



**Pediatric Clinical Hypnosis  
Skill Development Workshops 2018**  
*presented by*

**NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE**

**October 4-6, 2018**

**Crowne Plaza Minneapolis West  
3131 Campus Drive  
Plymouth, MN 55441**

**In Collaboration with  
Minnesota Society of Clinical Hypnosis  
University of Minnesota Department of Pediatrics  
Children's Hospitals and Clinics of Minnesota**

**Children's**  
MINNESOTA

**Sponsored by  
Fairview Health Services**

# Highlights for 2018

- **Highlighting Special Guest Faculty:** **Stefan Friedrichsdorf, MD, Director of the Department of Pain Medicine, Palliative Care, and Integrative Medicine at Children's Hospitals and Clinics of Minnesota.** An Associate Professor of Pediatrics, he is globally renowned for his clinical and teaching expertise & has received numerous international awards.
- **EXPERIENTIAL** learning activities comprise **OVER HALF** of each workshop!
- Learning **practical hypnosis skills** is the primary focus of all three workshop levels
- Seven new choices for Mini-Intensive Clinical Application sessions (90 min. each).

## DESCRIPTION OF WORKSHOPS

These intensive workshops feature a combined lecture-demonstration-experiential training format with a developmental perspective in the use of clinical hypnosis & its empirically supported applications to children and teens with various medical & mental health conditions and challenges. Both research-based and pragmatic hypnotic interventions are taught.

- **Cutting edge presentations** (including VIDEOS of faculty cases) highlight therapeutic communication, goal setting and goal-driven suggestions and other hypnosis strategies.
- **Faculty:** Our multi-disciplinary, seasoned pediatric clinician-teachers with expertise in pediatric hypnosis include the most renowned leaders-teachers-researchers-authors in this field.
- **Three levels of workshops:** Fundamentals; Utilization & Expanded Clinical Applications; & Individualized Consultation offered to licensed pediatric clinicians with advanced degrees and to full-time trainees working toward a clinical license.
- **Extensive experiential learning:** Activities during presentations, and abundant supervised practice of hypnotic techniques within supportive small groups with a high faculty to trainee ratio.
- **Registration fees include:** Workshop presentations, Online syllabus, Small Group exercises, a comprehensive Bibliography, a Complimentary Wine Reception, Hearty continental breakfasts, & Generous morning & afternoon refreshments.

## ELIGIBILITY AND TARGET AUDIENCE: Requires an active clinical license AND one of the following:

- Doctoral Degree in Medicine, Psychology, Nursing or Dentistry
- Masters Degree in Social Work, Marriage and Family Therapy, Clinical or Counseling Psychology
- Masters Degree in Nursing or a Registered Nurse with subspecialty certification (i.e. APRN, CPNP, CNS)
- Other Advanced degree clinicians (e.g. Occupational & Physical Therapists, Speech & Language Pathologists, et al.)
- Child Life Specialists holding a Doctoral, Masters, or Bachelors degree
- Full-time Interns/Residents/Fellows or Graduate Students enrolled in an accredited program leading to these clinical degrees will be accepted when they provide a letter from their department on letterhead, attesting to their current full-time status, specifying timing of training (month and year).

## **FUNDAMENTALS OF PEDIATRIC CLINICAL HYPNOSIS (Introductory) WORKSHOP:**

This workshop is for clinicians who have NOTYET completed a *pediatric-specific* hypnosis training (20+ hours) **and** for clinicians wanting a refresher or solidification of confidence in fundamental pediatric hypnosis skills.

- Basic skill-building in hypnosis as therapeutic communication and adjunctive intervention for children/teens with clinical conditions.
- Clinical focus: hypnosis adjunctive management of of pain, anxiety, fear, and sleep issues for children and teens at different developmental stages.
- State-of-the-art presentations include instructional videos (faculty cases) and case vignettes.
- Experiential learning is a critical focus: *Over half of total workshop time is spent in very small group practice (6:1 trainee: faculty ratio)* and large group exercises focused on the structure and elements of clinical hypnosis with children/teens, using therapeutic language, explaining hypnosis to parents and children, delivering goal-directed hypnotic suggestions, and the use of self-hypnosis.

For complete information, click here <https://iplanit.swoogo.com/NPHTI2018>

### **REGISTRATION**

	<b>Kick-off March 1 – June 30</b>	<b>Early Bird July 1 - August 20</b>	<b>Regular After August 20</b>
Fundamentals Workshop	\$899	\$990	\$1,035
MSCH Member	\$830	\$915	\$965
Children's Hospitals and Clinics of MN Faculty/Staff	\$830	\$915	\$965
University of MN Faculty/Staff	\$830	\$915	\$965
Graduate Student/Intern/Resident/Fellow/Trainee	\$620	\$699	\$740

Registration Deadlines & Fees – Fundamentals Workshop register by August 20 to receive Reg Discount

#### **To Register for the Fundamentals Workshop**

**ONLINE:** Register online with Visa, MasterCard, or American Express at <https://iplanit.swoogo.com/NPHTI2018>

**QUESTIONS:** For any questions relating to registration, please contact NPHTI@iplanitmeetings.com or call 1-844-900-0882, ext. 601 between 8 am-5 pm Mountain Time.

**Note:** Participants are not considered registered until registrant information, Acknowledgement & Release Waiver and **payment have been received by our office no later than 2 weeks after registration/acceptance.**

## **UTILIZATION AND EXPANDED CLINICAL APPLICATIONS WORKSHOP:**

**NOTE:** Participants must have completed a Fundamentals all *pediatric-specific* hypnosis training workshop (20+ hours), and are using clinical hypnosis with pediatric patients on a frequent basis. A Prior Learning/Needs Assessment application is required & reviewed prior to acceptance for this workshop. This is not a beginning level course.

