

Utilizing Integrative Hypnosis in Practice: A Guide to Treating Anxiety Disorder and Trauma

Program Description

Hypnosis is a powerful clinical tool utilized across diverse settings to catalyze healing and facilitate transformative change via imagery, suggestion, and subconscious exploration. What sets hypnosis apart is its capacity to engage consciousness at profound levels, fostering profound shifts in awareness and behavior. Widely applied in mental health, hypnosis generates positive outcomes including but not limited to bolstering self-esteem and helping initiate adaptive behaviors, anxiety reduction, trauma symptom alleviation, improving sleep quality, and optimizing performance (American Society of Clinical Hypnosis, n.d.).

One of its notable strengths lies in its efficacy in treating anxiety disorders and trauma when integrated with complementary modalities like Cognitive Behavioral Therapy (CBT) and mindfulness techniques. This integrative approach offers a compelling process of addressing discomfort and dysregulation and delving into entrenched thoughts, emotions, and past experiences. By tapping into the subconscious mind, the hypnotic process, combined with CBT and mindfulness fortifies positive beliefs, challenges unproductive patterns, and amplifies therapeutic objectives. Over the long term, this integrated hypnosis fosters resilience, nurtures healthier relationships, and fosters self-trust and trust in others (Daitch, 2007).

This workshop aims to guide participants through the steps of the hypnotic process, encompassing crucial aspects such as ensuring safety when working with clients, conducting trance work and testing, and offering psychoeducation about the process and ethical practices. Additionally, it will explore a selection of cognitive and mindfulness techniques, as well as strategies for integrating these approaches to effectively support individuals dealing with anxiety and trauma symptoms. Ultimately, the workshop seeks to provide a comprehensive overview and equip attendees with practical tools for practice.

Program Objectives

Upon completion of this workshop, participants should be able to:

1. Define and explain clinical hypnosis.
2. Describe the hypnotic process with clients and liability/abreactions.
3. Outline the components of integrative hypnosis combined with CBT and mindfulness.
4. List skills to use with clients who would benefit from integrative clinical hypnotic techniques.
5. Illustrate the use of hypnotic techniques including trance work.

Target Audience

This program is intended for anyone interested in the use of clinical hypnosis. The target audience is social work professionals and students and other practicing mental health professionals.

Contact Hours

5.0 contact hours

Program Agenda

9 AM to 10:30 AM	Clinical hypnosis in direct practice
10:30 AM to 10:45 PM	Break
10:45 AM to 12:15 PM	Hypnotic trance and techniques
12:15 PM to 1:15 PM	Lunch
1:15 PM to 2:45 PM	Mindfulness and CBT techniques integrated
2:45 PM to 3:00 PM	Break
3:00 PM to 4:00 PM	Liability and ethics, practice with other participants
4:00 PM	Adjourn

Faculty

Laurie Emmer-Martin, DSW, MSW, LCSW, holds the position of Clinical Assistant Professor at the University of North Carolina at Chapel Hill School of Social Work. A career comprised of over 25 years, Laurie has acquired extensive experience in direct practice, policy development, and academia, enriching her contributions to her current role. Alongside her academic endeavors, Laurie operates a private practice, specializing in providing support to individuals navigating anxiety, trauma, depression, and OCD. Proficient in diverse therapeutic modalities, Laurie holds certifications in hypnosis among other areas. Her background includes prior engagements in EAP settings, child welfare, hospitals, and community mental health, further augmenting her range of expertise.