

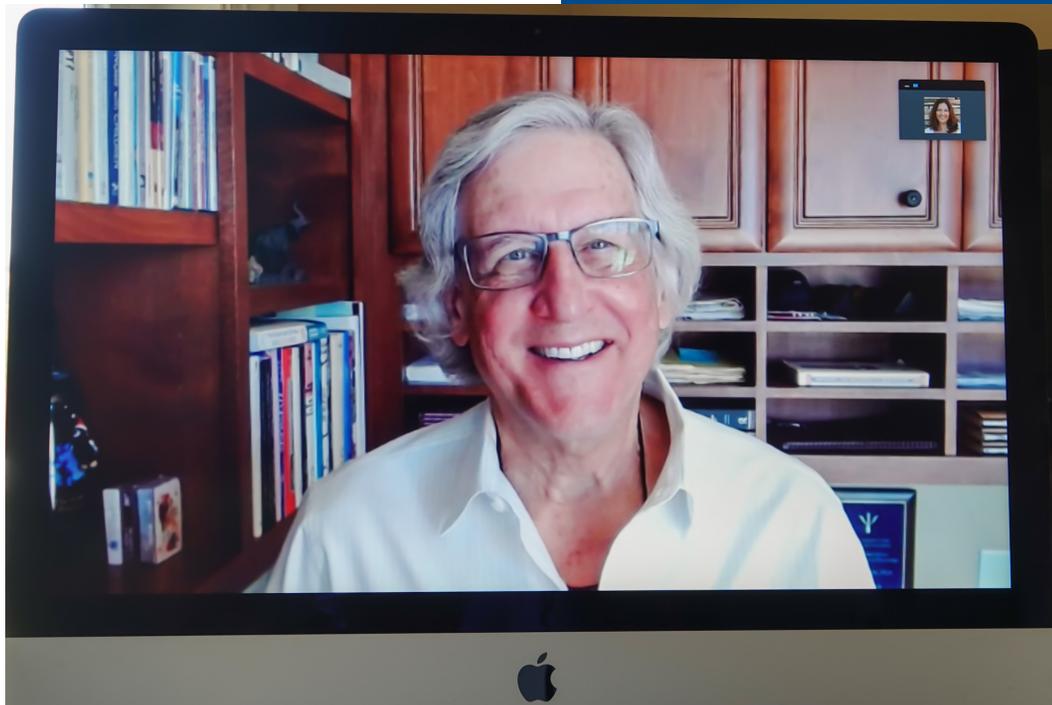
Master Class – Fall 2020

A Live Online Training

Beyond the “How” Question: From “I Don’t Know” to Developing a Hypnosis Treatment Plan

TIME: 9:00-noon (PDT) on the following 4 days:

DAYS: Friday Nov 6
Saturday Nov 7
Friday Nov 13
Saturday Nov 14



A virtual training
with
Michael D. Yapko, Ph.D.

Description

Each year we offer a Master Class that expands upon a topic presented in our Comprehensive 100-Hour Training Course. This year's Master Class is designed to focus on how to make the goals of treatment clearer and the means for reaching them more deliberate.

Knowing how to zero in on the relevant issue(s) to address in therapy is one of Michael's greatest strengths that he brings to his teachings. As he often says, "a hypnosis session is only as good as its target." Therefore, learning how to recognize those targets and knowing what to do once you have them in sight will be the focus of this year's Master Class.

In the 100-hour comprehensive training course and in his book, *The Discriminating Therapist*, Michael describes the value of asking the "how" question instead of the "why" question. The purpose of asking the "how" question is to access the internal sequence that a client engages in to produce their symptom(s). One does not need to interpret those symptoms to help clients make the changes they desire.

By asking the "how" question, clinicians can organize their approach to most effectively achieve the goals of treatment. Once clinicians begin to integrate the 'how' questions into their work, they become aware of wanting more information about what to do next once the "how" question has been asked and answered.

This **online** Master Class focuses on helping make the transition from the clinical interview to the delivery of a well-aimed hypnosis session a smoother, more deliberate process. This course is for those clinicians who feel they would benefit from revisiting the general topic of asking the "how" question and going more deeply into the question of what to do next.

To make this course as practical and useful as possible, each participant will be asked to have a case ready to discuss where they feel uncertain about how to best proceed with a hypnosis-based treatment. Several clinical cases with the entire group will be presented to illustrate the process of session development. Additionally, small group breakouts will allow for designing the treatment session for various cases. The opportunity for structured hypnosis practice sessions will also be incorporated into the small break out groups.

Learning Objectives:

- Participants will be able to generate interview questions that begin with “how” as a means of identifying symptom-producing internal sequences.
- Participants will be able to identify at least one appropriate treatment target for hypnotic intervention based upon the responses to a “how” question.
- Participants will be able to list and describe at least two empirical studies affirming the benefits of employing hypnosis as a complement to other established treatments.
- Participants will be able to define and discuss the characteristics of interventions that are content-based versus process-based.
- Participants will be able to create a step-by-step generic sequence for conducting a goal-oriented hypnosis session.
- Participants will be able to list and discuss at least two factors indicating the appropriateness of hypnotic interventions in both acute and chronic phases of treatment.
- Participants will be able to identify at least two hypnotic phenomena that may feature in the onset and course of client symptoms.
- Participants will be able to define the concept of “seeding” and then develop at least 2 homework assignments during hypnosis as a means of increasing treatment benefits.
- Participants will be able to list at least 2 specific hypnotic strategies that can enhance greater cognitive flexibility.
- Participants will be able to list at least 2 specific hypnotic strategies that can enhance independent problem-solving in the client.

DETAILS for this ONLINE Training

4 Meetings:

Friday, November 6, 2020 9-noon (PDT)

Saturday, November 7, 2020 9-noon (PDT)

Friday, November 13, 2020 9-noon (PDT)

Saturday, November 14, 2020 9-noon (PDT)

Check your local time at: <https://www.timeanddate.com/worldclock/converter.html>

WHERE: Online – Wherever you are with an internet connection. This is a live online event.

COST: US \$400.00

REGISTER: www.yapko.com

PARTICIPANT CRITERIA:

This 2-day Master Class is open only to those participants who have completed the Yapko 100-hour clinical training.

The course is *not* for beginners who want to first learn hypnosis or for those that have yet to participate in our 100-Hour Comprehensive Training. For that training, we hope you'll consider joining us in February, 2021. Visit www.yapko.com and click on "TRAINING" for more information.



CONTINUING EDUCATION: 11 hours of continuing education credit will be provided for this training.

- Dr. Yapko & Associates is approved by the American Psychological Association to sponsor continuing education for psychologists. Dr. Yapko & Associates maintains responsibility for this program and its content.
- Dr. Yapko's courses are approved by the American Society of Clinical Hypnosis (ASCH) for educational course hours towards ASCH certification.
- Participants are responsible for checking their individual state or licensing board/organization to see if they will accept these hours.

REFUND POLICY:

The \$100 deposit is refundable minus a \$25.00 administrative fee if you cancel prior to midnight on October 31, 2020 (California time). There are no refunds once the training begins.

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