Click <https://iplanit.swoogo.com/NPHTI2018> and select "Application"

- Workshop emphasizes experiential learning how to set hypnosis GOALS and create goal-driven SUGGESTIONS!
- Learn how to incorporate Ericksonian Utilization principles in your hypnosis approach.
- Refine and expand existing hypnosis skills and develop *individualized* hypnotic treatment approaches for your patients.
- Faculty videos and case vignettes are integral throughout workshop.
- Supervised exercises: Augment your confidence and utilization skills (conversational invitations, pacing & leading, constructing goal-driven suggestions, talking in trance, self-regulation strategies, and other person-centered strategies) within thoughtfully clustered small groups (with high faculty to trainee ratios)
- Select two of seven NEW "mini-intensive" (90 minutes each) clinical applications for Hypnosis Skill Development:

### **REGISTRATION**

	<b>Kick-off March 1 – June 30</b>	<b>Early Bird July 1 - August 20</b>	<b>Regular After August 20</b>
Utilization & Clinical Applications Workshop	\$899	\$990	\$1,035
MSCH Member	\$830	\$915	\$965
Children's Hospitals and Clinics of MN Faculty/Staff	\$830	\$915	\$965
University of MN Faculty/Staff	\$830	\$915	\$965
Graduate Student/Intern/Resident/Fellow/Trainee	\$620	\$699	\$740

#### **To Register for the Utilization & Clinical Applications Workshop**

Go to [www.nphti.org](http://www.nphti.org) to complete the Prior Learning/Needs Assessment or by clicking here

<https://iplanit.swoogo.com/NPHTI2018> and select "Application". Upon acceptance of your assessment, you will be contacted with registration instructions.

**Note:** Participants are not considered registered until registrant information, Acknowledgement & Release Waiver and **payment have been received by our office no later than 2 weeks after registration/acceptance.**

## **INDIVIDUALIZED CONSULTATION WORKSHOP: Personalized and Peer Mentoring**

- Provides extensive, individualized mentor consultation to clinicians ready to enhance their knowledge and expertise in the use of pediatric hypnosis.
- Fulfills partial requirements for attaining ASCH Certification in Clinical Hypnosis and/or an ASCH-Approved Consultant.
- Unique format: Clinicians consult in a small group (max = 6) with rotating faculty facilitators (ASCH Approved Consultants).

In addition to thoughtfully-matched Faculty consultation, this models expects participants to learn from one another and to have their own expertise affirmed and expanded. During the consultation sessions, the focus is on issues unique to each practitioner's practice as reflected in their video submissions. Participants must present a video-recording of hypnotic work with a pediatric patient and a corresponding typed case vignette of the video.

**A firm deadline for video submission is July 1, 2018.** A "how to" guide to help learners develop effective video recordings will be provided. Prior to registering for this workshop, a required application must be submitted for review, click here <https://iplanit.swoogo.com/NPHTI2018> and select "Application".

### **REGISTRATION**

#### **Registration Deadlines & Fees**

Workshop Registration Fee	On or before July 1, 2018 \$1050	Registrations will not be accepted after July 1, 2018
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#### **To Register for the Individualized Consultation Workshop**

Go to [www.nphti.org](http://www.nphti.org) to complete the Prior Learning/Needs Assessment or by clicking here <https://iplanit.swoogo.com/NPHTI2018> and select "Application". Early registration is encouraged to reserve your place and facilitate faculty planning.

Registration fees for all three workshops include workshop presentations (available online in advance, during and following the workshops), small group exercises, comprehensive bibliography, complimentary wine reception, hearty continental breakfast, and generous morning and afternoon refreshments. Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance. Requests cannot always be honored on site.

**Note:** Participants are not considered registered until registrant information, Acknowledgement & Release Waiver and **payment have been received by our office no later than 2 weeks after registration/acceptance.**

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*"This is one of the best trainings I have ever been to. It will transform my clinical practice and I plan to continue the training for many years. It is a privilege to be taught so closely by the masters in the field, something that rarely happens."*

**Independent practice. Concord, MA**

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*"Pediatric clinical hypnosis has completely changed my perspective on managing chronic complex symptoms, particularly pain. I cannot recommend this course enough to all providers, of any level, as a means of introducing a very safe and effective means of improving the quality of life of children suffering from a myriad of symptoms."*

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## Lunch on Your Own

Lunch during the three day workshops is not included in the registration fee. The hotel will provide options to purchase a box lunch or attendees are welcome to make a reservation at the hotel's restaurant for lunch. Tickets for the buffet will NOT be available this year.

## Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$30 per person to be deducted from the corresponding registration fees listed above. Individual registrations in a Group registration must be received within two business days of each other to qualify for this discount. Contact Registration Services at 1-800-781-1193, ext. 601 to obtain a discount code before beginning the registration process. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

## Course Materials

**A printed syllabus will NOT be distributed at the Workshops. NO services for printing syllabi are available on site during the conference.** Registered attendees will be emailed access instructions to view course materials online, then download and print prior to the Workshops. The presentations and other course-related materials (e.g. extensive bibliography) will remain available online at the [www.NPHTI.org](http://www.NPHTI.org) website for 6-8 weeks following the Workshops.

## Cancellation Policy

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 20, 2018. No refunds will be made after this date.

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## WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

Crowne Plaza Minneapolis West  
3131 Campus Drive  
Plymouth, MN 55441  
[www.CPPlymouth.com](http://www.CPPlymouth.com)  
763-559-6600  
800-227-6963



A limited block of hotel rooms is available at the discounted rate of \$132.00 per night plus local taxes.

**In order to get this reduced rate, reservations must be made directly with the hotel by the cut-off date of September 3, 2018.** You may reserve your room by one of these methods:

1. **Click** here to make online reservations: **[NPHTI Conference 2018](#)**
2. **Call** 763-559-6600 or 800-227-6963 and request the **NPHTI Pediatric Clinical Hypnosis block**.

