



Oregon Society of Clinical Hypnosis Presents:

## **An Integrative Mind-Body Approach to Hypnosis: Applications in Gut Health, Autoimmune Problems and Addiction Issues**

**Dr. Mark Weisberg**  
**6 May 2023**

### **Timed Agenda:**

8:45am – 9:00am (30 min)	Welcome
9:00am – 9:10am (10 min)	Training commences; Introduction
9:10am – 9:55am (45 min)	The relationship between chronic pain, central sensitization, and autonomic dysregulation
9:55am – 10:20am (25 min)	Core concepts in psychoneuroimmunology and applications to hypnosis
10:20am – 10:30am (10 min)	Q&A

#### Learning Objectives:

- Describe the relationship between chronic pain, central sensitization, and autonomic dysregulation.
- Describe 3 essential messages that must be conveyed to enhance self-healing resources.
- Describe core concepts in psychoneuroimmunology and the importance of applying this in applications of hypnosis.
- Explain the importance of helping patients tolerate sensations in the body.

<i>10:30am – 10:45am (15 min)</i>	<i>Break</i>
10:45am – 12:05pm (80 min)	Hypnotic interventions for back pain & headache
12:05pm – 12:15pm (10 min)	Q&A
<i>12:15pm – 1:30pm (75 min)</i>	<i>Lunch</i>
1:15pm – 2:15pm (45 min)	Hypnotic Interventions for addictive problems

#### Learning Objectives:

- Name at least 2 hypnotic interventions for the patient with low back pain.
- Name at least 2 hypnotic interventions for the patient with headache.
- Explain the importance of self-soothing for patients struggling with addictive problems.

2:15pm – 2:35pm (30 min)	Hypnotic Interventions with complex chronic pain such as fibromyalgia
2:35pm – 2:45pm (15 min)	Q&A
2:45pm – 3:00pm (15 min)	<i>Break</i>
3:00pm – 4:15pm (75 min)	Hypnotic Interventions for IBS & for strengthening a patient’s capacity for self-soothing
4:15pm – 4:45pm (30 min)	Discussion and Wrap-up

Learning Objectives:

- Identify the “cutting edge” of symptoms to target with hypnosis for patients with complex chronic pain such as fibromyalgia.
- Understand how to help patients with IBS become less fearful and avoidant of difficult abdominal sensations.
- Identify a hypnotic strategy for strengthening a patient’s capacity for self-soothing.