



*You're invited to attend ...*

**15th Annual**

**Pediatric Clinical Hypnosis Skills  
Development Workshops 2026**

**October 15-17, 2026**

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*Announcing New Retreat Location near  
Chicago (St Charles) & New Workshop  
Offering!*

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

**In Collaboration with  
Minnesota Society of Clinical Hypnosis  
University of MN Department of Pediatrics**

*"Helping Children Help Themselves"*

# What's New for 2026? Plenty!

- **NEW! Workshop Location!** Come join us at the Q Center - a retreat respite located in St. Charles, IL (about 40 minutes from Chicago O'Hare). It offers a lovely retreat setting nestled in 95 acres filled with walking trails, bike paths, and water features in a lovely manicured woodland area.
- **NEW! Advanced Workshop Offering!** Introducing Case-based Advanced Masterclasses! If you have completed NPHTI Fundamentals and Utilization & Clinical Application workshops and want to expand your hypnosis training in a case-based-centric workshop, you'll want to register for this workshop!
- **NEW! Mini-intensives, panel discussions and large group discussions**

## WHAT?

NPHTI, the premier Pediatric Hypnosis Training organization globally, announces its 15th 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 1300 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 **NEW** 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, October 15-17, 2026

## WHERE? NEW LOCATION!!!!

The Q Center is located in St. Charles, IL (40 minutes from Chicago O'Hare and 50 minutes from Midway). It's a perfect retreat location nestled in 95 acres of wooded land, water features, bike & walking paths and offers several opportunities to maximize your training and some personal time. St. Charles is a picturesque riverfront city just 40 minutes from O'Hare Airport, offers a chic escape without the hustle and bustle of Chicago. With trendy restaurants, vibrant nightlife, and unique shopping and attractions, you'll quickly fall for this hidden gem, offering the perfect blend of urban energy and small-town charm.

## PLEASE NOTE: All Attendees Choose Either Overnight or Day Package

As this is an all-inclusive retreat center, all attendees are required to select either the **Overnight Package** or the **Day Package**.

**Overnight Package:** Includes your sleeping accommodations, all meals, and full access to the retreat center's amenities.

**Day Package:** Includes parking, breakfast, all day refreshments and lunch (dinner excluded), and full access to the retreat center's amenities.

This immersive retreat setting offers a unique opportunity for attendees to network organically, build meaningful connections, and fully embrace both the educational experience and the restorative environment.

**Please go to this link to register for your package:** [National Pediatric Hypnosis Training Institute - Start your reservation](#)



## 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.

- **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; & introducing a **NEW** Case-Based Advanced Master Class Workshop. We are not offering an Individualized Consultation Workshop this year.
- **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 and Access to Experts. 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).
- Relevant clinical pediatric training and experience will also be considered for attendance on an individual basis. Please contact [TrainWithNPHTI@gmail.com](mailto:TrainWithNPHTI@gmail.com) for more information. Our goal is to be inclusive while providing the most up-to-date training in Pediatric Hypnosis so that it can be taught safely and effectively for the benefit of children and adolescents.

## 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 of 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<br>or on July 31 | Regular<br>After July 31 |
|-----------------------------------|------------------------------------|--------------------------|
| Fundamentals Workshop             | \$970                              | \$1,100                  |
| MSCH Members/Uof MN Faculty/Staff | \$915                              | \$1,060                  |
| Grad/Res/Fellow                   | \$750                              | \$ 825                   |

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

For complete information and to register for the Fundamentals Workshop, click [here](#)

**Cancellation Policy:** A full refund (minus \$100 admin fee) until 30 days prior to the training (Sept 15). After Sept 15, no refunds will be offered.

**QUESTIONS:** For any questions relating to registration, please contact [TrainWithNPHTI@gmail.com](mailto: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 who are 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 further Hypnosis Skill Development.

