

## COMING EVENTS

### DR ROBERT MCNEILLY

## SOLUTION ORIENTED MINDFULNESS AND HYPNOSIS

### Using Ericksonian Hypnosis in experiencing, integrating and extending



In this 3 day intensive, CET with the Milton H Erickson Institute of Hobart offers a unique opportunity to be immersed in the principles and applications of one of the most rapidly growing treatment models in contemporary psychotherapy.

Dr. Robert McNeilly had the rare privilege of learning directly with Milton Erickson. Inspired by his approach to therapy, Rob created his own interpretation to assist clients in a respectful, dignified way. Rob is known for his respectful manner and his ability to make complex issues approachable while retaining their essence.

MAY & NOVEMBER 2012



### ABOUT THE SPEAKER

Bill O'Hanlon, MS, LMFT, has authored or co-authored 30 books, the latest being **Quick Steps to Resolving Trauma** (W.W. Norton, 2010), **A Guide to Trance Land** (W.W. Norton, 2009), **Write is a Verb** (Writer's Digest Books, July

2007) **Pathways to Spirituality** (W.W. Norton), **Change 101: A Practical Guide to Creating Change** (W.W. Norton, Fall 2006), and **Thriving Through Crisis** (Penguin/Perigee; winner of the Books for a Better Life Award).

He has published 57 articles or book chapters. His books have been translated into 15 languages: French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish, Korean, Indonesian, Italian, Croatian, Arabic and Japanese.

He has appeared on **Oprah** (with his book **Do One Thing Different**), **The Today Show**, and a variety of other television and radio programs. Since 1977, Bill has given over 2000 talks around the world. He has been a top-rated presenter at many conferences and was awarded the **Outstanding Mental Health Educator of the Year** in 2001 by the New England Educational Institute.

Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. Bill is clinical member of AAMFT (and winner of the 2003 New Mexico AMFT Distinguished Service Award), certified by the National Board of Certified Clinical Hypnotherapists and a Fellow and a Board Member of the American Psychotherapy Association. He is known for his storytelling, irreverent humor, clear and accessible style and his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational.



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[www.kassanevents.com](http://www.kassanevents.com)

### BILL O'HANLON



## OUT OF THE BLUE AND BEYOND THE INVISIBLE FENCE

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



HELPING PROFESSIONALS WITH INNOVATIVE TRAINING

## WORKSHOP DESCRIPTION

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 by well-known possibility therapist Bill O'Hanlon, a former student of the late psychiatrist Milton Erickson and a guest on Oprah with one of his 34 books.

This workshop will provide a wide range of allied professionals with the very latest tools and modern day approaches.

## OBJECTIVES

- List new understandings of depression and its treatment
- Implement six innovative strategies for relieving depression
- Challenge prevailing models of treatment for depression
- List ten effective ways of treating anxiety and phobias
- Use at least one physiologically- and neurologically-oriented approach to resolving phobias
- Differentiate fears of physical danger from emotional/psychological fears

## FEES

**\$594** (\$540+GST) until 1 May. Late Fee \$693 (\$630+GST)

Your fee includes:

- Handouts
- Arrival tea and coffee, morning and afternoon tea and lunch (please advise if you have special catering/dietary requirements)
- Certificate of Attendance at completion of the workshop
- Access to books/resources relevant to this workshop

## WORKSHOP OUTLINE

### DAY ONE

#### Out of the Blue – Escape from Depression

- The Possibilities approach: What some special dogs can teach us about relieving depression
- Causes are less crucial than solutions
- Sitting with the darkness: Helping people through their depressive episodes without withdrawing, minimizing or giving false hope
- Six Strategies for Escaping Depression:
  - 1 Walking out of depresso-land
  - 2 Undoing depression
  - 3 Ridding yourself from the alien invader
  - 4 Challenging isolation
  - 5 A future with possibilities
  - 6 Re-starting brain growth

### DAY TWO

#### Beyond the Invisible Fence

- Ten solution-oriented methods to reducing and eliminating anxiety, phobia and panic problems
- The main effect of fear, anxiety, phobias and panic: Restriction of movement and activity
- The invisible fence: How fear, anxiety and depression keep people confined to a small territory
- Challenging the limits of fear, anxiety and panic:
  - 1 The room of 1,000 demons
  - 2 Looking fear in the eyes
  - 3 Liberating territory from fear
  - 4 Externalizing fear
  - 5 Embracing the feared
  - 6 Desensitizing to the symptoms of fear
  - 7 Deliberately seeking out fear or feared situations/ thoughts/feelings
  - 8 Fear as signal
  - 9 Fear as a call
  - 10 Fear as frozen energy

## REGISTRATION

TITLE \_\_\_\_\_ NAME \_\_\_\_\_

COMPANY \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

### WORKSHOP & FEES

**Melbourne** 27–28 June 2012, Royce Hotel  
**\$594** (inc.GST) until 1 May / **\$693** (inc.GST) after 1 May

**Byron Bay** 2 July 2012  
**\$330** (inc.GST) until 1 May / **\$440** (inc.GST) after 1 May  
*This is a 1-day condensed version of the workshop*

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

**POST** PO Box 21, Ocean Shores NSW 2483

**EMAIL** contact@kassanevents.com

**FAX** 02 8088 1329

WEBSITE

*This seminar counts towards your APS PD requirements and attracts **14 points** ( 14 hours ) for your active CPD activities component. Continuing Professional Development hours information is available at [www.kassanevents.com](http://www.kassanevents.com)*