

### 8:00-9:50 AM

#### (32081) STRESS MANAGEMENT FOR THE BUSY PROFESSIONAL

Norma Lent Auerbach, CH *All-levels*

You will learn: How to manage your stress through practical and proven activities that you can put to work immediately; How stress affects your health; How to relax anywhere, anytime; Quick and easy activities to reduce your daily stress; Stress and nutrition; How to monitor your inner terrorist; Self-talk and affirmations for a better life; Turn negative stress into positive motivation; and How to reduce anxiety & frustration. Additionally, you'll learn and practice effective relaxation methods you can put to work immediately. You will also learn how to enhance your daily practice by integrating stress management activities into it, and how to offer stress management consulting services to other professionals and organizations.

*Lecture/Experiential/Discussion*

#### (32082) GET TO THE ROOT OF THE PROBLEM—Challenge And Reframe Limiting Core Beliefs

Peter Blum, CI, CH *Introductory-Intermediate*

- Learn to hear the “words between the words”
- Learn what limiting core beliefs are
- Figure out how to identify these beliefs
- Understand the gentle art of “reframing”
- How to do your reframing in the most tactful and least threatening way for your clients
- Develop a “plan B” and “plan C” for “resistant clients”

How often do we help a client resolve an issue of change or a problematic behavior, only to find that it has resurfaced again, in another form. Any gardener knows, if you only trim the weeds, they'll grow back. Problems, like weeds, have roots. These are almost always based on “core beliefs.” Many of these are picked up so early in life that the client is not consciously aware of them. Learn to ask the right questions and help your clients get “unstuck” forever.

*Lecture/Demonstration/Experiential/Q&A*

“It was great to hear presenters from various countries, Pakistan, England, Ireland.”

—Julian Wick, Knoxville, TN

#### (32083) CHILDREN AND GRIEF - HOW CAN WE HELP?—Practical Ways Of Helping Children With Their Anticipated Or Actual Loss Of A Loved One

Linda Hay, CH, RN, BscN *All-levels*

- Learn about children’s developmental stages of grief
- Discover how children learn about grief
- Learn about children’s reactions to grief
- Learn practical ways we can help children express their grief

Children, who are anticipating or have already experienced a significant loss, are often confused about their feelings and may express their loss through significant behavior changes. Children may hear adults talking in words that they don’t understand or they may be ignored in an attempt to protect them from the hurt of the impending or current death. Understanding children’s grief related to their developmental stages and behavior is imperative. Case studies offering many practical ways to help children express their grief using art, memory boxes, letter writing, books, and color wheels will be presented.

*Lecture/Exercises/Discussion*

#### (32084) VERBAL IMPACT —The Power Of Words

Gloria Constantas, CI *Introductory-Intermediate*

- Demonstrate the effect of words using muscle testing
- Show how to transform negative into positive suggestions and cancel out negative influences all around us

Do words affect our physiology? The spoken word causes sound waves which are vibrations. But, what about the written word? We will demonstrate the results of written, as well as, spoken words using muscle testing to see if written words have the same effect as the spoken words. Dr. Masaru Emoto has conducted many experiments involving words and music. His findings will be discussed in order to determine the best way to speak to ourselves and our clients. *Lecture/Demonstration/Discussion/Q&A*

“An exciting experience and such a unique variety of information. It’s like traveling around the world in 3 days, so much culture here!” —Andrea Snow, S. Easton, MA

#### (32085) PSYCHOSOMATIC HYPNOSIS TECHNIQUES

Horia Nita, BCH, CI *All-levels*

- Understand your emotions
- Feel the sensations which the energetic symbolism induces in you
- Realize the diversity conception and approach between the emotional hypnosis and the suggestion one
- Understand the hypnotic induction mechanism using the symbolic signs
- Know how to defend and how to attack to overturn the situation, the relational rapport

You will understand the procedure and how to use this technique and will realize the deepest benefits of the human health, and your own profitable career.

