

Ericksonian Hypnotherapy

Promoting Mind Body Spirit Wellness

**5-Day and 3-Day Training Workshop
Pensacola, Florida**



5-day: April 20-24, 2005 and Sept. 28-Oct. 2, 2005

3-day: April 25-27, 2005 and Oct. 3-5, 2005

These workshops provide the *training* requirements for FL licensed professionals to practice hypnosis in compliance with requirements of Rule 64B4-6.004, Florida Administrative Code.

50 Continuing Education Credits offered by Avery Center, BAP-#767Exp.3/2005, approved by the Florida Department of Health, Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling; and 64B19-13.003 Board of Psychology.

Hypnotherapy for mind body spirit

8-Day Intensive

Workshop Description & Overview

5-day Intensive Training Workshop

Clinical demonstrations, lecture, discussion, exercises are combined to provide participants with a working model of the comprehensive clinical framework involved in a strategic Ericksonian approach. The workshops concentrate on diagnosis and treatment planning and the use of carefully planned therapeutic metaphors and assignments as a usual treatment context. It is organized around the content of Carol's books published by Brunner/Mazel, Inc. The workshop emphasizes the concepts and misconceptions of hypnosis, induction techniques, uses and contraindications of hypnosis. Clinical frameworks will continually be emphasized while technical components are taught including indirect suggestion, metaphor construction formulas, multiple embedded metaphor, ambiguous function assignments, and paradoxical and skill building assignments.

3-Day Advanced Training Workshop

The focus is on specific techniques and procedures not covered in the five-day training. These include a detailed application for pain-control; therapy strategies for survivors of trauma; and developing an experiential framework to facilitate mind body spirit wellness and personal development through hypnotic work. Participants may also volunteer for opportunities for treatment planning and case supervision.

5-Day Schedule Overview

- Day 1:** Epistemology / Hypnotic Induction
- Day 2:** Indirect Suggestion and Binds / Diagnostic Assessment
- Day 3:** Affect Metaphors Protocol / Attitude Metaphors
- Day 4:** Behavior Metaphors Protocol / Self-Image Thinking Protocol
- Day 5:** Multiple Embedded Metaphor/ Paradoxical, Skill Building & Ambiguous Function Assignments

3-Day Schedule Overview

- Day 1:** Teaching Self-Hypnosis for Pain Control
- Day 2:** Association and Dissociation with Trauma Survivors
- Day 3:** Mind Body Spirit Development

Registration Information

Eligibility

Attendance is restricted to professionals who hold accredited masters or doctorate degrees in the mental health professions. Previous training or experience with hypnosis is helpful but not necessary.

Tuition Cost

5-day: \$425. Students: \$350, Groups: \$400.
3-day: \$285. Students: \$260, Groups: \$250.
Registration should be accompanied by \$100 deposit, checks made payable to Carol H. Lankton.

Dates of upcoming training

5-day: April 20-24, 2005 and Oct. 27-31, 2005
3-day: April 25-27, 2005 and Sept. 28-Oct. 2, 2005

Schedule for contact hours

5-day at 32 CEU hours:

9:00 a.m. - 12:30 & 1:30 - 5:00 p.m day 1-4.
9:00 a.m. - 1:00 p.m. on day 5.

3-day at 18 CEU hours:

9:00 a.m. - 12:30 & 1:30 - 5:00 p.m day 1-2.
9:00 a.m. - 1:00 p.m. on day 3.

Continuing Education

32 CEU hours are provided in 5-day intensive and **18 CEU hours** are provided in 3-day advanced. Continuing education credits are available for MFT, SW, MHC and PSY, from the Avery Center, Florida Lic. Provider Numbers: #BAP-#767Exp.3/2005 and #PCE-113.

Certification

A certificate of attendance is presented. These workshops provide training needed for qualified practitioner of hypnosis as defined in Florida Administrative Code, Rule 64B19-13.003 and 59P-7.002 - 7.003.

Accommodations

Participants can choose accommodations at hotels or bed & breakfast inns near the Avery Center or on Pensacola Beach. A list will be included at registration.

Location

The workshops meet at the Avery Center, 1120 East Avery Street, Pensacola FL 32503, 850-470-8430.

Cancellation Policy

Fees are refundable, less \$25.00 charge, when request is at least 15 days prior to workshop.