### REGISTRATION

### REGISTER EARLY TO GET DISCOUNT!

|   | Early Bird<br>Before or on July 31 | Regular<br>After July 31 |
|---|------------------------------------|--------------------------|
| Utilization & Expanded Clinical Applications Workshop | \$970                              | \$1,100                  |
| MSCH Members/Uof MN Faculty/Staff                     | \$915                              | \$1,060                  |
| Grad/Res/Fellow                                       | \$750                              | \$ 825                   |

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

To register for the Utilization/Expanded Clinical Applications Workshop, click [here](#).

**Cancellation Policy:** A full refund (minus \$100 admin fee) until 30 days prior to the training (Sept 15). After Sept 15, no refunds will be offered.

Register online with Visa, MasterCard, or American Express. Questions relating to registration, please contact [TrainWithNPHTI@gmail.com](mailto:TrainWithNPHTI@gmail.com)

## NEW Case-based Advanced Masterclasses

- This new workshop is designed for practicing clinicians who want to learn through participant-prepared cases to enhance patient care.
- Participants receive extensive training with a dedicated faculty mentor, supporting clinicians ready to deepen their knowledge and expertise in pediatric hypnosis.
- Unique format: Clinicians consult in a small group (max = 10) with faculty who have expertise in that topic.

To be eligible for this workshop, you must have completed both the NPHTI Fundamentals and Utilization & Expanded Clinical Application Workshops. On each half day a Faculty will impart key concepts for one of these domains below, followed by participants who will bring to discuss their own prepared cases for group problem-solving and learning. Each participant will be asked to **prepare at least 4** clinical cases of the 6 topics below. Cases would include a short, written case overview, audio recording and/or video recording to contribute and discuss with faculty and fellow participants to integrate the topic learnings.

Topics:  
Using Hypnosis For:

- Neurodiversity
- Storytelling/Metaphors
- Trauma
- Anxiety
- Disorders of Gut-Brain Interaction (DGBI)
- Habit & Elimination Disorders

**REGISTRATION IS LIMITED - REGISTER NOW!**

Registration Deadlines: **Before July 31**      **After July 31**

Workshop Registration Fee:      \$970      \$1,100

**Workshop!**

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

Cancellation Policy: A full refund (minus \$100 admin fee) until 30 days prior to the training (Sept 15). After Sept 15, no refunds will be offered.

Register online with Visa, MasterCard, or American Express. Questions relating to registration, please contact [TrainWithNPHTI@gmail.com](mailto:TrainWithNPHTI@gmail.com)

*"NPHTI has transformed my daily practice. Hypnosis helps my patients but it also helps me!"*

*"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."*

## Reserving Your Spot at NPHTI Workshops at the Q Center Retreat Center!

We are delighted to host our upcoming National Pediatric Hypnosis Training Institute workshops at the beautiful Q Center Retreat Center.

To reserve your place, all participants must register for the **workshop and select either the Overnight Package or Day Package**, as the Q Center is an all-inclusive retreat facility.

Step 1: Register for the NPHTI Workshop

Complete your workshop registration through NPHTI to secure your training seat.

Step 2: Select Your Retreat Package: **Overnight Package or Day Package**

**Overnight Package** includes a private sleeping room, all meals and refreshments, full access to retreat amenities.

**Day Package** includes breakfast, lunch and refreshments, complimentary parking, full access to retreat amenities.

Because space at the Q Center is limited, we encourage you to reserve early to ensure availability. This retreat-style setting allows for meaningful networking, deeper learning, and a truly immersive training experience. **Register for your package below.**

### Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$50 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](mailto: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 for 6-8 weeks following the Workshops.

### Cancellation Policy

In the event you need to cancel your registration, the registration fee, less a \$100 administrative fee, will be refunded if you notify us by 4:30 p.m. Central TION Time before September 15, 2026. No refunds will be made after this date.



