

International Association of Counselors and Therapists  
International Medical and Dental Hypnotherapy Association

*The Wonder of You!*  
**HYPNO EXPO 2025**  
**MAY 16TH TO 18TH**



[www.iact.org](http://www.iact.org) IACT | IMDHA [www.imdha.com](http://www.imdha.com)



# IACT / IMDHA



*Dear friend and colleague,*

This year's Hypno Expo conference is all about YOU — The Wonder of You!

Dive into a world of endless possibilities as we explore the depths of human potential together. Prepare to be enriched as we probe the nuances of hypnosis and unlock the extraordinary wonders of you. This year's conference is a journey of self-discovery, where you'll greatly enhance your knowledge and understanding of our craft.

The event features a stellar lineup of global experts, groundbreaking topics, and innovative courses, workshops, and lectures. It's your passport to networking with top-tier educators and like-minded professionals. This is your invitation to join us in sunny Orlando, Florida, for an unforgettable learning experience. Don't miss this opportunity to elevate your practice and transform lives.

This catalog is your compass to navigate the exciting program ahead. We've curated a dynamic lineup that explores the latest trends and challenges in our field. Whether you're a seasoned pro or just starting out, you'll find inspiration and insights to augment your practice, leaving this conference enriched.

In addition to the Friday festivities, full conference registration entitles you to FREE access to the Exhibitor Room, complimentary attendance to over 50 lectures, 18 workshops, and a full-day course on Rapid Addiction Solutions, taught by 2001 IACT 'Educator of the Year' William Horton — all for one low price! You'll find complete descriptions of these offerings within the pages of this catalog.

To further enhance your conference experience, we're pleased to offer a complimentary continental breakfast each morning (Friday, Saturday, and Sunday). Additionally, you'll enjoy a variety of refreshments throughout the day. Don't forget to consider registering for the exclusive opportunity to connect with industry leaders at our networking luncheon on Saturday with Sheila Granger and on Sunday with Shelley Stockwell-Nicholas.

To make attending the conference even more accessible, we're offering a flexible payment plan for full conference registration and selected pre/post-conference courses. This interest-free plan, powered by Shopify, allows you to budget your expenses while gaining invaluable knowledge from world-renowned experts.

Our host hotel, the DoubleTree by Hilton at SeaWorld, offers top-tier accommodations, spacious rooms, and stunning grounds that evoke the tropical ambiance of a 5-star resort. These exceptional amenities elevate the in-person experience of the 2025 Conference to new heights. And that's not all! Upon registering, you'll be greeted with a warm, freshly baked chocolate chip cookie — a DoubleTree tradition enjoyed by millions of guests worldwide. DoubleTree bakes 77,000 of them each day globally; surely a guest favorite!

This year, we've assembled an all-star lineup of 61 world-renowned educators to deliver a diverse and eclectic array of topics. From an inspiring keynote to hands-on workshops, you'll have the chance to learn from the best in the field. With nearly 100 exclusive presentations, you can customize your learning experience to fit your specific goals. Don't miss this unique opportunity to level up your skills and ignite your passion!

May in Orlando is the perfect blend of sunshine and savings. With average temperatures in the mid to high 80s, you can enjoy balmy days and pleasant evenings — ideal for outdoor networking and social events. Plus, with lower flight and hotel rates compared to peak season, you can focus on what truly matters: learning, growing, and connecting with industry peers.

I encourage you to join us in Orlando this May. Dollar for dollar, the conference will prove to be one of the best values for your educational investment. You can't expect to meet today's challenges with yesterday's tools and still expect to be in business tomorrow. Consider taking a weekend out of your busy life to invest in the Wonder of You!

I look forward to welcoming you to Orlando at the DoubleTree by Hilton at SeaWorld this May when the weather is magnificently perfect, the sunrises are breathtakingly beautiful, and the camaraderie is incredibly inspiring.

We'll see you there!

*"An investment in knowledge pays the best interest." – Benjamin Franklin*



The International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association® have once again joined forces to offer you an extraordinary opportunity for continued education, personal growth, and advancement in the profession.