Reservations will be accepted based on space and rate availability.

Parking is complimentary and adjacent to the facility. Valet parking is available for \$3.50 per day.

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*“What a wonderful, FULL EXPERIENTIAL training! The small group experience certainly contributed to learning and acquiring clinical hypnosis skills more quickly. Facilitators and faculty members were clear experts and provided critical support to our learning process. Looking forward to continuing to collaborate with my new colleagues.”*

**Lucile Packard Children's Hospital at Stanford University.**

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*“It was truly a transformative training. It challenged me to rethink my interaction with my patients and will continue to challenge me as I utilize my new skills to empower my patients and their families going forward. I feel passionate about sharing clinical hypnosis with my colleagues and have set a goal on returning to future conferences to continue learning and growing. Thank-you to each and every one of you for the incredibly important work you have done and are continuing to do with families.”*

**Children's National Medical Center (Washington, D.C.)**

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## ACCREDITATION

### **American Medical Association/PRA**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Fairview Health Services, and the National Pediatric Hypnosis Training Institute (NPHTI), the Department of Pediatrics of the University of Minnesota, Children's Hospitals and Clinics of Minnesota and the Minnesota Society of Clinical Hypnosis. Fairview Health Services is accredited by the MMA to provide continuing medical education for physicians.

Fairview Health Services designates this live activity for a maximum of 22.0 *AMA PRA Category 1 Credits*<sup>™</sup> for the **Fundamentals Workshop**, 22.0 *AMA PRA Category 1 Credits*<sup>™</sup> for the **Utilization and Expanded Clinical Workshop**, 22.0 *AMA PRA Category 1 Credits*<sup>™</sup> for the **Individualized Consultation Workshop**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **American Academy of Pediatrics (AAP)**

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 22.0 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.

### **American Society of Clinical Hypnosis (ASCH)**

This continuing medical education activity has been reviewed by the American Society of Clinical Hypnosis and is acceptable for a maximum of 22.0 credits for **Fundamentals Workshop**, 22.0 credits for **Utilization and Expanded Clinical Workshop**, 22.0 credits for **Individualized Consultation Workshop**.

### **American Psychological Association (APA)**

An application to the APA is being submitted.

### **American Academy of Family Practice**

This Live activity, Pediatric Clinical Hypnosis Workshops 2018, with a beginning date of 10/04/2018, has been reviewed and is acceptable for up to 21.75 Elective credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Minnesota Board of Psychology**

This continuing medical education activity has been reviewed by the Minnesota Board of Psychology and is acceptable for a maximum of 22.0 credits for **Fundamentals Workshop**, 22.0 credits for **Utilization and Expanded Clinical Workshop**, 22.0 credits for **Individualized Consultation Workshop**.

### **Minnesota Board of Social Work**

This continuing medical education activity has been reviewed by Minnesota Board of Social Work and is acceptable for a maximum of 22.0 credits for Fundamentals Workshop, 22.0 credits for Utilization and Expanded Clinical Workshop, 22.0 credits for Individualized Consultation Workshop

### **Minnesota Board of Marriage & Family Therapy**

This continuing medical education activity has been reviewed by Minnesota Board of Marriage & Family Therapy and is acceptable for a maximum of 22.0 credits for Fundamentals Workshop, 22.0 credits for Utilization and Expanded Clinical Workshop, 22.0 credits for Individualized Consultation Workshop

### **American Holistic Nurses Credentialing Corporation (AHNCC)**

This course is accepted for CE requirements for national board certification and recertification by the American Holistic Nurses Credentialing Corporation.

### **Nurse Practitioners, Advanced Practice Nurses, Dentists and Other Health Care Professionals**

Nurse practitioners, Advanced Practice Nurses, dentists and other health care professionals who participate in this CE activity may submit their Statements of Participation to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

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*"Best and most helpful training I have participated in. Doing is learning"* Cardinal Glennon Children's Hospital.

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## NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

### FUNDAMENTALS WORKSHOP SCHEDULE

Workshop Co-Directors: Pamela Kaiser, PhD, CPNP, CNS & Daniel Kohen, MD, FAAP, ABMH

#### Educational Objectives

At the completion of the Fundamentals Workshop, learners should be better able to:

- List the stages of hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe three pediatric hypnosis “invitation” methods
- Demonstrate three appropriate “invitation” techniques
- Describe methods for intensification of and re-alerting from hypnosis
- Outline applications for pediatric hypnosis
- Describe and demonstrate the use of hypnosis for pain control for procedures and for chronic, recurrent pain
- Describe and demonstrate how to teach a child/parent the skill of self-hypnosis and how to practice it regularly
- Describe and demonstrate a hypno-therapeutic approach for sleep onset insomnia/anxiety and for circadian rhythm disorders in teens
- Outline a strategy for getting started using hypnosis in clinical practice
- Using therapeutic language, design a hypnotic suggestion for children and teens with clinical anxiety

### AGENDA

#### Thursday, October 4, 2018

<b>7:00 - 7:55 a.m.</b>	Registration and Breakfast Buffet
<b>8:00 - 8:25</b>	Introduction – Course Overview & Faculty Introductions
<b>8:30 - 9:25</b>	Hypnosis Definitions/ Theories/ Myths
<b>9:25 - 10:15</b>	Hypnosis Structure and Stages
<b>10:15 - 10:35</b>	Refreshment Break
<b>10:35 - 11:15</b>	Hypnosis: The Many Right Ways
<b>11:15 - 11:35</b>	Overview: Format for Small Group Practice
<b>11:35 - 11:50</b>	#1 Demo: Invitation: Special Place (Dissociation); Intensification: Multisensory Imagery
<b>11:50 - 1:00</b>	Lunch with Faculty
<b>1:00 - 2:40</b>	#1 SmGrp Practice: Invitation: Special Place (Dissociation) – Intensification: Multisensory Imagery – Alert – Debrief
<b>2:40- 3:00</b>	Refreshment Break
<b>3:00 - 3:15</b>	#2 Demo: Invitation: The Breath; Intensification: Muscle Relaxation
<b>3:15 - 4:50</b>	#2 SmGrp Practice: Invitation: The Breath; Intensification: Muscle Relaxation– Alert – Debrief
<b>4:55 - 5:45</b>	Hypnosis: Developmental Considerations (50)
<b>6:00 - 7:00</b>	Welcome Complimentary Cocktail Reception

