



American Council of Hypnotist Examiners



Presents

31st International Hypnotherapy Conference

Pre-Conference Courses
March 20-21, 2019

Three-Day Conference
March 22-24, 2019

Location

Hilton Hotel in Glendale, 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. Register for the full conference or register for one day (your choice on registration).
- **Access to Elective Workshops.** Low-cost, results oriented three hour workshops on a variety of subjects, each designed to improve your professional and business skills. See page 11 for pricing.
- **Free Admission to the Exhibitors Room**, offering the best in hypnotherapy and self-improvement books, DVDs and other related products.
- **Thursday evening.** Special screening of *The Hypnotic Eye*.
- **Friday evening.** Social event.
- **Saturday Evening Dinner and Dancing.** The banquet will be followed by music and dancing. Admittance is included in your full conference registration. Extra tickets for banquet and dancing may be purchased for \$60.
- **Continuing Education Credit.** Thirty hours (30) CE credit from the ACHE for full conference attendance. Certificate awarded.
- Speakers and topics subject to change without notice.

Please Note:

Audio and video recording is not permitted at conference presentations and workshops.

One-day Pre-Conference Courses - Page 2

- Radical Hypnotherapy through Mindfulness
- HypnoCoaching for Clients with Cancer
- It's Fun to Work with Children
- HypnoSurgery, Pain Control & Other Applications

Accommodations - Hilton Glendale

Location: 100 W. Glenoaks Blvd., Glendale, California
91202 Phone: 818-956-5466

A block of rooms has been reserved for March 19-24, 2019. The special room rate of \$159 per night will be available until Feb. 28, 2019, or until the group block is sold-out, whichever comes first. Book online: <https://bit.ly/2OSBmCX> OR call 818-956-5466 with code: ACHE

- Easy access to I-134, I-101 and I-5
- Recently remodeled
- Coffee shop
- Free Wifi in rooms
- Fitness Room
- Outdoor Heated Pool & Sauna
- Restaurants within walking distance

Shuttle Services

- www.supershuttle.com. 800-258-3826
- Shuttletolax.com
- Uber, Lyft, taxi

Pre-Conference Courses: March 20 and 21

Wednesday, March 20, 2019

9:30 am - 5:30 pm • Cost: \$165

Radical Hypnotherapy Through A Mindfulness Perspective, Alan Barsky

Easily master compelling reframes and practical techniques to be used with most every client. Digest “21 Things That Worked for My Clients” in a full day of exploring a myriad of methods and clever wording that slips into the heart. Travel from “Trichotillomania” through “Weight Loss”, gathering a long list of both Big-Picture and Targeted-Concepts that have proven effective for thousands of private clients. Useful for both experienced hypnotherapists and newbies. Effective, often lighthearted ways to handle serious issues. Mind-changing strategies from Ormond McGill to Fritz Perls. Packed with story-telling, case histories and group demonstrations with a few trances. Surprisingly fun, engaging day of learning.

Alan Barsky has a Clinical Hypnotherapy/Medical Support Hypnosis practice in San Francisco area. Worked directly with Weight Watchers® and 20 other weight management companies. Co-author with Michael Ellner of the Quantum Focusing Self-Hypnosis series.

9:30 am - 5:30 pm • Cost \$165

HypnoCoaching for Clients with Cancer, Zoilita Grant

The science of Mind/Body medicine has led the way to help cancer clients. Zoilita's program has helped many use their minds to manage the four things that cancer clients need to focus on and to improve their quality of life.

It is possible to manage cancer successfully. For the hypnosis practitioners who want to help clients manage cancer this workshop contains everything you need to know to perform these techniques with your clients and produce the same degree of success as Zoilita gets with her own clients. You will learn

- Effective pain relief
- Reduction of experienced stress
- Creating successful wellness visualizations and self suggestions
- Success marketing to build your practice

Zoilita Grant has been practicing hypnosis for nearly

50 years opening new markets and using hypnosis in unique ways. She has a line of Hypnotic Coaching Home Study certifications to train hypnosis practitioners to be Life, Business and Relationship Coaches.

