



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com

VIRTUAL vs. LIVE
By: Patricia V. Scott

We are living in a time of rapid change, especially in the realm of technology. As recently as a couple of years ago, I was extremely skeptical about teaching hypnosis on-line and even wrote an article on the topic titled, "No Substitute for Hands-on Hypnosis Training!" Then, several things happened. I took some on-line classes about how to use Zoom, including Michael Watson's "Virtual Hypnotist" training, and in 2019 I had the opportunity to teach part of my "Medical Hypnotherapy Specialty Certification" training on Zoom. There were nine students from seven different countries, all interactively learning and practicing on-line. Several other on-line teaching opportunities followed and then came.....COVID-19!

They say when the student is ready, the teacher appears. To put it another way, out of chaos came new possibilities. It was only a couple of weeks until the 2020 IACT-IMDHA Hypno Expo was supposed to take place in Orlando, Florida, when the decision was made to do the entire conference on Zoom! I spent the entire 8 days on-line for the conference as a presenter, a student, and a moderator, and by the end I was converted. The experience erased any doubts I previously had regarding the efficacy of doing on-line training.

The most surprising thing to me was how the attendees still developed an amazing camaraderie. With a bit of apprehension, I did demonstrations with the students in my Medical Hypnotherapy training for pain relief, parts integration, time line, and more, with the same results that I had been achieving with in-person demonstrations. Also, I was able to supervise the students as they enjoyed doing break-out sessions to practice the techniques.

We now have the ability to be in the same "Virtual" room with some of the best trainers in the world and gain greater perspective into what is happening in the field of hypnosis internationally. Even at my age, it's nice to know that as long as we stay open and UP for change, the universe offers Unlimited Possibilities for all of us in this fascinating field of HYPNOSIS to be able to discover new ways to use the POWER OF THE MIND!

Mission

The Hypnosis Education Association is a member-run organization of a diverse group of people interested in hypnosis and the complementary healing arts. Our Mission is to provide high standards of education and quality support for its members, so they may be empowered to learn, grow, and achieve excellence in their lives, personally and professionally.

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President's Message...

Dear HEA Members and Guests,

Don't you just love a learning experience? Every challenge brings with it an opportunity for us to rise to the occasion. It's a chance to discover what we're made of and to celebrate our resilience ... or not. The HEA's March 2020 meeting in Oldsmar was literally two days before the CoVid "Lockdown" in Florida.

Now we have another opportunity to step up in a time when it isn't feasible for us to get together face-to-face. We're really going to miss that, and getting together with "the family" that we have become through the years is truly special. Hannibal says: "We will either FIND a way or MAKE one." So, we're called to figure it out because we refuse, like Hannibal, to be stopped.

Now, as hypnotists, motivation is our stock-in-trade, so we know how to get fired up and get things going, so this year **our Fall Conference goes online on the weekend of November 13th -15th**. We'll get some time to hangout, socialize, and even play games on Friday evening in the "Buddy Todd Hospitality Suite" - online, of course and BYO ... a chance to meet and greet and reconnect. AND Keeping with our primary mission – Hypnosis Education - we've put together a great educational program for Saturday and Sunday. Seizing the day, we've been able to take advantage of being online to bring you a weekend of 8 outstanding presenters who will share their expertise with us – Some that you know, some that are local, and some who are new.

We hope to be back "in person" for Spring 2021 in Oldsmar ... and we're really grateful in this challenging time for the ability to get together online and share in an exciting opportunity. I'm jazzed and can't wait to see you!

Respectfully,

Michael

Michael Watson
President



Join or renew your membership!
www.HEAhypnosis.com/join-us

Benefits of Membership

1. Outstanding professional and personal development opportunities
2. Continuing education units (CEU's) by attending conferences
3. Social opportunities to share and grow professionally and personally
4. Recognition of achievements and honors
5. Access to other members' contact information
6. Professional listing on HEA website
7. Online contact through Yahoo and Facebook
8. Access to the HEA publication *Hypnotes*
9. Able to submit articles to *Hypnotes*
10. Access to relevant publications and other tools at conferences
11. Promotion of one's seminars and training programs to the members
12. Promotion of one's own publications and tools at conferences
13. Recognized as maintaining the highest professional and personal standards and ethics
14. Being part of a caring, friendly, and most welcoming group!!!

