling and Hypnosis," "The Key Factors in the Success of the Hypnotic Presentation," "the Hypnotist's Mindset," "Mastering the Hypnotic Gaze," "Rapid Induction," "Pendulums for a Trance-Free Public Demonstration," "The Theater Induction," "How to Structure a Hypnosis Presentation and Show." Don't miss this opportunity to learn from a legendary award-winning master of stage hypnosis and expand your client base beyond what you thought might be possible.

Michael Mezmer received his initial Hypnotherapy training at the Hypnotism Training Institute in Glendale CA, under the direct instruction of his mentor, the legendary hypnotherapist Gil Boyne. He also participated in an internship, achieving the Clinical Hypnotherapist level with the American Council of Hypnotist Examiners, as well as specialized certifications as an A.C.H.E. stress management consultant. In addition to his training at the Institute, Michael holds a Degree in psychology from California Coast University.

Workshop 2:00 pm – 5:00 pm – Cost \$35*

Hypnotic Therapeutic BreathWork (HTBW): A Stand-Alone Protocol for Profound Client Breakthroughs

Rene Brent

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Rene Brent, RN, Clinical Hypnotherapist, is a best-selling author, educator, and instructor of Hypnotic Therapeutic BreathWork (HTBW). With 35+ years as a nurse and over 12 years in a 6-figure private practice, she has helped thousands of clients regulate stress, quiet the mind, and access the subconscious for profound breakthroughs. Known for blending science, humor, and heart, Rene makes complex concepts simple and practical for hypnotherapists ready to grow with confidence.

Presentation – 2:00 pm – 2:50 pm

Hypnotic Poetry: From Creative Experimentation to Application

Rickey Bauman

Remember the childhood rhymes, the jingles of television ads, or that sweeping poem of your adolescence which seemed to wake your inner-vision? A certain breed of poems weave spells, induce trance and hypnotize. Not merely because of their "artistic beauty," rather based on well-established principles of hypnosis. My presentation, Hypnotic Poetry, studies this cross-section between language and hypnosis. It shows with literary analysis how such poetry can aid and inform the writing of new or novel suggestions and inductions. One does not need talent or even an interest in poetry to glean from this presentation useful tools to bring to the therapy room.

Rickey Lee Bauman owns a hypnotherapy practice in San Rafael, California. Additionally, he is an associate professor in the Lifelong Learning program at Santa Rosa Junior College, where he teaches German and Creative Writing. He received a Master of Arts Degree from the California Institute of Integral Studies in East-West Psychology, where his primary areas of study were Depth Psychology, Vedanta, and Daoism.

Presentation - 3:00 pm – 3:50 pm

Move Beyond Symptom Relief

Eva Clark

Discover how German New Medicine (GNM) can transform your hypnotherapy sessions by revealing the hidden emotional conflicts behind chronic illness. Help clients step out of fear, resolve deep patterns, and activate the body's own healing intelligence.

Eva M. Clark is a clinical medical hypnotherapist supporting people with chronic illness to address the key contributing factor in disease that usually gets ignored - their lives. Eva specializes in multiple sclerosis (MS). In addition to her private practice, Eva teaches webinars and trains other hypnotherapists and NLP practitioners on applying their skills to physical symptoms.



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Presentation - 4:00 pm – 4:50 pm

Beyond Anesthesia: Hypnosis in Medicine & Dentistry

Sharon Waxkirsh

Hypnosis in medicine is making headlines right now—recently featured in the press for its use during brain surgery performed without anesthesia. It’s a hot topic that’s sparking public curiosity and professional interest alike. In this lively 50-minute session, Sharon Waxkirsh, will explore how hypnosis is already transforming medical and dental care—helping patients manage pain, reduce fear, and recover more quickly.