Thursday, March 21, 2019

9:30 am - 5:30 pm • Cost \$165

Medical Hypnotherapy- HypnoSurgery, Pain Control & Other Applications, John Butler

Hypnosis is the most powerful mind-body therapy for a wide range of medical and health applications. In this training day, Dr. Butler draws on his many decades of hypnotic practice in this subject to teach a wide range of hypnotic methods of control for surgical, acute and chronic pain resulting from both psychosomatic and medical conditions and treatments. The course includes his powerful and practical techniques of hypnosis for surgical procedures as well as medical/dental invasive procedures.

- Hypnosis for physical aspects of pain control
- Hypnosis for emotional aspects of pain control
- Invasive procedures - preparing, training, support and aftercare for the patient
- Live hypnosurgery - conducting hypnosis during invasive procedures
- Hypnotic approaches for the medical/surgical/dental team

Dr. John Butler, Ph.D. (Med Sci), MBSH, MA has had an eminent career of over 38 years in hypnotherapy and other therapy methods. His work is based on a great range of clinical experience, extensive academic studies and neurological research.

9:30 am - 5:30 pm • Cost: \$165

Master Presentation Methods, Michael Mezmer

For the first time ever, Michael will present a full day master class, teaching concepts only touched on in previously limited workshops. Participants will learn through hands on demonstrations and rare videos how to present dynamic hypnosis demonstrations. Michael will teach master techniques developed from years of performing in 25 countries worldwide. You will gain skills to create hypnotic presentations for service groups, promote your hypnotherapy practice through “street hypnosis,” and perform a basic stage show. Mezmer’s workshop will take your career to a new level.

Michael Mezmer studied under Gil Boyne, and is a certified Clinical Hypnotherapist with the A.C.H.E. He holds a degree in psychology, consults with the Unger Medical Group in Rancho Cucamonga, and is considered one of the world's top stage hypnotists

Pre-Conference Event - March 21, 7:30 pm

Screening of *The Hypnotic Eye*

In 1960 A.C.H.E. founder Gil Boyne was the hypnosis consultant on the "B" horror movie called *The Hypnotic Eye*. The movie became a cult classic and remains unique for its genre. This special pre-conference get together will be co-hosted by A.C.H.E. President Dr.

John Butler and Board member and film historian Michael Mezmer. In addition to screening the film, both Michael and Dr. Butler will discuss Gil's involvement in the film and behind the scenes stories on its making. Another highlight of the event is Michael will teach some of Gil's hypnotic suggestibility techniques featured in the film. All conference attendees and their guests are invited to attend this unique evening of hypnosis fun and learning.

The Hypnotic Eye will be a wonderful way to kick off your HypnoConnect 2019 experience.

Conference: Friday, March 22

Workshop - 9:30 am - 12:30 pm - Cost \$35

Overcome Anxieties, Dennis Parker

The Positive Mind Management Skills and Tools that Dennis has developed over 30 years of doing clinical hypnotherapy are most effective, and really work! He understands the imagination and how it is a control point over our emotions. This understanding is what is different in his behavioral model. This knowledge is power, and the truths that set people free. It brings affected persons into self-control of their unwanted emotionally induced illnesses and has them controlling their out-of-control deviant behaviors, quickly.

Overcoming negative emotions and desensitizing from anxieties, stresses, worries, fears, and past traumatic abuse, asthma, IBS, Migraines, and PTSD, at a subconscious level, are just some of the emotional issues that are addressed well with Positive Mind Management skills and tools.

- How negative energies - emotions - are created
- A new chart of hypnotic trance states - consciousness to sleep
- A New Behavioral Model that is complete and makes change processes quick and effective!

Dennis is a noted Clinical Hypnotherapist registered with the American Council of Hypnotist Examiners since 1991. Dennis owns and operates Certified Hypnotherapy Training School in Farmington, Utah.

Workshop - 9:30 am - 12:30 pm - Cost \$35

Bridge to Living Free, Rene Brent

Addiction is a growing crisis in this country and traditional approaches are failing with a recovery rate of 10-13%. Research shows that utilizing hypnosis to

prevent relapse has a recovery rate of 60-80%. Clients cannot out think addiction, they must do this on a subconscious level. In her years of practice, Rene found success helping her clients stay clean and sober, but she knew there was a more comprehensive approach.

