

2023 Annual Pain Care Skills Training Virtual
Workshop Title: *The Benefits of Mindfulness & Hypnotherapy for Pain*
Presented by: Kathleen McChesney, M.A., Psy.D.
Offered: 15 AUGUST PM 1300-1500 EDT
Location: Zoom Gov

Course Description:

As traditional western medical models of patient care once emphasizing hypno-therapeutic skill learning has shifted to a more integrated, interdisciplinary model of care; newer generations of clinical providers are encouraged to appreciate, learn, and practice eastern traditions emphasizing meditative/mindfulness skills for the treatment of suffering associated with pain-related conditions. One's educational experience may have emphasized hypnotherapeutic skills, while others may have only been exposed to mindfulness/meditative skills. This course is designed to inform the audience of both traditions, how both have been used to treat pain, and how both offer unique changes to brain activity that can manifest different outcomes depending on the treatment plan/goal of care.

Learning Objectives:

1. To provide a basic understanding of the different models of care to treat pain and psychosomatic conditions.
2. To help providers appreciate there are benefits to different approaches
3. To refine a practitioner's rationale for pursuing one versus another in the treatment of our patients.

15 AUG 2024 Agenda

1300-1400 Understanding the Basics

- A. What is Mindfulness? History, Function, How it works
Indications for Use
Contraindications for Use
Practice Example
- B. What is Hypnosis? History, Function, How it works
Indications for Use
Contraindications for Use
Practice Example

1400-1415 ----- **BREAK** -----

1415-1445 Mindful Hypnosis – Yes we can have Both!!

- A. What is Mindful Hypnosis? History, Function, How it works
Indications vs. Contraindications for Use
Summary: it's okay to be in both camps!!
- B. Purism vs. Blending – Be informed of your treatment goals/intentions
- C. Available Training/Supervisory Opportunities

1445-1500 Questions and Answer Session