#### Friday, October 5, 2018

<b>7:00 - 7:55 a.m.</b>	Breakfast Buffet
<b>8:00 - 9:10</b>	Formulating Suggestions: Language & Utilization / Communication Techniques
<b>9:10 - 9:25</b>	#3 Demo: Invitation: Magnet Fingers; Intensification: Utilization; Give suggestions; Alert; Debrief
<b>9:25 - 9:45</b>	Refreshment Break
<b>9:45 - 11:00</b>	#3 SmGrp Practice: Invitation: Magnet Fingers; Intensification: Utilization; Incorporate Language & Suggestions; Alert, Debrief
<b>11:05 - 12:10</b>	Choosing Goals & Suggestions for Hypnosis Session (65)
<b>12:10 - 1:20</b>	Lunch on Your Own
<b>1:20 - 2:20</b>	Choosing Hypnosis Goals & Suggestions: Self-Regulation for Worry, Fears, Anxiety, & Pain

**2:20 - 2:35**

#5 Demo: Invitation & Intensification (Learners’ Choice); Deliver Goal-driven Suggestions; Alert, Debrief

**2:35 - 2:50**

Refreshment Break

**2:50 - 4:25**

#5 SmGroup Practice: Invitation & Intensification (Learners’ Choice), Deliver Goal-driven Suggestions; Alert, Debrief

**4:30 - 4:55**

#4 Demo: Explaining Hypnosis to Child & Parents w/Video

**5:00 - 5:50**

#4 SmGrp Practice: Explain Hypnosis to Child & Parents

**5:50 p.m.**

Adjourn for the Day

#### Saturday, October 6, 2018

<b>7:00 - 7:55 a.m.</b>	Breakfast Buffet
<b>8:00 - 8:50</b>	Goals & Suggestions: Sleep Disturbances
<b>8:50 - 9:50</b>	Goals & Suggestions: Acute & Chronic Pain
<b>9:50 - 10:10</b>	#6 Demo: Magic Glove Technique
<b>10:10 - 10:30</b>	Refreshment Break
<b>10:30 - 11:35</b>	#6 Small Group Practice: Magic Glove Technique
<b>11:35 - 12:45</b>	Lunch on Your Own
<b>12:45 - 1:05</b>	Self-Hypnosis (SH): Learning, Teaching, and Questions
<b>1:10 - 1:25</b>	Self-Hypnosis: Large Group Experience/Debrief
<b>1:30 - 2:20</b>	#7 Demo: Teach SH + Do SH (5 min.)
<b>2:20 - 2:35</b>	#7 Small Group Practice: Teach Self-Hypnosis – Do Self-Hypnosis
<b>2:35 - 3:45</b>	Refreshment Break
<b>3:50 - 4:10</b>	#8: Breakout Groups: (Participants’ Choice) Planning a Hypnosis Session: Goals & Suggestions
<b>4:10 - 4:20</b>	1. Pain
<b>4:20 - 4:30</b>	2. Anxiety
<b>4:30 p.m.</b>	3. Primary Care
	4. Chronic Conditions
	Continued Learning & Resources beyond Monday: NPHTI, Ongoing Education & Organizations
	Beyond Today: What’s Left To Learn?
	Special Closure: All Faculty Group Hypnosis w/ Participants
	Adjourn /Pick up OPTIONAL



## NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

### UTILIZATION & EXPANDED CLINICAL APPLICATIONS WORKSHOP SCHEDULE

Co-coordinators: Pamela Kaiser, PhD, CPNP, CNS and Daniel Kohen, MD

#### Educational Objectives

At the completion of the Utilization & Hypnosis Skills Workshop, learners will be able to:

- Refine therapeutic language skills to be used during hypnosis sessions
- Identify individualized and specific hypnosis goals and design and deliver goal-driven suggestions
- Utilize a patient's resources and needs when designing an individualized treatment plan
- Apply hypnotic utilization techniques: conversational invitations, pacing & leading, talking in trance, fractionation, reframing, and age progression & regression
- Apply hypnosis strategies to more complex and mental health issues (such as anxiety disorders, stress, fears, palliative care, pain, respiratory, gastro-intestinal symptoms)
- Incorporate hypnotic self-regulation strategies during hypnosis sessions.

## AGENDA

### Thursday, October 4, 2018

- 7:00 - 7:55 a.m.** Registration and Breakfast Buffet  
**8:00 - 8:25** Introduction – Course Overview & Faculty Introductions  
**8:30 - 9:15** Hypnosis: Re-fining Utilization/ Pacing & Leading  
**9:15 - 10:00** Utilizing Language: Why and How To Say What We Say, Pacing & Leading  
**10:00 - 10:25** Introduction to Small Groups  
#1 Demo: Conversational Invitation; Pacing & Leading  
**10:25 - 10:40** Refreshment Break  
**10:40 - 12:10** #1 SmGrp Practice: Conversational Invitations; Pacing & Leading  
**12:10 - 1:20** Lunch with Faculty  
**1:20 - 2:00** Utilizing Unfolding Development: Abstract Thinking, Metaphors, & Self-Regulation  
**2:00 - 3:00** Planning a Hypnosis Session: Creating Goal Driven Suggestions  
**3:00 - 3:15** Refreshment Break  
**3:15 - 3:55** Planning a Hypnosis Session: Post-Hypnotic Suggestions  
**3:55 - 4:10** #2 Demo: Designing and Delivering Suggestions  
**4:15 - 5:50** #2 SmGrp Practice: Designing & Delivering Suggestions  
**6:00 - 7:00** Welcome Complimentary Cocktail Reception