Sharon Waxkirsh, BA Hons, CHT, MHT, HBCE, began her hypnotherapy journey nearly two decades ago, training with world-renowned pioneers Gil Boyne and Dr. John Butler. Originally from the UK and now based in Indiana, USA, Sharon is the founder of The Academy for Hypnosis, a training school specializing in both medical and dental hypnosis online and in person. An internationally recognized speaker, she regularly delivers lectures, workshops, and live demonstrations at conferences around the world.

Welcome Gathering/Mixer 7:00



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CONFERENCE: Friday, April 24, 2026

Workshop 9:30 am – 12:30 pm – Cost \$35*

The Collective Trance: The Power of Group Hypnosis

Sharon Waxkirsh

The Art of Hypnosis in Groups

One of the most rewarding aspects of hypnotherapy is working with groups. Group sessions provide a powerful space for personal growth, connection, and shared support—helping individuals experience hypnosis in a safe, encouraging environment.

In this interactive 3-hour workshop, I'll share my approach to designing and leading effective group hypnosis sessions. You'll not only learn how to run groups confidently, but also participate in a live group experience yourself.

Whether you're new to leading groups or looking to refine your skills, this workshop will give you the tools to:

- Create a supportive group dynamic
- Encourage participants who may be hesitant to try individual sessions
- Deepen your own understanding of collective hypnotic work
- Expand your professional offerings while building stronger community connections

Join me—and a circle of fellow hypnotherapists—at ACHE this year. Together, we'll explore the unique energy of group hypnosis, build new friendships, and walk away with practical techniques you can immediately bring into your practice.

Sharon Waxkirsh, BA Hons, CHT, MHT, HBCE, began her hypnotherapy journey nearly two decades ago, training with world-renowned pioneers Gil Boyne and Dr. John Butler. Originally from the UK and now based in Indiana, USA, Sharon is the founder of The Academy for Hypnosis, a training school specializing in both medical and dental hypnosis online and in person. An internationally recognized speaker, she regularly delivers lectures, workshops, and live demonstrations at conferences around the world.



Workshop 9:30 am – 12:30 pm – Cost \$35*

Compounded Hypnotic Technique: Elevating Hypnotic Sessions

Gary Josephson

This three-hour workshop introduces the Compounded Hypnotic Technique, a structured yet flexible method of intentionally layering multiple hypnotic techniques within a single session to create deeper, more responsive, and lasting change for clients. Participants will learn how to integrate suggestion, imagery, pacing, and subtle somatic cues, adjusting in real time to the client's responses.

Using this approach, hypnotherapists can create sessions that flow naturally, deepen trance efficiently, maintain client engagement throughout, and achieve meaningful outcomes more consistently. The technique provides a practical framework to adapt multiple hypnotic strategies to each client's needs, making sessions more cohesive, immersive, and effective.

Participants will leave with:

- A clear method for layering multiple hypnotic techniques in a single session
- Skills to adapt techniques dynamically to client responses
- Tools to deepen trance, enhance responsiveness, and achieve lasting outcomes

This workshop is designed for hypnotists seeking a practical, adaptable method to elevate their sessions and produce meaningful, long-term client results.

Gary Josephson is a Certified Clinical Master Hypnotherapist with over 30 years of experience and more than 300 hours of advanced, in-class training, achieving the highest of seven certification levels. Having trained with Gil Boyne in 1992 and subsequently with Randal Churchill, he's been a member of the American Council of Hypnotist Examiners (A.C.H.E.) since 1993. Gary specializes in behavior modification therapies, tailoring his approach to each individual to facilitate lasting, positive change, and designing and delivering hypnosis training, from beginner to advanced.

Presentation – 9:30 am – 10:20 am

From Ordinary to Extraordinary – New Techniques

Amy Naber

“Why self-esteem & confidence are core to transformation”

High-vibration framing: ordinary to extraordinary means shedding layers of limitation, not becoming someone else. This process includes addressing the foundation of self-esteem and alerting the mind to truly begin to care for the person. Identifying and purposefully shedding limiting beliefs with the hypnotic support of the subconscious. Reprogramming the subconscious mind using imagination to



promote willpower and courage. Presentation includes brief demonstration and a host of specific techniques to foster the change that takes the client from ordinary to extraordinary.

