

# 86 Special Elective 2-Hour Workshops

Tuition: \$25; 5 for \$100

## SUNDAY, AUGUST 12

### 8:00-9:50 AM

#### (32081) THE "ALTERNATIVE WEIGH" TO WEIGHT LOSS—Implement A Proven 4-Session Hypno-Behavioral Weight Loss Program

Adeline Kania, CH, OB

All-levels

- Learn effective weight loss strategies & nutritional tips for successful weight loss/release and maintenance of a healthy weight and life-style
- Understand "the addiction" of emotional eating & learn empowering strategies and visualizations and EFT techniques to unplug emotional eating and get to the heart of "what's eating you"
- 7 keys to effective weight loss

Addie, as an addiction counselor and energy worker, has effectively combined behavioral modification and hypnosis and energy work in her highly successful 4-session weight loss program. Her techniques have assisted her clients to get to understand what is sabotaging them, and get to the heart of "what's eating them." Goals for the client are also learning how to create a healthy life-style, develop positive self-esteem and body image, unplug emotional appetites and thus to shed pounds to reveal their true "happy, healthy and holy Self."

Lecture/Discussion/Experiential/Q&A

#### (32082) CHANGING HISTORY FOR AMAZING SUCCESS—How To Effectively Create Change And Heal By Changing Personal History In Hypnosis

George Casazza, CI

All-levels

- Identify the clients who would benefit the most from changing history sessions
- List the key points of an effective pre-talk for this type of session
- Describe & list various hypnosis sessions leading up to changing history session
- Describe the importance of good information gathering
- Describe the differences between a changing history session & a regression session
- Describe a model structure for changing history hypnosis sessions

Discover an easy and powerful alternative to doing regressions. Add an exciting and fun new technique to your practice. Your clients will love the effective changes and the amazing healing results. Learn step-by-step how to structure the changing history sessions for optimal success. Experience a group "Changing History" session.

Lecture/Discussion/Demonstration/Q&A

#### (32083) POWERFUL PROCESSES FOR RELEASING PAST NEGATIVITY AND RESENTMENT—Visioning New Possibilities And Future Success For Lasting Change

Patricia Meister, BCH, CI

All-levels

- Learn why resentment, criticism, guilt and fear cause most problems
- How to recognize resentment & negative influences from the past
- Uncover hurts, betrayals, grief and recurring behavioral patterns
- Breaking through layers of old conditioning
- How to optimize regression therapy to elicit past limiting beliefs
- Find out how to accept change in order to improve your life
- How to close old doors to the past and open new doors to the future

This is an interactive workshop that will take you to the next level of helping your client to let go of past negativity and resentment. You will learn new exercise strategies and techniques to help your client perceive a new vision of their future. Acquire tools and processes to help your clients access feelings and emotions that govern their behavior. Approaches will include hypnosis, NLP, LL Hay change work and regression to transform health, relationships and career.

Lecture/Demonstration/Exercise

#### (32084) INCREASING YOUR EMPATHY AS VIRGINIA SATIR DID IT—Experience Empathy As You See And Feel Clients With Proper Boundaries And Control

Heather McFall, CI

All-levels

- Understand underlying agendas of new clients & gains skills to understand
- Practice how to compassionately identify client behavior without judgement
- Identify your own challenges when interacting with different types of people

You will find out in real time by active experiment during class how you behave differently with people and situations. Come with an open mind, curiosity and a sense of humor about yourself! In this live training exercise you will reveal your anchors in a safe place and get insight into yourself and how you are influencing your clients. Use this new knowledge to increase your results and reduce client complaints later.

Lecture/Demonstration/Exercise/Discussion/Q&A

Questions? Call the NGH  
Office at (603) 429-9438

#### (32085) STAGE HYPNOSIS SECRETS TO IMPROVE YOUR PROFESSIONAL PRACTICE—What All Hypnotists Must Know About Stage Hypnosis

Dan Candell, BCH, CI

All-levels

- Where stage hypnosis fits in with practicing hypnotists
- What every hypnotist should know about stage hypnosis
- How to squash the most common concerns that clients have about stage hypnosis – and use this to your advantage!
- How to use stage hypnosis techniques to build an even better reputation

What if there was a way to adapt stage hypnosis techniques so that practicing hypnotists can make private sessions more powerful? What if you could apply these techniques to talks and presentations to get more clients, and really build a more positive reputation for yourself and your practice? Come to this presentation to find out. Dan credits these same techniques that he will be sharing, for building his career as a successful hypnotist and speaker. In this two-hour special presentation, you'll learn how and where strategic stage hypnosis techniques can fit into your hypnotism career as a consulting hypnotist, speaker or stage hypnotist.