### WORKSHOP LOCATION:

Q Center - a Retreat Respite located at  
1405 North Fifth Avenue, St. Charles, Illinois

(630) 377-3100; <https://www.qcenter.com>

A limited block of overnight packages are available at a discounted rate that **includes your sleeping room and all meals per day**. In order to get this reduced rate, reservations must be made directly with the retreat center by the cut-off date of September 15, 2026

All attendees must register for either Overnight Package or Day Package

1. **Click here to select your package: [Reserve Your Spot!](#)**
2. **Instructions:**  
**Click on the Link**  
**Select either "Overnight Package" or "Day Package"**
3. **Enter Both Your Arrival & Departure Dates into the Calendar Grid**
4. **Select a Room Type (Executive Room)**
5. **Complete the reservation**

**Please note that completing registration for both the workshop and package is required and will secure your spot at the workshop! This retreat-style setting allows for meaningful networking, deeper learning, and a truly immersive training experience.**

**IMPORTANT** : Please support NPHTI by booking your package at the retreat center. NPHTI has a contract with several packages 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.

This program has been approved by the American Society of Clinical Hypnosis Standards of Training Committee to be used toward Membership and Certification requirements.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) designates this live activity for a maximum of 21 AMA PRA Category 1 Credit(s)<sup>™</sup> for Fundamentals Workshop & Utilization & Clinical Applications Workshop and 20 AMA PRA Category 1 Credit(s)<sup>™</sup> for Case-based Advanced Workshop. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (886386995-7390) for 20 continuing education contact hours.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider.

The American Society of Clinical Hypnosis Education & Research Foundation Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 10/1/2021 to 9/30/2027. Provider ID#217022

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

*"I had always wanted to learn to do clinical hypnosis to benefit my patients. NPHTI is a wonderful organization giving hands on, practical guidance right away. I highly recommend you join and attend their annual conference. "*

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

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



## FUNDAMENTALS WORKSHOP SCHEDULE

Workshop Coordinators: Leora Kuttner, PhD (Clin Psy) & Adam Keating MD, 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 and demonstrate three pediatric hypnosis “invitation” methods
- Demonstrate three appropriate “invitation” techniques
- Describe methods for intensification of and re-alerting from hypnosis
- Outline at least 4 applications for pediatric hypnosis
- Design hypnotic therapeutic suggestions to address children and teens with clinical anxiety.
- Describe and demonstrate the use of hypnosis for pain and anxiety management during medical procedures including immunizations and 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

## AGENDA

### Thursday, October 15, 2026

**7:00 - 7:55 a.m.** Registration and Check In  
**8:00 - 8:20 a.m.** Course Overview & Faculty Introductions Hypnosis  
**8:20 - 9:00 a.m.** Hypnosis Definitions/ Theories/ Myths  
**9:00 - 9:15 a.m.** Group Exercise: Myths You Think About  
**9:15 - 9:55 a.m.** Hypnosis Structure and Elements  
**9:55- 10:15 a.m.** Refreshment Break  
**10:15 - 11:00 a.m.** Formatting Suggestions: Language & Utilization  
**11:00 - 11:15 a.m.** Overview: Format for Small Group Practice  
**11:15 - 11:35 a.m.** #1 Demo: Invitation: Breath  
**11:35 - 1:05 p.m.** Lunch in Dining Room  
**1:05 - 2:45 p.m.** #1 Small Group Practice: Invitation: The Breath  
 Intensification: Reorient; Debrief  
**2:45 - 3:05 p.m.** Refreshment Break  
**3:05 - 3:20 p.m.** #2 Demo: Invitation: Special Place  
**3:20 - 5:00 p.m.** #2 Small Group Practice: Invitation: Special Place  
**5:00 - 6:00 p.m.** Networking/Meet Up Social Hour