### Friday, October 5, 2018

- 7:00 - 7:55** Breakfast Buffet  
**8:00 - 9:20** Anxiety & Fear: Goals & Suggestions for Self-Regulation  
**9:20 - 9:35** #3 Demo: Suggestions for Self-Regulation of Anxiety & Fear  
**9:35 - 9:50** Break to Refresh  
**9:50 - 11:25** #3 SmGrp Practice: Suggestions for Self-Regulation of Anxiety & Fear  
**11:25 - 12:35** Lunch on Your Own  
**12:35 - 1:25** Acute and Procedural Pain  
**1:25 - 2:25** Integrating Hypnosis into Clinical Encounters  
**2:25 - 2:45** Break to Refresh  
**2:45 - 4:00** Recurrent and Chronic Pain, and Palliative Care  
**4:00 - 4:15** #4 Demo: Suggestions for Changing Sensation  
**4:20 - 5:45** #4 Small Group Practice: Suggestions for Changing Sensation  
**5:45** Adjourn

### Saturday, October 6, 2018

- 7:15 - 8:00 a.m.** Breakfast Buffet  
**8:00 - 8:25** #5 Demo: Talking in Trance  
**8:30 - 9:55** #5 Small Group Practice: Talking in Trance  
**9:55 - 10:15** Refreshment Break (20 min)  
**10:15 - 11:45** Mini-Intensives: **ALL NEW!** (90)  
Pick one of the following: (A1 topic will be repeated in the afternoon)  
A1) Integrative Pediatric Approaches for Children/Teens with Pain  
B1) **Morning Only!** Outpatient Pediatrics and Psychiatry: Hypnosis for Enuresis, Encopresis, and ADHD  
C1) **Morning Only!** Hypnosis and Perioperative Preparation: Increasing Comfort and promoting Healing  
D1) **Morning Only!** Language of Hypnosis: Adding Approaches and Techniques to your Repertoire  
**11:45 - 12:55** Lunch with Faculty (70)  
**12:55 - 2:25** Mini-Intensives: **ALL NEW!** (90) Pick One of the following: A2 topic is repeated  
A2) Integrative Pediatric Approaches for Children/Teens with Pain  
B2) **Afternoon Only!** Childhood Anxiety: Solution-based Therapy & Hypnosis Fostering Growth Mindset and Resilience  
C2) **Afternoon Only!** Navigating the Complexity of Complex Pain with Hypnosis: Pacing and Permission  
D2) **Afternoon Only!** The Intersection of Psychology and Pediatrics: Hypnosis Enhances Self-regulation in Children and Teen with Chronic Illness  
**2:25 - 2:45** Break to Refresh  
**2:45 - 3:45** Open Forum: Building, Using, & Maintaining Hypnosis  
**3:50 - 4:10** Continued Learning & Resources beyond Monday: NPHTI, Ongoing Education & Organizations  
**4:10 - 4:20** Beyond Today: What's left to learn?  
**4:20 - 4:30** Special Closure: All Faculty Group Hypnosis w/ Participants  
**4:30** Adjourn / Pick up OPTIONAL pre-ordered Certificates of Completion (suitable for Framing) Registration Desk





## NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

### INDIVIDUALIZED CONSULTATION WORKSHOP

Co-coordinators: Daniel P. Kohen, MD, FAAP, ABMH and Leora Kuttner, PhD

#### Educational Objectives

At the completion of the Individualized Consultation Workshop, learners will be better able to:

- Reflectively evaluate one's own clinical skills/language through video review, critique, and discussion with colleague advanced learners and carefully matched faculty mentors.
- Problem-solve challenging clinical situations regarding application of hypnotic strategies with colleagues advanced learners and carefully matched faculty mentors.
- Review, evaluate and offer guidance regarding (others') clinical hypnosis encounters with (their) patients/clients with colleague advanced learners and carefully matched faculty mentors.

## AGENDA

### Thursday, October 4, 2018

<b>7:00 a.m.</b>	Registration & Breakfast Buffet
<b>8:00</b>	Introduction to Workshop Overview (All Groups)
<b>8:35</b>	Case Presentation with Mentor Consultation
<b>10:15</b>	Refreshment Break
<b>10:35</b>	Continuation of Case Presentation with Mentor Consultation
<b>12:15</b>	Lunch on Your Own: Join Colleagues & Faculty
<b>1:30</b>	Case Presentation with Mentor Consultation
<b>3:10</b>	Refreshment Break
<b>3:30</b>	Continuation of Case Presentation with Mentor Consultation
<b>5:15</b>	Adjourn for the Day
<b>6:00</b>	Complimentary Welcome Reception Evening Viewing (on own) of Videos

### Saturday, October 6, 2018

<b>7:00 a.m.</b>	Breakfast Buffet
<b>8:30</b>	Case Presentation with Mentor Consultation
<b>10:10</b>	Refreshment Break
<b>10:30</b>	Continuation of Case Presentation with Mentor Consultation
<b>12:00</b>	Lunch on Your Own
<b>12:45</b>	Case Presentation with Mentor Consultation
<b>2:30</b>	Refreshment Break
<b>2:45</b>	Continuation of Case Presentation with Mentor Consultation
<b>4:15</b>	Session ends in order to get to All Group Closure
<b>4:20</b>	Important Closure: All Faculty Group Hypnosis
<b>4:30</b>	Adjourn

