

# Wellness Institute

*Of East Hill*



**Ericksonian Hypnotherapy**

## **Promoting Mind Body Spirit Wellness**

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

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**5-day: March 29-April 2, 2006 and October 4-8, 2006**

**3-Day: April 3-5, 2006 and October 9-11, 2006**



These workshops provide the *training* requirements for FL licensed professionals to practice hypnosis in compliance with requirements of Rule 64B4-6.004, FL Administrative Code. 50 Continuing Education Credits offered by Carol Hicks, 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.

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# Hypnotherapy for mind body spirit

## 8-Day Intensive

### Workshop Description and Schedule Overview

#### 5-day Intensive Training Workshop

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 workshop concentrates on diagnosis and treatment planning and the use of carefully planned therapeutic metaphors and assignments. It is organized around the content of Carol's books, *The Answer Within* and *Tales of Enchantment*. 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. These include indirect suggestion, metaphor construction formulas, multiple embedded metaphor, ambiguous function assignments, paradoxical and skill building assignments.

- Day 1: Epistemology & Hypnotic Induction
- Day 2: Indirect Suggestion & Diagnostic Assessment
- Day 3: Affect Metaphors and Attitude Metaphors Protocol
- Day 4: Behavior Metaphors and Self Image Thinking
- Day 5: Multiple Embedded Metaphor and Assignments

#### **Learning Objectives**

1. To understand concepts and misconceptions of hypnosis.
2. To be able to construct therapeutic metaphors designed for affect retrieval, attitude change, and behavior illustration.
3. To be able to use ten categories of indirect suggestion.
4. To be able to use three types of assignment: paradoxical, skill building, and ambiguous function.
5. To create therapeutic contracts related to hypnotherapy.

#### 3-Day Advanced Training Workshop

Specific techniques and procedures for this workshop include strategic use of trance phenomena for pain-control; therapeutic strategies for trauma resolution; and developing an experiential framework to facilitate mind body spirit wellness and personal development through hypnotic work.

- Day 1: Self-Hypnosis & Strategic Trance Phenomena for Pain
- Day 2: Dissociation for Trauma Resolution
- Day 3: Mind Body Spirit Development

#### **Learning Objectives**

1. To introduce self-hypnotic strategies for pain management.
2. To use dissociation and reassociation in trauma resolution.
3. Expand awareness and permission to pursue personal goals.

# Hypnotherapy for mind body spirit

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## 8-Day Intensive

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### Biographical Information



#### **Carol Hicks-Lankton, MA , LMFT**

- Author of The Answer Within, Enchantment and Intervention in Family Therapy, Tales of Enchantment and chapters for The Handbook of Family Therapy and The Handbook of Constructive Therapy, and The Handbook of Clinical Hypnosis and The Handbook of Brief Sex Therapy.
  - Approved Consultant in Clinical Hypnosis of the American Society of Clinical Hypnosis
  - Qualified Teacher of Hypnosis (FL 59P-3)
  - Clinical Member of the American Association of Marriage & Family Therapy
  - Licensed Marriage and Family Therapist, Florida (MFT000120).
  - Conducts clinical training on Ericksonian approaches internationally and has a private practice in Pensacola 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, swimming with dolphins, fire, new and full moons, and enchantment in all its manifestations.
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# Hypnotherapy for mind body spirit

## Registration Information

**Eligibility:**

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

**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 Hicks-Lankton.

**Continuing Education:**

32 credits in 5-day, 18 credits in 3-day. Continuing education credits are available for MFT, SW, MHC and PSY from Carol Hicks-Lankton. Florida Provider Numbers: #BAP-#767 Exp.3/2005 and PCE-113.

**Certification:**

Certificate of attendance is presented attesting to the number of continuing education credits earned.

**Location:**

Workshops are held at The Wellness Institute of East Hill, 1821 Escambia Avenue, Pensacola, FL 32503, 850-432-7820.

**Cancellation Policy:**

Fees are refundable, less \$25 charge, when request is at least 15 days prior to workshop.

**Accommodations:**

Hotels near the airport, downtown, East Hill or on Pensacola Beach. List will be included at registration.

### Registration Form

Return with \$100 deposit or full payment to: Carol Hicks, 1821 Escambia Ave., Pensacola, FL 32503.

Method of Payment:  Check  MasterCard  Visa

Credit Card Number \_\_\_\_\_ Exp.Date \_\_\_\_\_ Amount Charged \_\_\_\_\_

Check the dates you wish to attend.:

:  **Mar.29-Apr.2, '06**       **Apr. 3-5, '06**       **Oct.4-8, '06**       **Oct.9-11, '06**  
          **\$425 (5-days)**                      **\$285 (3-days)**                      **\$425 (5-days)**                      **\$285 (3-days)**

Name: \_\_\_\_\_ Degree \_\_\_\_\_

Address: \_\_\_\_\_ License \_\_\_\_\_

City: \_\_\_\_\_ State and Zip \_\_\_\_\_

Phone: (Work) \_\_\_\_\_ (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email \_\_\_\_\_ Signature \_\_\_\_\_

What you hope to gain in this workshop: \_\_\_\_\_