The Michigan Society of Clinical Hypnosis and The Michigan Mental Health Counselors Association proudly present

**The Art & Science of Clinical Hypnosis**

May 9, 2015, 9:00 a.m.–5:00 p.m.
The Frederik Meijer Gardens and Sculpture Park, Grand Rapids, Michigan

Our day-long seminar will be in the beautiful setting of the Frederik Meijer Gardens and Sculpture Park. The meeting rooms are comfortable and feature state-of-the-art AV equipment. Your registration fee not only includes a conference that we hope will spark your continuing interest in clinical hypnosis and its value for your personal and professional growth, but also complimentary admission to the Gardens and a box lunch and beverage. We are scheduling an hour's lunch so that you may have time to enjoy the Garden's lovely May display.

**Conference Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30</td>
<td>Registration begins</td>
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<tr>
<td>9:00</td>
<td>Key Note Speaker: Eric Willmarth, Ph.D., LP</td>
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<tr>
<td>10:00</td>
<td><em>Why Study Hypnosis?: Definitions and Favorite Stories</em></td>
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<td>10:00</td>
<td>Mary P. Miller, Ph.D., LPC</td>
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<td>11:00</td>
<td><em>A Mindful Approach to Self-Hypnosis: Accessing Your Inner Resources</em></td>
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<td>11:00</td>
<td>Donald Moss, Ph.D., LP</td>
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<td>Noon</td>
<td>Using <em>Ego-Strengthening Hypnosis in Your Clinical Practice</em></td>
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<tr>
<td>Noon-1:00</td>
<td>Box Lunch &amp; beverage provided. Free time to explore the May time beauty of the Frederik Meijer Gardens &amp; Sculpture Park</td>
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<tr>
<td>1:00</td>
<td>Carolyn Daitch, Ph.D., LP</td>
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<td>2:00</td>
<td><em>Curbing Anxiety with Hypnosis</em></td>
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<td>2:00</td>
<td>David Monroe, Psy.D., D.Min., LPC</td>
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<tr>
<td>3:00</td>
<td><em>Metaphors in Enhancing Spiritual Growth: The Wonder of Transforming Words and Images</em></td>
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<td>3:00-3:15</td>
<td>Break</td>
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<tr>
<td>3:15</td>
<td>Sandra Strandquist, LMSW</td>
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<td>4:15</td>
<td><em>Ethical Standards for Mental Health Professionals</em></td>
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<td>4:15</td>
<td>Panel of Presenters</td>
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<tr>
<td>5:00</td>
<td><em>Processing Your Experiences with Clinical Hypnosis: Questions &amp; Answers</em></td>
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Category of Attendance and Registration Fees:

- **MSCH or MMHCA Member:** $100 (CEU Certificate fee included)
- **Non-members:** $130  (If you desire membership in MSCH, $65 of this fee will pay your dues for 1/2015-1/2016)
- **I would like to be a member of the Michigan Society of Clinical Hypnosis**
- **CEU Certificate fee for participants who are not members of MSCH or MMHCA:** $20
- **Students $50**  
  Along with a completed registration form and payment of registration fees, students must submit proof of full-time enrollment at an institution of higher education on school letterhead that clearly identifies the individual’s program of study, level of degree pursued, and date of intended graduation.

Registration Form:

Name: ________________________________  Degree: ________________________________

MI License: ____________________________

Address: ________________________________

City: _________________  State & Zip Code: _________________

Telephone Number: ________________________________

I am a member of MSCH ________________ and/or MMHCA: ________________________________

Do you desire a Continuing Education Certificate ($20): ________________________________

Registration Fee: ________________________________

Continuing Education Certificate Fee: ________________________________

Total amount due: ________________________________

Please make your check payable to *Michigan Society of Clinical Hypnosis*

If you wish to pay with a credit card please email Mary at the address below and you will receive an Invoice via PayPal.