*Lecture/Demonstration/Experiential*

#### (32086) SUPER-CHARGE YOUR CONFIDENCE AND ESTEEM —Changing One's Perception Of Self

Ardean Calloway, CH, CI *All-levels*

- Learn when and how self-esteem and self-confidence is learned
- How and why those beliefs, attitudes, and emotions impact us throughout our lives
- More realistic and positive ways of viewing and relating to self
- How to cope with set-backs and challenges

Do you ever dream about having a thriving successful career, but deep down don’t believe it could happen to you? Do you feel alone in thinking that others are happier, smarter, or luckier than you? Do you find yourself thinking that you’ll never be able to have what others have? Would you like to take steps forward having the partner, job, or lifestyle you want? Then this workshop is for you!

*Lecture/Discussion/Q&A*

#### (32087) INTERACTION WITH THE MIND IN THE ESDAILE STATE (HYPNOTIC COMA)—Researching The Mind

Ines Simpson, BCH, CI *Intermediate-Advanced*

- Learn to achieve the Esdaile State
- Learn how to continue to communicate with the subconscious mind in a two-way interaction
- Learn how to research further in this area
- Apply change work at this level
- Feel confident in this new facet of work

# 96 Special Elective 2-Hour Workshops

Tuition: \$25; 5 for \$100

## SUNDAY, AUGUST 10

This workshop is to help you learn how to interact with the subconscious at the Esdaile (Hypnotic Coma) level. In the past, little has been known about what is happening in the client's mind. This level was of course used very successfully in pain control. We now can interact with the client with two-way communication. A whole new area of thought is open now and only you can imagine where it could take the work you do now. More research in this area needs to be done. Are you ready to get on board?

*Lecture/Discussion/Demonstration/Q&A*

### (32088) TEACHING SELF-HYPNOSIS IN GROUPS —Make Money And Inform, While Publicizing Your Practice

Lee Pascoe, BCH, CI, FNGH *Intermediate*

- Develop the confidence to present your own class
- Make the most of skills you already possess
- Discover how to “wow” your audience
- Learn to structure your material
- Participate in a group session of “self-hypnosis”

The best way to build up a clientele is to get yourself known as an expert. Teaching a self-hypnosis class not only establishes you as a credible professional, but at the same time you remove the fear of hypnosis, educate the public, create rapport with the audience, and actually make money for yourself instead of paying out for expensive publicity. Lee will take you step-by-step through a 6-hour course to be presented over 2 or 3 separate sessions.

*Lecture/Exercise/Q&A*

“Every year I come here I get more out of the seminars than the year before. Gets better and better. The instructors share more of their personal experience which in turn helps me help my clients.”

—Kevin Liddell, Windham, NH

“Just wonderful! Chock full of information and tools to help you in refining your skills as a hypnotist.”

—Nancie Hamilton, Shohola, PA

### 10:00-11:50 AM

### (32101) LEARN BLITZ NLP —Conduct An Entire Mini-Session In Five Minutes

Charles Curtis, BCH and Nancy Curtis, BCH *All-levels*

- Learn an NLP-based instant induction
- Rapidly relieve emotional distress
- Induce deep physical relaxation
- Generate powerful positive emotions
- Learn how to do rapid methods safely

Sometimes you only have a few minutes to relieve someone's distress, conduct an impressive demonstration in a presentation, or do something safe and fun to convince a would-be client at a health fair or other venue. This approach provides a safe mini-hypnotism experience, including relaxation, stress relief, and positive suggestion. Come and experience for yourself the profound relaxation and empowerment possible in just five minutes.

*Lecture/Demonstration/Experiential/Q&A*

### (32102) STOP EMOTIONAL AND PHYSICAL PAIN IN 1 SESSION

—Subjective/Objective Conversion Technique - 21st Century NLP Technique

David A. Frederick, CH *All-levels*

- Learn about 2 levels of awareness
- How to systematically remove physical and emotional pain in one session

There are 2 kinds of physical pain, chronic and acute. Emotion affects both as well as emotional pain. Learn a powerful technique to remove both! You will practice this powerful technique with each other.

