

8:00-10:50 AM

(23081) PRACTICAL HYPNOSIS FOR THE ELDERLY—Clinical Techniques Of Hypnosis In Geriatrics

Maurice Kershaw, FNGH, BCH, OB All-levels

The senior citizen population in the US, Canada and throughout the world is rapidly increasing year after year. Seniors can be guided to cope with aging problems physically, intellectually, and emotionally and while doing so, can hope to add comfortable, rewarding years to their extended life. In this workshop, we will look at some hypnosis-oriented techniques for the geriatric client. Group sessions and individual strategies will be covered in a number of problems and settings relevant to the senior citizen. These will include activity and exercise, sleeping soundly, handling stress, aggravation and loneliness, anxiety, pain relief, sexuality and self-image. Your knowledge of hypnosis will tell you that very specialized techniques and understandings of the senior client are essential in treating the older citizen.

Lecture/Demonstration/Discussion/Q&A

2:00-4:50 PM

(23021) SOUP TO NUTS WEIGHT LOSS!!!—All You Will Ever Need To Run A Successful 3 Month Weight Loss Program!!!

Laura Boynton King, BCH, CI, O All-levels

- Identify the unique benefits of using hypnosis for weight management & overall wellness
- The science behind overall “happiness” and weight management
- Use of hypnosis to create a healthy mind
- Tools for creating a natural desire for health & wellness for all of your clients
- Tips & tools for helping any client work towards self-love & creating lasting changes
- Tools to effectively work with clients using hypnosis and NLP
- Tried and proven exercises for helping the client release the past “diet/weight loss failures” and build a future road map for personal success
- How to do a customized plan including timelines, goals and affirmations
- Classify different food groups and provide examples

To register, call (603) 429-9438

The reason why most diets fail, in my opinion, is that they impose unrealistic restrictions on how you live your life. Some advocate eating tons of protein; while others emphasize carbohydrates. In either case, you're left with having to make rather drastic changes to the types of food you eat and when you eat it. In this special presentation, we take an in-depth look at using the mind to help you achieve a healthy body. To quote Deepak Chopra, “The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.”

Lecture/Discussion/Q&A

“Christmas in August! The gifts I receive here (knowledge, positive energy, new friends) stay with me long after the convention is over. The convention is my gift to myself!”

—Christine Mattern, Windsor, VT

ANNUAL RE-CERTIFICATION INFORMATION

This is a Great Way to Earn Your Continuing Education Hours

This is a recommendation, not a requirement.

This annual re-certification recommendation is standard among other professions and has been enacted by the Guild for the advancement of our members and the profession since 1990.

We recommend that you have 15 hours of annual continuing education for your re-certification. Here are just some ways you can accumulate 15 hours for approved continuing education programs:

- Attendance at the annual NGH Convention, Solid Gold Weekend, an NGH continuing education workshop/seminar, or course given by an NGH Certified Instructor.
- Attendance at NGH chapter meetings.
- Submit a completed quiz from the *Journal of Hypnotism*®.
- Any pre-approved (by NGH) course or seminar conducted by a recognized professional hypnosis group.

The annual period in which to attain these fifteen hours of credit starts on your dues renewal date (if your renewal is due January, 2018, you have until January, 2019 to accumulate the next fifteen credit hours).

Keep track of any of the ways in which you achieve your re-certification hours during the next 12 months. Have that information available when you pay your yearly dues. Approved credits sent to NGH during the year will be entered as you accumulate them and will appear on your dues invoice next year. It's up to you to keep track and to inform us as you accumulate hours ... it's up to us to add the hours to your computer information. We keep track of only the number of hours, not the breakdown of the courses.

Important—If you do not complete the continuing education recommendation your membership will still remain active on payment of your dues. If you need assistance, please call the NGH at (603) 429-9438.