

**CLINICAL HYPNOSIS TRAINING LEVEL 1 ISSTD Arlington, VA April 28-30, 2023**

**Chair: Reinhild Draeger-Muenke, PsyD, LMFT**

**Faculty: Wendy Lemke, MS**

**Small Group Facilitator: Mary Wells, PhD, LCP**

**DAY 1 – Friday, April 28, 2023**

9.00 am – 9.15 am	BLOCK 0	Welcome and Orientation	RDM, WL, MW
9.15 am – 11.00 am	BLOCK 1	Intro to Level 1 Intro to Hypnosis	RDM RDM
11.00 am – 11.15 am		BREAK	
11.15 am – 1.00 pm	BLOCK 2	Hypnosis and the Autonomic Nervous System (Neurophysiology) Hypnotic Phenomena Anatomy of a Hypnotic Experience	RDM WL
1.00 pm – 2.00 pm		LUNCH	
2.00 pm – 4.00 pm	BLOCK 3	Client Assessment for Hypnosis Introducing Hypnosis to the Client Informed Consent / Memory Fallibility Rapport, Elicitation, and Reorienting Group Hypnotic Experience	WL
4.00 pm – 4.15 pm		BREAK	
4.15 pm – 5.45 pm	BLOCK 4	Fundamentals of Hypnotic Suggestions	RDM

**TOTAL: 7 HOURS**

**DAY 2          Saturday, April 29, 2023**

9.00 am – 10.00 am	BLOCK 5	Client Readiness Introduction to Small Group Practice Demonstration of Inductions Diaphragmatic Breathing Magnetic Fingers	RDM
10.00 am – 10.15 am		BREAK	
10.15 am – 12.15 pm	BLOCK 6	Small Group Practice 1 Rapport, Elicitation, and Reorienting (Diaphragmatic Breathing, Magnetic Fingers)	ALL

12.15 pm – 1.15 pm		LUNCH	
1.15 pm – 2.15 pm	BLOCK 7	Intensification (Deepening) with Demonstration Demonstration of Eye Fixation	WL
2.15 pm – 2.30 pm		BREAK	
2.30 pm – 4.30 pm	BLOCK 8	Small Group Practice 2 Rapport, Elicitation, Intensification, Reorientation Eye Fixation	ALL
4.30 pm – 4.45 pm		BREAK	
4.45 pm – 5.45 pm	BLOCK 9	Ego-Strengthening	WL
<b>TOTAL: 7 Hours</b>			

**DAY 3            Sunday, April 30, 2023**

9.00 am – 9.45 am	BLOCK 10	Self-Hypnosis Demonstration of Spiegel Eye Roll	WL
9.45 am – 10.00 am		BREAK	
10.00 am–12.00 pm	BLOCK 11	Small Group Practice 3 Rapport-Elicitation-Intensification – Ego Strengthening Suggestions-Reorientation Spiegel Eye Roll	ALL
12.00 pm – 1.00 pm		LUNCH	
1.00 pm – 2.00 pm	BLOCK 12	Ethics. Integration into Practice Demonstration of Arm Levitation and Lowering	RDM
2.00 pm – 2.15 pm		BREAK	
2.15 pm – 4.15 pm	BLOCK 13	Small Group Practice 4 Rapport -Elicitation-Intensification- Ego-Strengthening Suggestions-Reorientation	All
4.15 pm – 4.30 pm	BLOCK 14	Membership, Certification, Future Training	RDM
<b>TOTAL: 6 Hours</b>			

**GRAND TOTAL:            20 ASCH Credit Hours**