



Alaska Psychological Association Presents:

A 2 Day Workshop * (12 Continuing Education Credits including 1 hour Ethics)

May 14-15, 2010

**University of Alaska Anchorage
Edward & Kathryn Rasmuson Hall Room 101**

**Presented by the Alaska Psychological Association and
the Departments of Psychology UAF/UAA**

Introduction to the use of Hypnosis in Chronic Pain and Palliative Care

Presented by:

Thomas Wall, Ph.D., P.S.

Diplomate, American Board of Professional Psychology
Diplomate, American Board of Psychological Hypnosis

Daniel L. Handel, M.D.

American Society of Clinical Hypnosis
Diplomate: American Academy of Pain Management
Board Certified: American Academy of Hospice and Palliative Medicine (1998)
Fellow: American Academy of Family Practice

Jay Skidmore, Ph.D.

Department Chairman; Clinical Psychology Doctoral Program; Seattle Pacific University
Clinical Health Psychologist; Pain Management & Behavioral Medicine

Barbara McCann, Ph.D.

Mental Health Counseling and Hypnosis Endowed Chair,
Department of Psychiatry and Behavioral Sciences,
University of Washington School of Medicine, Seattle, WA

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists.
AK-PA maintains responsibility for the program. *Twelve (12) continuing education credits will be awarded to
participants who attend the entire workshop.

Program Description:

This workshop is designed for both the beginning and intermediate participant. Presentations will include both basic and introductory lectures for those without any previous experience using hypnosis and more advanced presentations for those with previous experience or training.

Learning Objectives:

Integrating Hypnosis, Mindfulness, and Behavioral Medicine in Chronic Pain - The participant will gain knowledge in an evidence-based approach for chronic pain management that focuses on improved function and which lessens somatic dysfunction utilizing hypnotic training. This will include the neurophysiology of pain and hypnotic analgesia

Integrating Hypnosis in Behavioral Medicine and Palliative Care - The participant will be able to better integrate hypnotic behavioral approaches into the management of pain management, sleep problems, and psychophysiological disorders. Emphasis will be placed on rapid techniques appropriate for medical settings and adjunctive to psychotherapy approaches.

Schedule:

Friday May 14th, 2010

- 8:00 AM Introduction, Definitions, and Theories of Hypnosis
- 9:00 AM Myths and Misconceptions
- 9:30 AM Principles of Hypnotic Induction/Structure of an Induction
- 10:00 AM Break
- 10:20 AM Hypnotic Inductions – Demonstrations
- 12:00 PM Lunch
- 1:00 PM Hypnotizability, Stages of Hypnosis, and Resistance
- 1:30 PM Hypnotic Language, Structuring Suggestions, and Metaphors
- 3:00 PM Break
- 3:20 PM Integrating Hypnosis, Mindfulness, and Behavioral Medicine In Chronic Pain
- 5:00 PM Questions and Recess

Saturday May 15th, 2010

- 8:00 AM Integrating Hypnosis and CBT in the Treatment of Anxiety
- 10:00 AM Break
- 10:20 AM Integrating Hypnosis in Behavioral Medicine and Palliative Care
- 12:00 PM Lunch
- 1:15 PM The Development of the Hypnotic Relationship
- 3:00 PM Integrating Hypnosis in Psychotherapy
- 4:00 PM Hypnosis and Ethical Considerations
- 5:00 PM Questions and Final Wrap-up

About the Speakers:

Tom Wall, Ph.D. is a Clinical Psychologist in private practice in Seattle. He completed his PhD (1974) at the University of Washington and is an Associate Clinical Professor in both the Department of Psychiatry and Behavioral Science and the Department of Psychology at the UW. Additionally, he is an Associate Professor of Graduate Psychology in the Department of Psychology at Seattle Pacific University. For six years he served on the Board of Seattle Country Day School, a private school for gifted children. His wife is an Educational Psychologist in private practice and they have two children both of whom have graduated from the UHC. Tom and his family also enjoy hiking, skiing and developing the family blueberry farm.