When you attend HypnoExpo 2025 you are assured of an exuberating and enriching experience. Live participation provides a 360- degree perspective from experienced, well-informed educators. You'll have the opportunity to talk with your peers one-on-one about their best practices, case studies, tips and techniques. Never underestimate the value of hands-on training. While a picture may be worth a thousand words, a live presentation is *priceless!*

With that being said, we understand there are times when physical attendance is just not possible. So again this year, we're excited to offer you an alternative to physical attendance. Virtual Conferencing!

We have nearly two decades of experience in bringing the conference to you *Streaming live!* This means you can attend the conference without ever leaving your home or office! Virtual conferencing is the wave of the future and we're happy to be the first hypnosis organization to offer this option. Whether you join us LIVE in sunny Orlando, Florida or 'Virtually', from the comfort and privacy of your home or office, you are sure to find the experience rejuvenating, invigorating and refreshing. Attending the conference in either venue also fulfills your annual obligation of continued education.

So, register for conference today! We've taken steps to ensure that your registration experience is quick and easy. Online Conference Registration is available at [www.HypnoExpo.com](http://www.HypnoExpo.com). You may also register by calling Hypnosis Headquarters (570) 869-1021, or download and print the conference registration form from the web. A dedicated fax line (570) 896-1249 (private and secure) is available 24 hours a day.

Although you may reserve a room at any time, deadline for reservations with a discount is April 12th or until the block of rooms is sold out. To reserve a room call the hotel directly. Call (855) 610-TREE. Use reservation code 'HYP'

We look forward to seeing you in sunny Orlando, Florida this May.

**Robert Otto, President, CEO**



**The International Assn. of Counselors and Therapists  
The International Medical & Dental Hypnotherapy Assn.®**

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Phone: 570-869-1021 • Fax: 570-869-1249  
[www.iact.org](http://www.iact.org) [www.imdha.com](http://www.imdha.com)

**HYPNO EXPO 2025**

**CONFERENCE REGISTRATION:**

**REGISTER ONLINE:** Go to: [www.HypnoExpo.com](http://www.HypnoExpo.com)

**REGISTER REGISTER BY PHONE:** Call Hypnosis Headquarters at: (570) 869-1021

**REGISTER BY FAX:** Complete your registration form and fax to: (570) 869-1249. (The secure fax line is a dedicated line-available 24 hours a day).

**REGISTER BY MAIL:** Complete your registration form and mail with appropriate fees to: IACT/IMDHA, 8852 SR 3001, Laceyville, PA 18623. You may download a copy of the REGISTRATION FORM by going to [www.HypnoExpo.com](http://www.HypnoExpo.com) and selecting the Conference Catalog. Follow the prompts.

**ROOM RESERVATIONS:** Reserve your room by CALLING THE HOTEL directly at (855) 610-TREE. Use Reservation Code 'HYP' for special rate. A block of rooms have been reserved for May 16-18, 2025. You can reserve your room by using the ONLINE RESERVATION. Go to the Association's home page and select Annual Conference. Then select Amenities. Deadline to receive the special rate is April 12th or until the group block is sold-out, whichever comes first.

**TRANSPORTATION:**

**Thrifty is proud to be the official car rental agency of Hypno Expo 2025.** Use corporate code 3029669. Easy online reservations can be made directly through the Association's website; "Conference ->Amenities".

**DIRECTIONS:** Call the hotel (855) 610-TREE

**CONFERENCE PACKAGE INCLUDES:** Access to the Exhibit Area, entertainment, daily continental breakfast & snacks for ALL 3 days! (1) ticket for a 3-course meal at the annual Awards Banquet on Saturday (May 17th, 2025). Admittance to ANY 45 minute Lectures (Magnolia A, B, & C). Admittance to ANY 2-HR Workshops marked FREE. \*Pre-registration recommended! Admittance to W. Horton's FREE 1-Day Rapid Addiction Solution Masterclass on 5/15. \*Pre-registration required!