### Friday, October 5, 2018

<b>7:00 a.m.</b>	Breakfast Buffet
<b>8:30</b>	Case Presentation with Mentor Consultation
<b>10:15</b>	Refreshment Break
<b>10:35</b>	Continuation of Case Presentation with Mentor Consultation
<b>12:15</b>	Lunch on Your Own
<b>1:30</b>	Case Presentation with Mentor Consultation
<b>2:50</b>	Refreshment Break
<b>3:10</b>	Continuation of Case Presentation with Mentor Consultation
<b>5:15</b>	Adjourn for the Day Evening Viewing (on own) of Videos

# 2018 HOST WORKSHOP FACULTY AND GROUP FACILITATORS

## **ANDREW J. BARNES, MD, MPH, FAAP\***

Assistant Professor, Pediatrics and Adolescent Health, Developmental- Behavioral Pediatrics, University of Minnesota, Minneapolis, MN; Former physician member-at- large, MSCH; Approved Consultant, ASCH

## **DAVID BECKER, MD, MPH, MA, LMFT**

Clinical Professor, UCSF Department of Pediatrics; Co-Director IP3 Pain Management Clinic; Integrative medicine and behavioral health clinics at the UCSF Osher Center for Integrative Medicine. Specialty training includes an Integrative Medicine Fellowship, mind-body training and practice, chronic pain management, and an MA in clinical psychology and is a licensed Marriage and Family Therapist. ASCH member.

## **CHERYL S. BEMEL, PhD, LP**

Psychologist, NCSP Nationally Certified School Psychologist; Health Psychologist, Health Partners Neuroscience Center-Pain Management, St. Paul, Minnesota; Deployable Psychologist, MN Behavioral Health Unit Medical Reserve Corps (MN BHMRC); Private Practice, St. Paul, MN; Licensed Early Childhood Teacher, MN Dept. of Education; Former Crisis Psychologist, United Hospital Emergency Room, St. Paul, MN; Former Child Psychologist, University of Minnesota Hospitals and Clinics Inpatient Units; President-Elect & Faculty, MSCH; MN Certified Tobacco Treatment Specialist (C-TTS), Nationally Certified Tobacco Treatment Practitioner (NCTTP); Approved Consultant, ASCH

## **FREDERICK BOGIN, MD, FAAP**

Assistant Professor of Pediatrics (retired), University of Connecticut School of Medicine; Private Practice, Pediatric Hypnotherapy; Certified, ASCH

## **CAMILLA G. CEPPI COZZIO, MD, FMH**

General Pediatrics and Adolescent Medicine Physician, Private Practice, Dübendorf, Switzerland; Member of Swiss Society of Pediatrics; Certified Physician, Swiss Academy of Psychosomatic and Psychosocial Medicine (SAPPM); Certificate of Competence of SMSH (Swiss Medical Society in Hypnosis), Member Swiss Medical Society of Hypnosis; ASCH, International Member

## **CANDACE J. ERICKSON, MD, FAAP, MPH**

### ***Senior Faculty***

Associate Professor of Clinical Pediatrics, Columbia University College of Physicians and Surgeons, New York, NY; Developmental and Behavioral Pediatrician, Morgan Stanley Children's Hospital of New York Presbyterian Hospital, New York, NY and Brooklyn Hospital Center, Brooklyn, NY; Course Director SDBP Pediatric Clinical Hypnosis Workshops (1987-2009)

## **CARLA FRANKENHUIS, RN**

Private practise in medical hypnosis in Amsterdam, the Netherlands, (Co)Founder and teacher of the Dutch pediatric hypnosis teaching institute. Past board member of the Dutch Hypnosis Society, Research affiliate with the AMC, Academic Medical Centre Amsterdam

## **STEFAN J. FRIEDRICHS DORF, MD, FAAP**

### ***Special Guest Faculty***

Director of the Department of Pain Medicine, Palliative Care, and Integrative Medicine at Children's Hospitals and Clinics of Minnesota (Minneapolis/St. Paul); Associate Professor, Pediatrics, University of Minnesota.

## **MELANIE A. GOLD, DO, DABMA, DMQ**

### ***Senior Faculty***

Professor of Pediatrics, Columbia University Medical Center (CUMC) and Professor of Population & Family Health, Mailman School of Public Health, CUMC Medical Director, School Based Health Centers, New York-Presbyterian Hospital

## **HOWARD HALL, PhD, PSYD, BCB**

### ***Senior Faculty***

Professor of Pediatrics, Psychiatry, and Psychological Sciences, UH Cleveland Medical Center, Rainbow Babies & Children's Hospital, Division of Developmental/ Behavioral Pediatrics & Psychology Cleveland, OH; Board Certified in Biofeedback (BCB); Approved Consultant, ASCH

## **PAMELA KAISER, PhD, CPNP, CNS\***

### ***Senior Faculty***

Co-Founder and Co-Director, National Pediatric Hypnosis Training Institute; Former Associate Clinical Professor, Developmental-Behavioral Pediatrics, University of California, San Francisco, CA; Former Director: Anxiety, Stress, and Health Clinic, Palo Alto, CA; Clinical Child & Adolescent Psychologist; Certified Pediatric Nurse Practitioner; Pediatric Clinical Nurse Specialist; Past Executive Council Member, Faculty, & Approved Consultant, ASCH

## **REBECCA KAJANDER, CPNP, MPH**

Facilitator, Teen Resilience Program, Minneapolis, MN. Former PNP with Noran Neurological Clinic, Minneapolis, MN; Former Department Chair and Clinical Practice Director, Alexander Center for Child Development and Behavior, Park Nicollet Clinic, St. Louis Park, MN; Former Adjunct Faculty Developmental-Behavior Pediatrics, Department of Pediatrics, University of Minnesota Medical School; Instructor, School of Nursing, University of Minnesota, Minneapolis, MN; Faculty, MSCH

