



The live, interactive online Intensive Training Program webinar series is a unique opportunity to learn principles and applications of one of the most rapidly growing treatment models in contemporary psychotherapy. For the past 30 years, the Intensives have drawn professionals from around the world. The scope of the program is comprehensive; its incremental structure facilitates progressive acquisition of competence.

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## **Qualifications and Eligibility**

The Intensive Training Program is open to professionals with a master's degree and above in health-related fields from accredited institutions. Applications will also be accepted from full-time graduate students in accredited programs in health-related fields who supply a letter from their department certifying their full-time student status.

## **Continuing Medical Education Policy on Disclosure**

The Milton H. Erickson Foundation is justifiably proud of the conferences and other educational opportunities it sponsors, taking care that the conduct of these activities conforms to the standards and principles of behavioral and medical sciences, thus insuring balance, independence, objectivity and scientific rigor in all its individually sponsored or jointly sponsored educational activities. All faculty participating in a sponsored activity and those who review and therefore are in control of content are expected to disclose to the activity audience any significant financial interest or other relationship (1) with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship can include such things as grants or research support, employee, consultant, major stock holder, member of speaker's bureau, etc.). The Foundation's compliance with these standards assures that potential conflicts of interest are identified prior to our educational activities.

The intent of this disclosure is to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether there are interests or relationships that may influence the presentation with regard to exposition or conclusion.

The Milton H. Erickson Foundation Board of Directors, Administrative Staff and the following presenters have indicated neither they nor an immediate family member has any significant relationship to disclose.

## **Overview of what you will learn:**

### **Level A + B - Fundamental**

No prior knowledge or experience in Ericksonian approaches is needed for this level. Primary emphasis is upon elicitation of therapeutic trances, and ways to utilize these states in focused treatment. You will be able to begin to integrate hypnosis into your practice at the conclusion of the Fundamental Training.

Attendees will increase their overall communication skills by learning:

- Techniques of inducing and utilizing hypnosis from an Ericksonian perspective.
- The ability to use techniques of Ericksonian hypnotherapy naturalistically in their clinical practice.
- Ericksonian principles of diagnosis thereby improving observational skills.
- The use of multilevel therapeutic communication.
- Methods of utilizing hypnosis in specific situations encountered in the practice of medicine, dentistry, psychiatry, psychology, social work, and counseling.

### **Level C + D - Intermediate**

Prior knowledge or experience in Ericksonian approaches to hypnosis and psychotherapy is needed for this level. Emphasis is on ways to utilize Ericksonian methods in advanced treatment. You will improve your practice of psychotherapy regardless of the discipline to which you subscribe.

Attendees will learn to increase their overall communication skills by learning:

- Pain management
- Tailoring to the uniqueness of the individual
- Working with anxiety
- Treating depression
- Building relationships
- Depotentiating rigid patterns
- Creating an integrated treatment approach

### **Level E + F - Advanced**

Prior knowledge or experience in Ericksonian approaches to hypnosis and psychotherapy is needed for this level. Emphasis is on ways to utilize Ericksonian methods in advanced treatment. You will improve your practice of psychotherapy regardless of the discipline to which you subscribe.

Attendees will learn to increase their overall hypnotic skills by learning:

- Meta modelling,

- Core competencies of Ericksonian therapy,
- Retrieving resources,
- Advanced induction techniques,
- Strategic development,
- Confusion techniques,
- Emotional impact and more.

## **Faculty**

### • **Lilian Borges, MA, LPC**

- Lilian Borges, MA, LPC, is a licensed professional counselor with more than 18 years of experience doing and teaching psychotherapy, Ericksonian hypnosis and brief therapy. She is an invited teacher at the Milton Erickson Foundation for their extensive hypnosis training programs. Lilian has been conducting seminars in the United States and internationally about couples therapy, and Ericksonian therapy.

### • **Brent Geary, PhD**

- Brent B. Geary, PhD is a psychologist in private practice in Phoenix, Arizona. Since 1988, he has also been the Director of Training for the Milton H. Erickson Foundation. Dr. Geary has presented internationally on Ericksonian topics since 1991 and throughout most of the United States. He is coeditor of two books with Jeffrey K. Zeig, PhD, *The Handbook of Ericksonian Psychotherapy* and *The Letters of Milton H. Erickson*. In 2015, Dr. Geary was bestowed the Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy by the Milton H. Erickson Foundation.”

### • **Wei Kai Hung, MEd, LMHC**

- Wei Kai Hung, MEd, has a master degree majored in Counseling Psychology and graduated from Teachers College, Columbia University. He is a licensed mental health counselor in New York, and a licensed psychologist in Taiwan. He is a Bowen family style therapist in Henry Street Settlement, New York for 9 years, and past director of the counseling department of the Taiwan Institute of Psychotherapy as the director of counseling department. He serves as coordinator/assistant for Dr. Zeig’s workshops in China, has translated and edited Dr. Zeig’s book “The Induction of Hypnosis” into Chinese.

