

Pediatric Clinical Hypnosis Skill Development Workshops 2024

presented by

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

a 501(c)(3) nonprofit educational corporation

13th Annual Pediatric Hypnosis Skills Training Workshops

“Helping Children & Teens to Help Themselves”

September 26-28, 2024

Minneapolis, MN

**Connecting clinicians while stretching skills in integrative health
Extensive experiential learning.
Renowned Faculty!**

**In collaboration with
Minnesota Society of Clinical Hypnosis
University of Minnesota Department of Pediatrics**

Sponsored by Minnesota Medical Association



Highlights for 2024

- **EXPERIENTIAL** learning activities comprise **OVER HALF** of the workshop!
- **NEW!** Panel and discussions opportunities!
- **Learning and refining your practical hypnosis skills!**
- **NEW** Mini-Intensive Sessions in Utilization Workshop!
- **Scholarships are available!**

WHAT?

NPHTI, the premier Pediatric Hypnosis Training organization globally, announces its 13th gathering. Over half the workshop is devoted to practicing skills in a collegial small group with like-minded professionals and supportive faculty mentor-facilitators (typically 6:1 ratio).

WHO?

Since 2010 NPHTI has trained over 1100 licensed pediatric clinical professionals: psychologists, physicians, social workers, nurse practitioners, dentists, occupational and physical therapists, speech and language pathologists, and child life specialists. We especially welcome full-time trainees working toward an advanced clinical license in one of these fields. Pediatric clinicians—from the novice to the nimble—are invited to develop or refine skills in clinical pediatric hypnosis taught by seasoned multi-disciplinary faculty who include the top experts in the field.

WHY?

Come together to build your skills in clinical hypnosis that help children learn to help themselves. Learn how to set individualized goals and craft hypnotic suggestions with your pediatric patients! Connect with colleagues! Chat with the experts!

HOW?

Carve out time for a hard-earned respite in a lovely setting while absorbed in NPHTI's curricular focus on *experiential* learning. Rally your professional friends to attend one of our tri-level concurrent workshops.

WHEN?

Thursday-Saturday, September 26, 28, 2024

WHERE?

Plymouth, MN (Minneapolis suburb), USA.

RSVP ASAP!

Register now: <https://www.nphti.org/2024-workshop-registration>

Space is limited so register soon!



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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** includes Faculty videos therapeutic communication, goal setting, crafting and developing suggestions and other hypnosis strategies.
- **Faculty:** Our multi-disciplinary, seasoned pediatric clinician-educators have expertise in pediatric hypnosis and are considered the most renowned leaders-teachers-researchers-authors in this field.
- **Three levels of workshops:** Fundamentals; Utilization & Expanded Clinical Applications; & Individualized Consultation.
- **Extensive experiential learning:** Activities during presentations, and abundant supervised practice of hypnotic techniques within supportive small groups with a high faculty-to-trainee ratio. (1:6)
- **Registration fees include:** Presentation Materials, Online Syllabus, Small Group Exercises, CME/CEU Credit (at no extra charge), Comprehensive Bibliography, Generous Breakfast and Morning & Afternoon Refreshments. Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance. Requests cannot always be honored on site.

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 Advanced Practice Registered Nurses (i.e. APRN, CPNP, CNS)
- Other Advanced degree clinicians (e.g. Occupational & Physical Therapists, Speech & Language Pathologists)
- Child Life Specialists holding a Doctoral, Masters, or Bachelors degree and hold CCLS certification
- Music Therapists who hold MT-BC board certification
- Registered Art Therapist (ATR) is the credential that ensures an art therapist meets established standards, with successful completion of advanced specific graduate-level education in art therapy and supervised post-graduate art therapy experience.
- Board Certified Art Therapist (ATR-BC) is the highest-level art therapy competency. These registered art therapists (ATR) carry board certification distinction when they pass the national examination, demonstrating comprehensive knowledge of the theories and clinical skills used in art therapy.
- 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 WORKSHOP:

For Clinicians who have not yet completed a *pediatric-specific* hypnosis training (20+ hours) **and** for clinicians wanting to refresh or solidify their confidence in fundamental pediatric hypnosis skills.