“Ordinary → Extraordinary is simply alignment with their true self.”

Amy Naber, Internationally-known Hypnotherapist, Coach, Yoga|Meditation & breathwork teacher, a Certified Clinical Hypnotherapist, Master's in Psychology, a Certified Yoga teacher, EFT Practitioner, private practice in San Francisco. A member and on the Board of Directors for the ACHE. She has designed programs for people all over the world on self-hypnosis, empowerment, sleep, restorative yoga, meditation, and breath work. She coaches people and organizations "To embrace and achieve a life they LOVE". <http://www.breathesf.com>

Presentation – 10:30 am – 11:20 am

Practice Growth: How to Fill Your Calendar and Stay Balanced

Rene Brent

Running a thriving hypnosis practice is about more than getting clients in the door—it's about keeping your calendar full and your life in balance. In this interactive workshop, you'll learn practical strategies to grow your business without chasing gimmicks or burning out.

Discover how to create client experiences that naturally generate referrals, use simple automations to save time, and set up systems that keep your practice humming even when you're not in the chair. Rene Brent, RN and Clinical Hypnotherapist, blends humor, science, and real-world know-how to show you how to grow with ease and authenticity.

Rene Brent, RN, Clinical Hypnotherapist, is a best-selling author, educator, and instructor of Hypnotic Therapeutic BreathWork (HTBW). With 35+ years as a nurse and over 12 years in a 6 figure private practice, she has helped thousands of clients regulate stress, quiet the mind, and access the subconscious for profound breakthroughs. Known for blending science, humor, and heart, Rene makes complex concepts simple and practical for hypnotherapists ready to grow with confidence.

Presentation – 11:30 am – 12:20 pm

You Are the Message: Crafting a Brand That Mirrors Your Essence

Liza Boubari

When you align who you are with what you do, the right clients find you naturally. Your greatest marketing tool isn't your logo—it's your authenticity. Join Liza Boubari as she guides you to uncover how your words, tone, style, and visual presence reflect your true essence. Discover how to express the real you through your brand identity, presentations, and daily interactions so clients feel seen, safe, and inspired to work with you.



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Liza Boubari is a Certified Clinical Hypnotherapist, Integrative Stress Management Expert, and founder of HealWithin®, a wellness practice established in 1999. Drawing on more than 25 years of experience, Liza helps individuals break free from limiting beliefs, heal unresolved emotions, and create sustainable change in mind and body. A pioneer in culturally sensitive and trauma-informed hypnotherapy, Liza is the creator of The Boubari 3E Method® — Evoke, Embrace, Evolve

Lunch, 12:30 – 2:00 pm

Workshop 2:00 pm – 5:00 pm – Cost \$35*

Start Your Successful Hypnotherapy Practice

Helen Boland

Start Your Successful Hypnotherapy Practice, Now!

Helen Boland, CHT, Founder of Boland School of Hypnotherapy & Global Hypnotherapy Council, will teach you the practical steps and basic protocols to start and sustain your abundant hypnotherapy practice. Gain the self-confidence, the protocols, and the utilization of modern tools and begin your successful clinical hypnotherapy practice, today. globalhypnotherapycouncil.com

Helen Boland, CHT. Peace In Process Boland School of Hypnotherapy, and Global Hypnotherapy Council, is a proud member and certification school for, The American Council, 2005. A tenured school teacher in her 20's, Helen Boland, CHT. continues to research, write protocol, and teach advanced continuing education to our students and the masses, regarding the benefits and potential of modern clinical hypnotherapy. Welcome.