### • **Stephen Lankton, LCSW, DAHB, FASCH**

- Stephen Lankton, LCSW, DAHB, FASCH trained under Milton H. Erickson, M.D. from 1975 to 1979, and his efforts at promoting and interpreting Erickson’s approach to hypnosis and therapy at the highest academic levels resulted in the inclusion of chapters in several scholarly publications edited by other luminaries in the field. He is a LCSW psychotherapist in a private practice in Phoenix, Arizona, Lankton conducts workshops internationally (24 countries).

- **Dan Short, PhD**

- Dr. Dan Short is Director for the Phoenix Erickson Institute, former Editor for the Foundation Newsletter, and former Assistant Director at the Erickson Foundation. He is the author of Hope and Resiliency, co-written with Betty Alice Erickson and Roxanne Erickson-Klein. Dan teaches hypnosis at Southwest College of Naturopathic Medicine, conducts consultation groups for local professionals, as well as serving as visiting faculty at institutes around the world.

- **Jeffrey Zeig, PhD**

- Jeffrey K. Zeig, PhD, is the Founder and Director of the Milton H. Erickson Foundation and is president of Zeig, Tucker & Theisen, Inc., publishers in the behavioral sciences. He has edited, co-edited, authored or coauthored more than 20 books on psychotherapy that appear in twelve foreign languages. Dr. Zeig is a psychologist and marriage and family therapist in private practice in Phoenix, Arizona.

## **How the Classes Will Work**

Each class will be 2 hours in length, held one Wednesday per week. Classes will be held from 9am – 11am Pacific Time. Classes will be a combination of didactic instruction, practice groups, and discussion. Q&A will be held at the end of each class, and any remaining questions will be answered in a follow-up video, which will be distributed to the students.

The classes will be streamed live using the Milton H. Erickson Foundation's Zoom channel. It is recommended that registrants for the classes download the Zoom app. This app is available on the Google Play Store for Android; the App Store for iOS; as well as for Mac and PCs directly through their site at <https://zoom.us/>. Please note - you **do not need to sign up for a paid account** with Zoom to access our Conference. You can sign up for a free account to access the stream via the links we provide.

If you are not familiar with Zoom, there are a lot of support resources, including tutorial videos on how to use the app. You can find these support documents here - <https://support.zoom.us/hc/en-us>

Each class will be recorded by the Erickson Foundation. Registrants will be able to view these class recordings for two months, which will be distributed with an English text transcript. CE credit will not be given for any time spent watching videos. CE Credit is only given for sessions attended via live webinar and all sessions must be attended.

## **Attendance, Class Procedures and Reminders**

Please make sure that your name is displayed correctly in Zoom. We will use Zoom's sign in/out tracking to verify your attendance. In order to receive CE credits, please sign in to the Zoom meeting using the name you used to register for the event. Using a different name or account to sign in will not be qualified for CE credits. If you have any questions about signing in or are having difficulties joining the class, please send an email to [class.info@erickson-foundation.org](mailto:class.info@erickson-foundation.org).

During the class time, everyone will be muted upon entering the Zoom classroom. If you have any questions regarding class content, please use the chat function of Zoom to send your questions to the designated Q&A moderator. At the end of each class, we will answer any questions presented. If we do not have time to answer all the questions during the available class time, we will record a follow-up video and post that on the class review page.

## **Evaluations and Certificates**

One certification of completion will be issued for each Level of training. There are a total of six certificates that can be earned from the Intensive Training Online Program - one each for Level A, B, C, D, E and F. *Registrants must attend every class in a Level to get a certificate.* Registrants are not required to attend every Level. CE credit will not be given for any time spent watching videos. CE Credit is only given for sessions attended via live webinar and all sessions must be attended.

Once the final class of each Level of the Intensive Training Program has completed, registrants will have access to complete the required evaluations through our online registration platform. Once this series of evaluations has been completed, registrants will be able to immediately download or get a copy of their certificate emailed to them.

In order to complete this process, we have created a step-by-step guide which can be found here - <https://catalog.erickson-foundation.org/page/evaluation-how-to>

## **Pricing**

### **Intensives Level A, B, C, D, E, F**

Each Level is conducted in eight online classes, one Wednesday per week from 9am - 11am

Each Level provides 16 CE credits, which are included in the registration fee

Each Level will provide access to course materials, access to class recordings, and transcripts

Cost Per Level - \$499

## **Brief Class Schedule**

### Level A

January 5, 2022 through February 23, 2022 - Wednesdays only from 9am - 11am Pacific Time

### Level B

March 2, 2022 through April 27, 2022 - Wednesdays only from 9am - 11am Pacific Time

### Level C

May 4, 2022 through June 22, 2022 - Wednesdays only from 9am - 11am Pacific Time

### Level D

July 6, 2022 through August 24, 2022 - Wednesdays only from 9am - 11am Pacific Time