- Foundational skill-building in hypnosis as therapeutic communication and adjunctive intervention for children/teens with various health and behavioral problems.
- Clinical focus: hypnosis adjunctive management of pain, anxiety, ~~chronic functional conditions~~, 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 our wonderful key element! Over half of total workshop time is spent in very small group practice (6:1 trainee: faculty ratio) & large group exercises focused on the structure and elements of clinical hypnosis for children/teens, using therapeutic language, explaining hypnosis to parents and children, delivering personally crafted hypnotic suggestions, and using self-hypnosis.

REGISTRATION

REGISTER EARLY TO GET THE DISCOUNT!

	Early Bird Before or on July 31	Regular After July 31
Fundamentals Workshop	\$899	\$1,025
MSCH Members/Uof MN Faculty/Staff	\$845	\$ 989
Grad/Res/Fellow	\$700	\$ 770

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed and payment received.

For complete information and to register for the Fundamentals Workshop, click **here** Register online with Visa, MasterCard, or American Express

QUESTIONS: For any questions relating to registration, please contact TrainWithNPHTI@gmail.com

UTILIZATION AND EXPANDED CLINICAL APPLICATIONS WORKSHOP:

NOTE: We welcome any and all who are licensed health professionals, and have completed a Fundamentals all-pediatric-specific Hypnosis Training Workshop (20+ hours) with NPHTI, SDBP, or equivalent approved Pediatric Hypnosis Workshop and using clinical hypnosis with pediatric patients on a regular basis. Please indicate the year of your Fundamentals or Introductory/Basic Pediatric Hypnosis Workshop on your Registration.

- Workshop emphasizes experiential learning and how to set personalized hypnosis goals and create appropriate hypnosis 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 the workshop.
- Supervised exercises: Augment your confidence and utilization skills (conversational invitations, pacing & leading, constructing goal-targeted suggestions, talking within hypnosis, self-regulation strategies, and other person-centered strategies) within thoughtfully clustered small groups (with high faculty to trainee ratios).
- Select two "mini-intensive" (90 minutes each) clinical applications for Hypnosis Skill Development.

REGISTRATION

REGISTER EARLY TO GET DISCOUNT!

	Early Bird Before or on July 31	Regular After July 31
Utilization & Expanded Clinical Applications Workshop	\$899	\$1,025
MSCH Members/Uof MN Faculty/Staff	\$845	\$989
Grad/Res/Fellow	\$700	\$770

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed, and payment is received.

To register for the Utilization/Expanded Clinical Applications Workshop, click **here**. Register online with Visa, MasterCard, or American Express

Register online with Visa, MasterCard, or American Express. Questions relating to registration, please contact TrainWithNPHTI@gmail.com

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 model 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, 2024. A "how to" guide to help learners develop effective video recordings will be provided. An EARLY-AS-POSSIBLE completed application and learning/needs assessment is requested and advised to facilitate planning before registering for the workshop. See instructions below.

REGISTRATION REGISTRATION IS LIMITED - REGISTER NOW!

Registration Deadlines & Fees Registrations will not be accepted
after July 15, 2024

Workshop Registration Fee \$1,025

TO REGISTER FOR THE INDIVIDUALIZED CONSULTATION WORKSHOP

Register **here** Early registration is encouraged to reserve your place and facilitate faculty planning. Register online with Visa, MasterCard, or American Express

NOTE: Participants are not considered registered until registrant information is complete, Acknowledgment & Release Waiver is signed, and payment is received.

QUESTIONS: For any questions relating to registration, please contact TrainWithNPHTI@gmail.com

"I would highly recommend this NPHTI course for any general pediatrician or pediatric subspecialist."

"I have grown so much as a professional in just three days! I felt so supported and valued by the faculty. This course felt like an apprenticeship. I had the chance to work with experts in the field, who came alongside me and boosted me up with empowerment and helpful suggestions."

"NPHTI as an organization and the faculty at the conference have been impactful beyond anything I had expected. It has fundamentally changed how I view my clients as well as how I view myself. It fostered a sense of safety within myself that I feel confident I can teach to the kids that I work with as a marriage and family therapist. I will continue to draw on this experience and recommend for years to come."

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.

Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$40 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 TrainWithNPHTI@gmail.com 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 workshops. Registered attendees will be emailed access instructions to view course materials online, then download and print a week or so prior to the Workshops. The presentations and other course-related materials (e.g. extensive copywritten bibliography) will remain available online at the 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 August 15, 2024. No refunds will be made after this date.