After years of using various approaches, Rene developed the B.R.I.D.G.E method. This method address many aspects of addiction and recovery utilizing hypnosis, EFT, pattern interrupt, aversion, NLP and breath work. You will learn how to put this all together in a powerful 3-4 day rapid recovery program. We will explore in detail the schedule and how to effectively structure each day. Lecture and experiential.

- The science of addiction
 - Identify in detail the structure and components of B.R.I.D.G.E method.
 - Review and practice protocols used within the method
- Certified Clinical Hypnotherapist. Author of #1 International Bestseller book How Big Is Your BUT? and her next book, Bridge To Living Free. On faculty at The Institute of Interpersonal Hypnotherapy and has been an RN for over 28 years.*

Presentation - 9:30 am - 10:20 am

Allergy Clearing Made Easy, Patrick Singleton

In this talk, you'll learn what works and is essential in allergy clearing with all kinds of non-life-threatening allergies.

- How and why many allergies start
- How and why many allergies multiply over time
- The essential preparation to all effective and long lasting allergy clearing

Patrick has been teaching Hypnotherapy and NLP for 21

years, and has conducted thousands of private Sessions. Former presenter at the ACHE Conference, a certified Hypnotherapy Instructor with ACHE, and a Master Practitioner of NLP.

Presentation - 10:30 am - 11:20 am

Quick Inductions, Attila Kun

Learn Attila's trademark, the One Second Induction and Gil Boyne's rapid induction techniques. Attendees will learn and practice a total of twelve different rapid induction techniques,

Former Director of International Hypnosis and Hypnotherapy Academy (IHHA), Teaching Clinical Hypnotherapy in Canada since 1996 and in Hungary since 2008; Psychology University of Windsor, Nutrition, Diet and Health Science

Presentation - 11:30 am - 12:20 pm

Juvenile Medical and Dental Issues, Sharon Waxkirsh

Standard protocols in hypnosis such as eye closure, relaxation and 'ideal scripts' can be implemented successfully with adults. However, these simple techniques are often difficult to deploy with children particularly in the medical or dental setting.

Techniques often need to be adapted creatively when addressing both acute and chronic issues such as eczema, needle fears, medical procedure rejection and preparation for dental work without anesthesia.

I will give examples from my clinical experience illustrating some of the challenges I have encountered and the solutions that I have discovered.

Sharon Waxkirsh a lead lecturer in hypnosis, University of Portsmouth Dental Academy Private practice--dentistry/surgical preparation & acute medical issues

No-host Lunch Forum- 1:00 pm - 1:45 pm

Bring your lunch and join the experts for Practice Building.

Workshop - 2:00 pm - 5:00 pm - \$35

Re-Vision, Katherine Zimmerman

"You've got to vibrate slightly different from where you are if you are going to improve where you are"
~Abraham

Have you wished for a way to help clients to "rise

above" their current struggles? If you work with clients who are interested in spirituality, personal growth, or you just want a way to help clients with their life challenges from a new perspective, attend this workshop.

Re-Vision combines hypnosis, energy work and a simple application of the Emotional Freedom Techniques to create the energy of the change you desire. It is a content free method of releasing the past that can be applied to almost anything. Besides the overall sense of well being, each client experiences a significant shift toward achieving their goal.

- How to access a deep sense of happiness and contentment
- Increased sense of living in the moment
- Access a deeper spiritual connection

Katherine Zimmerman is the Director of the California Hypnotherapy Academy, an internationally-known author and speaker, and Certified Clinical Hypnotherapist. Since 1989, she has taught classes, and given presentations on hypnotherapy at professional conferences. Former guest lecturer at HTI.

Workshop - 2:00 pm - 5:00 pm - \$35

Hypnotherapy for Death, Dying & Grieving, Timothy Trujillo

Death is a universal experience; it affects each of us. Our encounters with death range from threat or risk, to loss, to the experience of death itself. Unresolved factors related to death often interfere with life itself. Thanatotherapy is the clinical approach to addressing these concerns. The mythological sibling and metaphoric relationship between sleep and death make hypnosis a natural modality to augment this work.

Through informative lecture and demonstration, learn models and methods to help resolve distress associated with fear of death, palliative tools to provide comfort at end of life, and support for survivors. Attendees will also learn both intra- and inter-session processes and practices to support the journey of bereavement and how these same strategies are effective in facilitating life passages.