### Level E

August 31, 2022 through October 19, 2022 - Wednesdays only from 9am - 11am Pacific Time

### Level F

October 26, 2022 through December 28, 2022 - Wednesdays only from 9am - 11am Pacific Time

# Full Class Schedule

## Level A of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
A1	January 5, 2022 9am - 11am PST	<b>Observational Processes</b>  Important features of trance that hypnotists should monitor will be examined, as well as typical phenomenological experiences of people in trance.  <i>Educational Objectives:</i>  1) Cite three changes in behavior that can commonly be observed in hypnotic subjects. 2) List four internal experiences that hypnotic subjects frequently report from trance. 3) Discuss the importance of remaining alert to changes in subject behavior while conducting hypnosis.	Brent Geary, PhD
A2	January 12, 2022 9am - 11am PST	<b>Fundamentals of Induction I</b>  This segment will differentiate direct and permissive approaches in hypnosis and afford practice in the observe-suggest pattern of induction. The “Yes Set” will be explained as a strategy to facilitate desired absorption and focus for trance.  <i>Educational Objectives:</i>  1) Identify at least three reasons for using permissive language in hypnosis. 2) Describe the observe - suggest process in induction. 3) Cite at least two dimensions of experience in which hypnotic subjects can be absorbed to facilitate the elicitation of trance.	Brent Geary, PhD
A3	January 19, 2022 9am - 11am PST	<b>Exercises I</b>  This session will be devoted to additional practice of the material presented on January 5 and 12.  <i>Educational Objectives:</i>  1) Describe changes in breathing that occur as a person absorbs into hypnosis. 2) As a subject, comment on modifications in experience that occurred during induction. 3) Cite two different things that could have been done in the practiced induction.	Brent Geary, PhD

Class #	Date and Time	Topic and Details	Faculty
A4	January 26, 2022 9am - 11am PST	<p><b>Fundamentals of Induction II</b></p> <p>Specific induction approaches will be covered, such as eye fixation and counting. Advantages of each approach will be enumerated.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Demonstrate the “Yes Set.”</li> <li>2) Create an induction with eye fixation.</li> <li>3) List two benefits of utilizing a counting induction.</li> </ol>	Brent Geary, PhD
A5	February 2, 2022 9am - 11am PST	<p><b>Exercises II</b></p> <p>Time will be allotted for the practice of induction approaches.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Perform an eye fixation technique induction.</li> <li>2) Cite examples when a counting technique might be indicated as an induction approach.</li> <li>3) Describe three signs of trance that a subject provided in feedback after an induction.</li> </ol>	Brent Geary, PhD
A6	February 9, 2022 9am - 11am PST	<p><b>The Phenomenology of Hypnosis</b></p> <p>Hypnosis can be conceived as an amalgamation of components that are psychological, social, and contextual. In that sense, it is a syndrome and not an entity. We will review the component structure and demonstrate its utility. Includes practice.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Name the component of induction.</li> <li>2) Given a patient, compose an induction using the components.</li> </ol>	Jeff Zeig, PhD
A7	February 16, 2022 9am - 11am PST	<p><b>Language of Hypnosis I</b></p> <p>Hypnosis has a specific grammar designed to elicit phenomenological realizations.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three ways of using truisms.</li> <li>2) Create dissociation statements.</li> <li>3) Indicate the three step process.</li> </ol>	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
A8	February 23, 2022 9am - 11am PST	<b>ARE format</b>  The basic skeleton of eliciting hypnotic states will be explained, demonstrated, and practiced.  <i>Educational Objectives:</i>  1) List the phenomenology of trance. 2) Describe the ARE format. 3) Given a patient apply the method.	Jeff Zeig, PhD

## Level B of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
B1	March 2, 2022 9am - 11am PST	<p><b>Language of Hypnosis II</b></p> <p>Hypnosis has a specific grammar designed to elicit phenomenological realizations.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three ways of creating presuppositions.</li> <li>2) Describe an implied causative.</li> <li>3) Demonstrate using the language of hypnosis with a client.</li> </ol>	Jeff Zeig, PhD
B2	March 9, 2022 9am - 11am PST	<p><b>Language of Hypnosis III</b></p> <p>Hypnosis has a specific grammar designed to elicit phenomenological realizations.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three ways of creating presuppositions.</li> <li>2) Describe an implied causative.</li> <li>3) Demonstrate using the language of hypnosis with a client.</li> </ol>	Jeff Zeig, PhD
B3	March 16, 2022 9am - 11am PDT	<p><b>Hypnotic Phenomena I</b></p> <p>The hypnotic phenomena, vital dynamics that are used in all hypnotic sessions, will be defined and elaborated. Practice in elicitation of particular phenomena will supplement the lecture.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List at least four hypnotic phenomena.</li> <li>2) Discuss the manner in which age regression can be utilized in induction.</li> <li>3) Explain why amnesia is difficult to directly elicit.</li> </ol>	Brent Geary, PhD