Workshop 2:00 pm – 5:00 pm – Cost \$35*

Transformation Through Emotional Clearing Regression

Randal Churchill

Hypnotic regression often provides an opportunity for powerful therapy. Some therapists limit the possibilities for healing by a standard procedure of emotionally detaching the client during regression. However, openness to the subconscious emotions, when appropriate, can frequently offer greater potential for more profound transformation. Processes such as the affect bridge and Gestalt can facilitate access to the emotions during the process of more comprehensive work.

This workshop includes a live demonstration and an overview of methods of working with regression, emphasizing Churchill's 15 Steps in Emotional Clearing Regression. The use of ideomotor methods



will be explored, including as a means of guidance. The subject of recovered memories will be addressed, including issues of responsibilities of the therapist and how to avoid influencing memories.

Randal Churchill was first President of the ACHE and completed his last term in 2012. He is founder and Director of the Hypnotherapy Training Institute, one of the first state-licensed hypnotherapy schools (1978). Developer of Hypnotic Dreamwork™ and advanced ideomotor methods, Randal is author of the award-winning classic texts Regression Hypnotherapy and Become the Dream and the acclaimed Catharsis in Regression Hypnotherapy. He is co-author of Churchill-Canfield's Law: What Can Go Right Will Go Right.

Presentation – 2:00 pm – 2:50 pm

The Un-Truth

Craig Bickmore

We all know that gravity is a principle that pulls us down and we have to make the effort to move and act against gravity in order to move and progress. It's just a natural thing and we accept that. Well, the same thing is true about "behavioral gravity" it tends to hold us down in negative ways. Many think that it just happens naturally because we live in such a complicated world. This is where the concept of "the not true" comes in, there is a tendency to believe and accept the things about ourselves and other circumstances that are simply "not true". By exploring the areas in our lives that are "not true" it leads us quickly to the opposite and then real growth and change happen. It changes negative behavioral gravity to a positive and we get that mental shift and propulsion which geometrically moves us forward.

Craig Bickmore has been a clinical hypnotherapist for over thirty years and has trained hundreds of sales people how to use the principles of hypnotherapy to improve their work performance and well as in their personal life. Hypnotherapy is not his profession but his passion, and he is always excited to share the intense good that it has, to change lives for the better.

Presentation – 3:00 pm – 3:50 pm

The Unseen Code: Reprogramming Subconscious Resistance with Nested Loops Storytelling

Sherry Jackson

Every hypnotist encounters resistant clients, the ones who consciously want change but unconsciously sabotage their progress. Direct suggestions bounce off, and standard approaches stall.

This session teaches you how to bypass that resistance using nested loops storytelling, one of the most powerful and elegant methods for reprogramming the subconscious. By weaving multiple storylines that open and resolve in sequence, you'll discover how to slip past defenses, embed new metaphors, and rewrite the "Unseen Code" that keeps clients stuck.



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Through this interactive and hands-on practice, you'll gain the tools to structure hypnotic stories that not only engage but transform, creating breakthroughs where other methods fall short.

Sherry Jackson is a clinical hypnotherapist, life strategist, and speaker with over 20 years of experience. As founder of Envisage Wellbeing, she combines hypnosis with coaching frameworks to create powerful, lasting transformations. Sherry specializes in helping both clients and practitioners amplify their impact by aligning subconscious change with practical, strategic approaches. She is known for her integrative approach that elevates results, attracts ideal clients, and builds thriving, sustainable hypnosis practices.

Presentation – 4:00 pm – 4:50 pm

Embodied Hypnosis: Somatic Tools for Pre-Induction, Attunement, and Post-Hypnotic Integration

Stacia Aashna

This 50-minute experiential workshop introduces hypnotists to somatic practices that enhance every stage of the hypnotic process. By learning to recognize nervous system states, attune to subtle client cues, and integrate simple body-based tools, practitioners can help clients enter trance more easily and sustain post-hypnotic suggestions with greater effectiveness.