HEA Fall Conference 2020

Zooming in: Closeup on the Craft

Friday, Nov. 13 – Sunday, Nov. 15, 2020

**Our conference will be held online via Zoom,
even Friday's *Buddy Todd Hospitality Night!***

TAKE TWO! The presentations in this conference will be digitally recorded with full Video and Audio. Everyone who registers will receive a link to join the conference as well as a link to download the recordings after the conference once they are posted. So even if you can't make it on the 14th and 15th, register now to get the whole enchilada! (But you must register for the conference to get them!)

ONLINE REGISTRATION ONLY!

Register for the conference and pay dues online by Nov. 9, 2020

To register, log on to <http://heahypnosis.com/conferences/conference-fall-2020/>

Conference fees:

Member – \$70

Board of Directors – \$35

Non-Member – \$100 (Join before Oct. 31 and pay the Member rate. You'll then have all the membership benefits including all conferences.)

Renew or join now! It's only **\$55** for 2021. HEA membership runs from Nov. 1 to October 31 for all members, no matter when you join.



See you at the conference!! Volunteer to be on the Board of Directors!!

Friday Night Details: Buddy Todd Hospitality Night! We will gather online to celebrate the season and have fun as Buddy Todd, our dearly departed Hospitality Chairman, always helped us do. **BYO** “Quarantini” drink and food. Casual attire.

See you in Buddy’s Hospitality Suite!



Conference-at-a-Glance**

Friday, November 13

7:30 pm **Buddy Todd Hospitality Suite online via Zoom**

Saturday, November 14

9:30 – 10:00 **Sign in to Zoom, Meet, & ‘Mingle’**

10:00 – 10:15 **Michael Watson**– President’s Welcome & Announcements, Nominations for Vice President & Treasurer

10:15 – 11:15 **Will Wood** – A Simple Method to Teach Your Clients to Ground and Center

15 min. Break

11:30 – 1:00 **Melissa Tiers** – Coaching the Unconscious Mind: A Working Model for Change

1:00– 1:45 **Lunch break**

1:45– 2:45 **Kathi Kenedi** – Life Force Connection

15 min. Break

3:00 – 4:30 **Stephanie Conkle** – Your Unconscious Has a Mind of Its Own.

4:30 - 5:00 **Board Meeting**

Sunday, November 15

9:30 – 10:00 **Sign in to Zoom & ‘Mingle’**

10:00 – 10:15 **Michael Watson** -Announcements and Election

10:15-11:15 **Wes Rocki, MD** – Is Your Life Scripted or Improvised?

15 min. Break

11:30-1:00 **Shelley Stockwell** – Who Were You Before You Were You?

Lunch

1:45 - 2:45 **Art Emrich** – The Map Is Not THE Territory, BUT It Is OUR Territory

15 min. Break

3:00 – 4:30 **Karen Hand** - Crafting Suggestions with Magic Words and Language Patterns

4:30 -5:00 **Wrap up, Announcements, and Farewell: Till We meet in Oldsmar, FL. TBA**

Presentation details begin on Page 5

***This schedule is subject to change*

Reminder!!

Pay your 2021 dues when you register for the conference.

Dues are only \$55/yr.

HEA membership runs from Nov. 1 to October 31 for all members, no matter when you join.