**1:00 - 1:30 p.m.** Explain What We Do to Child & Parents  
**1:30 - 2:25 p.m.** Hypnosis as Self-Regulation for Anxiety  
**2:25 - 2:45 p.m.** Refreshment Break  
**2:45 - 3:25p.m.** Choosing Goals & Targeted Suggestions for Hypnosis for Anxiety & Pain  
**3:25 - 3:40 p.m.** #4 Demo: Invitation & Intensification (Learners’ Choice); Targeted Suggestions  
**3:40 - 5:05 p.m.** #4 Small Group Practice: Invitation & Intensification (Learners’ Choice), Targeted Suggestions; Reorient, Debriefing  
**5:05 p.m.** Adjourn for the Day

### Friday, October 16, 2026

**7:00 - 7:55 a.m.** Breakfast Buffet in Dining Room  
**8:00 - 8:55 a.m.** Developmental Considerations  
**8:55 - 9:10 a.m.** #3 Demo: Invitation: Magnet Fingers; Intensification: Utilization; Give Suggestions  
**9:10 - 9:30 a.m.** Refreshment Break  
**9:30 - 10:45 a.m.** #3 Small Group Practice: Invitation: Magnet Fingers; Intensification: Utilization; Incorporate Language & Suggestions; Reorient, Debrief  
**10:50 - 11:30 a.m.** Large Group Panel: First Steps/Missteps/Next Steps  
**11:30 - 1:00 p.m.** Lunch in Dining Room

### Saturday, October 17, 2026

**7:00 - 7:55 a.m.** Breakfast Buffet in Dining Room  
**8:00 - 8:55 a.m.** Hypnosis: Metaphors to Alter Pain Sensations  
**8:55 - 9:10 a.m.** #5 Demo: Magic Glove Technique  
**9:10 - 9:30 a.m.** Refreshment Break  
**9:30 - 10:40 a.m.** #5 Small Group Practice: Magic Glove Technique  
**10:45 - 11:45 a.m.** Neurodiversity  
**11:45 - 1:15 p.m.** Lunch in the Dining Room  
**1:15 - 1:45 p.m.** Self-Hypnosis Large Group Experience  
**1:45 - 2:30 p.m.** Planning Hypnosis Goals & Suggestions: Self-Regulation for Sleep  
**2:30 - 2:50 p.m.** Refreshment Break  
**2:50 - 3:00 p.m.** Putting it all Together  
**3:00 - 4:10 p.m.** Breakout Groups: (Participants’ Choice)  
 1. Anxiety  
 2. Pain  
 3. Functional Condition/DGBI  
**4:10 - 4:30 p.m.** Continued Learning & Resources beyond Monday: NPHTI, Ongoing Education & Organizations  
**4:30- 4:40 p.m.** Special Closure: All Faculty Group Hypnosis w/ Participants  
**4:40 - 5:00 p.m.** Submit Evaluations/Questions  
**5:00 p.m.** Adjourn



## UTILIZATION & EXPANDED CLINICAL APPLICATIONS WORKSHOP SCHEDULE

Workshop Coordinators: Leora Kuttner, PhD (Clin Psy), & Adam Keating, MD, FAAP

### Educational Objectives

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

- Utilize a patient's resources and needs when designing an individualized hypnosis treatment plan
- Refine and develop therapeutic language skills to be used during hypnosis sessions
- Incorporate hypnotic self-regulation strategies and metaphors throughout the during hypnosis sessions.
- Identify individualized and specific hypnosis goals and design and deliver goal-targeted suggestions
- Apply hypnotic utilization techniques: conversational invitations, pacing & leading, talking within hypnosis, fractionation, reframing
- Apply hypnosis strategies to more complex medical and mental health issues (such as anxiety disorders, chronic medical conditions, nighttime fears, ongoing pain, integrative medicine, gastro-intestinal symptoms and childhood grief)