The session begins with a brief overview of nervous system regulation and how sympathetic, dorsal, and ventral states influence hypnotic receptivity. Participants will then explore pre-induction somatic techniques that ground and settle the body, reducing resistance and increasing readiness. We'll also practice attunement skills for tracking shifts in breath, posture, and micro-movements — key indicators of client state. Finally, participants will experience post-hypnotic integration tools, such as anchoring suggestions to breath or gestures, that help clients embody hypnotic change in daily life.

The workshop is interactive, blending short teaching segments with experiential practice and guided demos. Attendees will leave with practical, adaptable tools they can immediately apply in sessions to increase safety, deepen trance states, and strengthen the integration of hypnotic work.

Stacia Ashna is a Certified Clinical Hypnotherapist with over 10 years of experience supporting clients in creating lasting transformation. She is also a Certified Life Coach and Trauma-Informed Yoga Teacher with advanced training in Somatic Experiencing and Internal Family Systems. Stacia integrates hypnosis, somatic practices, and mindfulness to help clients regulate the nervous system, heal attachment wounds, and embody resilience. She teaches nationally, facilitates restorative circles, and works virtually with clients worldwide.

ENTERTAINMENT: Michael Mezmer's TranceNosis – 7:00 pm



American Council of
**Hypnotist
Examiners**

7183 Navajo Rd., Ste. E,
San Diego, CA 92119, USA
619-280-7200 • hypnotistexaminers.org
Dr. John Butler, Executive Director – Gil Boyne
Founder

CONFERENCE: Saturday, April 24, 2026

Workshop 9:30 am – 12:30 pm – Cost \$35*

Delve Beyond the Five Senses to Awaken the Spiritual Potential Within

Cheryl Canfield

Take your practice deeper. Tap into the healing energy of light, your own spirit, that which can be accessed through altered states and guided visualization. Unlimited potential lies in understanding the creative power of thoughts and words. This is essential to our survival in a world that is falling deeper into the pervasive division between light and darkness. Learn to use the transformational energy that comes with this higher state of awareness and to teach others how to access their potential and purpose.

*Cheryl Canfield has been a Hypnotherapist and Counselor for over 30 years, lecturing on topics of profound healing and steps toward inner peace. She is author of *Profound Healing*, a book that takes into perspective the bigger picture of ourselves as spirit, separate from and much greater than the body; co-author with Randal Churchill of *Churchill, Canfield's Law: What Can Go Right Will Go Right*; and co-compiler of *Peace Pilgrim: Her Life and Work*.*

Workshop 9:30 am – 12:30 pm – Cost \$35*

Emotional Weight: The Hidden Link Between Unresolved Feelings

Liza Boubari

Clients often come to us frustrated that traditional diets or quick-fix solutions fail — because the issue isn't only physical. Emotional pain, protective patterns, and subconscious self-beliefs often manifest as weight gain and resistance to change. In this interactive 3-hour workshop, you will explore the neuro-emotional connection between the subconscious mind and the body's weight response. You will learn how to safely guide clients to evoke the root emotional weight they've been carrying, embrace their inner protective parts with compassion, and evolve new subconscious patterns that support health and freedom.

*Liza Boubari is a Certified Clinical Hypnotherapist, Integrative Stress Management Expert, and founder of *HealWithin®*, a wellness practice established in 1999.*

Drawing on more than 25 years of experience, Liza helps individuals break free from limiting beliefs, heal unresolved emotions, and create sustainable change in mind and body.

*A pioneer in culturally sensitive and trauma-informed hypnotherapy, Liza is the creator of *The Boubari 3E Method®* — *Evoke, Embrace, Evolve**



Presentation – 9:30 am – 10:20 am

Socratic Questioning in Hypnosis

Sherry Gilbert

Description: Socratic questions can be used with the client alert before the session and during hypnosis. This approach works well with everyone and is particularly helpful with left-brain dominant clients. Socratic questions help arouse curiosity and a new level of insight when used with the client in hypnosis. Encouraging our clients to think in different ways about various subjects prompts them to wonder how things could be different. We'll touch on using the questions during the intake, during hypnosis and how to send the client home with this tool. The presentation will include a case study and an opportunity to observe how easy it is to transition this tool into a session.