Easy to pay online--
www.HEAhypnosis.com

~~~Conference Presentations and Presenters~~~

**Saturday, Nov. 14**

**10:15-11:15**



**A Simple Method to Teach Your Clients  
to Ground and Center**

**With Will Wood**

When I work with clients, I believe my first responsibility is to teach them skills to run their own minds better. Many of my clients do not have a simple way to ground and center. Today you'll learn a simple four-step technique to support you in helping your clients to ground and center.

***William Wood** – Will - is a Certified Master Practitioner and Trainer of Neuro Linguistic Programming. He has advanced trainings in the medical and dental applications of hypnosis, and contextual hypnotherapy. Since being introduced to powerful personal development concepts derived from the life work of Master Hypnotist Milton Erickson in 2005, his work has had huge impact on his personal life and professional career. Contact: [william.wood@northernutahypnosis.com](mailto:william.wood@northernutahypnosis.com) [www.northernutahypnosis.com](http://www.northernutahypnosis.com)*

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11:30-1:00

**Coaching the Unconscious Mind:
A Working Model for Change**

With Melissa Tiers

In this workshop you will learn the basic structure of change and how to spur on neuroplasticity to make or break any habituated patterns of doing, feeling, or thinking. You will learn how integrating priming, embodied cognition, poly-vagal theory, and practical neuroscience can make multi-level change work feel like magic.



***Melissa Tiers** is a multi-award-winning author, speaker, and hypnosis trainer. She is the founder of The Center for Integrative Hypnosis with a private practice in New York City. Contact: www.melissatiers.com mmtiers@icloud.com*

1:45-2:45

Life Force Connection

With Kathy Kenedi, CHI



Enjoy this hands-on experiential exploration of your energy field. Using Hypnosis, learn how to explore the levels of your energy field to improve your mental, physical, emotional, and spiritual wellbeing. Using this technique for yourself and your clients will bring overall peace and calmness to your/their everyday life. Life Force Connection is an excerpt from the Hypno-Mindfulness IHF Certification, 15 Module On-line Course designed and taught by Kathi Kenedi, CHI, and Tammy Lynn McInnis, CHI.

Kathi Kenedi, CHI, Founder of Bottom Line Hypnosis and New Energy Institute is a Board Certified Transpersonal/Clinical Hypnotherapist and Energy Wellness Practitioner. Advisory Board member of the International Hypnosis Federation (IHF), Hypnosis Certification Instructor, Life Coach, Holy Fire III, Reiki Master Teacher, EFT Certified, Spiritual Counselor and Contributing Author in several books. Co-Host of Free Hypnosis-IHF and Graduate of University of Metaphysical Sciences (UMS). Contact: krkenedi@gmail.com www.bottomlinehypnosis.com

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3:00-4:30

**Your Unconscious Has a Mind of Its Own**

**With Stephanie Conkle**



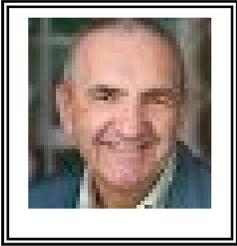
Most people think the subconscious mind is what happens at the autonomic nervous level. Yes, the subconscious keeps your heart beating, your lungs breathing, regulates your temperature, digests your food, etc... but it is so much more than that. When we say the subconscious “has a mind of its own”...it really does. It even has personalities that you can talk to and negotiate with. It’s not like a robot that you give hypnotic commands to for reprogramming of the nervous system, although that is certainly ‘one’ function of it, it is much more layered and richer than you can imagine. The Subconscious provides ego states (coping mechanisms) to assist you through traumas. It is the source of all healing on all levels...physical, mental, emotional, energetic, and spiritual. It even can bring you to your past lives and connect you to your higher purpose (if you have a spiritual belief.) And how we treat it in hypnosis can make or break a session. I’ll explain my experience with the Subconscious in its many roles and forms, and show you how you, too, can have richer sessions with your clients by knowing how to work with the Subconscious in its many forms.

***Stephanie Conkle is an award-winning Clinical Hypnotherapist with more than 12 years of experience working with clients on a daily basis. She is a Client-Centered Hypnotherapy Instructor both teaching and mentoring hypnotherapy students in advanced therapeutic techniques. Stephanie is an industry innovator and is well known for creating the highly successful Profound Somnambulism Protocol (the PSP). She is a published author, public speaker, mother of three, and an advocate for children with Autism. Contact: [stephconkle@gmail.com](mailto:stephconkle@gmail.com) [www.stephanieconkle.com](http://www.stephanieconkle.com)***

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**Sunday, Nov. 15**