- The impact of existential threat
- Reframing expectancy
- Supporting "the appointment of affairs"

Timothy L. Trujillo incorporates Hypnotherapy, Reiki, Acupuncture, and Aromatherapy to provide pain relief, trauma recovery, and immune disorder management. Through First Medicines he has helped deliver this care throughout the world. He is a graduate and former instructor at Gil Boyne's HTI of Los Angeles.

Presentation - 2:00 pm - 2:50 pm

Help Clients Quit Smoking & Stay Smoke-free, Rebekka Putnam

Build your practice quickly and successfully by targeting the smoker who wants to quit. Smokers are experienced with quitting, they do it all the time! What they really need help with is staying smoke-free. Rebekka will take you through the entire process, from consultation to a satisfied smoke-free client. She will share tips for preparing to quit, teach the dynamics of addiction, and explain the specific techniques to clear the habit for good.

You'll be able to ask questions and learn for yourself how to work on the addiction. With this four-session protocol, your clients will be happy to share referrals for you! As you know, your client's success is your success.

- Consultation and closing
- Dynamics of addiction
- Tips for preparing to quit

Rebekka Putnam is a Certified Hypnotherapist, EFT practitioner and creator of Smoke Free Success®. She has helped hundreds of people beat their addictions, fears, and anxieties while redirecting them onto the path they most desire.

Presentation - 3:00 pm - 3:50 pm

Gaining Insight from Studying the Placebo Effect, Umesh Tiwari

Explore the ins and outs of what makes placebo medications as effective as they are. After learning and recognizing the specific factors that make placebos tick, attendees will be able to apply new strategies to their own hypnotherapy practices. Imagine if giving "nothing" in particular works as well as it does via the mind-body connection, how much more effective can such a finely tuned mind-body modality such as hypnotherapy be for our clients.

- What are the specific factors that determine how effective one placebo will be over another?
- What is the true efficacy of SSRI medications in the treatment of depression?

- What is placebo surgery and how effective is it?

Dr Umesh Tiwari is a medical doctor trained both in internal medicine and hypnotherapy. He has an interest in studying the science of placebo medications. A self-taught theater technician, he brings practical knowledge you can apply in your own practice.

Presentation - 4:00 pm - 4:50 pm

What Can Go Right, Will, Randal Churchill

This presentation takes an empowering and inspiring look at the incredible potential of our own minds to create lives of meaning and purpose. As Murphy's Law professes, when our attitude is negative we tend to manifest the negative. The converse is a powerful demonstration of the mind's power: when our attitude and focus is positive we tend to manifest the positive. Randal will discuss various ways to increase our effectiveness at reframing, creating positive expectancy and helping facilitate outstanding results with our clients, including by increasing the effectiveness of our post-hypnotic suggestions.

- Why Churchill-Canfield's Law is tremendously more accurate than Murphy's Law
- Why embracing Churchill-Canfield's Law is effective in helping us and our clients achieve our goals
- The value of transforming our habits of taking so much for granted

Randal Churchill is past ACHE President. He is founder of Hypnotherapy Training Institute, one of the original licensed hypnotherapy schools (1978). He is author of the award-winning texts, Regression Hypnotherapy and Become the Dream, and Catharsis in Regression Hypnotherapy.

Conference: Saturday, March 23

8:30 am - President's Address
by Dr. John Butler
ACHE Members' Meeting

Workshop - 9:30 am - 12:30 pm - Cost \$35

Hypnotic Deepening & the Mandala, Kym Maehl
Participants will both learn and experience a process for heightened awareness and inner healing through the

integration of two of world's most powerful healing modalities, hypnosis and art. By applying the individual messages and symbols received during hypnotic deepening or "hypno-meditation" to the "unified" form of the Mandala, each participant will create a personal piece of art that can become a tool for continued contemplation and awareness.

The intention of this workshop is to provide a new paradigm for awareness and healing by connecting more deeply to the various levels of consciousness while merging ancient wisdom, art, and hypnosis. This is a powerful process for both practitioners and clients. Together we will:

- Learn to take clients deeper into the realm of consciousness and healing.
- Both study and practice the ancient art of the Mandala.
- Expand on the significance of symbolism to the psyche.

