

Oregon Society of Clinical Hypnosis

Presents

Mark P. Jensen, Ph.D.

Hypnosis for Enhancing Comfort for Individuals with Chronic Pain - Advanced Workshop

Prior level 1/ fundamental hypnosis training or equivalent required

Saturday, March 26 2022

In-Person and Live Web-Stream

Co-Sponsored by the International Society of Hypnosis

6 ASCH Approved Advanced CEUs accepted by most licensing boards. Check with your own licensing board on CEU guidelines if you have questions.



Presented both in-person and web-stream in Portland, Oregon, this workshop will provide an overview of hypnotic strategies and suggestions for helping individuals better self-manage chronic pain conditions. It will begin with a discussion of the neurophysiology of pain and hypnotic analgesia, and how hypnotic strategies can be used to target the brain systems involved. A model for performing a complete evaluation of the outcome domains that hypnosis can benefit in persons with chronic pain will be presented, and methods for developing a pain treatment plan based on this evaluation will be discussed.

Strategies for integrating hypnosis with other approaches with proven efficacy (e.g. cognitive therapy and Motivational Interviewing) to enhance overall treatment benefits will also be covered. The emphasis of the workshop will be on applied clinical technique; demonstrations, brief exercises, and the opportunity for consultation will be included. After participating in the workshop, participants will have the resources and skills to evaluate a patient with chronic pain for hypnosis treatment, and design a treatment intervention that addresses the various problems identified.

Mark P. Jensen, Ph.D., is a Professor and Vice Chair for Research in the Department of Rehabilitation Medicine at the University of Washington in Seattle, USA. He has been studying chronic pain and helping individuals better manage chronic pain for over 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 hypnosis.

He has published extensively (10 books and over 550 articles and book chapters) on the topics of pain assessment and treatment. His book on the use of hypnosis for chronic pain management (*Hypnosis for Chronic Pain Management: Therapist Guide*, published by Oxford University

Date & Time: Saturday March 26th - 9am - 5pm
(OSCH Meeting & Social Time from 8:30 - 9am)

Location: Integrative Trauma Treatment Center (2130 Sw Jefferson, Ste 200, Portland, OR 97201)
OSCH is not affiliated with Integrated Trauma Treatment Center. Integrated Trauma Treatment Center does not endorse or sponsor any OSCH event, and the views and opinions by OSCH and invited speakers do not necessarily reflect those of Integrated Trauma Treatment Center.

Cost:
Early Registration Through 3/18/22 - \$140 (OSCH, ISH, ASCH & Component Members) / \$170 (Non-Members)
\$100 (Associate Member Students/Interns) / \$110 (Non-Member Students/Interns)

Late Registration From 3/19/22 through 3/23/22 - \$165 (OSCH, ISH, ASCH & Component Members) /
\$195 (Non-Members) / \$125 (Associate Member Students/Interns) / \$135 (Non-Member Students/Interns)

Registration: Online at www.oregonhypnosis.org, events are listed in the Education section of the site. Questions: info@oregonhypnosis.org. Please consider renewing your membership or joining OSCH this year.

OSCH events, information about membership, training and certification are listed online at www.oregonhypnosis.org. OSCH events are open to all licensed health care professionals in medicine, dentistry, psychology, counseling, nursing, or are students currently enrolled in graduate programs in the aforementioned fields.