Hypnotherapy for Mind Body Spirit

Promoting Mind Body Spirit Wellness

Learning Objectives

5-day Objectives

1. To understand the concepts and misconceptions of hypnosis, relaxation, guided imagery, basic and advanced induction techniques, potential uses and contraindications to clinical hypnosis.
2. To be able to identify a family's communication style, limitations and relational characteristics which apply to diagnosis and strategic goal setting.
3. To be able to identify how hypnotherapeutic interventions can help solve developmentally related problems with individuals and families.
4. To be able to distinguish between and construct therapeutic metaphors specifically targeted for affect retrieval, attitude change, and behavior elicitation.
5. To be able to distinguish between, construct, and use ten categories of indirect suggestion and therapeutic binds in treatment.
6. To be able to distinguish between and construct three different types of assignments including paradoxical, skill building, and ambiguous function assignments.
7. To be able to negotiate appropriate therapeutic contracts related to the uses of hypnosis in treatment.

3-Day Objectives

1. To be able to introduce self-hypnotic strategies for pain control in a client system.
2. To learn paradigms for teaching self-hypnosis for pain.
3. To be able to use strategies of simple and complex-association/dissociations interventions, as strategies for victims of trauma.
4. To gain a set of tools for self-preparation of therapy by optimizing the therapists use of internal states and interpersonal "posture."
5. To be able to regulate negative self talk by use of tools in the practice exercise.
6. To be able to regulate and reuse moments of success in therapy by use of tools in the practice exercise by means of "Self-image Thinking."

Biographical Information

Carol Lankton, MA



- Author of The Answer Within, Enchantment and Intervention in Family Therapy, Tales of Enchantment, and numerous chapters including contributions for The Handbook of Family Therapy, Volume Two, The Handbook of Constructive Therapy, and The Handbook of Clinical Hypnosis.
- Licensed Marriage and Family Therapist, Florida MFT#0120.
- Qualified Teacher of Hypnosis (FL 59P-7.003).
- Approved Consultant in Clinical Hypnosis of the American Society of Clinical Hypnosis.
- Clinical Member of the American Association of Marriage and Family Therapy.
- Advisory Editor on the Editorial Board of the Ericksonian Monographs.
- Corporate consultant in financial, insurance, and service industries for a number of Fortune 500 and government clients.
- Carol conducts clinical training workshops on Ericksonian approaches internationally. She also conducts a private practice in Pensacola, Florida where she enjoys facilitating the process of clients finding the answer within. She is the proud mother of two young adults who have facilitated her learning much of what she knows. She is an avid fan of edge zones, dolphins, jogging at sunrise, swing dancing, new and full moons, and enchantment in all of its manifestations.

Registration Form

Hypnotherapy for Mind Body Spirit: Eight-day Intensive Workshops

Please check appropriate squares:

Apr. 20-24, '05
\$425 (5-days)

Apr. 25-27, '05
\$285 (3-days)

Sept. 28- Oct. 8, '05
\$425 (5-days)

Oct. 3-5, '05
\$285 (3-days)

Name _____ Degree/date/university/dept.: _____

Address _____ State Practice License number: _____

City _____ State & Zip _____

Phone (Work) _____ (Home) _____ (E-mail) _____

Special interest in workshop or what you hope to gain: _____

State license number and type of license: _____

How do you want your name to appear on the name tag? _____

How do you want your full name to appear on the certificate? _____

Do you want help getting a roommate? _____ Specifics: _____

Five-Day Basic Intensive:

- Single Registration \$425 or \$100 deposit
- Two or more registering together \$400/each
- Full-time Student (include letter from Univ.) \$350

Three-Day Advanced Intensive:

- Single Registration \$285 or \$100 deposit
- Two or more registering together \$260/each
- Full-time Student (include letter) \$260

Send me information about all your books and tapes.

Enclosed totals:

\$ _____ Total for _____ workshop participants (5-day).
\$ _____ Total for _____ workshop participants (3-day).
\$ _____ Total enclosed.

Method of Payment: 5-day - circle (\$100 deposit) or (\$425 total)
3-day - circle (\$100 deposit) or (\$285 total)

- Check enclosed, payable to: **Carol H. Lankton**
- Charge to: MasterCard Visa

Card Number _____

Expiration date (Month/Year) _____

Signature _____

Return with your deposits or payments to :
Carol H. Lankton, 1120 E Avery St., Pensacola, FL 32503,

Carol H. Lankton
1120 E. Avery St
Pensacola, FL 32503
(850) 470-8430

8 Day Training in Florida

Hypnotherapy for Mind Body Spirit Wellness