Kym Maehl is a Counselor and Life Coach who has worked for 30 years assisting clients with deep transformation. She holds advanced degrees in Holistic Ministries, and Counseling and Educational Psychology, and teaches classes in integrative healing and creative arts.

Workshop - 9:30 am - 12:30 pm - Cost \$35
Master Instantaneous Techniques, Martin Castor Peterson

Learn the science and secrets behind real rapid and fast power inductions and how to master them. Martin Castor's great insights and science behind ANY induction. Why and how it really works, with plenty time to practice. It works no matter if it is clinic, street, stage or demos.

This is an opportunity to optimize your game and skills, find a natural flow and just perform inductions without thinking.

You will learn ultimate flow and deepeners, work with body language, convincers, pattern interrupts on a high level, and perform 60, 30 and 10 second inductions ALL included. Covers safety, pre-conditioning, rapport, compliance, the induction and deepener. The REAL science of the brain and nervous system that most teachers forget or don't know about.

- Power inductions for clinical use
- Power inductions for any other use
- The induction formula

Martin is an ACHE approved school/instructor.

ICBCH's Award of Contribution to Hypnotherapy 2018; ACHE Award for Outstanding Professional Presentation 2018.

Presentation - 9:30 am - 10:20 am
Hypnocoaching for the Special Needs Client, Rachel Raucher

Have you wondered how you can utilize your skills as a hypnotist to better assist the special needs client? Have you been confronted with and confounded by how to reach those clients with processing difficulties, attentional issues, and learning disabilities?

We know that not all brains are the same and we need to know how to adapt our skills to better reach those who are wired differently.

Drawing upon her skills and experience with adults and children and combining that experience with her training as a certified hypnotist and HypnoCoach, the presenter has developed a very effective and skillful blend of coaching, hypnosis, and explicit skills training. Working with special needs individuals represents a new, emerging market for hypnotists and hypnotic coaches.

- The differences between coaching, hypnosis, and HypnoCoaching
- How to utilize coaching strategies
- The role of NLP and hypnosis with these clients

Rachel holds advanced degrees in Psychology and Special Education and is pursuing a Doctorate in Ayurvedic Medicine. After twenty years as a therapist and special needs educator, Rachel became a certified hypnotist. She currently runs a successful holistic wellness clinic.

Presentation - 10:30 am - 11:20 pm
Self Hypnosis for Successful Surgery and Recovery, Gaye Gibson

This will be an overview of an approach to preparing oneself/clients for surgery or a procedure, or even for living more comfortably with a chronic condition. Ideas for creation of suggestions/auto-suggestions that foster healing will be offered. The presenter's own personal experience with surgery and recovery will be described and offered as an example of what such an approach may look like.

Gaye Gibson, RN, MS, PsyD is a registered nurse and hypnotherapist. She is a 1996 graduate of Randal Churchill's school, where she now teaches advanced hypnotherapy. She also sits on the ACHE Board.

Presentation - 11:30 am - 12:20 pm

How to Lose Weight While Eating Chocolate,

Alan Barsky

Eat any food and still lose weight. The secret? Make it easy for clients to follow-through. Add memorable mnemonics to concepts that make sense, so clients make healthy choices. Lots of persuasive wording people remember and follow. Add this simple program onto any hypnosis program or self-standing.

Bio on page 2

No-host Lunch Forum- 1:00 pm - 1:45 pm

Bring your lunch and join the experts for
Performance & Demo Methods

Workshop - 2:00 pm - 5:00 pm - Cost \$35

Conducting Weight Loss & Stop Smoking Seminars,
Diane Edwards

Weight Loss and Stop Smoking Seminars can be immensely lucrative. They can provide a very comfortable, full-time living for the hypnotherapist who conducts them. Also, some therapists in private practice find them an excellent means for introducing people to hypnosis and then moving these people into private therapy programs for other problem areas. If you want to learn from a seasoned and well-qualified hypnotherapist, come to this workshop! You will learn

- How to choose the best seminar locations
- The importance of back-of-the-room sales
- How to turn attendees into private clients

Diane Edwards, owner of the San Diego Hypnosis Clinic since 1989 is a leading authority in addictive behaviors and has created many innovative group programs.