Class #	Date and Time	Topic and Details	Faculty
B4	March 23, 2022 9am - 11am PDT	<p><b>Hypnotic Phenomena II</b></p> <p>The hypnotic phenomena, vital dynamics that are used in all hypnotic sessions, will be defined and elaborated. Practice in elicitation of particular phenomena will supplement the lecture.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List at least four hypnotic phenomena.</li> <li>2) Discuss the manner in which age regression can be utilized in induction.</li> <li>3) Explain why amnesia is difficult to directly elicit.</li> </ol>	Brent Geary, PhD
B5	March 30, 2022 9am - 11am PDT	<p><b>Metaphor and Storytelling</b></p> <p>The use of stories and metaphors for change is found in almost every human culture. This course will teach how to utilize stories and metaphors in psychotherapy and hypnotherapy. Therapists can utilize client's own images and metaphors and create therapeutic effect.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will learn how to use a metaphor/story telling to make a therapeutic intervention.</li> <li>2) Participants will learn how to use a metaphor/story to access the client's inner resource and to give post hypnotic suggestions.</li> </ol>	Wei Kai Hung, MEd
B6	April 13, 2022 9am - 11am PDT	<p><b>Tailoring I</b></p> <p>Interventions can be tailored to the unique values of the client using a system of assessment based on a series of intrapsychic and interpersonal characteristics. Practice groups and lecture. Part I of II.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe tailoring.</li> <li>2) Indicate how "tailoring" generates treatment.</li> <li>3) Describe 3 intrapsychic distinctions.</li> <li>4) Given a distinction create a tailored induction.</li> </ol>	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
B7	April 20, 2022 9am - 11am PDT	<p><b>Tailoring II</b></p> <p>Interventions can be tailored to the unique values of the client using a system of assessment based on a series of intrapsychic and interpersonal characteristics. Practice groups and lecture. Part II of II.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe 3 interpersonal distinctions.</li> <li>2) Given an interpersonal distinction create a tailored induction.</li> <li>3) Describe a clinical condition using the categories.</li> <li>4) Describe a strength using the categories.</li> </ol>	Jeff Zeig, PhD
B8	April 27, 2022 9am - 11am PDT	<p><b>Treatment Planning</b></p> <p>The concluding section covers ethical and practical considerations in the use of hypnosis, the importance of consultation in professional development, and ways in which participants can begin to incorporate hypnosis into their work.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Discuss the importance of supervision and/or consultation in learning to use hypnosis.</li> <li>2) List indications and contradictions for the clinical use of hypnosis.</li> <li>3) Cite advantages of having a goal for each hypnotic session.</li> </ol>	Brent Geary, PhD

## Level C of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
C1	May 4, 2022 9am - 11am PDT	<p><b>Dissociation I</b></p> <p>Dissociation is a necessary ingredient for hypnosis. It also is involved in “focused states of awareness” that are involved in patients’ presenting problems. This session will explore the various aspects of dissociation and advance awareness of the manner in which they can be utilized in assessment and intervention in clinical hypnosis.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) State a practical definition of dissociation.</li> <li>2) Cite the elements of the BASK model of dissociation.</li> <li>3) Cite the elements of the MORE model of dissociation.</li> </ol>	Brent Geary, PhD
C2	May 11, 2022 9am - 11am PDT	<p><b>Dissociation II</b></p> <p>This session will allow additional opportunities to familiarize with the ways in which dissociation underlies clinical issues and the utilization of hypnosis to treat them.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three examples of dissociation from resources can be involved in a clinical case.</li> <li>2) Cite common examples of dissociation from movement in depression.</li> <li>3) Describe everyday examples of dissociation of behavior.</li> </ol>	Brent Geary, PhD
C3	May 18, 2022 9am - 11am PDT	<p><b>Pain Management</b></p> <p>Pain is multifaceted phenomenon that can affect many areas of patients’ lives.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe three uses of hypnotic phenomena in the management of pain</li> <li>2) Demonstrate the elicitation of glove anesthesia in a hypnotic process</li> <li>3) Discuss the importance of thorough assessment of factors involved in pain cases</li> </ol>	Brent Geary, PhD

