

ERICKSONIAN HYPNOSIS AND BRIEF OUTCOME-ORIENTED PSYCHOTHERAPY

*Best clinical therapy training I have ever been involved in; precise, clear, informative and structured to maximize learning.
Anthony Barton, Ph.D. Professor of Psychology
Duquesne University*

AMERICAN HYPNOSIS TRAINING ACADEMY
1110 Fidler Lane, Suite 1218
Silver Spring, MD 20910

Dear Colleague,

THIS TRAINING IS DIFFERENT! What's different about this training is that my associates and myself are fully committed to teaching. Therefore, the focus is on instructing you to do Ericksonian hypnotherapy well...not just demonstrating how we do it.

YOU WILL BE TAUGHT to utilize the generative approaches of Ericksonian hypnotherapy to help clients reduce anxiety, conquer phobias, change problem behaviors, handle difficult relationships successfully, quit smoking, lose weight and more. You will learn to induce hypnotic trance with ease, and to use verbal and nonverbal multilevel hypnotic communication and metaphor to bring about rapid and lasting changes for your clients and for yourself.

ERICKSONIAN APPROACHES to HYPNOSIS and BRIEF PSYCHOTHERAPY are a powerful set of clinical interventions with which to promote profound personal growth and achieve therapeutic objectives. The acquisition of these highly effective methods will reinforce your professional expertise, and can have a profound effect on your personal life as well.

YOUR TRAINING will consist of lecture-demonstrations and exercises in small groups, where you will practice each of the skills and techniques as they are presented. Immediate feedback from the training staff and your colleagues will enhance your learning experience.

AS THE OLD SAYING GOES you can tell a lot about people by the company they keep. You can also tell a lot about therapists by the training they take. When you attend the American Hypnosis Training Academy you'll gain the important skills you need to do effective hypnosis and brief psychotherapy.

YOU WANT EXCELLENT TRAINING... this *is* excellent training. We have provided outstanding instruction for over **40** years, and we have more than sixty-three hundred satisfied trainees who agree.

I'd like to talk to you personally to recommend that you choose this program. Call me if you have any other questions. **Cell: 301-523-5659**

Sincerely yours,


Ron Klein, M.C.S., NBCCH
Certified Trainer

P.S. Fill out the registration form on this brochure and return it today to reserve your place for this exciting opportunity.



**40th
Year!**

**A 50-HOUR
CERTIFICATION
TRAINING FOR
MENTAL HEALTH
PROFESSIONALS**

**September
14 - 19, 2017**

Presenters:

Ron Klein, M.C.S.

Jill Cody, M.A.

Judy Pearson, Ph.D.

**Approved Continuing
Education Provider For:**

Psychologists — Social Workers
Mental Health Counselors —
National Board for Certified
Counselors — Alcoholism and
Drug Abuse Counselors —
Marriage and Family Therapists

"It isn't the amount of time. It isn't the theory of psychotherapy. It's how you reach the personality by saying the right thing at the right time."

Milton H. Erickson, M.D.

This competency-based certification program teaches **Ericksonian Hypnosis, Motivational Interviewing and Neurolinguistic Programming**. It meets the demand for an indepth exploration of the phenomena of hypnosis. This comprehensive 6-day program will lead to certification as a practitioner in hypnosis and will move beyond the introductory patterns of hypnosis to advanced applications of brief solution-focused psychotherapy. Time will be available to develop and refine trance induction skills, to discover resources leading to rapid and smooth behavioral change for yourself and your clients, and to develop the ability to act effectively.

Ericksonian Hypnosis is one of the quickest and most effective ways used today to create profound and permanent change. As presented in the workshops, hypnosis does not involve the memorization of the traditional inductions to be "programmed," but rather is an approach to be individualized for each client and utilized creatively to facilitate the desired outcome.

Ericksonian Hypnosis is not a new school of psychotherapy. Rather, it is a strategic way of thinking about human change, and of acting in order to make change possible. Its methods are pragmatic and dynamic. Its goals are the resolution of conflict and the enrichment of personal experience. Its principles can be used in any form of therapy.