Workshop - 2:00 pm - 5:00 pm - Cost \$35

**The Magical Art of Listening & Presence, Judith
Simon Prager**

Right brain/left brain labels may be an oversimplification, but let us imagine (imagine!) that, instead of relying on techniques, plans, protocols, we could just “know” how to be with our clients to bring them back to themselves when they are lost, to reflect their wholeness. There exists an invisible world of communication we can tap into.

Through listening and presence, we may gain the exact opening into their freedom. Milton Erickson, MD, was a genius at this, saying “Trust your unconscious; it

knows more than you do.” When we step aside from the literal, we are all built to use our intuition rather than the more limited tools we think we bring into the room. Here you may learn what might be called “Non-verbal first aid for the soul”—some insights into the power of your intuition and our interconnection and ways to experience that magical ability.

- What the holographic universe has to do with your healing powers
- What the higher self, our inner wisdom, our superconsciousness is, and how might we connect with it
- Learn about the four “clairs”

Prager is an author, trainer of medical personnel around the world, an award-winning instructor in the UCLA X Writers’ Program, with a PhD in psychology practicing in Los Angeles. Her latest book, What the Dolphin Said, is about consciousness and NON-Verbal First Aid.

Presentation - 2:00 pm - 2:50 pm

Dental Hypnosis, Juan Acosta

So you're unsure of what techniques to use with dentists and their patients? Fear no more! In this presentation attendees will learn dental-specific hypnosis inductions and techniques they can use with clients right away. Learn how to relieve pain and anxiety, work with bruxism, overactive gag reflex, and more.

- Three dental-office-friendly inductions
- Pain/fear removal technique
- Anchor collapse, kinesthetic swish

Juan Acosta is the founder of hypnodontist.com and author of the best-selling hypnotherapy book: Hypnodontics. He speaks at dental and hypnosis trade conferences about his work inside multiple dental offices, with several thousand patients and hundreds of dental professionals.

Presentation - 3:00 pm - 3:50 pm

**5 Top Marketing Strategies to Grow Your
Practice, Selena Valentine**

Struggling to attain consistent success in your business? There are 5 top marketing strategies that every hypnotist should know when it comes to growing their own practice. In this presentation, attendees will learn the 5 most critical marketing techniques and strategies of successful hypnotists.

- What is marketing and what is not marketing
- The importance of marketing

- The top 5 marketing strategies to grow a practice
Selena D. Valentine – is the Founder of HypnoBiz New York, a global conference in New York City that brings together hypnotists from around the world to share their best practices and tips for success.

Presentation - 4:00 pm - 4:50 pm

Unlock The Power Within Using Therapeutic Imagery, Cheryl O’Neil

The use of imagery is a practice that dates back thousands of years. Since the brain, the mind, learns in images, imagery is a dynamic and direct way in to connect and communicate with the subconscious mind.

Cheryl will discuss how all imagery naturally desensitizes, can often bring subconscious information up to consciousness, how to allow the “juice” of imagery to do its good work, the differences between client spoken and silent imagery, between FreeStyle and DirectStyle imagery, the therapeutic benefits of Kapassinian theories in understanding how clients process imagery, and more.

Hypnotherapist/Instructor at Hypnosis Motivation Institute for over twenty years, Cheryl O’Neil, developed and teaches the Therapeutic Imagery Certification Program for The American Hypnosis Association.

7:00 pm - 12:00 am
Awards, dinner, dancing

Conference: Sunday, March 24

Workshop - 9:30 am - 12:30 pm - Cost: \$35

Beyond NLP Pacing & Leading, Damon Cart

Based on technology created by the late Steve Andreas, you can learn to build rapport and trust with anyone rapidly and lead them to where you want to direct their attention. Whether it's for sales, coaching, therapy, or dating this NLP technology will have you pacing and leading like a seasoned practitioner in just a few hours. If you want to take it even further and use it to build strong connections with people, this understanding about the personal boundaries we create for ourselves will enable you to do just that.

- Accelerate sensory acuity and calibration skills
- Instantaneous rapport
- Gain instant rapport with groups of people

Damon Cart has studied and taught NLP for several years. He creates online NLP trainings and has created nearly 500 videos about NLP on his Youtube channel NLP Gym.