Cancellations due to COVID-19: these will be considered on a case-by-case basis.

WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441
www.CPPlymouth.com
763-559-6600
800-227-6963



A limited block of hotel rooms is available at the discounted rate of \$139.00 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 6, 2024. You may reserve your room by one of these methods:

1. Click here to make reservations: [NPHTI Conference 2024 Booking Link](#)
2. **Instructions:**
 - Click on the Link
 - Enter Both Your Arrival & Departure Dates into the Calendar Grid and click "Book Now" and the \$139 group rates will populate.
3. Select a Room Type and complete the reservation.

Or you can call the hotel directly:

4. Call 763-559-6600 and request the **NPHTI Room Block to receive the group rate discount**

IMPORTANT: Please support NPHTI by booking your hotel reservation at the hotel. NPHTI has a contract with several rooms on hold for our attendees at this special rate. Penalties to NPHTI apply if we do not meet this commitment. **THANK YOU!** Reservations will be accepted based on space and rate availability.

Parking is complimentary and adjacent to the facility. Valet parking is available for \$5.00 per day.

ACCREDITATION



MINNESOTA
MEDICAL
ASSOCIATION

Minnesota 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 the Minnesota Medical Association and NPHTI. The Minnesota Medical Association (MMA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Minnesota Medical Association designates this activity for a maximum of 21 *AMA PRA Category 1 Credit(s)*[™] for Fundamentals Workshop, 23 *AMA PRA Category 1 Credit(s)*[™] for Utilization and Expanded Clinical Workshop, 21 *AMA PRA Category 1 Credit(s)*[™] for Individualized Consultation Workshop. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NPHTI SCHOLARSHIP INFORMATION

Purpose:

The National Pediatric Hypnosis Training Institute (NPHTI) will provide scholarships to help to defray the annual workshop registration costs for clinicians and trainees who have limited monetary resources.

Criteria for recipients:

NPHTI intends to focus its limited scholarships for the annual workshop on:

- Trainees (graduate students, interns, residents, and post-doctoral fellows) in clinical programs leading to licensure
- Licensed clinicians who live in resource limited countries
- U.S. licensed clinicians with limited financial resources
- Early career professionals (e.g. within 2 years after licensure) with limited financial resources
- Trainees or licensed clinicians with limited financial resources who demonstrate plans to conduct research in the area of pediatric clinical hypnosis within the next 2 years

Go to the website site to get the Scholarship Application and additional information at www.nphti.org

"A wonderful opportunity to expand your tool kit for clinical practice."

"The workshop was wonderful and fully worth my time and investment. It provided clinical skills that I can start using right away, and also fostered confidence. The small group sessions were lovely and powerful, and the faculty was extremely supportive and encouraging. An excellent experience overall."

"This journey, with NPHTI, should you choose to listen to your intuition calling you, will change your life and the lives of the people in your care."



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FUNDAMENTALS WORKSHOP SCHEDULE

Workshop Coordinators: Leora Kuttner, PhD (Clin Psy), & Andy Barnes, MD, MPH, FAAP

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 address fear of medical procedures including immunizations
- Describe and demonstrate a therapeutic hypnosis approach for sleep and 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, September 26, 2024

- 7:00 - 7:55 a.m.** Registration and Breakfast Buffet
8:00 - 8:20 a.m. Course Overview & Faculty Introductions
8:20 - 9:35 a.m. Hypnosis Definitions/ Theories/ Myths/Group Exercise
9:35 - 10:15 a.m. Hypnosis Structure and Elements
10:15 - 10:35 a.m. Refreshment Break
10:35 - 11:15 a.m. Hypnosis: The Many Right Ways
11:15 - 11:30 a.m. #1 Demo: Invitation: Special Place (Dissociation); Intensification: Multisensory Imagery
11:35 - 11:45 a.m. Overview: Format for Small Group Practice
11:45 - 12:45 p.m. Lunch on Your Own
12:45 - 2:25 p.m. #1 Small Group Practice: Invitation: Special Place (Dissociation) – Intensification: Multisensory Imagery; Reorient; Debrief
2:25 - 2:45 p.m. Refreshment Break
2:45 - 3:20 p.m. Pediatric Hypnosis: Developmental Considerations
3:20 - 3:35 p.m. #2 Demo: Invitation: The Breath; Intensification: Muscle Relaxation
3:40 - 5:15 p.m. #2 Small Group Practice: Invitation: The Breath; Intensification: Muscle Relaxation; Reorient; Debrief
5:30 - 6:30 p.m. Networking/Meet Up Social Hour