Mail your completed registration form and payment to the conference chair:

Mary P. Miller, Ph.D., LPC
ATTN: MSCH Conference
114 Rayson Street, Suite 1A, Northville, MI 48167
Presenters:

Carolyn Daitch, Ph.D, LP. Is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Michigan. She is an elected fellow of the Michigan Psychological Association and the American Society of Clinical Hypnosis. In 2008, her book, Affect Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-reactive Client, received the Arthur Shapiro Best Book award from the Society of Clinical and Experimental Hypnosis. Dr. Daitch has authored two additional books: Anxiety: The Go to Book for Therapists and Their Clients (W.W. Norton, 2010) and Anxious in Love (New Harbinger, 2012). She is a contributing author in Clinical Pearls of Wisdom: Leading Therapists offer Essential Insights (W.W. Norton). Dr. Daitch is a past-President of the Michigan Society of Clinical Hypnosis. She is an international lecturer and educator in the field of hypnosis and is often a member of the teaching faculty for the American Society of Clinical Hypnosis workshops.

Mary Pratt Miller, Ph.D., LPC is a licensed professional counselor and a national certified counselor in private practice in Northville, Michigan with over 30 years of experience as a licensed counselor. She is an active member of her professional associations including the Michigan Mental Health Counselors Association, the Michigan Society of Clinical Hypnosis where she is currently serving as president, and the American Society of Clinical Hypnosis (ASCH). She is a certified and approved consultant with ASCH. In addition to providing counseling services, Dr. Miller teaches professional workshops, provides consultation, and supervises LLPCs. She taught in the master’s degree counseling programs of the University of Phoenix and the University of South Florida, and the Masters of Education program for National-Louis University.

Donald Moss, Ph.D., LP is the Director of the Integrative Health Studies Concentration at Saybrook Graduate School and Research Center. Dr. Moss is the author of three books and over 50 articles related to Mind-Body Medicine. His most recent book, The Handbook of Mind-Body Medicine for Primary Care, has been translated into a number of different languages. He is the past-President of the Association for Applied Psychophysiology and Biofeedback.

David Monroe, D.Min., Psy.D., LPC has served as a minister, teacher, chaplain, and counselor. Dr. Monroe has twenty years of pulpit ministry experience, has served as a chaplain at Children’s Hospital of Michigan and Henry Ford Hospital in Detroit, as well as Oakwood Hospital in Dearborn. He is a licensed counselor in private practice for over twenty-two years and is currently counseling at the Hope Counseling Center in Redford.

Sandra Strandquist, LMSW has worked with Michigan Behavioral Consultants for the past 14 years, specializing in treatment of chronic pain, anxiety and trauma. She graduated from Colorado State University and University of Utah. Sandra supervises a MSW student from GVSU each year, which helps keeps ethical issues a priority.

Eric Willmarth, Ph.D., LP has worked for more than 20 years in his specialty area of pain management. He is the president of Michigan Behavioral Consultants, a group practice specializing in the treatment of chronic pain and illness. Dr. Willmarth is the Director of Integrative Mental Health for the Saybrook University School of Mind-Body Medicine where he teaches Basic,
Intermediate, and Advanced Hypnosis courses. He is currently the president of the Society for Clinical and Experimental Hypnosis and the secretary of the American Society of Clinical Hypnosis. He is the past-president of the Michigan Society of Clinical Hypnosis, the Society for Psychological Hypnosis (APA’s Division 30), and the Michigan Society for Behavioral Medicine and Biofeedback. Dr. Willmarth is a frequent presenter at the meetings of the Society of Clinical and Experimental Hypnosis and the American Society of Clinical Hypnosis.

Presentation Summaries & Objectives:

**Why Study Hypnosis? Definitions and Favorite Stories.** Presenter: Eric K. Willmarth, Ph.D., LPsy
Hypnosis has been used clinically for hundreds of years and yet, as its popularity ebbs and flows, key questions remain about the value of today’s professional learning to use hypnosis. This presentation will draw on video interviews with some of the world’s leaders in contemporary psychology and neuroscience as they present their own response to the question, “Why study hypnosis?”

- Identify five or more popular reasons to study clinical hypnosis
- Identify at least three published articles supporting the use of hypnosis in clinical settings
- Recognize and respond to at least three common myths about the use of clinical hypnosis
- Articulate their own primary reasons to study hypnosis

**A Mindful Approach to Self-Hypnosis: Accessing Your Inner Resources.** Presenter: Mary P. Miller, Ph.D., LPC
Being intentional and mindful implies being aware of one’s own deepest inner resources for learning, growing, healing, and effecting beneficial change. In this workshop, we’ll explore and experience a gentle and natural state of consciousness that we don’t usually label as trance. It is easy to learn to access this state of consciousness in a process called self-hypnosis. Self-hypnosis can be used intentionally and mindfully for the purpose of valuing and using anger in a positive way, freeing a person to extend forgiveness, arousing feelings and cognitions of gratitude, and assisting in the process of creative and productive decision making.

