This two-day workshop is predicated on the notion that expertise in hypnosis is NOT a collection of codified “dos and don’ts” but is essentially grounded in procedural knowledge, gradually created by thousands of moments in the laboratory with subjects and in the clinic with patients. In both settings, how we comprehend “what comes next” is more akin to how a seasoned driver comprehends the traffic patterns around him/her or how a chess master instantly appreciates the strategic challenge on the board in ways that a novice would not.

All of us begin as novices in hypnosis, and we naturally seek rules of thumb. But just as in learning to drive a car, no treatment manual can really prepare us for the hands-on uncertainties of the real world. We can try to “paint-by-numbers,” but that does not an expert make. We must learn by doing. And the units of “doing” are clinical moments, which eventually become woven into how we interact with patients, and what we do and don’t do with hypnosis. We are the sum of our clinical moments.

This entire workshop will be based on real-world moments that Dr. Nash has experienced, both in the laboratory and in the clinic. Throughout the workshop he will describe over 35 clinical moments that have shaped his work, and he will encourage participants to identify formative moments in their work.

This workshop is intended to offer an opportunity for reflection and discussion among experienced clinicians as well as to introduce less experienced clinicians to hypnotic methods both simple and complex.

The Science:
The workshop will also describe the latest science on hypnosis: What hypnosis is, and what it isn’t. What exactly is hypnotizability? It is a very stable trait, and yet, nothing really correlates with it. Is being hypnotizable just a matter of being creative? Or especially suggestible? Or creative, or mindful? Can we train people to be more hypnotizable? What happens to memory when hypnosis is in the mix? What is the latest on hypnosis and fMRI. Does hypnosis enable patients to remember more clearly? Are there disorders for which hypnosis is an evidence-based treatment? What about pain and anxiety?

You And Science:
Dr. Nash will demonstrate how clinicians can contribute to the
science by conducting single-case studies that conform to scientific standards [see Dr. Nash’s paper published in American Psychologist, (2008)]. He will describe actual single-case studies conducted and published in his private practice and at the University of Tennessee Psychological Clinic.

**Educational Objectives:**
At the conclusion of the workshop participants will be able to:

- Identify some of the formative moments in their own clinical work.
- Cite current research on what hypnosis is, and what it is not.
- Describe when hypnosis is indicated and contra-indicated.
- Describe the importance of both abreaction and mastery in work with patients who have been traumatized.
- Describe how a practitioner can conduct scientifically sound single-case research.
- Compare and contrast the psychoanalytic and social-cognitive theories of hypnosis.

**Presenter: Michael R. Nash, PhD**
Dr. Michael R. Nash is a clinical psychologist with over 35 years experience as a psychotherapist with added subspecialty in clinical hypnosis. He is Professor of Psychology at The University of Tennessee. For four years he served as Editor of the International Journal of Clinical and Experimental Hypnosis.

He has taught and trained hundreds of graduate students, interns, psychologists and psychiatrists. He has written many books and scores of scientific articles on hypnosis.

Throughout his career, he has provided a wide range of workshops across the United States, Europe and Australia. He is especially looking forward to this return encounter with North Carolinians.

**Primary References:**


**Itinerary:**

**Friday, November 11**

8:30 &nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&n
Note: Please be prepared to remain after the conference ends in order to turn in evaluations and receive CE certificates.

Setting: We are fortunate once again to be meeting at Rigmor House, a retreat center just outside Chapel Hill. The casual, intimate atmosphere is highly conducive to collegiality. We encourage you to visit rigmorhouse.com to see this delightful setting. (Also see Lodging below.)

Schedule: Registration begins at 8:00. Workshop schedule is 8:30-4:30. There will be 15-minute breaks mid morning and mid afternoon and one hour for lunch.

Eligibility: Persons holding doctoral degrees in Dentistry, Medicine, Psychology, Social Work, Counseling or Nursing or a Masters Degree in Psychology, Social Work, Counseling or Nursing and who are licensed to practice in the state in which they practice. Also, current students of these disciplines are eligible.

CEs: Certificates of Attendance provided. Thirteen (13) CEs will be awarded for attending the entire two-day workshop. No credit will be given for those who attend one day only. Credit toward ASCH re-certification has been approved for this workshop at the advanced level. This program has also been approved by the National Board of Certified Counselors (NBCC) for NBCC Credit. NCSCH is solely responsible for all aspects of the program. NBCC Approval No. SP-2711. The program has additionally been approved by The North Carolina Psychological Association allowing Psychologists to receive continuing education credit. For those requesting CE certification from NCPA, a $6 fee will be added to the registration fee. (Note: Psychologists licensed in other states should check with their licensing board to make certain that CEs are accepted.)

Target Audience: The workshop is for beginning, intermediate and advanced practitioners. Further training and supervision is recommended.

NCPA Statement: This program is co-sponsored by the North Carolina Psychological Association and the North Carolina Society of Clinical Hypnosis. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychological Association maintains responsibility for this program and its content.

Attendance Policy: To receive continuing education credit, you must be present for the entire workshop, and you must sign the sign-in and sign-out sheets. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. No credit will be given to participants who leave before the close of the workshop. Please note that Internet sources sometimes give incorrect directions to Rigmor House and be sure to plot your route carefully by map without relying on navigation software.
**Refund Policy:** Refunds available if cancellation before October 30, minus $75 fee. If cancellation occurs between October 30 and November 10, refunds will be given minus a $125 fee. No refunds if cancellation occurs after November 10.

**Grievance Policy:** Please see our policy at nchypnosis.org under our Fall Conference description.

**Lunch:** On site, included with registration.

**Lodging:** For nearby hotels, visit rigmorhouse.com/lodging.

**Contact:** Barbara Birge, bbirge@aol.com; 704 364-1415. www.nchypnosis.org

**REGISTRATION FORM**

North Carolina Society for Clinical Hypnosis 47th Annual Conference  
Friday, November 11 & Saturday, November 12, 2016  
Rigmor House at Chapel Hill

13 CEs Approved By ASCH, NCPA & NBCC

Please mail this form with payment information/check to:  
NCSCH c/o Terry Robertson, 3002 Bridges St, Morehead City, NC 28557

**JOIN NCSCH NOW AND SAVE**  
Qualified mental health and healthcare practitioners are invited to join NCSCH and register for the conference at the member rate. If you are registering for the 2-day conference, the lower membership rate will more than pay for your $60 annual membership dues. To join or renew, please complete the enclosed New Member/Renewal form, include a copy of your current license and send payment for your dues and the conference with this registration form.

Name _________________________________________________

Title /Degree __________ License_______________________

Address ________________________________________________

City ___________ Zip _______ Phone ________________

Email (print)_____________________________________________

___ This is my first NCSCH conference.

___ I am a new member.

___ I am already an NCSCH member.
Learning Moments In Clinical And Scientific Hypnosis with Michael R. Nash, PhD, ABPP

(Please check each item included in your total payment)

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**1-Day Fee (No CEs awarded)**

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___ $6 CE Fee for certification from NCPA

**TOTAL PAID** $_________

MC / VISA Card # ________________________________

Exp Date_______ Zip Code of Billing Address___________

Signature _________________________________

___ Check enclosed. (Please make checks payable to NCSCH.)