

ACKNOWLEDGEMENT AND RELEASE

Name of Workshop: FINDING THE ENERGY TO HEAL PAIN AND TRAUMA
Date: Saturday & Sunday – April 9 & 10, 2011
Workshop Location: Thomas Jefferson University Hospital; Blumle Life Sciences Building, Rooms 105-107
www.jefferson.edu

The undersigned acknowledges that he/she has volunteered to participate in an academic activity/workshop in which he/she may be induced into a hypnotic trance with other participants and faculty.

The undersigned does not have any medical problems or other special conditions that may prevent him/her from fully and beneficially participating in all academic/workshop activities, except as have been disclosed to faculty members.

The workshop provides an opportunity to participate in academic discussions. The undersigned agrees that individual participant practitioners shall respectively retain sole and exclusive responsibility for the treatment of their patients and clients.

The undersigned acknowledges that he/she is free to disclose or not disclose personal information about himself/herself. The undersigned agrees to not disclose personally identifiable information concerning his/her patients/clients, or other recipients of his/her services, and he/she agrees to take reasonable steps to disguise the persons discussed during the course of academic activities/workshop.

The undersigned agrees to hold harmless The Greater Philadelphia Society of Clinical Hypnosis, its Board of Governors, employees and members, the faculty and other participants in today's academic activity/workshop, and Margolis Berman Byrne Health Psychology P.C., and to indemnify them from and against any and all possible claims, damages, and costs arising from the undersigned's participation in today's academic activity/workshop.

Printed Name _____

Signature _____

Date _____



Jointly Sponsored By
***The Greater Philadelphia Society
of Clinical Hypnosis,***

***and Margolis Berman Byrne
Health Psychology, P.C.***

FINDING THE ENERGY TO HEAL PAIN AND TRAUMA

**Presented by
Maggie Phillips, Ph.D.**

**Saturday & Sunday
April 9 & 10, 2011**

**6 or 12 CE Credits for Psychologists
6 or 12 Hours Toward ASCH / GPSCH
Membership and Certification**

Workshop Faculty:

Maggie Phillips, Ph.D. is a licensed psychologist in full-time private practice in Oakland, California. She is director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis. She has served on the faculties of the American Society of Clinical Hypnosis (ASCH), American and European Congresses of Ericksonian Hypnosis and Psychotherapy, the Eye Movement Desensitization and Reprocessing International Association (EMDR), the Esalen Institute, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, the International Society of Hypnosis (ISH), The Professional School of Psychology, the Society for Clinical and Experimental Hypnosis (SCEH), the International Society for the Study of Dissociation (ISSD), the International Transactional Analysis Association (ITAA), and the University of California at Santa Cruz, Extension.

Dr. Phillips has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and uses of energy therapies in mindbody healing. She has authored numerous papers and articles in the areas of ego-state therapy, redecision therapy, and the treatment of post-traumatic conditions, and is the co-recipient of the 1994 ASCH Crasilneck award for excellence in writing and of the Cornelia B. Wilbur award from the ISSD. Dr. Phillips is co-author of *Healing the Divided Self* and author of *Finding the Energy to Heal* and *Reversing Chronic Pain*.

She is also a Fellow of the International Society for the ISSD and ASCH.

Workshop Description:

This two day workshop is designed both the art and science of working with the wisdom and resources of the body to heal mind-body symptoms

and reverse the effects of emotional and physical pain and trauma. As time permits, a multi-modal approach drawn from Ericksonian and clinical hypnosis, Energy Psychology, structured imagery, ego-state therapy, Somatic Experiencing,™ mindfulness, and breathing techniques will be explained, demonstrated and practiced. The workshop format for both days includes lecture, clinical discussion, practical case examples, live demonstrations, practice exercises, and consultation.

Day One will focus on the treatment of persistent and chronic emotional and physical pain problems related to PTSD, complex PTSD, and the Dissociative Disorders. This first level will emphasize the latest advances from the fields of neurobiology and psychoneuroimmunology that are relevant to effective treatment. Topic areas for discussion will include treatment of anxiety, panic, and depression, attachment trauma, and other post-traumatic phenomena; and the importance of teaching self-regulation to patients. We will also explore the interface between trauma and pain. Participants will learn how hypnosis can be synthesized with breathing and mindfulness techniques to detect and resolve constriction in the body and dysregulation of the nervous system that contributes to a wide spectrum of emotional and physical pain problems.

Day Two will review the major mechanisms of pain including the dynamics of the central nervous system, Melzack and Wall's Gate Theory, the common pathways of emotional and physical pain, and distinctions between pain and suffering. Specific techniques will be demonstrated and practiced which can help to rebalance the nervous system, provide rapid pain relief, activate the parasympathetic restoration cycle, and teach self-regulation. Additional tools to promote site-specific healing and to resolve common barriers to the resolution of chronic pain will also be presented as time permits. Methods will center on the use of hypnotic suggestion with Energy Psychology approaches. Opportunity for clinical case discussion and consultation will also be provided.

Learning Objectives:

Upon completion of this workshop participants will be able to:

- 1) Identify 3 effects of posttraumatic stress on the brain.
- 2) Describe how the triune brain and the polyvagal system help us understand posttraumatic problems, including pain.
- 3) Practice 3 breathing techniques that can turn on the relaxation response and self-regulation.
- 4) Identify and practice 3 methods to rebalance the mindbody system from the bottom up.
- 5) Explain the polyvagal, gate, and energy theories of pain.
- 6) Identify the 5 effective strategies to reduce and reverse pain.
- 7) Practice 2 techniques to expand resiliency and empowerment.
- 8) Describe how Energy Psychology and Ego-State Therapy can enhance the treatment of trauma and pain.

