



THE MILTON H. ERICKSON FOUNDATION



The online Intensive Training Program 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.

Overview of what you will learn:

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.

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.

Faculty

- Lillian Borges, MA, LPC
- Brent Geary, PhD
- Wei Kai Hung, MEd, LMHC
- Stephen Lankton, LCSW, DAHB, FASCH
- Jeffrey Zeig, PhD

How the Class Will Work

Each class will be 2 hours in length, held one Wednesday per week. Classes will be held from 10am – 12pm PST.

The first hour of each class will be focused on content. The second hour will be a combination of practice groups, discussion, Q&A, and homework.

Classes will be conducted over our Zoom online video chat platform.

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.

Pricing

Intensive Training Level A	Intensive Training Level B
Eight classes beginning October 7, 2020	Eight classes beginning January 6, 2021
16 CE Credits included	16 CE Credits included
Course materials, access to class recordings, and transcripts	Course materials, access to class recordings, and transcripts
Cost - \$499	Cost - \$499

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.

Class Schedule

Level A of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
1a	October 7, 2020 10am - 12pm PST	<p>History of Hypnosis; Principles & Terminology, The Process of a Hypnotic Session</p> <p>Important terminology and concepts in hypnosis will be covered, including truism, suggestion, expectancy, and utilization. The process of a typical hypnotic session will be discussed.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none">1) Define the concepts of utilization and indirection in the context of the Ericksonian model.2) Explain hypnotizability and expectancy.3) List the five stages of a hypnosis session.	Brent Geary, PhD
2a	October 14, 2020 10am - 12pm PST	<p>Observational Processes</p> <p>Important features of trance that hypnotists should monitor will be examined, as well as typical phenomenological experiences of people in trance.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none">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

Class #	Date and Time	Topic and Details	Faculty
3a	October 21, 2020 10am - 12pm PST	<p>Fundamentals of Induction I</p> <p>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.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 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
4a	October 28, 2020 10am - 12pm PST	<p>Fundamentals of Induction II</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"> 1) Demonstrate the “Yes Set.” 2) Create an induction with eye fixation. 3) List two benefits of utilizing a counting induction. 	Brent Geary, PhD
5a	November 4, 2020 10am - 12pm PST	<p>ARE format</p> <p>The basic skeleton of eliciting hypnotic states will be explained, demonstrated, and practiced.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1) List the phenomenology of trance. 2) Describe the ARE format. 3) Given a patient apply the method. 	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
6a	November 11, 2020 10am - 12pm PST	<p>Language of Hypnosis I</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"> 1) List three ways of using truisms. 2) Create dissociation statements. 3) Indicate the three step process. 	Jeff Zeig, PhD
7a	November 18, 2020 10am - 12pm PST	<p>Language of Hypnosis II</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"> 1) List three ways of creating presuppositions. 2) Describe an implied causative. 3) Demonstrate using the language of hypnosis with a client. 	Jeff Zeig, PhD
8a	November 25, 2020 10am - 12pm PST	<p>Hypnotic Phenomena</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"> 1) List at least four hypnotic phenomena. 2) Discuss the manner in which age regression can be utilized in induction. 3) Explain why amnesia is difficult to directly elicit. 	Brent Geary, PhD

Level B of the Intensive Training Online Program:

Class #	Date and Time	Topic and Details	Faculty
1b	January 6, 2021 10am - 12pm PST	<p>Tailoring People behave according to their values and they value the way they behave. Therapy and hypnosis is best when tailored to the unique values of the individual. We will discuss and practice using both interpersonal and intrapsychic distinctions.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1) Given a patient, tailor an Ericksonian Induction. 2) Indicate how “tailoring” generates treatment. 	Jeff Zeig, PhD
2b	January 13, 2021 10am - 12pm PST	<p>Utilization</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"> 1) Define utilization. 2) Describe 3 ways to utilize the client's characteristics or resistance. 	Lillian Borges, MA
3b	January 20, 2021 10am - 12pm PST	<p>Pain Control</p> <p>Principles of working with hypnotic pain control will be presented, demonstrated and practiced. Both traditional and Ericksonian methods will be offered.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1) Describe three uses of hypnotic phenomena in the management of pain. 2) Demonstrate the elicitation of glove anesthesia in a hypnotic process. 3) Discuss the importance of thorough assessment of factors involved in pain cases. 	Jeff Zeig, PhD

Class #	Date and Time	Topic and Details	Faculty
4b	January 27, 2021 10am - 12pm PST	<p>Medical Hypnosis</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"> 1) Identify the steps of the presented model of treatment for symptoms management using hypnosis. 2) Describe three hypnotic techniques for symptoms management. 	Lillian Borges, MA
5b	February 3, 2021 10am - 12pm PST	<p>Metaphor and Storytelling</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"> 1) Participants will learn how to use a metaphor/story telling to make a therapeutic intervention. 2) Participants will learn how to use a metaphor/story to access the client's inner resource and to give post hypnotic suggestions. 	Wei Kai Hung, MEd
6b	February 10, 2021 10am - 12pm PST	<p>Habit Control</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"> 1) Describe how to integrate hypnosis in the treatment for habit control. 2) Describe three hypnotic techniques for smoking cessation. 	Lillian Borges, MA

Class #	Date and Time	Topic and Details	Faculty
7b	February 17, 2021 10am - 12pm PST	<p data-bbox="560 203 957 232">Depotentiating Conscious Sets</p> <p data-bbox="560 267 1541 456">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="560 492 842 521"><i>Educational Objectives:</i></p> <ol data-bbox="560 557 1541 709" style="list-style-type: none"> 1) Participants will learn how to depotentiate conscious sets and re-associate resources so clients can replace problematic learned habits. 2) Participants will learn how to use conscious-unconscious dissociation language. 3) Participants will learn how to use indirection techniques to retrieve experiential resources. 	Stephen Lankton, LCSW
8b	February 24, 2021 10am - 12pm PST	<p data-bbox="560 732 810 761">Treatment Planning</p> <p data-bbox="560 797 1541 891">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 data-bbox="560 927 842 956"><i>Educational Objectives:</i></p> <ol data-bbox="560 992 1493 1115" style="list-style-type: none"> 1) Discuss the importance of supervision and/or consultation in learning to use hypnosis. 2) List indications and contradictions for the clinical use of hypnosis. 3) Cite advantages of having a goal for each hypnotic session. 	Brent Geary, 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. Level A and Level B of the Intensives combine for 32.0 hours of CE credit. No partial credit will be issued.

- **A.C.C.M.E.**

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

- **A.M.A.**

- The Milton H. Erickson Foundation, Inc., designates this live activity for a maximum of 32.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **A.P.A.**

- 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.

- **A.S.W.B.**

- The Milton H. Erickson Foundation, Inc., #1489, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. The Milton H. Erickson Foundation, Inc. maintains responsibility for the program. ASWB Approval Period: 05/02/2018 – 05/02/2021. Social workers should contact their regulatory board to determine course approval for continuing education credits.

- **B.R.N.**

- 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 32.0 contact hours.

- **N.B.C.C.**

- 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.

NOTE: Please tell us if you are physically challenged and about any accommodations you 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.

MHEF disclaims any responsibility for the use and application of information presented at this training.