

“Augmenting the Therapeutic Toolbox with Focused Mindful Approaches/Hypnosis; Applicable to Preparation Phase in EMDR”

Presented by Marc Davis, Psy.D., LMFT

November 21-22, 9:00 – 5:00

Minnetonka Community Center

14600 Minnetonka Boulevard, Minnetonka 55345

Course Description:

You will learn about Focused Mindful Meditation approaches (FMM), including “Guided Mindful Meditation,” which can also be thought of as Hypnosis. Marc Davis, an Adlerian and EMDR Therapist and a Hypnotherapist, completed his dissertation on Mindful Approaches, with comparison to Hypnosis. He will teach techniques for facilitating a trance state in clients, with demos and practice opportunities. You will also learn ways to deepen the trance state.

He will then discuss many applications of mindfulness/hypnotic techniques, with examples and demos. This tool can be used very powerfully in the Preparation Phase of EMDR Therapy, both to increase affect regulation and to stabilize the “foot in the present.”

You will become familiar with:

- **hypnotic language;**
- **use of metaphor and story;**
- **age regression and age progression;**
- **quick, effective techniques for relief from stress and anxiety;**
- **discovering one’s passion;**
- **pain management;**
- **dealing with somatic symptoms and enhancing physical healing;**
- **contacting inner wisdom;**
- **self hypnosis,**
- **and more.**

**Preparation Phase
Tool For EMDR**

Focused Mindfulness Meditation/Hypnosis can be used very powerfully in the preparation phase of EMDR Therapy, including enhancing the adaptive present through relieving anxiety, pain, physical symptoms & self-defeating behaviors, As well as facilitating contact with inner wisdom and development of positive coping skills.

Since Marc is a Certified EMDR Therapist, he will talk about how he blends the principles & practices he will be teaching into Phase II of EMDR Therapy. EMDR training is not required to attend and this training is not a Basic Training in EMDR Therapy; however, for EMDR trained therapists, the learnings can be very helpful in the preparation phase to dramatically increase affect regulation and to enhance stabilization of the adaptive present. Of course, these techniques, which purposely create an altered state, should not be used in the reprocessing phases. The official definition of EMDR Therapy is available at www.emdria.org.



Meet The Presenter:

Marc Davis earned his BA at UCLA and was subsequently accepted into the Psychology Honors Program, an additional year of study and research. He then attended The Adler Graduate School in MN for his M.A. and completed his Psy.D. at the Adler School of Professional Psychology (now called Adler University) in Chicago. He completed the American Society of Clinical Hypnosis training in 2004 and then earned his Certification in Hypnothapy through a seven-course sequence at the Adler School of Professional Psychology. Marc is an active member of The MN Society of Clinical Hypnosis. He learned and began using EMDR therapy in 2008-2009 and in 2011 he became certified as and EMDR Therapist through EMDRIA. Marc is a dynamic and highly experienced trainer. While in the Navy for 22 years he served as a classroom instructor, workshop presenter, director of training assignments, and a briefer at the Pentagon.

In his Pentagon assignment as Assistant for Training Policy, his audience was high ranking officers (admirals) and civilians (assistant secretaries of the Navy). He was designated a U.S. Navy Master Training specialist. For example, in one assignment, he was the Director of Training for a 13-state regional command with 21 subordinate headquarter organizations, which required not only subject research and development, but also leading a training team that conducted a regional training program for over 5,000 Naval Reserve personnel.

Since his retirement from the Navy, he has served as guest lecturer and adjunct professor at Adler School of Professional Psychology and Adler Graduate School. He has taught parenting education at Haymarket Center in Chicago and presented workshops for the Illinois Dept. of Corrections. In May, 2015 he presented two lectures at the North American Society of Adlerian Psychology at their annual convention in Philadelphia, PA.

You will learn solutions to use with stuck clients and those not ready to reprocess trauma. Because their life challenges are predicated on mistaken ideas of how they are supposed to act and be, new insights and inner experiences can clarify consequences, free them from limitations, and open new possibilities. Clients will be empowered to make choices congruent with their true selves, enhancing their adaptive present, which will prepare them for reprocessing trauma with EMDR Therapy, or other trauma-based approaches. You will hear how and why Marc uses hypnotic techniques from the very first session with a client.

Who Should Attend?

Psychologists, Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, Psychiatrists, Psychiatric Nurses, and anyone else who works in the Mental Health Field. EMDR training is not required to attend and this training is not a Basic Training in EMDR Therapy; However, the content of the workshop can be helpful in the Preparation Phase of EMDR Therapy.