Workshop - 9:30 am - 12:30 pm - Cost: \$35

Beyond Scripts: Organic Hypnosis, Linda Bennett

What do you do when you don’t have a script memorized or handy and available? How do you ask the right questions to keep your sessions flowing and create bigger ah-has for your clients? Through trance dialogue and active imagination you can learn to bridge the gap between the conscious and unconscious minds.

Key to the process of active imagination is the goal of using as little influence as possible on the mental images of your clients as they unfold. Learn the ability to support your clients in a light state of hypnotic trance to unravel the challenges they face and help by allowing them to step into a more profound state of healing.

- Facilitating powerful questions without over-leading
- Facilitate connecting conscious and subconscious minds
- Learn a basic active imagination protocol

Linda is certified as a Clinical Hypnotherapist Hypnotherapy Instructor . She has been recognized for Outstanding Clinical Contributions by the National Association of Transpersonal Hypnotherapists and 2014 Educator of the Year by IMDHA

Presentation - 9:30 am - 10:20 am

Gut Directed Hypnosis for IBS, Eva Clark

Hypnosis has been researched for its use with irritable bowel syndrome (IBS) for over 30 years. It has proven to be most effective with the hardest cases that do not respond to pharmacology. The National Institute for Health and Care Excellence in the UK actively recommends its use for those cases.

This presentation will help you understand how the mind effects the digestive system and the three key areas to cover in the basic IBS protocol.

- Understand what IBS is and isn't
- Learn about the main researchers in Gut-directed Hypnosis
- Understand how the mind affects the digestive system

Eva M Clark directs the nonprofit, MINDbasedHealing, that provides leadership in the development and application of mind-based practices to effectively treat the psychosocial factors behind chronic disease. She teaches "Medical Hypnotherapy for Chronic Disease" to clinical hypnotherapists and NLP practitioners.

Presentation - 10:30 am - 11:20 am

Better Inductions for Better Results, Roger Dent

Each induction is the gateway through which we guide our clients into a place of relaxation, comfort, and positive change. Your confidence and skill at this critical point in each session determines your effectiveness and your client's success. Are you using the best and most effective induction for each session? We all have our favorite "go to" inductions, though knowing the induction that will give you and your client the best result improves your effectiveness and efficiency.

Learn key components of an effective induction, signals that every client gives you to determine the best induction, and techniques for seamless integration of your induction into the deepening and suggestion. You also will receive creative induction examples to guide you in developing effective inductions for any session.

- Key components to an effective induction
- How clients let you know what induction style will work best in each session
- Why your approach to each induction is important

Roger Cooper Dent is a certified clinical hypnotherapist with a successful practice in Santa Rosa, California. He has partnered with other hypnotherapists, physicians and psychologists on the development of metaphors and guided imagery scripts and inductions.

Presentation - 11:30 am - 12:20 pm

How to Specialize in Change Management, Birgit Zottmann

Even when faced with a life-threatening situation, people tend to resist change despite knowing the consequences. Understanding the neuroscience of change and how the brain works during change can help

us manage resistance towards change and develop strategies to boost our brain's capacity for neuroplasticity.

Changing a habit or embedding a new behavior takes effort and focused attention. It can feel physiologically uncomfortable and quite literally painful to override habits. It's no wonder people often avoid change or find it hard to maintain commitment. Under pressure, tired or distracted, our pre-frontal cortex can't keep us focused and we relapse to earlier behaviors and habits.

- Understand what change generates in the brain
- Learn about the emotions that will probably come up
- Simple exercises to demonstrate how change feels

Dr. Birgit Zottmann is a board certified hypnotherapist, a hypnosis instructor, a certified strategic coach, a Mindful Based Stress Reduction teacher and an EMDR practitioner, a published author, an international speaker. In private practice in Frankfurt, Germany for 18 years.

Lunch - 12:30 pm - 2:00 pm

Workshop - 2:00 - 5:00 pm - Cost \$35

Shame: The Universal Emotion, Joan Courtney

Shame is intertwined with our client's lives in many subtle ways. It can stop positive progress in its tracks. It can morph into addiction, trauma, depression, bullying, eating disorders and even more. Shame can color perspectives with avoidance and warp lifestyles with rage and sadness, ruining both dreams and lives.

This workshop is interactive, practical and hands on. While there is no cut-and-dried process to address this emotion, by the end of the session you will be armed with many skills to handle this elusive, degrading emotion.