*Lecture/Demonstration/Practice*

*You'll discover that nobody works harder to give you a better convention experience than the staff of the National Guild of Hypnotists.*

To register, call  
(603) 429-9438

### (32103) CREATING WITH INTENTIONS—To Make Your Life Happen On Purpose...

Lisa Halpin, BCH, CI *All-levels*

- How intentions affect outcomes
- How intentions relate to the universal law of attraction
- Examples of the effectiveness of intentions
- How to properly form intentions
- The power of joining with others in intention resources for further study

What are your intentions? Whether conscious or unconscious, our intentions affect outcome. Maybe you've heard about the concept of the “law of attraction” or Dr. Wayne Dyer's book *The Power of Intention*. Concentrate on how to use this powerful energy to create the life that you want, both personally and professionally. Exercises will include examining your current intentions and “re-writing” them to achieve the outcomes that you desire. Emphasis will be on awareness of intentions, forming well-worded intentions, and incorporating this process into your daily life. Learn how to join with others to experience the synergy of joined intentions.

*Lecture/Visual/Q&A*

### (32104) ULTRA LEARNING SKILLS WITH HYPNOSIS —Turbocharge Your Learning Abilities!

C. Devin Hastings, CH, CI *All-levels*

- Enjoy pushing past previous learning barriers
- Increase income by teaching clients new strategies to change their lives
- Learn other methods that have been proven to boost brain function

Discover how to quickly absorb information that will help you or your client to be able to work smarter instead of harder. Explore a simple but highly effective way to recall information. Learn a skill that is rarely talked about but is so necessary for truly effective learning and recall abilities - Information Integration. This process is the ability to weave together related and unrelated pieces of information to produce unique insights & ideas. Hypnotically enhanced information integration also greatly heightens a person's learning ability. It is more important than ever to avoid being overwhelmed and to be able to absorb and recall more and more information every day.

*Lecture/Demonstration/Experiential/Q&A*

### (32105) ESSENTIAL ELEMENTS OF WEBSITE SUCCESS

—An Informative, Easily Found Site Is Not An Option, It's A Necessity!

Carol Denicker, BCH, CI

All-levels

- Create low-cost, attention-grabbing web pages to successfully promote your practice, services, training programs, and products
- Publish a content-rich eNewsletter at low cost or no cost
- Know what your website should include and what you should avoid
- Get ranked high in the major search engines and directories - I'll show you where you can do it for free!
- Demystify Internet lingo
- Make educated decisions about where to spend your advertising dollars
- Be a positive and continual source of information that educates the public about hypnosis

The user-friendly Internet is fast becoming the educated consumer's first choice in locating goods and services. Yellow page & newspaper ads with very limited reach get more expensive. Having a well designed, informative, easily found web site has become the ultimate marketing opportunity. Where else can a modest investment be turned into powerful promotion tool that works for you 24 hours a day, 7 days a week, 365 days a year, to the whole world? Your most successful colleagues are excelling because they are marketing their talents on great websites that are easy to find, simple to navigate, and are loaded with information. Well-designed, content rich websites turn visitors into clients and students. People are abandoning their newspapers and yellow page directories in favor of web searches. YOU should be found in those searches! You can do it!

Lecture/Discussion/Q&A

### (32106) HYPNOSIS PAST-LIFE REGRESSION—A Guided Session

Henry Leo Bolduc

All-levels

- Experience profound insights
- Healing the past - building the future
- Utilize this material with your clients

Enjoy a fascinating journey into your deepest memories. Regression sessions patiently piece together the parts of a puzzling past. These remarkable journeys are a deep inner quest to your center of truth. ALL things to your remembrance.

Lecture/Experiential/Q&A

### (32107) HOW TO POSITION YOURSELF AS THE OBVIOUS EXPERT—Turbocharge Your Hypnotism Business NOW!

Elsom Eldridge, Jr., MEd, CPC, CPMC

All-levels

- Instantly use fastest and surest ways to make your expertise known
- Ingeniously create PR for yourself and have clients seek you out
- Profit from niche marketing
- Definitely know what content belongs on your web site and how to attract massive traffic

Learn how being recognized as THE Obvious Expert can make the difference between ultra-success and failure. Creating and managing your visibility is vital to maximizing your potential for success. The methods are specific, proven, inexpensive, painless, and fun! You'll get an arsenal of insights, tools, and shortcuts.