The professional value of hypnosis: These workshops will present fluid, clear models and approaches based on the work of Milton H. Erickson, M.D. and other effective brief therapists. These models will enable you to assess areas of difficulty with precision, and to make interventions that assist clients in resolving their presenting complaints quickly and effectively.

Continuing Education: 50 hours. The American Hypnosis Training Academy (AHTA) is an approved provider by the American Psychological Association to offer C.E. for Psychologists (AHTA maintains responsibility for the program and its content).

AHTA is approved by the National Board for Certified Counselors (NBCC) to offer approved clock hours for events that meet NBCC requirements (AHTA is solely responsible for all aspects of the program).

AHTA programs are approved for Social Workers through Commonwealth Educational Seminars (CES), provider #1117, CES is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. ASWB approval period: October 15, 2015 through October 15, 2018. CES maintains responsibility for the program. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 50 clinical continuing education clock hours.

THROUGH BEHAVIORAL MODELING AND GUIDED PRACTICE

YOU WILL LEARN TO:

- Gain rapport verbally and non-verbally and maintain it.
- Effectively induce hypnosis using direct, indirect, and conversational methods.
- Use an individual's already existing response patterns to facilitate rapid and creative change.
- Communicate with precision at the unconscious level.
- Turn inner conflict and resistance into resources for creative change.
- Use voice tones, gestures, and physical contact to elicit desired behavioral responses in others.
- Elicit and utilize hypnotic phenomena such as dissociation, age regression, and time distortion for therapeutic change.
- Learn self-hypnosis and auto-suggestion.
- Use specific techniques for habit control, phobias, and pain management.

TRAINER TRAINING

Individuals who demonstrate excellence in hypnotic skills and want to become trainers are invited to apply for the trainer development program.

WHO SHOULD ATTEND

This workshop is designed for and open to mental health professionals with graduate degrees, addiction counselors, and graduate students in mental health programs. Those professionals who want to gain hands-on experience and skill in utilizing hypnosis for therapeutic change can benefit from this workshop.

CERTIFICATION

A frameable Certificate of Achievement as Practitioner of Hypnotherapy will be issued to those who demonstrate a satisfactory level of competency and understanding. Advanced and Master levels of certification are available upon completion of further training.

NBCCH This program meets the training requirements for certification by the **NATIONAL BOARD FOR CERTIFIED CLINICAL HYPNOTHERAPISTS**.



WORKSHOP OUTLINE

MAKING SENSE OF HYPNOSIS

Traditional and Ericksonian Approaches

- Defining hypnosis
- The history of hypnosis
- The myths and realities of hypnosis
- Demonstration of classical tests of hypnotizability
- The treatment principles of Ericksonian hypnosis
- Indications and contraindications for the use of hypnosis

INDUCING HYPNOSIS

New Developments in an Old Art

- Traditional and Ericksonian brief therapeutic strategies
- Learning to utilize self-hypnosis and mindfulness
- Demonstration of direct, indirect, and conversational method of induction

HYPNOTIC PHENOMENA

Elicitation and Utilization Guidelines

- Conscious/unconscious dissociation and other dissociative states
- Therapeutic age regression and change personal history
- Pseudo-orientation in time: age progression
- Time distortion: expanding and contracting the time sense
- Methods of hypnotic pain control

PATTERNS OF ERICKSONIAN HYPNOSIS

Applying the Skills of Precision Modeling

- Facilitating rapport
- Reconsolating memories
- Gathering high quality information
- Motivational interviewing and overcoming ambivalence
- Setting explicit, well-formed outcomes
- Accessing resource states
- Future rehearsal, a new approach to post-hypnotic suggestion

INNOVATIVE HYPNOTHERAPY

Utilizing Hypnosis for Therapeutic Change

- Facilitating generative change
- Applications for smoking, weight control, and stress management
- The art of reframing and internal family systems methods
- Utilization of therapeutic metaphors and stories

LEARNING GROUPS

Competency-based, experiential practice will be conducted in dyads and triads. Ample time will be provided for coaching and individual feedback.