**10:15-11:15**



**Is Your Life Scripted or Improvised?**

**With Wes Rocki, MD, PhD, CHt**

We are all actors playing specific characters in our professional and personal roles. Let's apply improv principles to explore and modify the scripts which we and our clients follow.

***Wieslaw "Wes" Rocki, MD, PhD, CHt, offers science and intuition-based creative, respectful, relaxed, and safe healing partnerships with his patients and their healthcare providers. Patients who work with Dr. Wes benefit from his diverse training in mainstream and complementary medicine in addition to alternative healing disciplines. His current passion is combining theatrical improvisation with hypnotherapy applied to healing chronic emotional trauma, a root cause for a majority of chronic diseases. Contact: [www.selfhealingcare.com](http://www.selfhealingcare.com) [drwes@selfhealingcare.com](mailto:drwes@selfhealingcare.com) 352-456-1185***

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11:30 – 1:00

Who Were You Before You Were You?

With Shelley Stockwell

Fasten your seat belt and be ready to journey back in time to your soul essence and your life before life. This highly experiential and unforgettable journey will reveal your life's purpose so you stay true to the way you were made and the gifts hidden within. Afterward you can take this process and use it with others. Have a fine trip!



Shelley Stockwell-Nicholas, PhD, is the author of 25 books (three co-authored with Ormond McGill) including "Time Travel: Do It Yourself Past Life Journey Handbook." She certifies Hypnotherapists, Medical and Dental Specialists, Mindfulness Instructors, Past Life Regressionists, and Hypno-Coaches. The President of the International Hypnosis Federation and www.hypnosisfederation.com, she's a regular guest in the media and in print. For forty years, Shelley has dedicated herself to practical hands-on training and fun. Contact: shelleynicholas@cox.net www.hypnosisfederation.com

1:45-2:45



The Map Is Not THE Territory, BUT It Is OUR Territory

With Art Emrich

We all operate based on the "reality" we know. Here is an opportunity to review how we create our internal reality (map) by sampling external reality. We do it by looking for evidence to support our beliefs. Once you know this, you can literally change the world you live in - for the better.

Learnings:

- How Do We Build Maps?
- How Do We Change Maps?
- How Does AAA Copy Our Processes?
- Why We Will Never Know Reality...

As the founder of U-Solutions, LLC, in Sarasota, FL, Dr. Emrich works with clients in the fields of change management, athletic competition, medical referrals, and peak performance in upcoming events. Art is dedicated to educating colleagues and the public about the effectiveness of hypnosis. His intention is to inform about how hypnosis works, what it can accomplish, and what clients can expect when they learn how to engage both their conscious and their unconscious minds to achieve their goals. Contact: abemrich@comcast.net

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3:00-4:30

## Crafting Suggestions with Magic Words and Language Patterns

With Karen Hand



Have you gone frantically searching for just the right script to deal with an unusual issue presented by a client? Or worse, have you had clients in your office who admit they really want to work on something other than what was mentioned during the screening or consultation? Avoid the panic! Confidently move forward with the Magic Words and Language Patterns Formula that allows you to craft irresistible suggestions for change. Realize, your clients have the best solution to their issues. The formula (with complete handouts for immediate use) allows you to conduct every session with the confidence to know you are already prepared with the magic words and language patterns needed for successful sessions.

***Karen Hand** is a Board-Certified Hypnotist, Trainer, International Best-Selling author, and World-Class Communicator. 30 years as a Chicago radio personality was the perfect foundation for using language to help others exercise their imaginations. Karen sees clients and conducts trainings globally via ZOOM. She received Hypnotist of the Year, Educator of the Year, Leadership Award, and the IMDHA Pen & Quill Award for Literary Excellence. Karen currently has two published books, [Magic Words and Language Patterns](#), [The Hypnotist's Essential Guide to Crafting Irresistible Suggestions](#) and [Hypnotic Workshops Like a Pro!](#) Contact: [Karen@karenhand.com](mailto:Karen@karenhand.com) [www.KarenHand.com](http://www.KarenHand.com)*