- 12:40 - 1:30 p.m.** #4 Group Practice Panel -Process in Practice: Using Hypnosis in Clinic
1:30 - 2:20 p.m. Hypnosis as Self-Regulation for Anxiety
2:20 - 3:00 p.m. Choosing Goals & Targeted Suggestions for Hypnosis for Anxiety & Pain
3:00 - 3:15 p.m. #5 Demo: Invitation & Intensification (Learners' Choice); Targeted Suggestions
3:15 - 3:35 p.m. Refreshment Break
3:35 - 5:00 p.m. #5 Small Group Practice: Invitation & Intensification (Learners' Choice), Targeted Suggestions; Reorient, Debriefing
5:00 p.m. Adjourn for the Day/Optional Video Viewing

Saturday, September 28, 2024

- 7:00 - 7:55 a.m.** Breakfast Buffet
8:00 - 9:00 a.m. Hypnosis: Metaphors to Alter Pain Sensations
9:00 - 9:20 a.m. #6 Demo: Magic Glove Technique
9:20 - 9:35 a.m. Refreshment Break
9:35 - 10:35 a.m. #6 Small Group Practice: Magic Glove Technique
10:35 - 10:55 a.m. Self-Hypnosis (SH): Doing & Teaching
10:55 - 11:05 a.m. #7 Demo & Practice: Self-Hypnosis Large Group Experience
11:05 - 11:15 a.m. #8 Demo: Putting it all Together Efficiently
11:15 - 12:15 p.m. #8 Small Group Practice: Putting it all Together
12:15 - 1:20 p.m. Lunch on your Own
1:20 - 2:10 p.m. Planning Hypnosis Goals & Suggestions: Self-Regulation for Sleep
2:10 - 2:25 p.m. Refreshment Break
2:25 - 3:30 p.m. Breakout Groups: (Participants' Choice)
1. Anxiety
2. Pain
3. Primary Care
4. Chronic & Functional Conditions
3:35 - 4:00 p.m. Continued Learning & Resources beyond Monday: NPHTI, Ongoing Education & Organizations
4:00 - 4:15 p.m. Special Closure: All Faculty Group Hypnosis w/ Participants
4:15 p.m. Adjourn /Submit Evaluations

Friday, September 27, 2024

- 7:00 - 7:55 a.m.** Breakfast Buffet
8:00 - 9:00 Formulating Suggestions: Language & Utilization / Communication Techniques
9:00 - 9:15 #3 Demo: Invitation: Magnet Fingers; Intensification: Utilization; Give Suggestions
9:15 - 9:35 Refreshment Break
9:35 - 10:50 #3 Small Group Practice: Invitation: Magnet Fingers; Intensification: Utilization; Incorporate Language & Suggestions; Reorient, Debrief
10:55 - 11:30 #4 Demo: Explaining Hypnosis to Child & Parents w/ Video & Group Exercise
11:30 - 12:40 Lunch on Your Own



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UTILIZATION & EXPANDED CLINICAL APPLICATIONS WORKSHOP SCHEDULE

Workshop Coordinators: Leora Kuttner, PhD (Clin Psy), & Andy Barnes, MD, MPH, FAAP

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-targeted suggestions
- Utilize a patient's resources and needs when designing an individualized treatment plan
- Apply hypnotic utilization techniques: conversational invitations, pacing & leading, talking within hypnosis, fractionation, reframing, and age progression & regression
- Apply hypnosis strategies to more complex and mental health issues (such as anxiety disorders, stress, fears, pain, respiratory, gastro-intestinal symptoms)
- Incorporate hypnotic self-regulation strategies during hypnosis sessions.