- How to identify shame and know its roots
- Know the difference between shame and guilt
- Why it's important for you to do your own work around shame and what you can do about it

Having over 30 years of experience, Joan Courtney, C.Ht. NLP practitioner Unstuck Living Pro! specializes in PTSD and trauma. While there is no set process to eliminate this feeling, Joan has developed processes to live unstuck, stopping the shame spiral.

Workshop - 2:00 - 5:00 pm - Cost \$35

Aspecting: Communication Through Cooperation, Stephanie Jaeger

Aspecting is a procedure that is highly effective when

working with those recovering from abuse or trauma. It can be successful as having access to memories of the event/s is not necessary for teaching clients to move from survival mode into a thriving perspective for their lives.

Utilize this tool within your work and see additional success with your clients. Often survivors of abuse and/or trauma can become a drain on themselves, their families and on society as they cannot seem to transform the cycle of crisis and continue to re-traumatize themselves and their loved ones. This shows up in our communities in domestic violence, alcohol /drug abuse and child abuse. Learn the tools to

change this pattern and become happy and healthy members of society.

- Identify when Aspecting would be beneficial
- Demonstration with a volunteer
- Learn the step by step process

Stephanie Jaeger is a Clinical Hypnotherapist, a Certified Peer Support Worker. She established and runs a non-profit organization, The Sheltered Heart Foundation and proprietary workshop series to address abuse and trauma recovery—educating professionals about the social effects of abuse

New events! *Included with registration*

Thursday, March 21

Kick off your HypnoConnect 2019 experience with a special screening of *The Hypnotic Eye*.

Friday, March 22

No-host Lunch Forum- 1:00 pm - 1:45 pm

Bring your lunch and join the experts for Practice Building

Social event

Special evening for attendees

Saturday, March 23

No-host Lunch Forum- 1:00 pm - 1:45 pm

Bring your lunch and join the experts for Performance & Demo Methods

Speakers and topics subject to change without notice

**No need to miss a talk ~
You can buy the audio recording!**



American Council of Hypnotist Examiners

31st International Hypnotherapy Conference Hilton Hotel in Glendale, California

Registration Form

To register, complete the form below and mail with your check payable to ACHE. Send to: ACHE Conference Registration, 3111 Camino del Rio N., Ste. 400, San Diego, CA 92108
Or you may register online at <https://hypnotistexaminers.org> or call 619-280-7200 with credit card information

Name _____ Phone _____
Mailing address _____
City _____ State/Province _____ Postal code _____
Country _____ Email address _____

Member Status

Check the box indicating your current status

- I am a student member
- I am currently a member
- I am not a member/membership lapsed

Pre-Conference March 20-21, 2019

At the door price: Add \$40

- Radical Mindfulness - \$165
- HypnoCoaching for Cancer - \$165
- Master Presentation Methods - \$165
- HypnoSurgery, Pain Control... - \$165

Current Members - Full Conference Registration

Membership must be current to qualify for these prices. Registration is not complete until full payment is received. At the door: Add \$40

- All three days \$399

Not a Member - Full Conference Registration

At the door: Add \$40

- All three days \$425

One Day Only

Banquet included with full conference registration only.

Register for one day only. At the door: Add \$20

- Friday - 9:30 am - 5:30 pm - \$165
- Saturday - 9:30 am - 5:30 pm - \$165
- Sunday - 9:30 am - 5:00 pm - \$165

Workshop Tickets

May be purchased in advance or at the registration desk. Tickets are non-refundable. 1 or 3 day registration req'd

- One 3-hour ticket - \$35
- Four 3- hour tickets - \$125

Totals

Total for Pre-conference Courses \$ _____
Total for Conference \$ _____
Total for Workshops \$ _____
Total Amount Enclosed \$ _____

Refunds

The registration fee, less a \$55 processing charge, will be refunded if your notice of cancellation is received in writing prior to Feb. 28, 2019. No refunds after that date.



American Council of
Hypnotist Examiners
3111 Camino del Rio N. Ste. 400
San Diego, CA 92108

Bookstore closes Sunday at 2:00 pm

Conference closes Sunday at 5:00 pm

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31st International Hypnotherapy Conference



Details Inside – Register Today!