Lecture/Participation/Q&A

### (32108) "ROSEBUD": BECOME THE CITIZEN KANE OF THE INTERNET—How To Publish A Professional-Quality Virtual Magazine

Ralph Benko, BA, JD

All-levels

- Learn everything you need to know about how to publish a first rate magazine on the Internet
- Website design
- How to pick out a site designer/ developer
- Content
- Building site traffic (Circulation)
- Developing revenue

Is there a subject about which you are passionate? Do you have something interesting to say? Can you say it in interesting ways? If so, you might be a perfect candidate for publishing a magazine online. Websites that cost millions of dollars a few years ago can now be had for thousands. Create an audience for yourself and your colleagues to reach thousands, even hundreds of thousands of readers. Use it to express yourself, have fun, learn, and teach, enhance your stature, promote your practice, and influence the outcome of future presidential elections.

Lecture/Q&A

"The information I gained was valuable and a catalyst to help me jumpstart my practice."

—Heidi Vollmer, Woodbury, CT

## 2:00-3:50 PM

### (32021) METABOLISM

—Melt Those Pounds Away!

Drake Eastburn, BCH, CI

All-levels

- Experience a powerful hypnotic weight loss technique
- Learn a step-by-step process with which you can increase your success with weight loss clients
- Receive a detailed script designed to boost the metabolism, increase energy, and melt the pounds away

Weight loss clients represent about 50% of all telephone/e-mail inquiries to hypnotists. Weight loss groups are one of the easiest packages to sell corporately and within the community. More than 60% of the population is dealing with weight issues and are looking for a SOLUTION. This class will provide you a complete process with a dual purpose design: SUCCESS for the client and SUCCESS for the hypnotist which equals unlimited practice-enhancement potential.

Lecture/Experiential/Q&A

### (32022) ULTRA-HEIGHT HYPNOSIS—Learn How To Enhance Your Client's Natural Healing Ability And Communication With The Superconscious Mind!

Gerald F. Kein, FNGH, BCH

All-levels

- Learn how to help clients become aware of their true abilities
- Aid clients in communication between subconscious and superconscious minds
- Learn how to have the subconscious and superconscious analyze suggestions
- Learn how to have the two minds achieve communication with thoughts generated externally
- Enhance the client's natural healing abilities
- Learn procedures for attaining Ultra-Height® hypnosis

In this workshop, Jerry presents his own unique and specific techniques for establishing communication between the subconscious and superconscious mind, the benefits of which are infinite. The superconscious is many times referred to as higher conscious, higher self, etc. The techniques presented enhance hypnotism along with touch therapy and other alternative methods.

Lecture/Demonstration/Q&A

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### (32023) ANGER MANAGEMENT - A TURN KEY PROGRAM—All You Need To Start A Court Mandated Anger Management Program

Ron Eslinger, CRNA, APN, BCH, CMI, FNHG

Advanced

- Identify the best ways to handle anger & understand how pride, fear, loneliness, & inferiority feed anger
- Learn how to set up a 10-hour program to offer to the County Judge for a Court Mandated Anger Management Program
- Receive the forms and information needed to be successful & profitable
- A week-by-week outline will be presented to include scripts and other materials needed for a successful program
- Access to all information needed to start a program right away

You are given access to everything you need to start a 10-hour group that is so unique that you will become the number one resource for Court Mandated Anger Management in your area. You get the how to and the materials in a walk-through process that includes letters, registration, forms, brochure, and certificate developed for the Court Mandated Transforming Anger Class. *Lecture/Q&A*

### (32024) DEVELOP YOUR ESP TO BECOME A TRAINED PSYCHIC —Helping Your Clients With Hypnosis, NLP, And ESP

Ramona Garcia, CH

and Marlene Monnar, MBA, MEd, CH All-levels

- Learn self-hypnotic techniques for developing ESP
- Learn how to get in tune with the Ascended Masters, Spirit Guides, and other Divine Beings
- Develop your ESP skills so that you can do professional psychic readings in a positive, uplifting way with 85-90% accuracy
- Learn how to eliminate negative psychic energy and protect yourself from psychic parasites
- Discussions on why developing your ESP can assist others in their daily life journey

“One of the best conferences I’ve been to yet. There were so many good sessions to go to, learn from, participate in.”

