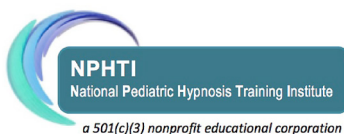


PEDIATRIC CLINICAL HYPNOSIS FUNDAMENTALS WORKSHOP

Thursday, May 28 — Saturday, May 30, 2020

Roberts Center for Pediatric Research
2716 South St., Philadelphia, PA 19146

Learn more:
chop.cloud-cme.com



**Children's Hospital
of Philadelphia®**
Breakthroughs. Every day.®



DESCRIPTION OF WORKSHOPS

These intensive workshops combine lecture, demonstration and experiential training with a developmental perspective in the use of clinical hypnosis and its empirically supported applications for children and teens with various medical and mental health conditions and challenges. Both research-based and pragmatic hypnotic interventions are taught.

- Presentations: Cutting-edge presentations (including videos of faculty cases) highlight therapeutic communication, goal setting and goal-driven suggestions and other hypnosis strategies.
- Faculty: NPHTT's multidisciplinary, seasoned pediatric clinician-teachers with expertise in pediatric hypnosis include the most renowned leaders and authors in this field.
- Workshops: Only the introductory or fundamentals workshop will be offered to licensed pediatric professionals with advanced clinical degrees and to full-time trainees working toward an advanced clinical license.
- Extensive experiential learning: Activities during presentations and abundant supervised practice of hypnotic techniques within supportive small groups with a high faculty to trainee ratio.
- Registration fees include: Workshop presentations, online syllabus and small group exercises.

ELIGIBILITY AND TARGET AUDIENCE

Requires an active clinical license AND one of the following:

- Doctoral degree in Medicine, Psychology, Nursing or Dentistry
- Masters degree in Social Work, Marriage and Family Therapy, Clinical or Counseling Psychology
- Masters degree in Nursing or Advanced Practice Registered Nurses (i.e., CPNP, CNS)
- Other advanced degree clinicians (e.g., occupational and physical therapists, speech and language pathologists)
- Child life specialists holding a doctoral, masters or bachelors degree
- Full-time interns/residents/fellows or graduate students enrolled in an accredited program leading to these clinical degrees will be accepted when they provide a letter from their department on letterhead, attesting to their current full-time status and specifying timing of training (month and year).

It is your responsibility to ensure you meet program eligibility requirements. Refunds will not be issued if you are ineligible after registration is **completed**. After registration, you will be contacted by the conference organizer to request proof of licensure and number.

FUNDAMENTALS OF PEDIATRIC CLINICAL HYPNOSIS (INTRODUCTORY) WORKSHOP:

This workshop is for clinicians who have NOT YET completed a pediatric-specific hypnosis training (20+ hours)

- Foundational skill-building in hypnosis as therapeutic communication and adjunctive intervention for children/teens with clinical conditions
- Clinical focus: hypnosis adjunctive management of pain, anxiety, fear and sleep issues for children and teens at different developmental stages
- State-of-the-art presentations include instructional videos (faculty cases) and case vignettes
- Experiential learning is a critical focus: Over half of total workshop time is spent in very small group practice (6:1 trainee/faculty ratio) and large group exercises focused on the structure and elements of clinical hypnosis with children and teens, using therapeutic language, explaining hypnosis to parents and children, delivering goal-directed hypnotic suggestions, and the use of self-hypnosis.

COURSE OBJECTIVES

After this three-day workshop, participants will be able to:

- Describe the stages of hypnosis
- Describe hypnosis as a process of therapeutic communication including three pediatric hypnosis “invitation” methods and techniques
- Describe methods for intensification of and re-alerting from hypnosis
- Explain clinical applications, including acute and chronic pain, insomnia and anxiety
- Describe and demonstrate how to teach a child/parent the skill of self-hypnosis and how to practice it regularly
- Outline a strategy for getting started using hypnosis in clinical practice

ACCME ACCREDITATION STATEMENT

Children’s Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

AMA CREDIT DESIGNATION STATEMENT

Children’s Hospital of Philadelphia designates this life activity for a maximum of 23.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ASCH ACCREDITATION STATEMENT

This NPHTI Pediatric Clinical Hypnosis Skill Development (Fundamentals) Workshop has been approved by the American Society of Clinical Hypnosis (ASCH) for 22 hours of credit toward membership and/or certification in the ASCH.

APA ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Hospital of Philadelphia maintains responsibility for this program and its content. This program is approved for 1 CE credit per hour.

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$40 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. **In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, May 1. No refunds will be issued thereafter.**

SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at reduced rates at the Sheraton University City, located just a few blocks from Children's Hospital. The group overnight rate is \$172 single and double occupancy plus a 16.37% room tax. Participants are required to make their own hotel reservations by calling the hotel directly at 215-387-8000. Please mention the name of the conference when making your reservation. The special room rate will be available until Monday, April 27, 2020. After that date, reservations will be accepted on a space and rate availability basis.



Register at chop.cloud-cme.com.