Workshop Location:

Thomas Jefferson University Hospital; Blumle Life Sciences Building, Rooms 105-107. For parking and campus map visit: www.jefferson.edu

We suggest that you dress in comfortable business-casual attire and in layers.

Workshop Schedule:

Day One

8:30-9:00 Registration
9:00 – 9:15 Introductions (9:00 – 9:15 am)
9:15 – 10:30 How the Brain Operates During Posttraumatic Stress
10:30-10:45 Break
10:45-12:00 How the Brain Operates During Posttraumatic Stress Cont'd

12:00-1:30 Lunch (on your own)
1:30-3:00 The Body as Healer
3:00-3:15 Break
3:15-4:45 The Body as Healer Continued
4:45-5:00 Questions & answers/Evaluation

Day Two

8:30-9:00 Registration
9:00 – 9:15 Introductions
9:15 – 10:30 Multiple Mechanisms of Pain
10:30-10:45 Break
10:45-12:00 Treatment of Emotional and Physical Post-Traumatic Pain
12:00-1:30 Lunch (on your own)
1:30-3:00 Techniques to Reduce and Reserve Pain
3:00-3:15 Break
3:15-4:45 Treating Psychological Related Issues to Pain
4:45-5:00 Questions & answers/Evaluation

You must sign in at all sessions to receive credit for the entire workshop or each day as applicable to your registration.

Target Audience: Psychiatrists, psychologists, clinical social workers, professional counselors, marriage and family therapists and other qualified health care providers interested in the application of EST in the treatment of unresolved trauma and psychosomatic disorders.

Psychology Continuing Education: Margolis Berman Byrne Health Psychology, P.C. (MBB) is approved by the American Psychological Association to sponsor continuing education for psychologists. MBB maintains responsibility for this program and its content.

Clinical Social Worker, Professional Counselor, Marriage and Family Therapist Continuing Education: As an APA –approved course, the awarded 6 CE credits for full attendance per day may be submitted to the PA State Board of Social Workers, Professional Counselors, and Marriage and Family Therapists. For questions, call the State Board at 717-783-1389

ASCH Credit: This 6 CE per day workshop is approved by the American Society of Clinical Hypnosis (ASCH) and as such is applicable toward membership in the Greater Philadelphia Society of Clinical Hypnosis (GPSCH), ASCH, the Society for Clinical and Experimental Hypnosis (SCEH), and toward ASCH certification requirements.

Americans with Disabilities Act / Special

Needs: The Greater Philadelphia Society of Clinical Hypnosis, the American Society of Clinical Hypnosis Education and Research Foundation, and Margolis Berman Byrne Health Psychology, P.C. are committed to equality of educational opportunity and do not discriminate against applicants, students, or employees on the basis of race, color, religion, sex, national origin, age, disability, veterans status, or sexual orientation. If you require reasonable accommodations for a disability in order to participate fully in this continuing education activity, you must call GPSCH: 610-527-3710 or attach a note to your registration form no later than 10 working days before the date of the activity. Or attach a note to your registration form.

**Early Registration Deadline:
March 11, 2011**

**Regular Registration Deadline:
March 25, 2011**

**Walk-In Registration:
Space Permitting**

Refund Policy: Registration fees may be refunded, less a \$50 administrative fee, for participant cancellations received by March 25, 2011. No participant refunds will be issued for cancellations received after March 25, 2011.

Accepted registrations are confirmed via email confirmation by GPSCH.

For additional information, contact:

Subha Robinson, Administrative Director
Telephone: 610-527-3710 Cell: 610-420-4310
E-Mail: gpsch@verizon.net

Registration Form

(please sign Acknowledgement and Release on back of Form)

Name/Degree _____

Mailing Address (check) Home Business

Address _____

Phone _____ fax _____

E-Mail Address _____

GPSCH member _____ ASCH member _____

Employer _____

Specialty/Profession _____

ONE DAY ONLY

Early Registration- (received by 3/11/11):

___\$145 GPSCH Member
___\$175 Non-Member
___\$ 60 Resident/Student/Intern (proof of status)

Regular Registration (received by 3/25/11):

___\$160 GPSCH Member
___\$190 Non-Member
___\$ 75 Resident/Student/Intern (proof of status)

Day of Program Registration(4/9 or 4/10)

___\$175 GPSCH Member
___\$205 Non-Member
___\$ 90 Resident/Student/Intern (proof of status)

BOTH DAYS

Early Registration- (received by 3/11/11):

___\$260 GPSCH Member
___\$300 Non-Member
___\$ 90 Resident/Student/Intern (proof of status)

Regular Registration (received by 3/25/11):

___\$290 GPSCH Member
___\$330 Non-Member
___\$120 Resident/Student/Intern (proof of status)

Day of Program Registration(4/9)

___\$320 GPSCH Member
___\$360 Non-Member
___\$150 Resident/Student/Intern (proof of status)

Mail your completed Registration Form, signed Acknowledgement and Release Form (see back) and full payment by check, made out to GPSCH, to:
GPSCH c/o Subha Robinson
1130 Robin Road
Gladwyne, PA 19035-1008