AGENDA

Thursday, September 26, 2024

7:00 - 7:55 a.m.	Registration and Breakfast Buffet
8:00 - 8:20 a.m.	Course Overview & Faculty Introductions
8:25 - 9:45 a.m.	Refining Utilization of Language: Why and How To Say What We Say, Pacing & Leading
9:50 - 10:15 a.m.	Introduction to Small Groups #1 Demo: Conversational Invitation; Pacing & Leading
10:15 - 10:30 a.m.	Refreshment Break
10:35 - 12:00 p.m.	#1 Small Group Practice: Conversational Invitations; Pacing & Leading
12:00 - 1:00 p.m.	Lunch on Your Own
1:00 - 1:50 p.m.	Utilizing Unfolding Development: Abstract Thinking, Metaphors, & Self-Regulation
1:50 - 2:30 p.m.	Planning a Hypnosis Session: Creating Targeted Suggestions
2:30 - 2:50 p.m.	Refreshment Break
2:50 - 3:35 p.m.	Planning a Hypnosis Session: Post-Hypnotic Suggestions
3:35 - 3:55 p.m.	#2 Demo: Designing and Delivering Suggestions
4:00 - 5:15	#2 Small Group Practice: Conversational Induction & Designing & Delivering Suggestions
5:30 - 6:30 p.m.	Networking/Meet Up Social Hour

Friday, September 27, 2024

7:00 - 7:55	Breakfast Buffet
8:00 - 9:20	Anxiety & Fears: Goals & Suggestions for Self-Regulation
9:20 - 9:35	#3 Demo: Suggestions for Self-Regulation of Anxiety & Fear
9:35 - 9:50	Refreshment Break
9:50 - 11:20	#3 Small Group Practice: Suggestions for Self-Regulation of Anxiety & Fear
11:20 - 12:30	Lunch on Your Own
12:30 - 1:15	Hypnosis Addressing Acute & Procedural Pain
1:15 - 2:05 p.m.	Panel Discussion: Integrating Conversational Hypnosis into Clinical Encounters - Bring Your Questions!
2:05 - 2:20	Refreshment Break

2:20 - 3:25 p.m.	Metaphors & The Pain Switch for Changing Sensation
3:25 - 3:40 p.m.	#4 Demo: Suggestions for Changing Sensation
3:40 - 5:05 p.m.	#4 Small Group Practice: Suggestions for Changing Sensation
5:05 p.m.	Adjourn for the Day/ Optional Video Viewing

Saturday, September 28, 2024

7:15 - 7:55 a.m.	Breakfast Buffet
8:00 - 8:15	#5 Demo: Talking in Trance & Ideomotor Signals
8:20 - 9:45	#5 Small Group Practice: Formal Induction & Talking in Trance & Using Ideomotor Signals
9:45 - 10:05	Refreshment Break
10:05 - 11:35	<i>Mini-Intensives: ALL NEW!</i> <i>Pick one of the following:</i> A) Hypnosis & Perioperative Preparation: Increasing Comfort & Promoting Healing B) Addressing Children's Imaginative Worries at Bedtime: The Boogie Man, Noises in the Dark & What If's C) Walking the Tight-rope: Finding the Right Balance with Parents
11:35 - 12:45	Lunch on Your Own
12:45 - 2:05	<i>Mini-Intensives: ALL NEW!</i> <i>Pick one of the following:</i> D) Fear, Worry & Anxiety: Design Personalized Hypnotic Metaphors for Self-Regulation & Resilience E) Navigating the Complexity of Complex Pain with Hypnosis: Pacing & Permission

2:10 - 2:30 p.m.	Refreshment Break
2:30 - 3:35 p.m.	Open Forum—Questions for Faculty: Building, Using, & Maintaining Hypnosis
3:35 - 4:00 p.m.	Continued Learning & Resources Beyond Monday: NPHTI, Ongoing Education & Organizations
4:00 - 4:15 p.m.	Special Closure: All Faculty Group Hypnosis with Participants
4:15 p.m.	Adjourn / Submit Evaluations



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INDIVIDUALIZED CONSULTATION WORKSHOP

Coordinators: Leora Kuttner, Ph.D. (Clin Psy) & Andy Barnes, MD, MPH, FAAP

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, September 26, 2024

- 7:00 - 7:55 a.m.** Registration & Breakfast Buffet
8:00 - 8:25 a.m. Introduction – Course Overview & Faculty Introductions
8:35 a.m. Case Presentation (I) with Mentor Consultation
10:15 a.m. Refreshment Break
10:35 a.m. Continuation of Case Presentation (I) with Mentor Consultation
12:15 p.m. Lunch on Your Own
1:30 p.m. Case Presentation (II) with Mentor Consultation
3:10 p.m. Refreshment Break
3:30 p.m. Continuation of Case Presentation (II) with Mentor Consultation
5:15 p.m. Adjourn
5:30 - 6:30 p.m. Networking/Meet Up Social Hour