—Nancy Reno, Jenks, OK

Learn to interpret and synthesize the many factors available into a holistic and uncannily accurate psychic reading. Learn to give helpful advice and to present yourself as a positive, practicing psychic. Learn self-hypnosis cycles to improve your accuracy for in-depth psychic readings; psychometry - the ability to hold an object and to tell all about the person and/or the object and be in tune with the energy of the person who held it; the human aura and its colors; the astrological signs and planets; and the meanings of numbers, colors, flowers and gems.

*Lecture/Demonstration/Exercise/Q&A*

### (32025) WHY STRUGGLE, MAKE MORE \$, HELP MORE PEOPLE —Take What You Already Know And Create 3-Session Workshops

Peggy Hyde, CI

All-levels

- Brainstorm the class that will enhance your practice
  - Learn the steps in what you will do in each class
  - Create marketing plan
  - Achieve confidence in trying something new
  - See the results in your bank account
- In this fun and interactive presentation, I will illustrate and share my success in forming 3-session workshops to help groups of people with similar interests, improving your golf, tennis game and dance are just a few of the classes you can create. Bring your ideas to class and let’s all brainstorm together.

*Lecture/Demonstration/Q&A*

### (32026) FREEDOM FROM COMPULSIVE HABITS —Hypnosis And NLP For Alcohol And Drug Issues

William Horton, PsyD, CADC, CMI All levels

- Learn the addictions process
  - Discover the medical disease model
  - Explain the cycle of recovery
  - Learn the 12-Step model
- Learn from Dr. Horton’s 20 years in the field of addictions. He has worked in inpatient, outpatient, criminal justice, detox, and long-term treatment facilities. Dr. Horton was the regional director for the Governor’s Commission for a Drug Free Indiana. He teaches you how to blend traditional methods with cutting edge techniques for rapid and lasting change.

*Discussion/Demonstration*

### (32027) HYPNOSIS AND GENIUS —How To Raise Your IQ

Jeanette Laitner, CH, CI

All-levels

- Learn how to raise your IQ in 8 steps
- Discover how to dream stream
- Become more creative in thinking
- Improve your memory

You will discover a way to raise your IQ through the power of hypnosis. Learning ways to improve your creativity will enhance your ability to write scripts for your clients and improve your practice. You will learn steps that can be taken to increase eight different intelligences. There will be exercises given to increase your mental ability. *Lecture/Exercises/Q&A*

### (32028) GUIDED IMAGERY —New And Innovative Approach To Weight Loss

Elana Schondorf, LCSW, CH

All-levels

- Learn new approaches to weight loss and other client goals
- Improve success rate as these techniques add another dimension to your practice
- Provide your clients with something other than direct suggestion
- Discover how these techniques can be modified to assist with other client concerns

This workshop shares ideas, techniques, and images around weight loss. Most of these innovative ideas were generated while in hypnosis. Sometimes these ideas would come during a work-out at the gym. This compilation of 50-plus strategies was originally designed for weight loss and motivation around exercise, but is easily adaptable to other populations. *Lecture/Experiential/Q&A*

### (32029) THE INNER MATE —Key To Love Relationships

David Quigley, CH

All-levels

Deep in the subconscious mind lives the image of ideal romantic love which we seek in the outer world. Most of us only know this archetypal image by the way it blinds us and confuses us in our love relationships. The heart of Jung’s method is to create a relationship with the “inner lover” at which time (s)he becomes a most powerful ally in creating healthy love relationships in the outer world. This highly experiential class will help you gain immediate access to this powerful resource for your present and future relationships.

*Lecture/Discussion/Experiential/Q&A*