Lecture/Demonstration/Discussion/Q&A

#### (32086) RESOLVING GRIEF AND LOSS TECHNIQUE—Learn How To Conduct A Healing Journey

Samuel Lurie, CH

Intermediate-Advanced

- Learn a specific technique to lead clients on a healing journey to resolution and freedom
- Identify 2-3 ways to recognize grief and loss issues with clients
- Identify a range of ways grief and loss may manifest
- Observe a 6-9 step Healing Journey as a 1:1 demonstration
- Have use of the Healing Journey technique for use in your practice as a tool in your toolbox

This workshop will describe and demonstrate a Healing Journey process for successfully guiding a powerful grief session. A client's grief and loss can be from any drastic change, including loss of job or relationship as well as the death of a loved one. Regardless of how long ago the loss occurred, this beautiful Healing Journey process provides a model process to help guide a grieving client into a place of love, hope, renewal and freedom. Step-by-step guidance handout will be provided.

Lecture/Demonstration/Experiential/Q&A

**(32087) WORKING WITH TEEN CLIENTS—Help Shape The Vision Of The Next Generation**

*Brenda Titus, BCH All-levels*

- Identify a developmental stage within the teen years that you are especially interested in working with
- Identify client needs/presenting issues unique to teens that you are especially interested in working with
- Identify challenges of working with teens (and their parents), and ways that you will address these challenges in your practice
- Gain inspiration for working with teens by having a personal experience supporting your inner teen self/informed child technique

The teen years are a time of incredible growth and change. This is an exciting yet difficult period as young people begin exploring who they are and what they want to do with their lives. We will have an in-depth discussion about specialized issues affecting this population and how to help them and their families. Teens are our future - let's help them be the best that they can be.

*Lecture/Discussion/Q&A*

**10:00-11:50 AM**

**(32101) 21ST CENTURY NLP FLASH TECHNIQUE**

**—Remove Restrictive Movement, Or Pain In Under 5 Minutes**

*David Frederick, CH All-levels*

- Remove any restricted movement permanently in less than 5 minutes
- Remove chronic pain
- Clear cellular memory
- Enhance performance
- Remove mental blocks

You will learn how to remove restricted movements in under 5 minutes. Learn how to use it with chronic pain, facial tics, weight, self-improvement, stress & much more.

*Lecture/Demonstration/Participation*

**Please note:**

An important notation below the seminar or workshop description indicates what technique the presenter is using and would include at least one of the following: Lecture, Discussion, Demonstration, Participation, Q&A, Visual, and Experiential.

**(32102) HEALING THE EMOTIONAL SOURCES OF COMPULSIVE BEHAVIORS —Helping Clients To Take Back Control**

*David Quigley, CH, CI, OB All-levels*

- Understand why it is necessary to clear the underlying core beliefs, traumatic memories, and long-term neglect which lie beneath compulsive behaviors
- Learn how to use the “Compulsive Personality Technique” to assist clients to clear causes of compulsive behavior
- See your results with clients expand effortlessly as the causes of their compulsive behaviors are cleared

When the presenting issue is a repetitive and destructive behavior over which the client has no control, those situations are complicated by a denial system in which the client pretends (or believes) to have control over the compulsion, and/or to not suffer its negative consequences. Other markers include: secrecy & denial of use, withdrawal symptoms, tolerance, increasing dosages in order to get high, lifestyle that centers on compulsive-type behaviors. By using a technology called “Compulsive Personality Technique” we combine parts therapy, regression, and direct hypnotic suggestion to discover the part of the client that carries this pain and help them to clear the causes of the compulsive behavior.

*Lecture/Demonstration/Q&A*

**(32103) DOWSING - “TUNING INTO YOUR INTUITION” —Instant Rapport & Appropriate Inductions Every Time**

*Dorothy Campbell, CI All-levels*

- Learn how to become balanced and centered to allow the intuition to process
- Understand how to use dowsing rods to tune into your intuition for practical, spiritual and healing purposes
- Learn how to ask clear, precise questions to receive accurate answers
- Learn how to locate and access the 4 energy fields surrounding the body and the chakra energy centers in the body

When you know the condition of each energy field and chakra of your client, you have the information that will assist in choosing the most appropriate induction for that client. This workshop teaches how to tap into your intuition through dowsing and accelerate the power of each hypnosis session. Learn how to locate and assess the client's energy fields and chakras to determine their physical, emotional, mental and spiritual condition before they arrive for their session.