Class #	Date and Time	Topic and Details	Faculty
C4	May 25, 2022 9am - 11am PDT	<p><b>Utilization</b></p> <p>Utilization is one of the cornerstones of Ericksonian hypnosis and therapy. This workshop will teach what utilization is, and how to apply to trance induction.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Define utilization.</li> <li>2) Describe 3 ways to utilize the client's characteristics or resistance.</li> </ol>	Lilian Borges, MA
C5	June 1, 2022 9am - 11am PDT	<p><b>Habit Control</b></p> <p>Hypnosis is widely used for changing bad habits. Clients often ask therapists: Can you hypnotize me to stop smoking? or Can you hypnotize me so I can stop my bad behavior? This course will answer this question.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe how to integrate hypnosis in the treatment for habit control.</li> <li>2) Describe three hypnotic techniques for smoking cessation.</li> </ol>	Lilian Borges, MA
C6	June 8, 2022 9am - 11am PDT	<p><b>Medical Hypnosis</b></p> <p>Hypnosis has been widely used and researched for the use of physical symptoms. This course will teach how to integrate hypnosis in the treatment of various physical illnesses.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Identify the steps of the presented model of treatment for symptoms management using hypnosis.</li> <li>2) Describe three hypnotic techniques for symptoms management</li> </ol>	Lilian Borges, MA
C7	June 15, 2022 9am - 11am PDT	<p><b>Anxiety I</b></p> <p>Anxiety is a category, and we all experience anxiety from time to time. In order to treat anxiety, we can discover various components, change one or two components, transform them into resource. Change in one component lead to the systemic changes.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Learn to transform one to two components of anxiety into resource.</li> <li>2) Treating anxiety as neuromuscular lock and attempted solution</li> <li>3) Treating anxiety as a negative state and attempted solution.</li> <li>4) Integrate Tai Chi practice into treatment of anxiety.</li> </ol>	Wei Kai Hung, MEd

Class #	Date and Time	Topic and Details	Faculty
C8	June 22, 2022 9am - 11am PDT	<p data-bbox="438 120 835 151"><b>Depotentiating Conscious Sets</b></p> <p data-bbox="438 185 1730 342">Depotentiating Conscious Sets is a major aspect of Erickson’s approach to both induction and psychotherapy. He wrote, “Depotentiating the limitation of the individual’s usual patterns of awareness thus open up the possibility that new combinations of associations and mental skill may be evolved for creative problem solving within the individual.” This session will explore and explain why this is necessary and how it is accomplished.</p> <p data-bbox="438 376 720 407"><i>Educational Objectives:</i></p> <ol data-bbox="438 441 1654 565" style="list-style-type: none"> <li>1) Participants will learn how to depotentiate conscious sets and re-associate resources so clients can replace problematic learned habits.</li> <li>2) Participants will learn how to use conscious-unconscious dissociation language.</li> <li>3) Participants will learn how to use indirection techniques to retrieve experiential resources.</li> </ol>	Stephen Lankton, LCSW

## Level D of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
D1	July 6, 2022 9am - 11am PDT	<p><b>Depression I</b></p> <p>Depression can be described in terms of its phenomenological components, which can guide a clinician in establishing a treatment plan. Lecture and small group exercises.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe a temporal process for accessing depression.</li> <li>2) List four phenomenological characteristics of depression.</li> <li>3) List 3 hypnotherapy strategies for working with depression.</li> <li>4) Describe an assessment procedure that can advance treatment.</li> </ol>	Jeff Zeig, PhD
D2	July 13, 2022 9am - 11am PDT	<p><b>Depression II</b></p> <p>Strategic tasks can facilitate treatment. A taxonomy of tasks will be presented and illustrated with reference to depression.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe the strategic use of tasks</li> <li>2) List strategic tasks</li> <li>3) Given a depressed patient describe how to use a strategic task</li> <li>4) Describe the process of using strategic tasks.</li> </ol>	Jeff Zeig, PhD
D3	July 20, 2022 9am - 11am PDT	<p><b>Strategic Development</b></p> <p>Create a strategic process that makes an intervention come alive. Strategic method will be described and illustrated. Small group practice.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe strategic development.</li> <li>2) List the main steps of strategic development.</li> <li>3) Given an intervention create a strategic process.</li> <li>4) Describe the use of seeding in a clinical situation.</li> </ol>	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
D4	July 27, 2022 9am - 11am PDT	<p><b>Relationship I</b></p> <p>This course will teach hypnotic approaches to the first stages to couples therapy where therapist will explore the “story of the relationship”, the attachment history of each one, and start building the foundation for secure functioning.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe how to incorporate naturalistic approaches to Attachment Interview.</li> <li>2) Describe secure functioning.</li> <li>3) Cite two hypnotic techniques that can be used in the beginning of couples therapy.</li> </ol>	Lilian Borges, MA
D5	August 3, 2022 9am - 11am PDT	<p><b>Relationship II</b></p> <p>This course will address the use of hypnosis to help the couple to experience secure functioning instead of just having a “top-down” or intellectual understanding of it. Hypnotic trances that help the couple stop the blaming game and start working as a team will be taught.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Cite two hypnotic trances to use with couples.</li> <li>2) Describe “trance date”.</li> <li>3) Describe 2 healthy rituals for couples.</li> </ol>	Lilian Borges, MA
D6	August 10, 2022 9am - 11am PDT	<p><b>Indirect Suggestions and Binds</b></p> <p>Ernest Rossi has noted that Erickson actions for, “depotentiating consciousness are so subtle and pervasive in the manner with which they are interwoven with the actual process of induction and suggestion that they are usually unrecognized even when studying a written transcript of his words.” This workshop, explores, explains, and demonstrates the role of ambiguity, language forms several indirect suggestions, therapeutic binds, and their creation and delivery.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will learn how construct 5 types of indirect suggestion techniques to retrieve experiential resources in treatment.</li> <li>2) To be able to construct 4 type of therapeutic binds and use them in treatment.</li> <li>3) Participants will learn how to retrieve experiential resources by linking suggestions and binds.</li> </ol>	Stephen Lankton, LCSW