## **ADAM KEATING, MD, FAAP**

General Pediatrician, Section Head, Community Pediatrics, Cleveland Clinic Children's, Wooster, OH; Medical Director, Longbrake Student Wellness Cen-ter, College of Wooster; Clinical Assistant Professor of Pediatrics, Cleveland Clinic Lerner College of Medicine; Clinical Associate Professor of Pediatrics Ohio University Heritage College of Osteopathic Medicine; Approved Consultant, ASCH

# 2018 HOST WORKSHOP FACULTY AND GROUP FACILITATORS

## **DANIEL P. KOHEN, MD, FAAP, ABMH\***

### ***Senior Faculty***

Co-Founder and Co-Director, National Pediatric Hypnosis Training Institute; Developmental-Behavioral Pediatrics, Medical Hypnosis & Self-Regulation, Partners-in-Healing of Minneapolis, Minnetonka, MN; Former Director: Developmental-Behavioral Pediatrics and Professor, Departments of Pediatrics and Family Medicine and Community Health, University of Minnesota (retired); Former Director of Education and Training, Minnesota Society of Clinical Hypnosis (MSCH); Past President, MSCH; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, and Approved Consultant, ASCH; Fellow, SCEH

## **HARRIET KOHEN, MA, MSW, CPT**

Therapist, Partners-in-Healing of Minneapolis; Past-President, MN Society for Clinical Social Work; Credential Chair, International Federation of Biblio/Poetry Therapy; Faculty, MSCH

## **LEORA KUTTNER, PhD\***

### ***Highlighted Senior Faculty***

Clinical Psychologist and Clinical Professor of Pediatrics, University of British Columbia and British Columbia Children's Hospital, Vancouver, Canada; Vice-President, Canadian Society of Clinical Hypnosis (BC Division); International Hypnosis Society; Scientific Planning Committee for Montreal Conf. 2018; Approved Consultant, ASCH

## **JEFF LAZARUS, MD, FAAP**

Former Associate Clinical Professor of Pediatrics, Rainbow Babies and Children's Hospital, Case Western Reserve School of Medicine; Pediatric hypnosis private practice, Menlo Park, CA; David Burns, MD: TEAM-Cognitive Behavioral Therapist: Advanced, Level 3, Trainee, Level 4; Approved Consultant, ASCH.

## **LISA LOMBARD, PhD\***

Clinical Psychologist in Private Practice and Consulting Psychologist at the Frances Xavier Warde School, Chicago IL; Research Affiliate, Science & Outcomes of Allergy & Asthma Research (SOAAR), Northwestern Medical School; Former Associate Professor of Clinical Psychology (Child and Adolescent Track), Former Coordinator, Cognitive Assessment Clinic, George Mason University, Fairfax, VA; President, Chicago Society of Clinical Hypnosis; Former Clinical Section Head, Illinois Psychological Association; Co-Chair 2017 Society for Clinical and Experimental Hypnosis Introductory Workshop; Approved Consultant, ASCH.

## **KAREN OLNESS, MD, FAAP, ABMH**

### ***Senior Faculty***

Professor Emerita of Pediatrics, Global Health & Diseases, Case Western Reserve University, Cleveland, OH; Diplomate and Past President, American Board of Medical Hypnosis; Past President, ASCH, SCEH and International Society of Hypnosis; Fellow, ASCH, SCEH

## **ROBERT PENDERGRAST, MD, MPH, FAAP**

Professor of Pediatrics, Medical College of Georgia, at Augusta University; Director, Adolescent Medicine, Children's Hospital of Georgia, Augusta, GA; Aiken-Augusta Holistic Health, North Augusta, SC; Approved Consultant, ASCH

## **EILEEN POULIN, MD, FAAP**

Pediatric Faculty, Tufts University School of Medicine, Maine Medical Partners Pediatric Clinic at Maine Medical Center, Portland, Maine; Maine Pediatric Hypnosis (Private Practice), Falmouth, Maine; Certified, ASCH

## **TERESA QUINN, MD, FAAP, ABMH**

Assistant Professor, University of Minnesota; Methodist Hospital Family Medicine Residency, CAQ Geriatrics

## **MICHELE STRACHAN, MD**

Behavioral Pediatrician, Developmental Behavioral Pediatrics Program, University of Minnesota Physicians; Director of Medicine, Fellow, Cultural Wellness Center, Minneapolis, MN, Faculty MSCH, NPHTI

## **JODY THOMAS, PhD**

Clinical Psychologist, Private Practice in Denver, Colorado; Former Associate Professor, Department of Anesthesia, Stanford University School of Medicine; Former founding Clinical Director, Pediatric Pain Rehabilitation Program at Stanford Children's Health; Member, ASCH

**\* Denotes Planning Committee Member**

# REGISTRATION FORM

## Pediatric Clinical Hypnosis Fundamentals Workshop ONLY\*

For [Utilization & Clinical Applications Workshop](https://iplanit.swoogo.com/NPHTI2018) registration go to: <https://iplanit.swoogo.com/NPHTI2018>

For [Individualized Consultation Workshop](https://iplanit.swoogo.com/NPHTI2018) registration go to: <https://iplanit.swoogo.com/NPHTI2018>

### October 4-6, 2018

Please type or print clearly. A name badge and statement of participation are generated from this form.