Friday, September 27, 2024

- 7:00 a.m.** Breakfast Buffet
8:30 a.m. Case Presentation (III) with Mentor Consultation
10:15 a.m. Refreshment Break
10:35 a.m. Continuation of Case Presentation (III) with Mentor Consultation
11:45 a.m. Lunch on Your Own
1:00 p.m. Case Presentation (IV) with Mentor Consultation
2:30 p.m. Refreshment Break
2:45 p.m. Continuation of Case Presentation (IV) with Mentor Consultation
4:45 p.m. Adjourn for the Day/Evening Viewing (on own)

Saturday, September 28, 2024

- 7:00 a.m.** Breakfast Buffet
8:30 a.m. Case Presentation (V) with Mentor Consultation
10:10 a.m. Refreshment Break
10:30 a.m. Continuation of Case Presentation (V) with Mentor Consultation
11:50 a.m. Lunch on Your Own
12:45 p.m. Case Presentation (VI) with Mentor Consultation Refreshment
2:30 p.m. Break
2:45 p.m. Continuation of Case Presentation (VI) with Mentor Consultation
4:00 p.m. Special Closure: All Faculty Group Hypnosis with all Participants
4:15 p.m. Adjourn /Submit Evaluations

2024 TEACHING FACULTY

RASHMI BHANDARI, PhD

Clinical Professor in the department of Anesthesia at Stanford University Medical Center and works as a pediatric pain psychologist in an interdisciplinary clinic treating youth with chronic pain.

ANDREW J. BARNES, MD, MPH, FAAP*

Co-Chair of Education, NPHTI; Associate Professor, Pediatrics and Adolescent Health, Developmental-Behavioral Pediatrics, Director of Fellowship Training DBP and/or Medical Director of Leadership Development in Neurodevelopmental Disabilities Program; University of Minnesota, Minneapolis, MN

DAVID BECKER, MD, MPH, MA, LMFT

Clinical Professor at the UCSF Department of Pediatrics; UCSF Osher Center for Integrative Medicine and Co-Medical Director, IP3 Pediatric Pain Management Clinic. He has extensive training and clinical experience with integrative medicine, mind-body strategies, chronic pain management, and clinical psychology. Dr. Becker sees children and young adults with a range of chronic and complex medical issues, with a focus on chronic pain.

CHERYL S. BEMEL, PhD, LP, NCSP, CTTS

Adjunct Faculty, University of Minnesota School of Dentistry; Health Psychologist in private practice, St. Paul MN; Pre-surgical Psychological Diagnostician: Allina Health; MN Behavioral Health Unit Medical Reserve Corps (MN BHMRC); Minneapolis Police Department's Child Development Policing Project Crisis Responder to 911 calls; Former Crisis Psychologist, United Hospital Emergency Room, St. Paul, MN; Former Child Psychologist, University of Minnesota Hospitals and Clinics Inpatient Units; Past President & Faculty, MSCH; Board Member and Faculty ASCH; MN Certified Tobacco Treatment Specialist (C-TTS), Nationally Certified Tobacco Treatment Practitioner (NCTTP); Approved Consultant, ASCH; Certified School Psychologist, MN Dept of Education; Licensed Early Childhood Teacher, MN Dept. of Education

F. RALPH BERBERICH, MD, FAAP

Attended Columbia University and The New York University School of Medicine. He trained in Pediatrics at the University of California, San Diego, and in Pediatric Hematology and Oncology at Children's Orthopedic Hospital, Seattle, and at Stanford University. Prior to entering private practice, Dr. Berberich was on the clinical faculty at Stanford and attended as staff physician in Hematology-Oncology at the Children's Hospital at Stanford. During the years 1989-1992, Dr. Berberich served as Chief of Pediatrics at Alta Bates Medical Center.

FREDERICK BOGIN, MD, FAAP

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

TORIE CARLSON, PhD

Registered Psychologist with expertise working with children and adults. He received his Ph.D. in Counselling Psychology from Ball State University in Indiana in 2002. Since 2008, he has worked at the Alberta Children's Hospital on the Pediatric Complex Pain Team and Burn Team helping kids and families with self-management approaches to pain with a special interest in biofeedback and hypnosis.