*Discussion/Demonstration*

**(32104) TEACHING SELF-HYPNOSIS IN GROUPS —Make Money And Inform, While Publicizing Your Practice**

*Lee Pascoe, FNGH, BCH, CI, OB Intermediate*

- Develop the confidence to present your own class
- Make the most of skills you already possess
- Discover how to “wow” your audience
- Learn to structure your material
- Participate in a group session of “self-hypnosis”

The best way to build up a clientele is to get yourself known as an expert. Teaching a self-hypnosis class not only establishes you as a credible professional, but at the same time you remove the fear of hypnosis, educate the public, create rapport with the audience, and actually make money for yourself instead of paying out for expensive publicity. Lee will take you step-by-step through a 6-hour course, to be presented over 2 or 3 separate sessions. *Lecture/Exercise/Q&A*

**(32105) REWIRING THE BRAIN FOR CHANGE—On Becoming A Neuroplastician**

*Melissa Tiers, CI All-levels*

- Focus on strategic techniques and process for encouraging neuroplasticity
- Learn the key components for memory reconsolidation to rewrite implicit pre-verbal programs as well as teach client's self-directed neuroplasticity

This workshop will teach you strategic ways to encourage the brain to change. You will learn the vital steps necessary for memory reconsolidation to re-write early implicit patterns & encourage your client's own power for self-directed neuroplasticity. You will learn simple bullet metaphors to describe the process to your clients and doctors to reinforce the work. Understanding the process by which you've already been fostering neurogenesis is an important part of capturing attention & getting conscious buy in for a more generative change. Even though it's science, the workshop is a lot of fun! *Lecture/Demonstration/Practice/Q&A*

**“Wonderful learning experience and an opportunity to make new friends with same interests.”**

*—Magda Ferenczi, Hixson, TN*

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### (32106) DEEP LISTENING CUES & DISCOVERY QUESTIONS—To Re-Write The Subconscious Story

Lisa Halpin, BCH, CI, OB *All-levels*

- Describe several listening cues you can use with every client
- Explain the concept of re-writing the subconscious story
- Apply specific discovery questions to uncover the client's story
- Explore your own subconscious stories
- Utilize specific formats to create positive suggestions for a new, better story
- Apply these tools immediately in your practice

People often speak without thinking... and those automatic comments are often accessed directly from the subconscious. These subconscious level communications are indicators of the client's internal story. Learn about phrases, words, and patterns to notice during conversations with your clients, and how to assist the client to generate subconscious and conscious change. Uncovering the story can help you re-write their old story with subtle changes, or scrap the old story and write a new one!

*Lecture/Visual/Experiential/Discussion/Q&A*

### (32107) ATTRACTING CLIENTS WITH STAGE HYPNOSIS TECHNIQUES—Growing Your Practice With Foolproof And Easy Lecture/Demonstrations

Dan LaRosa, BS, CI, *All-levels*

- Learn how to present a lecture/demonstration to educate, entertain, & interest audience members in hypnosis for your office practice
- Learn how to present can't fail suggestibility tests with "minor" closes to encourage audience participation
- How to overcome stage fright & develop public speaking skills
- How to book lecture talks for civic groups, associations, trade shows, and, adult education classes

The best way to attract new business and earn a great income is by demonstrating hypnosis in public lectures. People are fascinated by hypnosis shows but you don't have to be a stage hypnotist to do it. Instead, think of yourself as a hypnosis teacher. In this workshop, you will learn everything you need to present your own hypnosis demonstrations and dramatically improve your bottom line. Hypnosis works! You know it, now show it.

*Lecture/Demonstration/Q&A*

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### (32108) BECOMING AN EVIDENCE-BASED HYPNOTISM PRACTICE—Knowing The Science Behind What You Do

Charles Curtis, BCH *All-levels*

- Learn the benefits of being evidence-based in today's world
- Learn about thousands of scientific studies of hypnosis and meditation
- Learn about the resources you can use to educate yourself
- Learn how to make evidence-based claims about what you can do
- Learn how to conduct your own outcome study
- Learn how to exchange information with other licensed professionals while staying within NGH guidelines

As a consulting hypnotist, you can assist clients healing from diagnosed physical and psychological pain on a referral basis. Using hypnosis and mindfulness meditation, you can complement treatment being received from other licensed medical and psychological professionals. By working within your qualifications and training and presenting yourself as evidence-based, you can become a valued part of an interdisciplinary team of professionals, billing at a higher hourly rate, and receiving insurance reimbursement.