TAX DEDUCTION

A tax deduction is allowed for tuition, travel, meals, lodging as a corporate business expense, or on schedule C for sole practitioners, or on form A as a miscellaneous business expense (2% adjusted gross income exclusion applies). Check with your tax consultant.

COMMENTS

For additional comments, please visit <http://www.ahtainc.com/ParticipantComments.pdf>

"I have been active in the Association for Training and Development at the Chapter, Regional and National Level for 10 years. Because of that experience I have learned to expect excellence in training to be a norm and therefore tend to be very critically evaluative when selecting or attending workshops. Based on my unusually high expectations and standard. I want you to know that this was the best training that I have had in my lifetime. You are without a doubt a "Wizard" and I am enthralled with your wizardry."

Stephanie Donato, M.A.

"In your workshop I found that there was a massive amount of information imparted (more than I fully know even now), but most important to me was the practical application that was taught. I find that I am now more able and confident in doing what I learned from you. Instead of frustration, I feel an excitement about learning even more. I would like to encourage you to continue with this type of teaching. In my opinion, it is the most important component of training in psychotherapy. I would also like to whole-heartedly endorse this workshop to any therapist who is interested in becoming more effective in his/her work."

James K. Holwager, Ph.D.

"The most important aspect of this training has been the personal interest shown by Ron in the quality of work performed by the students. This emphasis on the quality of work is very unusual. Most training programs want to assess what you know, not how you apply what you know. The mental health system would be delivering better services to its clients if we had more training seminars and more educators like those provided by the American Hypnosis Training Academy."

Ron Sharp, Ed.D.

"I strongly recommend. . .They (the workshops) have provided me with the theoretical and practical experience necessary to use hypnosis successfully in a variety of clinical problems."

Lucy R. Waletzky, M.D., Clinical Asst. Professor, Psychiatry & Ob/Gyn.

"Training in the experiential based program of Ericksonian Hypnosis has made a very important contribution to the skills I need for working with adolescents and their families. Personal direction, ongoing evaluation of skill development and appropriate feedback enabled me to use hypnosis successfully from the very first days of the program."

Dorothy G. French, Ph.D., MC.C.

"You combine the best of the expert and the teacher — and a rare combination it is to be sure. Your training has provided me with greater flexibility in my work."

M. Jacqueline Saba, Ed. D., Psychologist

"Training in hypnotherapy with Ron Klein has been a rich experience. In over thirty years of clinical practice I have attended many training sessions. I left most of them with great appreciation of the magical skills of the leader. In Ron's case, however, the emphasis was on our learning, rather than on his charismatic leadership. . . I am using what I learned!"

Frances L. Seidman, Ed. D., Lic. Clinical Psychologist

"I am much, much more than satisfied with your course, and plan to come back for more. . . Many thanks to you and your associates for giving me a lot of information, teaching me about many precise techniques and useful attitudes about changing, giving me opportunities to practice what I was learning. . ."

Peter Bloom, Ph.D., Lic. Clinical Psychologist

"During the past nine years, I have participated in a wide range of seminars, workshops and training programs. . . your program was the most organized and professionally well-run training program that I have experienced. Your ability to combine theoretical data with experiential exercises augmented the learning process."

Randy Fiery, M.S.W.

"I had no idea hypnotherapy was so rich in content and technique. The dedication of the trainer was remarkable."

Wade C. Esserwein, M.S., Lic. Clinical Psychologist

"Thank you for the most valuable training experience I have ever had...The training has and continues to profoundly affect my work and my attitudes toward life."

John Overdurf, Certified Addiction Counselor

"This training provides the most effective tools with which to enhance the art of mind-body healing."

Gail L. Smith, A.C.S.W.

"Next to my month with Virginia Satir, this has been the most useful and inspiring seminar I have attended in my career as a therapist. To quote Virginia, 'Thank you for being my partner in change.'"

