

Carol A. Hicks, MA

at

**The Wellness Institute of East Hill
Pensacola, Florida**

presents

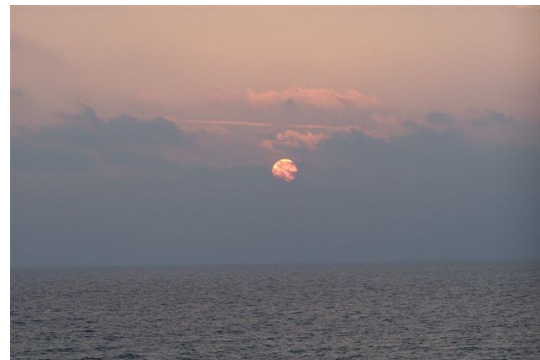
Ericksonian Hypnotherapy

Promoting Mind Body Spirit Wellness

**A 10 Hr Hypno-Intro followed by a 5 Day Hypnotherapy Applications Workshop
Pensacola, Florida**

10 Hour Introduction to Hypnosis: July 4, 2011

5-day Hypnotherapy Applications Workshop: July 5 - 9, 2011



These workshops provide the *training* requirements for FL licensed professionals to practice hypnosis in compliance with Rule 64B4-6.004, FL Administrative Code. 50 Continuing Education Credits offered by Carol Hicks, PCE#50-4142 Exp.3/13 approved by the Florida Department of Health, Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling; and PCE#50-4142 Exp. 5/12 Board of Psychology.

Hypnotherapy for Mind Body Spirit

Workshop Descriptions and Learning Objectives

10 Hour Introduction to Hypnosis

Description: Demonstrations, lecture, and exercises are combined to provide participants with a working knowledge of a strategic Ericksonian approach that supports a natural use of hypnosis. The workshop includes an emphasis on interpersonal diagnosis that results in a treatment plan of desired experiences and contexts in which they are needed. It is organized around the content of Carol's book, *The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy*. Carol will describe 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 the Conscious/Unconscious induction sequence steps and ten categories of indirect suggestion and therapeutic binds.

Learning Objectives:

1. To become familiar with Ericksonian worldview to utilize everything a client brings.
 2. To be able to direct several types of formal hypnotic inductions.
 3. To learn the Conscious/Unconscious dissociation induction sequence.
 4. To be able to recognize and use ten categories of indirect suggestion.
-

40 Hour Ericksonian Hypnotherapy Applications

Description: In this 5 day workshop participants will learn the comprehensive clinical framework of a strategic Ericksonian approach featuring utilization, interpersonal diagnosis, treatment planning with identification of specific affect, attitude, and behavior goals. Protocols will be taught for creating metaphors specific to each type of goal and these will be organized in a multiple embedded metaphor framework. Therapeutic metaphors are supported with indirect suggestion as a modality for communication to retrieve experiential resources in hypnotherapy. Carol's book, *Tales of Enchantment*, categorizes therapeutic goals of retrieving affect, challenging limiting beliefs, and illustrating desired behavior. Therapists learn to help clients create an associative link such that beneficial emotions, solution supporting attitudes, and novel behaviors become available to them in the context where they are needed. Carol will teach a method to facilitate mental rehearsal of upcoming situations that incorporates these resource experiences through self image thinking. Three types of therapeutic assignments will be presented and practiced: paradoxical, skill building, and ambiguous function. Ten categories of trance phenomena will be taught and applications made for the strategic use of these phenomena for pain management and trauma resolution.