**TAX DEDUCTION:** An income tax deduction is allowed for expenditures of education (including travel, meals and lodging) undertaken to maintain and improve professional skills. (See Treasury Regulation 1:62-5: Coughlin v Comm. 203F.2d307).

**CANCELLATIONS:** To receive a full refund (minus a \$25 administrative fee), cancellations must be made in writing and postmarked prior to April 12th.

**CONTINUING EDUCATION:** Full attendance of the event on Friday, Saturday and Sunday fulfills your annual CEU obligations in IACT and IMDHA. Additional credits are on an 'hour-for-hour' basis. Validation will be provided upon request.

**RECORDING:** We have contracted the services of a professional recording company. No personal recording is permitted. Recordings will be available for sale post conference. You may purchase recordings by completing the form or ordering through the online store.

**CONSENT:** There will be various professionals on site to photograph and record the event. By attending the conference you give consent to be a participant in any conference recordings or photographs.

**CLASSROOM POLICY:** Your opinion counts! Evaluation forms will be distributed for each class. Your co-operation in completing the forms will provide valuable feedback of each presentation. This is what is used in evaluating the speakers and topics for next year. Name badges MUST be worn at all times. Please be sure to silence your cell phones prior to the start of a lecture.

# PRE & POST CONFERENCE COURSES

	Flamingo 10am - 5pm	Mangrove 10am - 5pm	Seagrape 10am - 5pm	Silver 10am - 5pm
Wednesday 5/14/2025	J. Hanson <b>2-Day Course</b> Client-Centered Parts Therapy			
Thursday 5/15/2025	J. Hanson <b>2-Day Course</b> Client-Centered Parts Therapy	M. B. Svatek <b>1-Day Course</b> Healing Your Own Trauma & Helping Your Clients to Heal Theirs	W. Horton <b>1-Day Course</b> Rapid Addiction Solution Masterclass <b>*FREE*</b>	P. Scott & E. Rosen <b>1-Day Course</b> Medical Hypnotherapy <i>(optional certification opportunity)</i>

## HYPNO EXPO 2025 | FRIDAY, May 16th to Sunday, May 18th

	Magnolia A 10am - 5pm	Magnolia B 10am - 5pm	Magnolia C 10am - 5pm	Dogwood 10am - 5pm
Monday 5/19/2025	J. Hanson <b>2-Day Course</b> Train the Parts Therapy Trainer	M. Watson <b>2-Day Course</b> Stress Management Consultant Certification	B. Eimer & E. Rosen <b>1-Day Course</b> Attachment Hypnotherapy for Improving Intimate Relationships	L. Donnelly <b>1-Day Course</b> IEMT Specialty Training <i>(optional certification opportunity)</i>
Tuesday 5/20/2025	J. Hanson <b>2-Day Course</b> Train the Parts Therapy Trainer	M. Watson <b>2-Day Course</b> Stress Management Consultant Certification		

