

The Many Benefits of Applying Hypnosis and Directives in Strategic Psychotherapies: How Hypnosis Enhances Treatment

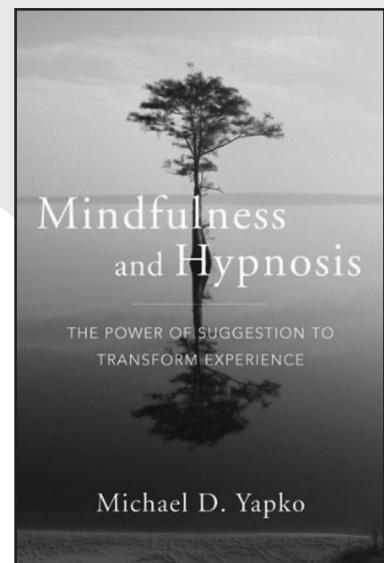
with Michael D. Yapko, Ph.D.

The study of the science and art of clinical hypnosis begins with the recognition that influence is inherent in the therapy process. Far more complex, though, are the deeper questions related to how one person can instill a belief in someone else that his or her distressing symptoms can diminish, resulting in a recovery, or how someone can suggest to another that he or she evolve a frame of mind that makes success possible in some desired domain.

This one day workshop provides many insights into the dynamics of integrating patterns and principles of hypnosis with the core skills of effective psychotherapy. Specifically, we will focus on identifying and developing some of the key skills necessary to design and deliver meaningful psychotherapeutic interventions hypnotically. How hypnosis meshes with other experiential approaches, most notably mindfulness, will also be considered.

Learning Objectives:

1. The participant will be able to identify common, repetitive themes of therapy and discuss their implications for treatment planning.
2. The participant will be able to describe the role of a client's cognitive style in the onset of disorders and how hypnosis might be used to enhance it.
3. The participant will be able to describe the role of selective attention in the onset and course of disorders and how hypnosis might be used to create an internal shift in the quality and direction of focus.
4. The participant will be able to identify at least two specific overlapping points across effective psychotherapies and how to integrate hypnosis with them in specific goal-oriented ways.
5. The participant will be able to cite at least three recent research studies providing evidence for the merits of applying hypnosis in psychotherapy.



Friday, June 15, 2012

9:00am – 4:30pm • Registration & Check-in at 8:30am

Ashland Masonic Lodge #23, 570 Clover Lane, Ashland

Cost: MHREN members: \$120 non-members: \$140

\$40 discount if postmarked prior to June 1, 2012

50% discount for Student/Intern.3yr Post Grad/Retiree

Mail payment to: MHREN, PO Box 1349 Talent, OR 97540

Or visit www.MHREN.org to pay using PayPal

6 CEUs included

Cancellation Policy: More than 30 days notice - \$25 fee

Less than 30 days - 50% fee

Same day cancellation or no show - no refund.

For more information contact: Taffy Clarke Pelton

at: taffy@taffyclarkepelton.com



**Focusing
on Your
Strengths**



Michael D. Yapko, Ph.D.

Michael D. Yapko, Ph.D., is a clinical psychologist and marriage and family therapist. He is internationally recognized for his work in advancing clinical hypnosis and outcome-focused psychotherapy, routinely teaching to professional audiences all over the world. His workshops are well known for being practical as well as enjoyable. Dr. Yapko is the author of 13 books and editor of three others, as well as numerous book chapters and articles on the subjects of hypnosis and the use of strategic psychotherapies. www.yapko.com.