*Lecture/Experiential/Q&A*

**2:00-3:50 PM**

### (32021) HYPNOSIS, THE KEY TO THE METAPHYSICAL—The Future Vision Of Your Profession

Ernest VanDenBossche, BCH, CI *All-levels*

- Be open to spiritual awareness of others
- Discover needs and intent of client
- Map strategy with client
- Resolve issues
- Discover appropriate suggestions and affirmations
- Introduce potential success

People have many varying views, realizations and experiences which lead to spiritual goals/aspirations. Hypnosis is the way to explore and solidify them. Be prepared for the many paths people seek and the depth they may wish to take it to. Help them to integrate their higher-selves into their daily conscious lives through hypnosis, using a prearranged agreement and plan. Set goals and create suggestions together for success.

*Lecture/Exercise/Q&A*

**"Absolutely loved it!"**

—Sally Doran, Marcellus, NY

### (32022) SOUND MIND POWER—Expand Your Hypnotism Practice Using Voice, Sound & Music As New Tools

Marcel Klasen, BCH, CI, OB *All-levels*

- Why sound affects us physically
- The importance of tonality in hypnosis sessions
- Ways to use induce trance through toning sounds
- How we resonate with vibrations in our surroundings
- Effective methods to use sound, voice and music as hypnotic tools

Sound, voice and music are potent tools for restoring the inner balance of the body and awakening the spirit. Understanding how sound and vibration affect us is essential for hypnosis practitioners to fine-tune their techniques. Applying the musical principles of entrainment, resonance, toning, and harmonics help to achieve overall wellness, greater energy, and a deep level of fulfillment. Using the power of sound helps hypnotists to take their practice to a higher level and create ongoing business.

*Lecture/Experiential/Demonstration/Q&A*

### (32023) COLOR IN PRACTICE & SUGGESTION—Auras, Waking & Trance Uses Of Color

Billy Shilling, CI, OB *All-levels*

- Describe the 3 levels or functional areas depicted in modern or contemporary models of non-conscious processes
- Identify the relative importance and uses of colors in Western & other societies
- Identify and describe how the color red is used in sub and unconscious processes, and why it is so effective in hypnotic suggestion
- Identify the differences in general category & narrowly defined color meaning for waking & trance state suggestions
- Identify the appropriate colors to use in several types of suggestion

The Science of why some see Auras! Discover why "red" is effective in hypnosis - Examine Non-Conscious, i.e. Sub & Unconscious uses of color - Identify the waking influence of Primary Colors for use in practice. Examine the use of colors for specific suggestions. The use of red, yellow, green, and blue in suggestion will be examined. The broad general meaning of colors as well as their narrowly defined or learned meaning will be examined along with specific suggestions using red, green, and blue.

*Lecture/Discussion/Demonstration/Q&A*

To register, call (603) 429-9438

### (32024) REFRAMING STRESS —Tools For Managing Stress

*Myles Timmins, BCH, CI, OB*

*and Rondall Bailes, CH, OB*

*All-levels*

- Recognize the 4 main categories of stress and their components
- Identify how to own and release stress
- Recognize self-imposed stressors and ways to effectively deal with them
- Take with you specific processes/tools to reframe negative experiences

The main categories of stress and their components will be covered and discussed. Several processes/tools will be taught and discussed so you will be better equipped to recognize and deal with issues more effectively. This insight will help you and the client deal with those issues, not just the symptoms. Listed are a few of the processes/tools: Want of Control/Want of Approval, Denial/Anger/Action, Behavioral Patterns & how they develop, Transactional Analysis (Parent, Adult, Child, within all of us), the Learning Cycle, (the decision process).

