

2017 SPRING / SUMMER ERICKSON FOUNDATION ONLINE CONSULTATION CLASS

Featuring Lilian Borges, Jeffrey Zeig and Brent Geary

The purpose of the consultation class is to provide a small-group interactive experience for experienced therapists who want to learn advanced techniques of Ericksonian psychotherapy and hypnosis. The format will consist of lecture, demonstration, case discussion, and experiential exercises. Attendees will improve their competence in Ericksonian theory and practice.

Enrollment is limited to 24 participants. Prerequisites include Fundamental, Intermediate and Advanced Intensives in Phoenix. Classes are held monthly for 6 months.

The classes will be video recorded for participants only. All students will receive a link to download the video, whether or not you are present for the session. The platform used is www.Zoom.us. You will have a live, on line presence. We may have a bulletin board for attendees to share information and ask questions.

PROGRAM OBJECTIVES:

Attendees will increase their overall communication skills by learning:

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

APPROVALS & ACCREDITATIONS

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.

NBCC - The Milton H. Erickson Foundation is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet Requirements. The ACEP solely is responsible for all aspects of the program.

ASCH - This 9.0 hour course titled Online Individualized Consultation is approved for credit toward membership and certification requirements with the American Society of Clinical Hypnosis.

3 ways to pay

1. Use registration form
2. Pay Pal account by sending payments to webmaster@erickson-foundation.org
3. Send check to the

The Milton H. Erickson Foundation
2632 E Thomas Road, Suite 200 Phoenix, AZ 85016

All classes are held on Fridays from 10:30 AM-12:00 PM PST (California)

Jeff Zeig

May 19, 2017 Topic: Paradox: Describe the use of congruent and non-congruent methods in

therapy.

1. Define Paradox
2. Given a client, describe the paradoxical approach
3. List three reasons for using paradoxical methods

July 14, 2017 Topic: Anecdotes: Description and practice of using anecdotes to advance psychotherapy and hypnosis.

1. Describe three types of therapeutic anecdotes
 2. Describe common everyday examples
 3. Explain how anecdotes can be effective gift wrapping
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Brent Geary

Aug 4, 2017 Topics: Hypnotic Phenomena in Assessment: Thinking "hypnotically" about problem facilitates treatment planning.

1. List five hypnotic phenomena
2. Describe the role of positive hallucinations in assessment of anxiety
3. Discuss ways in which catalepsy can be a problem in depression

Sept 15, 2017 Topic: Dimensions of dissociation in clinical hypnosis

1. Cite the elements of dissociation under the BASK MORE model.
 2. Describe three ways in which dissociation can occur in depression
 3. Define dissociation.
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Lilian Borges

April 14, 2017 Topic: Self-hypnosis: techniques and applications. Give a description of self-hypnosis and suggestions for its clinical use Demonstration.

1. Given the patient, teach a method of self-hypnosis
2. Describe the stages of accessing self-hypnosis
3. List three clinical uses of self-hypnosis

June 16, 2017 Topic: Hypnosis and Mindfulness: get the best of both worlds. There is overlap and differences between hypnosis and mindfulness. They can be combined to increase clinical effectiveness.

1. Define both hypnosis and mindfulness
 2. Describe the difference between hypnosis and mindfulness
- Indicate how to combine hypnosis and mindfulness clinically.