Sherry Gilbert has been practicing hypnotherapy since 2001 and is a certified hypnotherapist through the International Medical and Dental Hypnotherapy Association and the International Association of Counselors and Therapists. Sherry is a communication coach and relationship specialist trained with the Gottman Institute. She also has a degree in Holistic Health. In addition to being part of the online faculty for SWIHA, Sherry has a busy practice in North Scottsdale, Arizona.

Presentation – 10:30 am – 11:20 am

The Subconscious Scroll: Hypnosis for Digital Overload and Attention Fatigue

Sanober Hamid

In a world of constant notifications, scrolling, and screen time, the human mind is caught in a perpetual trance — but not the healing kind. This presentation explores how digital overstimulation shapes subconscious patterns of dissociation, anxiety, and distraction, and how hypnotherapy can gently reverse those effects.

Sanober is a Certified Clinical Hypnotherapist, Yoga Trainer, and Nutrition Expert with a MS Nutrition. She trained under Randal Churchill at the Hypnotherapy Training Institute, accredited by the American Council of Hypnotist Examiners. She's worked with executives, celebrities, and professionals, hosted health programs, and led impactful workshops. Her expertise spans mental health, stress management, personal growth, behavioral change, and wellness—focusing on holistic healing, sustainable weight management, and cultivating a healthy relationship with food.



Presentation – 11:30 am – 12:20 pm

Magical Trance

Rowan Foxx

Magical Trance creates a transformative space where heroes emerge, shadows dance, and outdated beliefs fade away, allowing for the weaving of new dreams into life's tapestry. As hypnotherapists, we hold the transformative ability to access our clients' deeper selves, facilitating healing from past wounds and guiding them toward their full potential. This journey empowers them to view their life through a mythical lens, awakening hidden gifts and talents that unlock infinite possibilities and enable profound healing at the deepest levels. Are you ready to experience the magic of trance?

Rowan Foxx, CHT, is a passionate Certified Hypnotherapist and life coach with over 11 years of experience in Southern Oregon. Specializing in deep transformational hypnosis and shadow work. Rowan holds specialty certifications in Creative Mind, Past Life Regression, and Weight Loss. By guiding clients on their journeys of self-discovery and healing, Rowan empowers them to embrace their true potential and create lives filled with joy, purpose, and possibility.

Lunch, 12:30 – 2:00 pm

Workshop 2:00 pm – 5:00 pm – Cost \$35*

Somatic Hypnosis for Emotional Release & Pain Relief

Kym Maehl

Stuck or stagnant energy can cause a multitude of problems within the mind and body. It can keep us tied to the source of the block with reinforcing patterns and resulting pain that are frustrating and illusive as we continue to ask, "why is this happening?" With the use of somatic hypnosis, it is possible to tap into the wisdom of the body and bridge the gap between the mental and physical aspects of Self, while creating a powerful modality for emotional healing. Through hypnotic relaxation and subconscious exploration in concert with somatic body focused awareness and movement, somatic hypnosis creates a process and pathway to release stuck emotional energy and experience profound pain relief.

Kym Maehl is an Integrative Life Coach and Clinical Hypnotherapist based in Carson City, NV. She's been a counselor for over 30 years, successfully working with groups and individuals worldwide in assisting authentic transformation. In addition to her private practice, Kym teaches classes in integrative healing modalities and the creative arts. She holds additional advanced degrees and certifications in Holistic Ministries, Counseling and Educational Psychology, and Rehabilitation Counseling. For more information go to <http://www.spiritcounseling.info>



Workshop 2:00 pm – 5:00 pm – Cost \$35*

Hypnosis for Fostering Wellness

Gaye Gibson

This workshop will allow participants to learn several processes to offer clients who have “come out on the other side” of their difficulties but are not ready to end their therapy—or for anyone who wishes to enhance their quality of life, inside and out. These techniques can be directed toward enhancing the work already done or expanding into the transpersonal or spiritual realm or in any other desired direction. Participants will learn to support clients who wish to strengthen their positive qualities or develop new ones. This workshop will also demonstrate to participants ways to have fun with hypnosis!