## AGENDA

### Thursday, October 15, 2026

- 7:00 - 7:55 a.m. Registration and Check In  
8:00 - 8:20 a.m. Course Overview & Faculty Introductions  
8:20 - 9:25 a.m. Refining Utilization of Language  
9:25 - 9:50 a.m. Introduction to Small Groups #1 Demo: Conversational Invitation; Pacing & ...  
9:50 - 10:10 a.m. Refreshment Break  
10:10 - 11:30 a.m. #1 Small Group Practice: Conversational Invitations; Pacing & Leading  
11:30 - 1:00 p.m. Lunch in Dining Room  
1:00 - 1:40 p.m. Utilizing Unfolding Development: Abstract Thinking, Metaphors & Self-Regulation  
1:40 - 2:30 p.m. Planning a Hypnosis Session: Creating Targeted Suggestions plus Start PHS  
2:30 - 2:50 p.m. Refreshment Break  
2:50 - 3:05 p.m. Planning a Hypnosis Session: Creating Targeted Suggestions plus Start PHS (continued)  
3:05 - 3:20 p.m. #2 Demo: Designing and Delivering Suggestions  
3:20 - 5:00 p.m. #2 Small Group Practice: Designing & Delivering Suggestions  
5:00 p.m. Networking/Meet Up Social Hour

### Friday, October 16, 2026

- 7:00 - 7:55 a.m. Breakfast Buffet in Dining Room  
8:00 - 8:45 a.m. Anxiety & Fear: Self Regulation, Suggestions and Metaphors  
8:45 - 9:15 a.m. Hypnotic Application to Medical Fears and Anxieties  
9:15 - 9:35 a.m. Demo #3 Suggestions and Metaphor for Fears or Anxiety  
9:35 - 9:55 a.m. Refreshment Break  
9:55 - 11:25 a.m. #3 Small Group Practice  
11:25 - 12:05 p.m. Using Metaphors to Advantage - Group Panel  
12:05 - 1:35 p.m. Lunch in Dining Room  
1:35 - 2:20 p.m. Hypnosis: Addressing Acute & Procedural Pain  
2:20 - 2:40 p.m. Refreshment Break  
2:40 - 3:35 p.m. Metaphors & the Pain Switch for Changing Sensation  
3:35 - 3:50 p.m. #4 Demo: Suggestions for Changing Sensation  
3:50 - 5:15 p.m. #4 Small Group Practice

### Saturday, October 17, 2026

- 7:00 - 7:55 a.m. Breakfast Buffet in Dining Room  
8:00 - 8:15 a.m. #5 Demo: Talking in Trance & Ideomotor Signals  
8:20 - 9:45 a.m. #5 Small Group Practice: Formal Induction & Talking in Trance & Using Ideomotor Signals  
9:45 - 10:05 a.m. Refreshment Break  
10:05 - 11:35 a.m. *Mini-Intensives: Pick one of the following:*  
A) Self-Care for the Provider  
B) Biofeedback/Sleep/breath in Teens  
11:35 - 1:05 p.m. Lunch in Dining Room  
1:05 - 2:20 p.m. DGBI: How Can Hypnosis Help  
2:20 - 2:40 p.m. Refreshment Break  
2:40 - 4:10 p.m. *Mini-Intensives: Pick one of the following:*  
C) Elimination/Habit Disorders  
D) Complex Pain  
4:10 - 4:30 p.m. Continued Learning & Resources Beyond Monday: NPHTI, Ongoing Education & Organizations  
4:30 - 4:40 p.m. Special Closure: All Faculty Group Hypnosis with Participants  
4:40 - 5:00 p.m. Submit Evaluations/Questions  
5:00 p.m. Adjourn



## NEW! CASE-BASED ADVANCED MASTERCLASSES

Coordinators: Leora Kuttner, Ph.D. (Clin Psy) & Adam Keating, MD, FAAP

### Educational Objectives

At the completion of the Case-based Advanced Masterclass, learners will be better able to:

- Child health care learners in the Case-based Advanced Masterclasses will demonstrate increased clinical competence and confidence by integrating faculty and peer mentoring and conceptualization in their application and utilization of refined hypnotic approaches.
- Participants will apply strategies for specific pediatric topic areas to gain insight into treating their specific patient(s) while formulating a framework to generalize skills across diverse patients.
- Clinicians who participate in this small group advanced skill development training will not only put new ideas and strategies to work toward increased positive outcomes with their patients, but also will gain skills to assume a teaching/mentoring role for junior and as yet uninformed-about-hypnosis colleagues.