Sandee Confare, M.A.

To Enroll By Telephone:
LOCAL (301) 565-0103 FAX (301) 588-9535
TOLL FREE 1 (800) 343-9915

To Enroll by Mail:
AMERICAN HYPNOSIS TRAINING ACADEMY
1110 Fidler Lane, Suite 1218
Silver Spring, MD 20910

Charged or check payable to **AHTA** enclosed.

Circle: **VISA MASTERCARD DISCOVER CHECK**

CARD #

EXP. DATE SECURITY CODE

SIGNATURE

NAME DEGREE

ADDRESS

CITY

STATE ZIP

E-MAIL

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WORK PHONE CELL PHONE

**AMERICAN HYPNOSIS
TRAINING ACADEMY**
1110 Fidler Lane, Suite 1218
Silver Spring, MD 20910
EMAIL: Aims@EROLS.com

Return Service Requested

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Permit No. 800



**Ericksonian Hypnosis and Brief Psychotherapy
50 Hours Approved CE**

Please return enrollment form with address label

9-2017

**ERICKSONIAN HYPNOSIS AND BRIEF POSITIVE
OUTCOME-ORIENTED PSYCHOTHERAPY**
TRAINING SITE: Radisson Hotel
Rockville, MD (Metro Wash DC)

DATE: September 14-19, 2017

HOURS: 8:15 am-6:30 pm Daily

Workshop Fee: \$986.00

Student discount 10%.

**You can enroll by phone or mail with your
Visa/MasterCard or Discover (see above).**

REFUND POLICY: Payment in full is required with your registration. Payment is non-refundable unless written request (by certified mail with return receipt requested) to withdraw from training is received fifteen days prior to first day of training. After that it can be used as a credit for any other future American Hypnosis Training Academy (AHTA) program. In the unlikely event that this training is canceled, full tuition refund will be made. AHTA assumes no responsibility for any further expenses incurred by enrollees.

HOTEL: Radisson Hotel
3 Research Court
Rockville, MD 20850
Phone: (301) 840-0200
Room rates: \$89.00 Single/Double

Make sleeping room arrangements on your own. Please contact the Radisson Hotel as soon as possible to make your reservation and to be sure you get the special **\$89.00** rates. Inform the local room clerk that you are registering for the **American Hypnosis Training Academy.**

Please call me, Ron Klein, on my cell if you experience difficulty making hotel reservations at the above rate and I'll take care of it personally, 301-523-5659.

Nonetheless, make your reservation immediately, and I'll call the hotel to make sure you get the \$89.00 rate. If the Radisson Hotel is sold out, they have agreed to help you find a nearby hotel at a comparable room rate.

THE TRAINER: RON KLEIN, CT-NLP, CCDC, NBCCH, is a Certified Trainer in NLP, a Certified Master Hypnotherapist and a Certified Chemical Dependency Counselor Supervisor. He is a nationally recognized teacher of clinical hypnosis and brief solution-focused psychotherapy. Ron has thirty eight years experience as a counselor and teacher. He has presented hundreds of workshops in the United States, Canada, Europe and the United Kingdom. Ron has provided training to more than 6200 mental health and health care professionals.

ASSOCIATE TRAINER: JILL CODY, M.A., LPC, is a Licensed Mental Health Counselor, and a Certified Trainer in NLP. Jill is an informative speaker and trainer, and is a Professional Member of the National Speakers Association and the author of the book "Win the Weight War." She has over 30 years experience as a psychotherapist and trainer.

ASSOCIATE TRAINER: JUDITH PEARSON, PH.D. is a Licensed Professional Counselor and has been an AHTA Trainer for 25 years. She is a National Board Certified Clinical Hypnotherapist and a Certified Trainer in Neuro-Linguistic Programming. In her private practice she offers individual counseling and therapy for adults in the following areas: stress and depression, fear of public speaking, sexual problems, pain management, health concerns, survivor issues, phobias and anxiety, low self-esteem, habit control, sleep disorders and relationship issues.