



ERICKSONIAN

PSYCHOTHERAPY & HYPNOTHERAPY

Jeffrey K. Zeig, Ph.D.

Certificate Programs

Hypnosis in Time – Limited Therapy 1: Fundamentals of the Ericksonian Approach

June 2 – 4, 2003

18 CEUs available

Hypnosis in Time – Limited Therapy 2: Intermediate Training in Ericksonian Hypnosis

September 8 – 12, 2003

30 CEUs available

Jeffrey K. Zeig, Ph.D.

Jeffrey K. Zeig, Ph.D. is founder, director and president of the Board of Directors of the Milton H. Erickson Foundation in Phoenix, Arizona, and has spent more than six years in intermittent study with Erickson. He is the architect of The Evolution of Psychotherapy and the Brief Therapy Conferences, as well as the organizer of international Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Zeig has edited, co-edited or authorized seventeen professional books and five monographs covering Ericksonian psychotherapy, hypnosis, brief therapy and eclectic psychotherapy. He is a clinical psychologist in private practice and consulting and is president of Zeig, Tucker & Company, psychiatric publishers in Phoenix.

LOCATION

Gail Appel Institute
114 Maitland Street,
Toronto, ON
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CONTACT

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HYPNOSIS IN TIME – LIMITED THERAPY 1, JUNE 2 – 4, 2003

Rather than Exorcists casting out hidden trauma and deficits, therapists these days look more like treasure hunters seeking the unrecognized gems in their clients' lives and personalities. Ericksonian hypnosis is an especially powerful tool for helping clients plumb for the best in their own natures and experience directly the untapped reservoirs of determination, intelligence, optimism and love that ultimately provide healing. In this intensive workshop, participants will learn about the latest dramatic advances for enhancing the experiential impact of therapy through trance. They will also learn the use of such classic hypnotic methods as the interspersal technique, the confusion technique and the use of anecdotes with a range of common clinical problems including anxiety and depression. These methods can be applied to facilitate clinical efforts in any form of therapy with or without formal trance. Designed for both the beginner and the more experienced practitioner, this program will feature live clinical demonstrations, experiential exercises, and videotape of Milton H. Erickson.

Educational Objectives:

1. To describe the three-stage "skeleton" of an Ericksonian induction sequence.
2. To describe the use of responsiveness to minimal cues.
3. Given a patient's hypnotic responsiveness, indicate a brief therapy approach.

Participants will learn:

- Powerful tools for helping patients directly experience untapped resources
- How to help patients develop strategies that provide healing results
- The latest advances for enhancing therapy through trance
- Classic hypnotic methods such as the confusion technique and the interspersal technique
- How to work with a wide range of common clinical problems including anxiety and depression

HYPNOSIS IN TIME – LIMITED THERAPY 2, SEPTEMBER 8 – 12, 2003

Based on the ingenious hypnotherapy of Milton H. Erickson, M.D., you can: Utilize trance states to achieve clinical objectives. Learn verbal and nonverbal communication forms that create optimal trance and post-trance responses. Discover the structure of resistances and how to utilize them. Harness indirect methods such as the interspersal technique, the confusion technique and the use of amnesia, and help patients who suffer common clinical problems such as anxiety and depression. You also will see live demonstrations of actual hypnotherapy.

Prerequisite: Participants in this workshop should have attended basic workshops on Ericksonian hypnotherapy and use it in their clinical practice. Attendance at the 2003 fundamental three-day program or the 2002 five-day program is strongly recommended.

Designed for the experienced practitioner, this program will feature live clinical demonstrations, experiential exercises, and videotapes of Milton H. Erickson.

Educational Objectives:

1. Given a patient, create a series of anecdotes to elicit resource states.
2. Given a patient with depression or anxiety, indicate a hypnotherapy approach.

Participants will learn:

- To apply these methods to any form of therapy with or without formal trance
- To utilize trance states to achieve clinical objectives
- The structure of resistances and how to use them
- To harness indirect methods to achieve clinical outcomes

GENERAL INFORMATION

DATES: Hypnosis in Time – Limited Therapy 1,
June 2 – 4, 2003

Hypnosis in Time – Limited Therapy 2,
September 8 – 12, 2003

TIME: 9:00am – 4:30pm (lunch break: 12 – 1:30)

LOCATION: Gail Appel Institute
Hincks-Dellcrest Centre
114 Maitland Street
Toronto, Ontario, Canada

FEES: Hypnosis in Time – Limited Therapy 1 (3 days)
\$425 to May 1, 2003; \$475 thereafter

Hypnosis in Time – Limited Therapy 2 (5 days)
\$695 to June 15, 2003; \$759 thereafter

CANCELLATION POLICY

An administration fee of \$50 will be charged for all cancellations. We regret that we cannot offer refunds after 30 days in advance of each workshop unless your space can be filled.

GROUP AND STUDENT RATES:

Registrations of six or more mailed in the same envelope and full-time students will receive a 10% discount. Copy of student identification must accompany registration.

CONTINUING EDUCATION CREDITS:

Each training has been approved by the Ontario Psychological Association for 6 hours per day of continuing education credits for psychologists and psychological associates. The trainings are also accredited as group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. Gail Appel Institute Certificate of Participation will be supplied on request.

MORE INFORMATION, TO REGISTER:

Training Department, Gail Appel Institute, Hincks-Dellcrest Centre, 114 Maitland Street, Toronto, ON M4Y 1E1

Telephone: 416-972-1935, **ex.** 3345 **Fax:** 416-924-9808 **E-mail:** training@hincksdellcrest.org

Name: _____ Agency: _____

Address: _____

Day Phone: _____ Fax: _____ E-Mail: _____

I wish to register for:

Hypnosis in Time – Limited Therapy 1
3-day Introductory in Ericksonian
Psychotherapy

Hypnosis in Time – Limited Therapy 2
5-day Intermediate in Ericksonian
Psychotherapy

I wish to pay by: Cheque Visa Mastercard

Total Fee Enclosed: _____

Card Number: _____

Expiry Date: _____ Name On Card: _____

Signature: _____