## AGENDA

### Thursday, October 15, 2026

|                    |   |
|--------------------|---|
| 7:00 - 7:55 a.m.   | Registration & Check In   |
| 8:00 - 8:20 a.m.   | Introduction – Course Overview & Faculty                                |
| 8:20 - 9:55 a.m.   | Case-based Topic: DGBI with Mentor                                      |
| 9:55 - 10:15 a.m.  | Consultation Refreshment Break  |
| 10:15 - 11:50 a.m. | Continuation of Case-based Topic: DGBI with Mentor Consultation         |
| 11:50 - 1:20 p.m.  | Lunch in Dining Room  |
| 1:20 - 2:55 p.m.   | Case-based Topic: Complex Pain with Mentor Consultation                 |
| 2:55 - 3:15 p.m.   | Refreshment Break   |
| 3:15 - 4:50 p.m.   | Continuation of Case-based Topic: Complex Pain with Mentor Consultation |
| 5:00 p.m.          | Networking/Meet Up Social Hour  |

### Friday, October 16, 2026

|                   |   |
|-------------------|---|
| 7:00 a.m.         | Breakfast Buffet in Dining Room   |
| 8:00 - 9:35 a.m.  | Case-based Topic: Anxiety with Mentor Consultation  |
| 9:35 - 9:55 a.m.  | Refreshment Break   |
| 9:55 - 11:25 a.m. | Continuation of Case-based Topic: Anxiety with Mentor Consultation                          |
| 11:30 - 1:00 p.m. | Lunch in Dining Room  |
| 1:00 - 2:35 p.m.  | Case-based Topic: Neurodiversity with Mentor Consultation                                   |
| 2:35 - 2:55 p.m.  | Refreshment Break   |
| 2:55 - 4:30 p.m.  | Continuation of Case-based Topic: Neurodiversity with Mentor Consultation Wrap Up/Questions |
| 5:00 p.m.         | Adjourn for the Day   |

### Saturday, October 17, 2026

|                   |   |
|-------------------|---|
| 7:00 a.m.         | Breakfast Buffet in Dining Room   |
| 8:00 - 9:35 a.m.  | Case-based Topic: Habits & Elimination Disorders with Mentor Consultation                 |
| 9:35 - 9:55 a.m.  | Refreshment Break   |
| 9:55 - 11:30 a.m. | Continuation of Case-based Topic: Habits & Elimination Disorders with Mentor Consultation |
| 11:30 - 1:00 p.m. | Lunch in Dining Room  |
| 1:00 - 2:35 p.m.  | Case-based Topic: Metaphors/Storytelling with Mentor Consultation                         |
| 2:35 - 2:55 p.m.  | Refreshment Break   |
| 2:55 - 4:30 p.m.  | Continuation of Case-based Topic: Metaphors/Storytelling with Mentor Consultation         |
| 4:30 - 4:40 p.m.  | Special Closure: All Faculty Group Hypnosis with all Participants                         |
| 4:40 - 5:00 p.m.  | Submit Evaluations/Questions  |
| 5:00 p.m.         | Adjourn   |

**WORKSHOP IS FILLED**

# 2026 TEACHING FACULTY

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

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

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

Secretary, NPHTI Board of Directors; 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. Cheryl serves on the NPHTI Board of Directors as Secretary.