Learning Objectives:

1. To be able to create metaphors for affect retrieval, attitude change, and behavior illustration.
 2. To be able to use indirect suggestion in stories to punctuate relevant personal experience.
 3. To be able to use three types of assignment: paradoxical, skill building, ambiguous function.
 4. To be able to strategically direct the use of trance phenomena for pain management.
 5. To be able to facilitate dissociative review for reinterpreting and resolving trauma.
-

Hypnotherapy for Mind Body Spirit

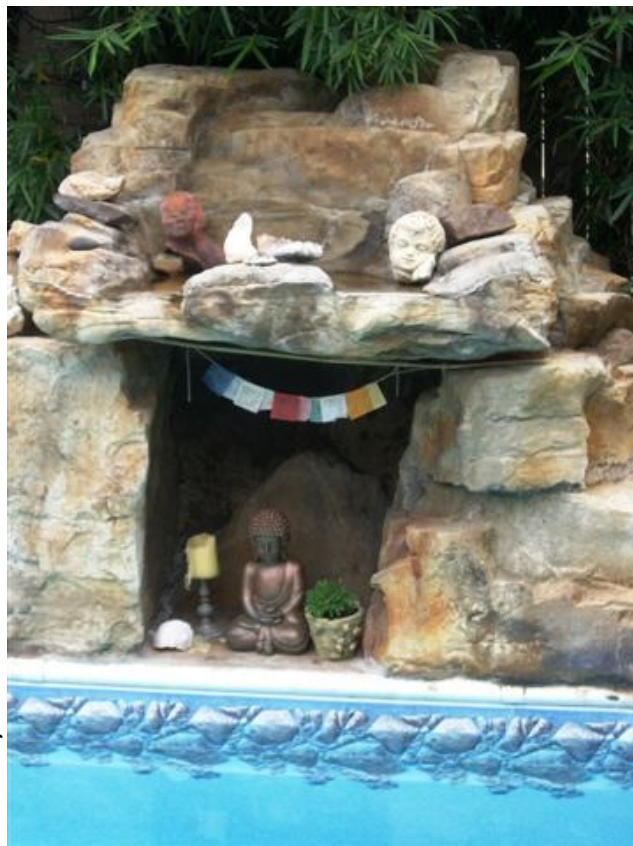
July 4 through 9, 2011

Biographical Information



Carol A. Hicks, M.A.,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)
- Member of Florida Society of Clinical Hypnosis
- Clinical Member of the American Association of Marriage & Family Therapy
- Licensed Marriage and Family Therapist, Florida (MFT0120).
- 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.



Hypnotherapy for Mind Body Spirit

Registration Information

Eligibility:

Attendance is restricted to those holding masters or doctorate degrees in the mental health or medical professions, licensed in the state in which they practice; degree graduates receiving documented clinical supervision toward licensing, and graduate students in eligible disciplines. Working knowledge of hypnotic induction is a prerequisite for the Hypnotherapy Applications Intensive. This working knowledge can be acquired in the 10 Hour Introduction to Hypnosis immediately preceding the 5 day intensive.

Continuing Education:

10 CEU credits for Hypno-Intro; **40** CEU credits for Hypnotherapy Applications. CEU credits are available for MFT, SW, MHC and PSY from Carol Hicks, FL Provider Number: 50-4142, Exp. 3/13 & 5/12. A certificate of attendance is presented attesting to the number of continuing education credits earned.

Location and Daily Schedule:

Both workshops are held at The Wellness Institute of East Hill, 1821 Escambia Avenue, Pensacola, FL 32503. **Hypno-Intro** begins at 8am and concludes at 6pm with a working lunch provided. **5-Day Hypno Applications** begins at 8am and concludes at 5pm each day with lunch break between noon and 1pm.

Contact Info: 850-432-7820 or 850-572-0431 or visit our website at: www.answerwithin.com.

Cancellation Policy:

Fees are refundable, less \$50 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 2011

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

Method of Payment: Check Credit Card Card # _____

Exp. Date _____ CV2 _____ Visa MasterCard Amount charged: _____

Check the dates you wish to attend.:

____ July 4, 2011
\$150 (Hypno-Intro)

____ July 5-9, 2011
\$700 (Hypnotherapy Applications)

Name: _____ Degree _____

Address: _____ License _____

City: _____ State and Zip _____

Phone: (Work) _____ (Home) _____ (Cell) _____

Email _____ Signature _____

What you hope to gain in this workshop: _____