Class #	Date and Time	Topic and Details	Faculty
D7	August 17, 2022 9am - 11am PDT	<p><b>Confusion Techniques, Ambiguous Assignments, Metaphor and Paradox</b></p> <p>Lesser taught aspects of Erickson’s approach include confusion techniques, ambiguous assignments, paradoxical interventions, and, of course, the more often taught use of basic metaphors in therapy. This workshop, explores, explains, and demonstrates the role of these techniques and how to create and deliver them in therapy.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will learn how to construct and use 3 advanced confusion technique to aid in retrieving experience in treatment.</li> <li>2) Participants will learn how construct and use ambiguous function assignments to unfreeze “stuck” treatment.</li> <li>3) To be able to construct basic therapeutic metaphors and use them in treatment.</li> </ol>	Stephen Lankton, LCSW
D8	August 24, 2022 9am - 11am PDT	<p><b>Integration</b></p> <p>Having covered basics of hypnotic methods and applications for various conditions, it is time to bring these components into an integrated assessment and treatment plan.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Discuss the importance of supervision and/or consultation in the ongoing acquisition of hypnotic expertise.</li> <li>2) Describe factors in determining when to use hypnosis versus other treatments in given cases.</li> <li>3) Explain considerations in the utilization of hypnosis in treatment of personality disorders.</li> </ol>	Brent Geary, PhD

## Level E of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
E1	August 31, 2022 9am - 11am PDT	<p><b>Anxiety II</b></p> <p>Anxiety can be described in terms of its phenomenological components, which can guide a clinician in establishing a treatment plan. Lecture and small group exercises.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List four phenomenological characteristics of anxiety.</li> <li>2) Describe a temporal process for accessing anxiety.</li> <li>3) List 3 hypnotherapy strategies for working with anxiety.</li> <li>4) Describe an assessment procedure that can advance treatment.</li> </ol>	Wei Kai Hung, MEd
E2	September 7, 2022 9am - 11am PDT	<p><b>Meta Model</b></p> <p>The Meta model, based on five choice points, guides practitioners to improve the efficacy of their interventions.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List the five choice points.</li> <li>2) Define the primary question for each choice point.</li> </ol>	Jeff Zeig, PhD
E3	September 14, 2022 9am - 11am PDT	<p><b>Emotional Impact</b></p> <p>One way of gift wrapping ideas is presenting methods of them within figures of speech. We will explore creating therapy within methods of metaphor and signification.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe how to use a metaphor in therapy.</li> <li>2) Describe how to use metaphor and signification to elicit adaptive sub-states.</li> <li>3) Describe how to create a dramatic process to make figures of speech carry a therapeutic message.</li> </ol>	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
E4	September 21, 2022 9am - 11am PDT	<p><b>Attunement</b></p> <p>Attunement is the psychobiological basis of empathy. Advanced methods of covert social mimicry will be reviewed, demonstrated, and practiced.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Define attunement and describe its use.</li> <li>2) Given a client, use covert attunement methods to increase rapport.</li> </ol>	Jeff Zeig, PhD
E5	September 28, 2022 9am - 11am PDT	<p><b>Advanced Induction</b></p> <p>Induction can be a means of offering therapy; it is not just a method of prompting trance.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three advanced induction methods.</li> <li>2) Given a client, create an advanced induction.</li> </ol>	Jeff Zeig, PhD
E6	October 5, 2022 9am - 11am PDT	<p><b>Core Competencies</b></p> <p>Recently a set of core competencies was identified and endorsed by a majority of the leading figures in Ericksonian therapy. These key concepts have been subjected to empirical testing and found to be pivotal to the identity of this unique form of therapy. Dan Short, author of the recently released Core Competencies Manual for Ericksonian Therapy, will provide an overview of this wealth of information.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will be able to list the six core competencies of Ericksonian hypnotherapy.</li> <li>2) Participants will be able to access and use a device for measuring these competencies.</li> <li>3) Participants will be able to demonstrate a readiness to measure progress in treatment.</li> </ol>	Dan Short, PhD
E7	October 12, 2022 9am - 11am PDT	<p><b>Advanced Induction: Sequences</b></p> <p>A utilization strategy is to discern the sequence underlying the problem of solution and use it to induce trance. The method relies on using symptom words as solution words. Demonstration and practice included.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Given a client problem, create a sequence.</li> <li>2) Describe the method of making symptom words solution words.</li> <li>3) Given a client sequence, create an induction.</li> </ol>	Lilian Borges, MA