Name \_\_\_\_\_

Affiliation \_\_\_\_\_

Department \_\_\_\_\_

Address  HOME  OFFICE \_\_\_\_\_

Mail Stop \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Office Telephone Number \_\_\_\_\_

Email \_\_\_\_\_

*Receipts, confirmations, and driving directions are now emailed from our office. Please include your email address and print clearly.*

Degree  MD  DO  PhD  PsyD  MA/MS  LMFT  NP  CNS  RN  LPC  PA  Other

Specialty:  General Pediatric Practice: \_\_\_\_\_  Pediatrics / Subspecialty: \_\_\_\_\_  
 Marriage/Family/Therapy / Subspecialty: \_\_\_\_\_  Family Medicine / Subspecialty: \_\_\_\_\_  
 Social Work / Subspecialty: \_\_\_\_\_  Psychiatry / Subspecialty: \_\_\_\_\_  
 Education / Subspecialty: \_\_\_\_\_  Psychology / Subspecialty: \_\_\_\_\_  
 General Surgery / Subspecialty: \_\_\_\_\_  Nursing / Subspecialty: \_\_\_\_\_  
 Other: \_\_\_\_\_  MPH  MSW/ACSW  LCSW  LMSW  
 CCLS  DDS/DMD  OT  PT

Licensed in Profession \_\_\_\_\_ (Required) License # \_\_\_\_\_ State \_\_\_\_\_

Students, Interns, Residents, Fellows (Must include letter from school and clinical program documenting current full-time enrollment toward a clinical license): \_\_\_\_\_

## REGISTRATION FEES

	Kick-off March 1 – June 30	Early Bird July 1 - August 20	Regular After August 20
Fundamentals Workshop	\$899	\$990	\$1,032
MSCH Member	\$830	\$915	\$965
Children's Hospitals and Clinics of MN Faculty/Staff	\$830	\$915	\$965
University of MN Faculty/Staff	\$830	\$915	\$965
Graduate Student/Intern/Resident/Fellow/Trainee	\$620	\$699	\$740

### Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$30 per person to be deducted from the corresponding registration fees listed above. Submit all registrations together with one check payment. Online group registrations must be received within two business days. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

### Special Needs

Special needs such as dietary restrictions, lactation room, etc. should be requested in advance; requests cannot always be honored onsite.

**PLEASE NOTE: A SIGNED ACKNOWLEDGEMENT AND RELEASE FORM MUST ACCOMPANY YOUR REGISTRATION.**

**TO REGISTER** - Register online with Visa, MasterCard, or American Express.

Go to <https://iplanit.swoogo.com/NPHTI2018>

**QUESTIONS:** For any questions relating to registration, please contact [NPHTI@iplanitmeetings.com](mailto:NPHTI@iplanitmeetings.com) or call 1-800-781-1193, ext. 601 between 8 am-5 pm Mountain Time.

**CANCELLATION POLICY** - In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 20, 2018. No refunds will be made after this date.



ACKNOWLEDGMENT AND RELEASE

**NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE (NPHTI)  
SKILL DEVELOPMENT WORKSHOPS IN PEDIATRIC CLINICAL HYPNOSIS  
DEPARTMENT OF PEDIATRICS, UNIVERSITY OF MINNESOTA,  
CHILDREN'S HOSPITALS AND CLINICS OF MINNESOTA,  
MINNESOTA SOCIETY OF CLINICAL HYPNOSIS (MSCH) AND FAIRVIEW HEALTH SERVICES**

Name of Workshop: **National Pediatric Hypnosis Training Institute (NPHTI)  
Annual Skill Development Workshops in Pediatric Clinical Hypnosis**

Dates: **October 4-6, 2018**

Location: **Crowne Plaza Minneapolis West  
3131 Campus Drive  
Plymouth, MN 55441**

The undersigned acknowledges that s/he has volunteered to participate in a workshop in which s/he engages in a hypnotic state ("trance"), and that workshop participants and faculty will be present during this/these session(s).

Because this is a Skills Development Workshop, all participants are expected to attend the ENTIRE workshop and participate in all experiential exercises / activities, including trance experiences. Exceptions are not permitted. The clinician acknowledges that s/he will arrange one's travel plans and regular clinical responsibilities in order to fully participate in the entire workshop.

The undersigned does not have any medical or mental health problems or other special conditions that might interfere with their participation, except as have been disclosed to faculty members.

The undersigned understands that Continuing Education Certificates are distributed at the completion of the workshop, upon completion of the evaluation form: again, please plan your travel accordingly.

In addition, an optional (for purchase) pre-ordered Certificate of Participation, (suitable for framing) is provided only to those attending the FULL program and must be picked up at the conclusion of the workshop.

The undersigned acknowledges that NPHTI reserves the right to withdraw from participation in the training workshop any clinician whose behavior significantly interferes with the group's learning process, or is disrespectful and/or offensive to colleagues and/or faculty. NPHTI also reserves the right to withdraw participants who are not attending/participating the entire workshop.

The undersigned agrees to hold harmless NPHTI, MSCH, Children's Hospitals and Clinics of Minnesota, the University of Minnesota Department of Pediatrics, and Fairview Health Services, their employees and members, the faculty, and other participants in the above described workshops, and indemnify them from and against any and all claims, damages, and costs arising from the undersigned's participation in the above described workshops.

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Printed Name

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Signature

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Date

**NOTE:** All participants are expected to attend the entire workshop and participate in experiential activities, including trance experiences. **Exceptions are not permitted. Participant Certificates are provided only to those attending the FULL program, and available at the conclusion of the Workshops on the third afternoon.**



**Pediatric Clinical Hypnosis  
Skill Development Workshops 2018**  
*presented by*

**NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE**

**October 4-6, 2018**

**Crowne Plaza Minneapolis West  
3131 Campus Drive  
Plymouth, MN 55441**

**WEB SITES**

[www.nphti.org](http://www.nphti.org)

For more information about the National Pediatric Hypnosis Training Institute

[www.med.umn.edu/peds/dogpah/education/devbehavior/](http://www.med.umn.edu/peds/dogpah/education/devbehavior/)

For more information about the University of Minnesota Developmental-Behavioral Pediatrics Program.

[www.mschn.org](http://www.mschn.org)

For more information about the Minnesota Society of Clinical Hypnosis