*Lecture/Demonstration/Discussion/Q&A*

### (32025) FREEDOM FROM COMPULSIVE HABITS—Hypnosis & NLP For Alcohol & Drug Issues

*William Horton, PsyD, CADC, BCH, CMI, OB*

*Introductory-Intermediate*

- Learn the addictions process
- Discover the medical disease model
- Explain the cycle of recovery
- Learn the 12-Step model

Learn from Will Horton's 20 years in the field of addictions. He has worked in inpatient, outpatient, criminal justice, detox and long-term treatment facilities. Will Horton was the regional director for the Governor's Commission for a Drug Free Indiana. He teaches you how to blend traditional methods with cutting edge techniques for rapid and lasting change.

*Discussion/Demonstration*

### (32026) THE MAGIC IS IN THE EMOTIONAL BODY—Resourcing And Reframing For Powerful Results

*Nancy Klase, CI, OB*

*All-levels*

- Learn how to define client's issues
- Access feeling emotions that govern the behavior
- Witness and/or experience a dramatic change occurring

The magic for change is all in the emotional body. The key is in identifying the true nature of the client's problem. In this experiential workshop, you will learn how to tap into and implement the solutions your clients are looking for.

Experience the transformational process of a simple, effective way to eliminate fears, negative thinking and limiting fears.

*Lecture/Demonstration/Q&A*

### (32027) HYPNOSIS FOR MIND- BODY HEALING—Finding And Eliminating The Mental And Emotional Drivers Of Disease

*Roxanne Louise, BA, CH, OB*

*All-levels*

- Test for limiting beliefs and judgements, secondary gain, internal conflicts, and non-beneficial emotions related to either the illness directly or indirectly
- Learn the typical internal conflicts taught by German New Medicine and clear it if they find same
- Learn the unconscious healing methods used by A.L Ward, Art Winkler, and Walter Sichort

The hypnotist in addition to dealing with known major upsets that preceded the client's illness and those that resulted from it, needs to go beyond straight suggestion work and healing visualizations, and beyond typical regression to cause. He must also check for and clear limiting beliefs and decisions, conflicts and traumas that lie beyond conscious awareness. One way to do this is to establish depth of trance, ideomotor response, and then give directives for the unconscious to resolve on it's own. Finally, you will learn about the Infinite Intelligence Process for both self-use and a powerful tool for hypnotists. This workshop is packed with solid information that you can immediately apply with your clients!

*Lecture/Demonstration/Discussion/Q&A*

### (32028) VERBAL MEDICINE —Covert Hypnosis Used In The Emergency Department That Can Work Anywhere!

*Roger Woods, RN, BCH, CI*

*and Marc Sacco, RN, BCH, CI*

*All-levels*

- Identify the use of 3 covert hypnosis techniques during the initial assessment of an emergency room patient
- Describe the techniques used to relax & gain compliance with trauma patients
- Name 5 common words that can set patients & staff up for failure or success
- Describe 6 case studies in which covert hypnosis was dramatically successful in the emergency room

How we changed the words we use with patients and coworkers to positively affect their perceptions and outcomes. How we effectively use covert hypnosis techniques during the initial triage assessment. How we successfully integrated complementary medicine prac-

tices into the emergency room setting effectively. The practical use of self-hypnosis for managing staff stress. The practical use of hypnosis in trauma patient care and a review of case studies of hypnosis techniques successfully used to help emergency department patients.

*Lecture/Demonstration/Discussion/Video/Q&A*

### (32029) UNSCRIPTED HYPNOSIS —Tailoring The Session To The Client

*Michael Raugh, BCH, CI*

*All-levels*

- Explain 2 to 3 shortcomings of using scripts in client sessions
- Enumerate 2 to 3 benefits of a client-centered, interactive approach
- Determine a client's motivational patterns and favored modalities during pre-talk and information gathering
- Perform at least 2 unscripted, interactive hypnotic inductions
- Devise suggestion strategies based on a given client's mindset

Every client is unique; we all know that. So why do so many hypnotists rely on generic scripts instead of taking advantage of the resources each client brings to the session with them? This workshop is all about letting go of the script book and tailoring every part of the session to the client you have in front of you. We'll talk about how you can use your pre-talk and information gathering to gain insights into how your client processes ideas and what motivates them. Then we'll demonstrate with an audience volunteer how to use these techniques to elicit information about a client's thought processes, choose an induction that will engage the client's mind, and form suggestions that their subconscious will readily accept, working extemporaneously from your own stores of knowledge and techniques.

*Lecture/Demonstration/Q&A*

### CDs

Afraid You'll Miss One  
Workshop by Going to  
Another? Don't Worry!  
CDs of *all* the Seminars  
& Workshops will  
be available to order  
at the convention.

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