Class #	Date and Time	Topic and Details	Faculty
E8	October 19, 2022 9am - 11am PDT	<p data-bbox="441 121 745 154"><b>Therapy Demonstration</b></p> <p data-bbox="441 186 1659 251">The session consists of a real demonstration and subsequent analysis of the components. Ericksonian methods to be used are conceptual communication and strategic development.</p> <p data-bbox="441 284 724 316"><i>Educational Objectives:</i></p> <ol data-bbox="441 349 1375 438" style="list-style-type: none"> <li>1) Define strategic development.</li> <li>2) Indicate the place of conceptual communication in a therapy session.</li> <li>3) Given a patient use conceptual communication and strategic development.</li> </ol>	Stephen Lankton, LCSW

## Level F of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
F1	October 26, 2022 9am - 11am PDT	<p><b>Self Image Thinking and Tools of Intention</b></p> <p>In this workshop you will learn several techniques that make experiential hypnosis successful. Dysfunctional (and functional) families often fail to teach children how to use their experiences to succeed. Consequently, our clients have learned myriad self-defeating habits. No wonder they later come to us as adults presenting with depression, anxiety, phobias, etc. The desire to change, and having insight and motivation do not counteract those habits - neither does hypnotic suggestion. Experience is the key to. The "Tools of Intention" protocols are designed to teach clients experientially, which is valuable in overcoming learned limitations and achieving self-mastery in any given situation. Therapy in hypnosis can proceed without learning these tools, but using the Tools of Intention make the therapeutic process more efficient and focused.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) To be able to perform the protocol and indications for Chunking Logic and Vivid Symbolic Imagery.</li> <li>2) To be able to perform the protocol and indications for two to three forms of interventions in hypnosis, including the Self-Image Thinking protocol.</li> <li>3) To be able to perform the protocol and indications for Emanate-Imagery protocol.</li> </ol>	Stephen Lankton, LCSW
F2	November 2, 2022 9am - 11am PDT	<p><b>Retrieving Resources</b></p> <p>Erickson taught that the reassociation and reorganization of ideas, understandings, and memories were essential for a cure. He emphasized, "It is this re-associating and reorganizing experiential life that eventuates in a cure." (Erickson, 1948/2018, p. 46) However, many therapists overlook this important point and instead attempt to create lasting change by merely encouraging clients, suggesting that they can tackle their problems. For example, the therapist may construct a metaphor that illustrates change, or make direct suggestions for success in a situation. But this workshop is not about that. It is about developing experiences so that the client can have them available in needed situations.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will learn how to develop experiences with revivification.</li> <li>2) Participants will learn to construct four types of therapeutic strategies for evoking experiences in therapy during hypnosis.</li> <li>3) Participants will learn how to construct and use two techniques during induction, to prepare for retrieving experience in treatment.</li> </ol>	Stephen Lankton, LCSW

Class #	Date and Time	Topic and Details	Faculty
F3	November 9, 2022 9am - 11am PST	<p><b>Hypnotherapy for Trauma</b></p> <p>Ericksonian trauma work utilizes the experience of the present to redefine the past, while remaining future oriented. Memory reconsolidation occurs as memories are physically altered and re-encoded with new emotional elements. More than symptom relief, the intentional use of imagination and creative problem solving ensures greater resiliency and joy while addressing future challenges.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Participants will be able to identify when trauma work is needed in therapy and be able to explain how adjustments to one's past result in changes to one's orientation to the future.</li> <li>2) Participants will be able to state the central characteristics of Ericksonian hypnosis to treat trauma that distinguish it from other approaches (i.e., problem solving orientation &amp; unconscious process work).</li> <li>3) Participants will be able to identify which types of hypnotic phenomena are most helpful in the treatment of trauma.</li> </ol>	Dan Short, PhD
F4	November 16, 2022 9am - 11am PST	<p><b>Therapy Demonstration</b></p> <p>The session consists of a live demonstration of Ericksonian Therapy with discussion by the expert. Components of assessment and treatment will be shown and taught.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three assessment procedures.</li> <li>2) Describe the use of formal and informal hypnotic methods.</li> <li>3) Describe the strategic and experiential methods used by the expert.</li> </ol>	Dan Short, PhD
F5	November 30, 2022 9am - 11am PST	<p><b>Therapist Development I</b></p> <p>Part 1 of 3. Knowing theory, research and technique are "top-down" methods that can promote therapist development. There are also experiential methods of deliberate practice that can prompt therapist development using a "bottom-up" strategy.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe 4 characteristics of an Ericksonian Therapist.</li> <li>2) Describe 4 generic characteristics of a therapist.</li> <li>3) Describe the "orienting-toward" method.</li> </ol>	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
F6	December 7, 2022 9am - 11am PST	<p><b>Therapist Development II</b></p> <p>Part 2 of 3. Knowing theory, research and technique are “top-down” methods that can promote therapist development. There are also experiential methods of deliberate practice that can prompt therapist development using a “bottom-up” strategy.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List five characteristics of acuity.</li> <li>2) Indicate how to use exercises as an experiential approach with a client.</li> </ol>	Jeff Zeig, PhD
F7	December 21, 2022 9am - 11am PST	<p><b>Therapist Development III</b></p> <p>Part 3 of 3. Knowing theory, research and technique are “top-down” methods that can promote therapist development. There are also experiential methods of deliberate practice that can prompt therapist development using a “bottom-up” strategy.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) Describe the use of multilevel communication.</li> <li>2) Indicate how to use exercises as an experiential approach with a client.</li> </ol>	Jeff Zeig, PhD
F8	December 28, 2022 9am - 11am PST	<p><b>Therapy Demonstration</b></p> <p>The session consists of a live demonstration of Ericksonian Therapy with discussion by the expert. Components of assessment and treatment will be shown and taught.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> <li>1) List three assessment procedures.</li> <li>2) Describe the use of formal and informal hypnotic methods.</li> <li>3) Describe the strategic and experiential methods used by the expert.</li> </ol>	Jeff Zeig, PhD