GOALS:

1. To be able to explain three characteristics of “hypnotic language”;
2. To be able to explain three truths and three fallacies about Focused Mindful Approaches;
3. To practice the ability to induce a trance in another person, guide the inductee to gain a benefit, and realert the inductee to full present “here-and-now” focus,
4. To be able to explain techniques used to deepen a trance state;
5. To be able to explain a basic understanding of how to use Focused Mindful Approaches for stress relief, pain management, discovering one’s passion, enhancing physical healing, and contacting inner wisdom; and
6. To be able to explain five ways in which Focused Mindful Approaches/Hypnosis can be used in the preparation phase of EMDR Therapy.

Continuing Education

The following CEUs have been granted: EMDRIA = 13 (for those trained in EMDR Therapy), MN Social Work = 13.5 and SD Counselors and MFTs = 13. CEUs have also been applied for to MN Psychology = 13.5 and MN LMFT = 13. A Certificate of Completion will be awarded for full participation in both days. Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards.

Workshop Content and Timeline

Both Days: 8:30 – 9:00 = Registration and elaborate continental breakfast

Saturday, November 21:

9:00 – 10:30: FMA/Hypnosis Overview
10:30 – 10:45 Break
10:45 – 11:15 Hypnotic Language and Voice
11:15 --- 12:00: Salient FMA Applications/Uses in EMDR (Phase II)
12:00 – 1:15: Lunch on your own
1:15 – 1:45: MASS GROUP INDUCTION DEMO (Container)
1:45 – 2:45: General Principles & Characteristics of Induction
(Signs of Trance, Ideomotor Signaling, Types of Inductions)
2:45 – 3:00: Break
**3:00 -- 3:30: Deepening Induction Methods/
Depth of Trance/Signs of Trance Depth**
3:30 – 3:45: INDUCTION DEMO (Container/Deepening)
3:45 – 4:45: Induction Small Group Break Out
4:45 – 4:55: Discussion of Induction Experience/Q&A
4:55 -- 5:00: Essentials

Sunday, November 22:

**9:00 – 9:30: Ethical/Legal Issues/
Education & Preparing Client/Client Resistance**
9:30 – 10:00: Client Assessment/Client Resistance
10:00 – 10:15: STRESS REMOVAL INDUCTION DEMO
10:15 – 11:30: Break
11:30 – 11:30: Induction/Stress Removal Small Group Break Out
11:30 – 11:45: Discussion of induction experience/Q & A
11:45 – 12:45: Lunch on your own
12:45 – 1:45: Use of Metaphor and Story
1:45 – 2:30: Case Histories/Applications
2:30 – 2:45: Break
2:45 – 3:15: PAIN REMOVAL DEMO
3:15 – 3:45: SELF-INDUCTION: The inner healer (CD)
3:45 – 4:45: Choice of Induction Break Out
4:45 -- 4:55: Discussion of induction experience/Q & A
4:55 – 5:00: Closing, evaluations, sign out

“Marc has a wealth of knowledge. I’m leaving here with lots of tools and new knowledge and understandings!” – Participant in this workshop when Marc presented it in June, 2015.

Registration (Limited to 78 participants)

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Phase in EMDR Therapy”
With Marc Davis, Psy.D., LMFT**

**November 21-22, 2015
9:00 – 5:00 (8:30 registration)
Minnetonka Community Center
14600 Minnetonka Boulevard
Minnetonka, MN 55345**

Name (with initials of degrees and licenses)

License type(s), number(s), and state(s) Year completed EMDR training (optional)
(Completion of EMDR Basic Training necessary only if you want EMDRIA CEUs)

Work Address, City, State and Zip Code

Work Phone:

e-mail:

___ \$275 if postmarked by November 13, 2015

___ \$300 if postmarked AFTER November 13, 2015

___ \$250 if postmarked by November 13, 2015 & three or more people register together

I am registering with _____ & _____

___ \$200 if postmarked by November 13, 2015 and working 30+ hours in the following
nonprofit organization: _____

___ \$200 if full time student at _____ and postmarked by Nov. 13, 2015

(Tuition fee is refundable if you cancel before November 13, 2015; If you cannot attend because of weather, your fee will be refunded even if you cancel the night before; however, I cannot reimburse airfare, so I recommend you consider flying Southwest, which gives banked credit for flights you cancel.)

Method of payment (check one)

Amount of payment _____

___ Check (payable to Jill Strunk) ___ money order ___ Visa ___ Master Card

To pay by credit card, Hold down the control key and click on the link below, then fill out the secure form and submit it. (Please fax me the registration form as well)

<https://secure.affinipay.com/pages/jillmstrunkeddlp/payments>

Signature of Card Holder (Payment made by clicking control key and link above)

Please return this form with payment to:

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