

**ASCH-ERF LIVE WEBINAR****January 30, 2019; 4:00 - 5:30 p.m. CST**

ASCH-ERF is pleased to offer a live webinar entitled **Hypnosis for Behavioral Change in Chronic Pain Management** on Wednesday, **January 30, 2019 from 4:00 - 5:30 p.m. CST**. This session will be taught by **Mark P. Jensen, PhD**.

**REGISTRATION**

[Click here](#) to go to the ASCH e-Learning Center, log in or create an e-Learning log in, browse the catalog, open the "Live Webinars (ACCME and APA Credit)" category, and click on this session to register.

**FACULTY**

Mark P. Jensen, PhD, is a Professor and Vice Chair for Research in the Department of Rehabilitation Medicine who has been studying chronic pain and helping individuals better manage chronic pain for 40 years. He has been funded by the National Institutes of Health and other funding agencies to study the efficacy and mechanisms of various treatments for chronic pain, including hypnotic analgesia. He has published extensively (over 500 articles and book chapters) on the topics of pain assessment and treatment. His guidebook on the use of hypnosis for chronic pain management and an accompanying patient manual in Oxford University Press's "Treatments that Work" series (Hypnosis for chronic pain management: Therapist guide) co-won (along with Dave Patterson's book, *Clinical Hypnosis for Pain Control*) the 2011 Society of Clinical and Experimental Hypnosis Arthur Shapiro Award for Best Book on Hypnosis.

**CONTENT**

This 90-minute webinar will provide a description and demonstration of a strategy ("Listening for Effective Hypnotic Suggestions" or LESH) for identifying powerful hypnotic suggestions for helping clients make desired behavioral changes (e.g., eating healthy food in healthy portions, maintaining an active lifestyle) associated with chronic pain reduction and management. It will begin with a brief presentation of research findings demonstrating the central role that client's "self-talk" (i.e., self-suggestions) plays in facilitating or suppressing goal attainment. The facilitator will then demonstrate the use of two strategies (open questions and reflective listening) to identify the helpful self-suggestions (to be nurtured) and less than helpful self-suggestions (to be gently altered), followed by a demonstration of how these suggestions can be incorporated into a formal hypnosis session. Time will be available for questions and discussion regarding the technique and how can be incorporated into clinical practice.

**LEARNING OBJECTIVES**

At the end of this presentation participants will:

- understand the role that automatic thoughts (also known as "self-suggestions")

- play in an individual's psychological function and behavior;
- be able to use two specific techniques to increase the frequency of a client's adaptive automatic self-suggestions, including the use of (a) open questions and (b) reflective listening; and
- be able to use the adaptive self-suggestions identified in the context of a formal hypnosis session to enhance outcome efficacy.

## **PRICE**

\$35 for members

\$45 for non-members

## **CONTINUING EDUCATION CREDIT**

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. ASCH-ERF designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.

This session has been approved for 1.50 credits.