Gaye Gibson has been in private hypnotherapy practice since 1996 and she has been an instructor at Randal Churchill's hypnotherapy school since 2011, teaching both basic and advanced techniques. She has been a frequent presenter at the ACHE conference and is once again a member of the ACHE Board of Directors. Gaye has a background in nursing, martial arts, and psychology, and affirms that hypnotherapy is her truest calling.

Presentation – 2:00 pm – 2:50 pm

The Power of Clinical Suggestions

Helen Boland

Words Matter. Every word from a hypnotist, parent, or a professional in a white coat is perceived by the subconscious mind as valid, and thus received as, True. The words then act as a prescription. The words are immediately internalized as 'fact' within the Patient or Client's Subconscious. The suggestions are weighted with significance and now offer real consequences for the Patient or Client.

- I. The Innate Power of Suggestions by those of Influence and how those suggestions are received by the subconscious mind
- II. How to Create Suggestions That Support Clients' Goals
- III. How to educate the health care team

Helen Boland, CHT. Peace In Process Boland School of Hypnotherapy, and Global Hypnotherapy Council, is a proud member and certification school for, The American Council, 2005. A tenured schoolteacher in her 20's, Helen Boland, CHT. continues to research, write protocol, and teach advanced continuing education to our students and the masses, regarding the benefits and potential of modern clinical hypnotherapy. Welcome.



Presentation – 3:00 pm – 3:50 pm

Exploring the Shadow: Using Hypnosis for Self-Discovery and Client Transformation

Gary Josephson

Shadow work involves exploring the unconscious or "hidden" aspects of the self-parts of our personality, emotions, and behaviors that may be suppressed, denied, or unrecognized. These hidden aspects influence choices and actions, as well as our relationships and overall well-being.

In this 30-minute session, participants will learn how hypnosis can be used to safely access and integrate the shadow, both for personal self-exploration and to support clients in uncovering limiting beliefs, unresolved emotions, and unconscious patterns. By guiding clients or themselves through this process, hypnotherapists can foster deeper self-awareness, integrate hidden aspects, and facilitate meaningful, lasting change.

Gary Josephson is a Certified Clinical Master Hypnotherapist with over 30 years of experience and more than 300 hours of advanced, in-class training, achieving the highest of seven certification levels. Having trained with Gil Boyne in 1992 and subsequently with Randal Churchill, he's been a member of the American Council of Hypnotist Examiners (A.C.H.E.) since 1993. Gary specializes in behavior modification therapies, tailoring his approach to each individual to facilitate lasting, positive change, and designing and delivering hypnosis training, from beginner to advanced.

Presentation – 4:00 pm – 4:50 pm

Pono, Ho'omaika'i, Aloha: Insights for Hypnotherapy from Hawaiian Traditions

Lyn 'Unihipiowaiilepualu' Moreno

In the Hawaiian worldview, health - mental, physical, emotional, and spiritual - is our natural state. Lyn will explore this idea by sharing traditional Hawaiian insights, concepts, and values that resonate deeply with hypnotherapy, including a group journey into a realm of harmony, beauty, and empowerment.

Lyn 'Unihipiowaiilepualu' Moreno is a hypnotherapist, traditional healer, ceremonialist, and Na HokO Hanohano Award-nominated Hawaiian musician. He has been on the faculty of Hypnotherapy Training Institute for over 33 years. In his classes, he shares original techniques and processes that are deeply rooted in the traditional values, spiritual principles, and aloha of Hawai'i, while sustaining practical relevance for hypnotherapists. He is particularly known for his work in fostering connection, easing grief, and enhancing creativity.

Banquet and Awards Ceremony – 7:00 pm