DANIEL L. HANDEL, M.D. Bethesda, Maryland. Dr. Handel has practiced in Palliative Medicine for the past two decades, where he combines medical management with hypnosis and other mind-body approaches to control symptoms and improve quality of life in advanced illness. As a member of the Executive Board of the American Society of Clinical Hypnosis from 1996 through 2002, Dr. Handel has been active in leadership roles at ASCH, including President ASCH (2000-01), He also has chaired or co-chaired workshops or scientific meetings at ASCH Annual Meetings. Dr. Handel has received Awards of Merit from the American Society in 1999 and 2002 and the Thomas P Wall Award for Excellence in Teaching. He is an approved Consultant in hypnosis and has received Fellowship status in ASCH.

Dr. Handel has practiced Palliative Medicine for the past two decades and since 2002 directs a medical Fellowship in Palliative Medicine and Hospice in Bethesda, Maryland. He has earned Diplomat status at the American Academy of Pain Management, Board Certification in both the American Academy of Hospice and Palliative Medicine (1998) and American Academy of Family Practice (1971), and received Fellow status in AAFP since 1996. Dr. Handel has served on the faculties of the University of Minnesota and the University of Texas Southwestern Medical Center at Dallas. Dr. Handel served also as president of the Tarrant County Society of Family Practice and of the North Central Society of Clinical Hypnosis. As president and medical director of a large nonprofit medical pain treatment center in Fort Worth, Texas, from 1994 to 2000, Dr. Handel facilitated academic pain and hypnosis research with the University of Texas Southwestern at Dallas. Following that tenure, Dr. Handel was the founding Medical Director of Palliative Care Service at a large community hospital in Fort Worth, Texas, where he provided consultative, liaison palliative care services and assisted in the development of inpatient and outpatient services in an acute hospital system. This service developed an integrative model of care, which introduced hypnotic strategies into mainstream medical care. Dr. Handel has authored numerous articles and book chapters, including medical hypnotic applications and the psycho-physiological correlates of hypnosis.

Jay Robert Skidmore, PhD is Professor and Department Chair of Clinical Psychology at Seattle Pacific University. His research and clinical expertise are in (1) pain management and behavioral medicine, as well as (2) gender and health. Prior to his current academic position, Dr. Skidmore was Clinical Director for Pain Management and Rehabilitation at PRA Multidisciplinary Treatment Center in Portland Oregon; and before that was Program Director for Multidisciplinary Pain Management Centers at three hospitals near London, England, for the British National Health Service. Seeking work-life balance, Dr. Skidmore practices martial arts, rides motorcycles, climbs mountains, and plays music, frequently with his family.

Barbara S. McCann is Professor of Psychiatry and Behavioral Science, and Mental Health Counseling and Hypnosis Endowed Chair at the University of Washington. She received her doctorate in clinical psychology from Rutgers University in 1984, and completed a postdoctoral fellowship at Western Psychiatric Institute and Clinic at the University of Pittsburgh in 1986. For the past 25 years, Dr. McCann has engaged in research, teaching, and clinical care in a variety of inpatient and outpatient medical settings. She is currently an attending psychologist on the Primary Care and Consultation/Liaison Psychiatry services at Harborview Medical Center in Seattle, Washington, where she provides classroom, clinic, and bedside teaching to psychiatry and psychology residents, and medical students. Her publications are at the interface of psychology, psychotherapy, and medicine.

Registration Form

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Fees and Registration:

	Pre-registration Postmarked by May 7	Registration at the door
AK-PA Members	\$200	\$220
Non-AKPA Members	\$225	\$245
Students	\$ 35	\$ 35

Name: _____

Mailing address: _____

Contact phone: _____

Email address: _____

Payment:

_____ Check (Made out to **AK-PA**)

_____ Credit Card (Visa or Mastercard only)

Card Number and Expiration Date: _____

Signature: _____

Please mail this form and payment to:

**AK-PA
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