

## COMING EVENTS

### BILL O'HANLON



#### OUT OF THE BLUE AND BEYOND THE INVISIBLE FENCE:

##### Effective Therapy Approaches for Depression, Anxiety, Panic and Phobias

Depression and anxiety-related issues are the more common concerns brought to therapy. In this two-day workshop, you will learn effective, humane, compassionate approaches to reducing or eliminating depression and anxiety issues.

Delivered with clarity, humor and an eye toward practical applications you can use right away. A regular visitor to Australia and always popular with Kassan Events attendees.

**JUNE & JULY 2012**

### ABOUT THE SPEAKER



**Dr. Robert McNeilly** was in a suburban Melbourne general medical practice for 10 years.

He had the rare privilege of learning directly with Milton Erickson. Erickson's flexibility was legendary, and many experts

have tried to understand and codify his approach, leading to a bewildering complexity of techniques and protocols which can be daunting to a beginner, and a challenge to the most experienced therapist. Erickson was adamant that we should not try to copy him. Rather, he invited students to find their own way, their own style, their own voice. Rob was inspired by his human approach to therapy and created his own interpretation to assist clients in a respectful, dignified way with the human dilemmas that affect individuals, couples and families.

In 1988 he founded the CET to introduce Ericksonian Hypnosis and the Solution Oriented Approach to hypnosis, counselling and coaching in Australia. For more than 20 years his contribution has been recognised locally, nationally and internationally. His teaching style, writing and unique approaches to learning and therapy allow for a ready and accessible application to everyday living.

He is co-author, with Jenny Brown, of ***Healing With Words, Healing the Whole Person*** was published by Wiley, and Crown House have published a series of DVD demonstrations of counselling and hypnosis.

Students from all around Australia, as well as Denmark, Brazil, Singapore and USA comment on his easy, respectful manner and his elegant ability to make complex issues approachable while retaining their essence.

### DR ROBERT MCNEILLY



## SOLUTION ORIENTED HYPNOSIS AND MINDFULNESS

Using Ericksonian Hypnosis  
in experiencing integrating  
and extending



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HELPING PROFESSIONALS WITH INNOVATIVE TRAINING

## WORKSHOP DESCRIPTION

Mindfulness has been around for centuries and is experiencing a wave of new interest. Originally a spiritual practice, it is becoming a popular adjunct to psychotherapy with a growing accumulation of evidence for its efficacy in helping a wide range of clinical problems from anxiety and depression to more extreme problems such as schizophrenia.

Hypnosis has also been around for centuries and has been plagued by its association with magic and mind control, creating fears and concerns about its clinical use.

When we explore the benefits that hypnosis offers - creating a direct experience of a preferred experience [a solution] - and integrate this with the healing experiences of mindfulness, each extends the depth and breadth of the other, taking our effectiveness and personal satisfaction to the next level.

In this comprehensive 3 day intensive, CET with the Milton H Erickson Institute of Tasmania offers a unique opportunity to be immersed in the principles and applications of these two treatment models in contemporary psychotherapy.

This workshop is open to practitioners of all levels of experience who are passionate about their work.

In this programme we will:

- Explore beautifully simple methods of inviting anyone into the experience of hypnosis and to connect with their unique resources in a dependably reliable way,
- Combine hypnosis with mindfulness practices respectfully, seamlessly and easily,
- Generate ways of softening rigidities that keep problems stuck, and unique flexibilities in experience that hypnosis can contribute,
- In a mood of respectful lightness and safety so that whatever our levels of experience, we can find our own individual version of this method and apply it to our work readily and immediately.

*This seminar counts towards your APS PD requirements and attracts **21 points** (21 hours) for your active CPD activities component. Continuing Professional Development hours information is available at [www.kassanevents.com](http://www.kassanevents.com)*

## FEES

**\$880** (\$800+GST) until 1 September  
Late Fee \$990 (\$900+GST)

Your fee includes:

- Handouts
- Arrival tea/coffee, morning/afternoon tea and lunch
- Certificate of Attendance at completion of the workshop
- Access to books/resources relevant to this workshop

## WORKSHOP OUTLINE

### DAY ONE

- Ericksonian vs traditional hypnosis problem solving or solution creating? Exploring "What's missing?"
- A fail safe method of inviting anyone into hypnosis Mindfulness practices
- Finding resources predictably
- Connecting clients with their resources
- A session format as a beginning to apply to any client

### DAY TWO

- Early learning - making change doable
- Therapeutic stories - how to find "the right story"
- Incorporating stories into a session

### DAY THREE

- Applying the process to: Anxiety, depression, phobias, habits, pain management, trauma, relationships.
- Summary and review

## OBJECTIVES

1. Understand the principles and use of Ericksonian hypnosis
2. Understand and use the principles of a solution approach in hypnosis
3. A fail safe method of creating a hypnotic experience Integrating hypnosis and mindfulness
4. Integrating hypnosis and mindfulness
5. Tailoring the process to fit each individual
6. Feel confident to begin to use hypnosis and mindfulness in clinical practice with a wide range of situations

## REGISTRATION

TITLE	NAME
_____	
COMPANY	
_____	
ADDRESS	
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PHONE	
_____	
EMAIL	
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### WORKSHOPS & FEES

- Melbourne** 13–15 November 2012, Royce Hotel  
**\$880** (inc.GST) until 1 Sept / **\$990** (inc.GST) after 1 Sept

AMOUNT PAYABLE \_\_\_\_\_

### PAYMENT METHOD

- Direct deposit** ACC NAME: Kassan Events Pty Ltd  
BSB: 304-190 (Bankwest)  
ACC NO: 004 9241

- Credit card**  mastercard  visa

*Credit card fee of 1.9% applies*

NAME ON CARD \_\_\_\_\_

CARD NUMBER \_\_\_\_\_

CIC *This is the three (3) digit number on the reverse of the card.*

EXPIRY DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

- Cheque** made out to Kassan Events

### COMPLETE THIS FORM AND SEND TO KASSAN EVENTS

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