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

MELANIE A. GOLD, DO, DABMA, DMQ, FAAP, FACOP

Professor, of Adolescent Medicine, at Columbia University Medical Center; Professor, in the Department of Population & Family Health, Mailman School of Public Health and Medical Director, School Based Health Centers at New York Presbyterian Hospital. Dr. Gold is the president and founder of Renaissance Research and Educational Consulting, Inc. (RRECI), a consulting firm offering health care professionals training, mentoring, and research consultation for various current life style and health-related issues.

ANYA GRIFFIN, PhD

Pediatric Psychologist working in chronic pain management and a special focus on Complex Regional Pain Syndrome (CRPS) and Sickle Cell Disease acute and chronic pain management.

LEWIS KASS, MD

Pediatric Pulmonology and Sleep Medicine at the The Center for Clinical Hypnosis in Mount Kisco, NY and is Medical Director of the Pediatric Sleep Disorders Center Norwalk Hospital in Norwalk, CT.

ADAM KEATING, MD, FAAP

General Pediatrician, Section Head, Community Pediatrics, Cleveland Clinic Children's, Wooster, OH; Medical Director, Longbrake Student Wellness Center, 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.

2024 TEACHING FACULTY

DANIEL P. KOHEN, MD, FAAP, ABMH

Co-Founder, National Pediatric Hypnosis Training Institute; Developmental- Behavioral Pediatrics, Medical Hypnosis & Self-Regulation, Kohen Therapy Associates, Golden Valley, MN (retired); 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

BRYAN KONO, MD

Integrative pediatrician, founder of Highlands Integrative Pediatrics in Denver and Clinical Instructor at the University of Colorado School of Medicine. He has been utilizing hypnosis and biofeedback in practice since 2009. After residency he compiled those writings and authored the book, *A Rich Residence: The Poetic Education of a Pediatrician-In-Training*. He is currently interested in reframing the problem of burnout in healthcare using the poetic lens and is offering the in-person or virtual workshop, *From Burnout to Burning Bright-- a poetic journey*.

LEORA KUTTNER, PhD*

Co-Chair of Education, NPHTI; Clinical Professor of Pediatrics, Adjunct Faculty of Dentistry, University of British Columbia, and British Columbia Children's Hospital, Vancouver, Canada; Clinical Pediatric Pain Practice (retired). Canadian Society of Clinical Hypnosis (BC Division); International Society of Hypnosis (ISH); Scientific Planning Committee for ISH World Congress of Hypnosis, Montreal, 2018; Approved Consultant, ASCH

LISA LOMBARD, PhD

President, Board of Directors NPHTI; Clinical Psychologist - Private Practice Chicago IL; Former Research Assistant Professor at Northwestern Feinberg School of Medicine; Former Associate Professor of Clinical Psychology (Child and Adolescent Track) at the Chicago School of Professional Psychology, Past-President of the Chicago Society of Clinical Hypnosis; Former Clinical Section Head, Illinois Psychological Association; Approved Consultant, ASCH; Founder, Comfort Kits for Children (nonprofit)

KAREN OLNESS, MD, FAAP, ABMH

Board certified in Developmental and Behavioral Pediatrics and Professor Emerita of Pediatrics, Global Health and Diseases at Case Western Reserve University in Ohio; Inaugural President of the NPHTI Board of Directors (2016-2020), NPHTI Co-director of Education (2010-2021), and past president of the American Society of Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis, the American Board of Hypnosis, the International Society of Hypnosis and the Society for Developmental Behavioral Pediatrics.

ROBERT PENDERGRAST, MD, MPH, FAAP

Treasurer, National Pediatric Hypnosis Training Institute (NPHTI); 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

TERESA QUINN, MD, ABMH

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

NADIA SARWAR, MD

Board certified in Pediatrics and Clinical Hypnosis. She works at Centerpoint medicine in La Jolla, California.

ALEJANDRA SENCION, MD

Co-Director of the "Centro de Hipnosis Uruguay" and Co-Founder of Método Abrigo and Co-Founder of the Pain Committee at the Uruguayan Society of Pediatrics. She works in private practice with children, adolescents, and adults with a special focus on anxiety and pain.