## **RASHMI BHANDARI, PhD**

Clinical Professor in the department of Anesthesia, Perioperative, & Pain Medicine at Stanford University Medical Center with 18 years of experience working as a pediatric pain psychologist in an interdisciplinary clinic treating youth with chronic pain, teaching, and doing research in pediatric pain medicine.

## **TORIE CARLSON, PhD**

Member, NPHTI Board of Directors, 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

## **LYNN GERSHAN, MD**

Former Member, NPHTI Board of Directors, Dr. Gershan is a graduate of McGill University School of Medicine and completed her pediatric residency at the University of Michigan and McGill University Faculty of Medicine. She completed her Neonatal-Perinatal fellowship at McGill and St. Louis Universities. Her career started at the Medical College of Wisconsin before she transitioned to private General Pediatric practice and then began her training in Integrative Health. Dr. Gershan returned to academics in 2010 and started the Integrative Health program at the University of Utah- Primary Children's Hospital. She has recently retired as the founding Medical Director of Pediatric Integrative Health and Wellbeing at the University of Minnesota Masonic Children's Hospital. She is board certified in Medical Acupuncture and certified in clinical hypnosis, medical herbalism, pediatric massage therapy, and aromatherapy.

## **ANYA GRIFFIN, PhD**

Pediatric Psychologist specializing in Chronic Pain, Sickle Cell Disease, and Oncology. Clinical Professor of Psychiatry and Behavioral Sciences and Pediatrics (Clinician Educator) at Keck School of Medicine of the University of Southern California; Inaugural Director of Psychology and Co-Director of the Behavioral Health Institute at Children's Hospital Los Angeles. Former Director of the Pediatric Rehabilitation Program with the Pediatric Pain Management Program at Stanford Children's Health and Former Clinical Associate Professor in Anesthesiology, Perioperative, and Pain Medicine at Stanford University School of Medicine.

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

Co-Chair of Education, NPHTI; General Pediatrician, Section Head, Cleveland Clinic Children's, Wooster, OH; Vice-Chair Ambulatory Pediatrics, Cleveland Clinic Children's; Clinical Assistant Professor of Pediatrics, Cleveland Clinic Lerner College of Medicine; Clinical Associate Professor of Pediatrics Ohio University Heritage College of Osteopathic Medicine.

## **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 and Former Member Board of Directors, 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

# 2026 TEACHING FACULTY

## **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)

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

Treasurer, Board of Directors 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

## **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.

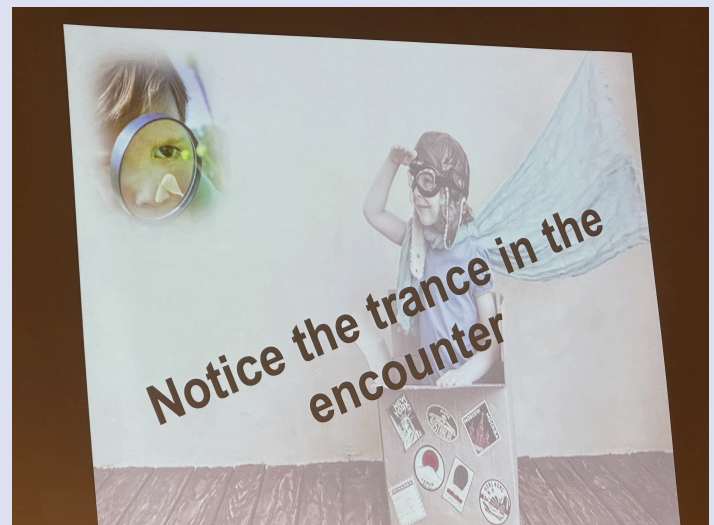
## **MINDY SZELAP, LCSW**

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; Chief Executive Officer, Meg Foundation

\* Denotes Planning Committee Member





## 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)**  
**15th Annual Skill Development Workshops in Pediatric Clinical Hypnosis**  
Dates: **October 15-17, 2026**  
Location: **Q Center located in St. Charles, IL**

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 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.](#)