- Identify the values of self-hypnosis for personal growth & change
- Design a favorable environment for self-hypnosis
- Demonstrate and experience the process of self-hypnosis
- Utilize and apply self-hypnosis for personal growth & change

**Using Ego-Strengthening Hypnosis in Your Clinical Practice.** Presenter: Donald Moss, Ph.D., LPsy
John Hartland initially developed ego-strengthening strategies for hypnosis using a verbatim script with a series of direct suggestions. Later Harry Stanton, T.X. Barber, Claire Frederick, Maggie Phillips, Shirley McNeal, and many others provided refinements, drawing on the principles of Milton H. Erickson as well as imagery, and utilization based ego-strengthening interventions. This presentation will review the history of ego-strengthening within the context of clinical hypnosis and psychotherapy. It will include two experiential ego-strengthening exercises.

- Discuss the history and major contributors to ego-strengthening approaches
- Explain one directive verbatim script for ego-strengthening and demonstrate how to use a directive it with patients
- Describe one indirect strategy for ego-strengthening drawing on Ericksonian utilization and client-contributed imagery
- Apply two brief ego-strengthening exercises for use with clients
Curbing Anxiety with Hypnosis. Presenter: Carolyn Daitch, Ph.D., LPsy
This workshop will introduce an integrative therapy model that incorporates practical interventions that mental health professionals can use to help their clients interrupt obsessional thoughts, reduce worries, ruminations, lessen fear of the future, and decrease restlessness, irritability, and bodily distress.
- Articulate the characteristics of anxiety
- Articulate the rationale for combining hypnosis with CBT in the management of anxiety disorders
- Describe two hypnotic techniques that can be integrated with the treatment of each anxiety disorder
- Identify and implement two hypnotic interventions that facilitate affect regulation, i.e., optimal sympathetic/parasympathetic interplay

Enlisting Metaphors in Enhancing Spiritual Growth: The Wonders of Transforming Imagery.
Presenter: David Monroe, D.Min., Psy.D., LPC
In this workshop the participant will learn methods for dealing effectively with spiritual issues using hypnosis. This will include how to facilitate change and how to use metaphors to resolve feeling/affective issues and to achieve behavioral changes. Participants will have the opportunity to experience a progressive relaxation induction. Time will be provided for questions.
- Apply spiritual values in their use of clinical hypnosis
- Recognize the value of metaphors to transform feelings and change behaviors
- Demonstrate a progressive relaxation induction to enhance their personal journey
- Create personalized metaphors in clinical hypnosis

Ethical Standards for Mental Health Professionals
Presenter: Sandra Strandquist, LMSW
This presentation provides a review of our professional code of ethics and an ongoing checklist to maintain our competency. Now is a good time during this seminar to renew our commitment to adhere to the highest standards for our own integrity, the welfare of our clients, and honoring our profession.
- Explain the purpose of a code of ethics
- Be able to identify six core values of ethical behavior
- Articulate and discuss six ethical standards and how they apply to the mental health professional
- Identify two trends in the code of ethics for mental health professionals

Overnight Accommodations:
The Country Inn & Suites By Carlson, Grand Rapids East, 3251 Deposit Drive NE, Grand Rapids, MI 49546, (616) 942-7000 or www.countryinns.com/grmieast
Located a short distance from the Frederik Meijer Gardens & Sculpture Park, the Country Inn & Suites has rooms reserved for our conference participants for a discounted fee of $139 per night. This fee applies for May 8 through May 10. When you make a reservation, reference our conference registration code: Hypnos

This program will award 7.0 CE Clock Hours for licensed Social Workers, Core Learning, Inc. is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved provider number: M1CEC-0067. $20 additional fee for Social Workers for the certificate. For continuing education questions or grievances, please contact Core Learning, Inc. at 248-933-3675 or sappel@corelearninginc.com. This program will award 6.0 Clock Hours for Licensed Professional Counselors by the National Board of Certified Counselors, approved provider number MMHCA-2064. This program will award 6.0 Clock Hours by the American Society of Clinical Hypnosis toward certification by ASCH. For ADA accommodations, please contact Mary P. Miller at 248-789-5103.