## Continuing Education Accreditation Information

The Intensive Training Program is open to professionals in a health-related field with a master's degree or higher, and students currently enrolled in an accredited graduate program in a health-related field.

Each Level of the Intensive Training Program provides 16.0 hours of continuing education credit. Registrants of the Intensive Training Program will receive one certificate per Level completed. No partial credit will be issued, registrants will need to attend every class in a Level to get a certificate. CE credit will not be given for any time spent watching videos. CE Credit is only given for sessions attended via live webinar and all sessions must be attended.

- **ACCME**

- The Milton H. Erickson Foundation, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

- **AMA**

- The Milton H. Erickson Foundation, Inc., designates this live activity for a maximum of 16.0 AMA PRA Category 1 Credits™ per level. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **APA**

- The Milton H. Erickson Foundation, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Milton H. Erickson Foundation, Inc. maintains responsibility for this program and its content.

- **ASWB**

- The Milton H. Erickson Foundation, Inc, #1489, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Milton H. Erickson Foundation, Inc. maintains responsibility for this course. ACE provider approval period: 05/02/2021 - 05/02/2024. Social workers completing this course receive 16.0 continuing education credits.

- **BRN**

- The Milton H. Erickson Foundation, Inc., is approved by the Board of Registered Nursing in California to offer continuing education for nurses (Provider no. CEP 9376). This program is eligible for a maximum of 16.0 contact hours per level.

- **CA BBS**

- Licensees with the California Board of Behavioral Sciences  
The Milton H. Erickson Foundation, Inc is approved to provide CE's by the NBCC and the APA in the state of California. As of 7/1/15, California BBS accepts CE hours from CE providers approved by either the NBCC or the APA for all license types per Title 16 California Code of Regulations (16CCR) § 1887.4.1 and § 1887.4.3
- **Florida L.C.S.W., L.M.F.T., L.M.H.C.**
  - The Milton H. Erickson Foundation, Inc. is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling as a provider of continuing education (CE Provider #: 50-2008).
- **NBCC**
  - The Milton H. Erickson Foundation, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5056. Programs that do not qualify for NBCC credit are clearly identified. The Milton H. Erickson Foundation, Inc. is solely responsible for all aspects of the programs.
- **New York LCSW and LMSW**
  - The Milton H. Erickson Foundation is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0304.
- **New York LMHC**
  - The Milton H. Erickson Foundation is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0116.
- **New York LMFT**
  - The Milton H. Erickson Foundation is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0052.
- **New York Psychologists**
  - The Milton H. Erickson Foundation, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0069.

## **ADA**

NOTE: Please contact [support@erickson-foundation.org](mailto:support@erickson-foundation.org) to let us know if you are physically challenged and about any accommodations you may require.

## **Disclaimer**

If the Milton H. Erickson Foundation (hereby referred to as MHEF) cannot hold the Intensive Training seminars due to acts of nature, war, government regulations, disaster, civil disorder or curtailment of transportation facilitating other emergencies making it inadvisable, illegal, or impossible to provide the facilities or to hold the meeting, each prepaid attendee will receive a copy of related handouts and any other materials that would have been distributed. Fixed expenses will be paid from the pre-registration funds. Remaining funds will be refunded to pre-registrants. MHEF is not responsible for any other costs incurred by pre-registrants in connection with the Intensive Training.

The views and opinions expressed by presenters are their own and do not necessarily represent those of MHEF.

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## **Cancellation Policy**

All cancellations must be received in writing prior to the first class session, and are subject to a \$50 administrative fee per transaction. Cancellation requests can be submitted to [support@erickson-foundation.org](mailto:support@erickson-foundation.org). Full refunds, less the \$50 administrative service charge will be made if the request is received 2 weeks prior to the first day of each class. No refunds will be issued after the course begins.

## **Questions and Grievances**

Please contact [support@erickson-foundation.org](mailto:support@erickson-foundation.org) if there are any questions, comments or grievances related to the Intensive Training Online program.