MINDY SZELAP, LCSW

Therapist in private practice in Oakland, California where she specializes in the treatment of anxiety, depression, chronic pain and illness in children, adolescents, and their families. After earning her graduate degree at the University of California, Berkeley, Mindy spent over twenty years working with children with chronic and life threatening illness in Bay Area pediatric hospitals and clinics. Mindy developed an integrative program for treating pediatric functional GI conditions combining clinical hypnosis and CBT for Stanford Children's Health. In her current practice, she incorporates the tenets of process oriented hypnosis in every encounter with parents and children, planting seeds of hope and possibility.

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* September 26-28, 2024

Please type or print clearly. A name badge and CME/CEU statements are generated from this form.

Name _____
Affiliation _____
Department _____
Address HOME OFFICE _____
Mail Stop _____
City _____ State _____ Zip _____
Office Telephone Number _____ Country _____
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 LCSW LMFT NP CNS APRN
 LPC PA CCLS DDS/DMD OT PT CCC-SLP Other
Specialty: General Pediatric Practice: _____ Pediatrics / Subspecialty: _____
 Marriage/Family/Therapy / Subspecialty: _____ Family Medicine _____
 Social Work / Subspecialty: _____ Psychiatry / Subspecialty: _____
 Anesthesia / Subspecialty: _____ Psychology / Subspecialty: _____
 General Surgery / Subspecialty: _____ Nursing / Subspecialty: _____
 Other: _____ APRN / Subspecialty: _____

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

REGISTER EARLY TO GET DISCOUNT!

	Early Bird on or before July 31	Regular After July 31
Fundamentals Workshop	\$899	\$1,025
MSCH MEMBERS/UMN FACULTY/STAFF	\$845	\$989
Grad/Res/Fellow	\$700	\$770
Utilization and Expanded Clinical Applications Workshop	\$899	\$1,025
MSCH MEMBERS/UMN FACULTY/STAFF	\$845	\$989
Grad/Res/Fellow	\$700	\$770
Individualized Consultation Workshop	\$1,025	

Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$40 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.

List any 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. Payment must be sent no later than 2 weeks after registration/acceptance.

TO REGISTER - Register online with Visa, MasterCard, or American Express. [Click here to register now!](#)

QUESTIONS: For any questions relating to registration, please contact TrainWithNPHTI@gmail.com

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 August 15, 2024.

No refunds will be made after this date. COVID Cancellations will be handled on a case-by-case basis.



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

a 501(c)(3) nonprofit educational corporation

ACKNOWLEDGMENT AND RELEASE

**NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE (NPHTI)
SKILL DEVELOPMENT WORKSHOPS IN PEDIATRIC CLINICAL HYPNOSIS
DEPARTMENT OF PEDIATRICS, UNIVERSITY OF MINNESOTA,
MINNESOTA SOCIETY OF CLINICAL HYPNOSIS (MSCH)**

Name of Workshop: **National Pediatric Hypnosis Training Institute (NPHTI)
13th Annual Skill Development Workshops in Pediatric Clinical Hypnosis**

Dates: **September 26-28, 2024**

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 experiences, 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 experiential exercises. **NO EXCEPTIONS.** The clinician acknowledges that s/he will arrange one's travel plans and regular clinical and personal 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 what has 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.

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 in the entire workshop.

The undersigned agrees to hold harmless NPHTI, MSCH, University of Minnesota Department of Pediatrics, and Minnesota Medical Association, 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.

Printed Name

Signature

Date

NOTE: All participants are expected to attend the entire workshop and participate in experiential activities, including hypnosis experiential exercises. [Exceptions are not permitted. Participant Certificates are provided only to those attending the FULL program, and available at the conclusion of the Workshops on Saturday afternoon.](#)



**Pediatric Clinical Hypnosis
Skill Development Workshops 2024**
presented by

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

a 501(c)(3) nonprofit educational corporation

**13th Annual
Pediatric Hypnosis Skills Training Workshops**

“Helping Children & Teens to Help Themselves”

**September 26-28, 2024
Minneapolis, MN**

Websites

For more information about the National Pediatric Hypnosis Training Institute

www.nphti.org

For more information about the University of Minnesota Pediatrics Program

<https://med.umn.edu/pediatrics>

For more information about the Minnesota Society of Clinical Hypnosis

www.msch.us