PROGRAM — THURSDAY, MAY 28, 2020

- 7 a.m. Registration and Continental Breakfast
- 8 a.m. Introduction: Course Overview and Faculty Introductions
- 8:30 a.m. Hypnosis Definitions/Theories/Myths
- 9:25 a.m. Hypnosis Structure and Elements
- 10 a.m. Break
- 10:35 a.m. Large Group Hypnosis Experience: The Many Right Ways
- 11:15 a.m. Overview: Format for Small Group Practice
- 11:35 a.m. No. 1 Demo:
Invitation – Special Place (Dissociation)
Intensification – Multisensory Imagery
- 11:50 a.m. Lunch
- 1 p.m. No. 1 Small Group Practice:
Invitation – Special Place (Dissociation)
Intensification – Multisensory Imagery; Reorient; Debrief
- 2:40 p.m. Break
- 3 p.m. No. 2 Demo:
Invitation – The Breath
Intensification – Muscle Relaxation
- 3:20 p.m. No. 2 Small Group Practice:
Invitation – The Breath
Intensification – Muscle Relaxation; Reorient; Debrief
- 4:55 a.m. Hypnosis: Developmental Considerations
- 5:45 p.m. Adjourn

PROGRAM — FRIDAY, MAY 29, 2020

- 7 a.m. Continental Breakfast
- 8 a.m. Formulating Suggestions: Language and Utilization/Communication Techniques
- 9 a.m. No. 3 Demo:
Invitation – Magnet Fingers
Intensification – Utilization
Give Suggestions – Reorient; Debrief
- 9:25 a.m. Break
- 9:45 a.m. No. 3 Small Group Practice:
Invitation – Magnet Fingers
Intensification – Utilization
Incorporate Language and Suggestions – Reorient; Debrief
- 11:05 a.m. No. 4 Demo:
Explaining Hypnosis to Child and Parents (with video)
- 11:30 a.m. Lunch
- 12:40 p.m. No. 4 Small Group Practice:
Explain Hypnosis to Child and Parents
- 1:35 p.m. Choosing Goals and Suggestions for Hypnosis Session
- 2:25 p.m. Refreshment Break
- 2:40 p.m. Choosing Hypnosis Goals and Suggestions: Self-Regulation for Worry, Fears, Anxiety and Pain
- 3:40 p.m. No. 5 Demo:
Invitation and Intensification (Learners' Choice)
Goal-driven Suggestions
- 4 p.m. No. 5 Small Group Practice:
Invitation and Intensification (Learners' Choice)
Goal-driven Suggestions; Reorient, Debriefing
- 5:30 p.m. Adjourn

PROGRAM — SATURDAY, MAY 30, 2020

- 7 a.m. Continental Breakfast
- 8 a.m. Goals and Suggestions: Sleep Disturbances
- 8:50 a.m. Goals and Suggestions: Acute and Chronic Pain
- 9:50 a.m. No. 6 Demo:
Magic Glove Technique
- 10:10 a.m. Break
- 10:25 a.m. No. 6 Small Group Practice:
Magic Glove Technique
- 11:30 a.m. Lunch
- 12:45 p.m. Self-hypnosis (SH): Learning, Teaching and Questions
- 1:05 p.m. Self-hypnosis: Large Group Experience; Debrief
No. 7 Demo: Teach SH+Do SH
- 1:25 p.m. No. 7 Small Group Practice:
Teach Self-hypnosis – Do SH
- 2:05 p.m. Break
- 2:20 p.m. No. 8 Breakout Groups:
Planning a Hypnosis Session
Goals and Suggestions (Participants' Choice)
1. Pain
2. Anxiety
3. Primary Care (or Chronic Illness) — *To be determined depending on enrollment*
- 3:35 p.m. Continued Learning and Resources Beyond Monday:
National Pediatric Hypnosis Training Institute, Ongoing Education
and Organizations
- 3:55 p.m. Beyond Today: What's Left to Learn?
- 4:05 p.m. Special Closure: All Faculty Group Hypnosis with Participants
- 4:15 p.m. Adjourn

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

COURSE DIRECTORS

Pamela Kaiser, PhD, CPNP, CNS

*Co-founder, Co-director and Senior Faculty, National Pediatric Hypnosis Training Institute
Former Associate Clinical Professor, Behavioral and Developmental Pediatrics, University of California
Medical School, San Francisco*

Daniel P. Kohen, MD, FAAP, ABMH

*Co-founder, Co-director and Senior Faculty, NPHTI
Former Director, Developmental-Behavioral Pediatrics
Former Professor, Departments of Pediatrics and Family Medicine and Community Health, University of
Minnesota (retired)*

Maria Mascarenhas, MBBS

*Director, Integrative Health Program
Professor of Pediatrics*

PLANNING COMMITTEE

Jessi Erlichman, MPH

*Administrative Director, GI Clinical Research and PennCHOP Microbiome Center
Division of Gastroenterology, Hepatology and Nutrition*

Dina Karvounides, PsyD

Pediatric Psychologist, Pediatric Headache Program

Tonia Kulp, E-RYT 500, YACEP

Certified Yoga Instructor

Lisa Squires, BSN, RN, CCRN, PHRN, HNB-BC

Nurse Coordinator, Integrative Health Program

COURSE FACULTY

Andrew Barnes, MD, MPH, FAAP

*Associate Professor, Pediatric Clinical Behavioral Neuroscience, University of Minnesota
Fellowship Director, Developmental-Behavioral Pediatrics, UMN Medical School*

Rebecca L. Kajander, MPH, APRN, CPMHS, BSB

*Associate, Partners in Resilience
Former Department Chair and Clinical Practice Director, Alexander Center for Child Development and Behavior
Park Nicollet Clinic, St. Louis Park, Minn.*

Jeffrey Lazarus, MD, FAAP

*Medical Hypnosis, Private Practice, Menlo Park, California
Former Clinical Associate Professor of Pediatrics, Rainbow Babies and Children's Hospital
Case Western Reserve School of Medicine*

Robert Pendergrast, MD, MPH, FAAP

*Director, Adolescent Medicine, Medical College of Georgia at Augusta University
Professor, Pediatrics, Medical College of Georgia at Augusta University*

Laurence Sugarman, MD, FAAP, ABMH

*Research Professor and Director, Center for Applied Psychophysiology and Self-regulation
College of Health Sciences and Technology, Rochester (NY) Institute of Technology
Clinical Professor in Pediatrics, University of Rochester School of Medicine and Dentistry*