# FRIDAY AT - A - GLANCE

5/16/25

Magnolia A

Magnolia B

Magnolia C

Cypress A

Cypress B

Cypress C

Citrus A

Seagrape

## Conference Orientation & Welcome Address in Citrus B

9AM							<b>E X H I B I T A R E A</b>						<b>Chapter Meeting</b>			
10:00AM to 10:45AM	W. Horton Top 3 NLP Techniques for Neuro Coaching	M. McCool Niche Riches	S. Mitera Put Your Best Face Forward	A. Bramante AI for Content Creation	P. Blum Finding Your Medicine: Animal, Bird, Plant, Element?	J.P. Ayala Powerful Reframes: Discover the Real Truth Behind Your Thoughts							<b>IMDHA School Meeting</b>			
11:00AM to 11:45AM	B. Lemire The Esdaille State	S.M. Fatemi Why Do We Need to Apply Hypnosis to Treat Depression	D. Mrdak Unlocking Fertility and Harnessing the Subconscious Power	<b>* LUNCH BREAK *</b>												
12PM																
1:00PM to 1:45PM	B. Austin The Long Goodbye	M. Babineaux Some Antics with Semantics	B. Rhodes Dealing with Narcissism	C. Prusha Empowering Neurodivergent Lives: Hypnosis Strategies for Holistic Healing	Z. Grant How to Create a Dynamic Facebook Marketing Plan	D. Simmons Shamanic Hypnosis							<b>IACT Instructor Meeting</b>			
2:00 to 2:45PM	J. Onesta Stop Wasting My Time: Avoiding the Clients Who Could Hurt Your Practice	S. Peacock Reversing the Negative Spiral: Using Hypnosis to Manage Depression	C. Saucic Feefulness: Feel a Feeling by Choice	L. Thunberg From Shattered to Wholeness: Childhood Chakra Regression	S.M. Andrews Really Fast Inductions for Hypnotherapists *FREE*	W. Horton Behavior Profiling and Deception Detection							<b>Committee Meeting</b>			
3:00 to 3:45PM	W. Rocki Unmanifested Wonders of You	I. Bernhoft The Warehouse of Emotions: Shopping for Feelings for a Better Life	J. Taylor Emotional Fitness: The 4 Quadrants of Health													
4:00 to 4:45PM	E. Rosen Trauma Informed Clinical Hypnotherapy	L. Diaz Hypnotherapy in Sexual Abuse: A Case Study	D. Turnball Relationships, Sex, and Metaphor... Oh My!													
6 to 9PM	Please join us on for a 'No-Host' Cocktail Reception with entertainment by Splash on the Harbor Terrace															
9PM	Singing Bowls Concert with Peter Blum in Citrus B															

# SATURDAY AT - A - GLANCE

5/17/25 Magnolia A Magnolia B Magnolia C Cypress A Cypress B Cypress C Citrus A

Keynote Address featuring R. Otto & S.M. Andrews in Citrus B							EXHIBIT AREA							
9AM							Networking Luncheon w/S. Granger   Leading Change: Hypnosis in the Future of Healthcare   Citrus B (\$30 Pre-registration REQUIRED no later than May 10th, 2025)							
10:00AM to 10:45AM	<b>S.M. Andrews</b> Forgotten Dave Elman Techniques for Hypnotherapy	<b>W. Moyer</b> Where There's a Will, There's a Change	<b>N. Wackernagel</b> Beyond the Scalpel: The 1st Pain-Free Plastic Surgery in the German-Speaking World – Achieved Without Anesthesia	<b>F. Mau</b> Rapid Hypnotic Induction in Clinical Hypnosis	<b>L. Bennett</b> Life Coaching & Hypnotherapy: The Perfect Pair! *FREE *	<b>M. McCool</b> La Luna's Wisdom: Ritualistic Hypnosis to Empower Entrepreneurial Women								
11:00AM to 11:45AM	<b>S. Granger</b> Build an Award Winning Hypnosis Business in 5 Easy Steps	<b>D. Papadakis</b> Releasing Fear on the Cellular Level	<b>J. Wackernagel</b> How to Make Your Practice Flourish with Mental Strength	<b>* LUNCH BREAK *</b>										
12PM							Networking Luncheon w/S. Granger   Leading Change: Hypnosis in the Future of Healthcare   Citrus B (\$30 Pre-registration REQUIRED no later than May 10th, 2025)							
1:00PM to 1:45PM	<b>K. Hand</b> The Wonder of You: Script Plus Experience	<b>A. Bramante</b> End Self Sabotage Now	<b>S. Prakash</b> Importance of Venting	<b>B. Lemaire</b> Pain Management for Acute Pain *FREE *	<b>S. Gilbert</b> Resolving Compassion Fatigue (Empathetic Distress) *FREE *	<b>A. Bachofen-Echt</b> From Classical Hypnosis to Mesmerism *FREE *								
2:00 to 2:45PM	<b>P. Scott</b> Change Your Client's I.D.	<b>E. Clark</b> Medical Hypnotherapy for MS	<b>G. Saunders</b> Performing Hypnosis: Don't Be a Chicken!	<b>* LUNCH BREAK *</b>										
3:00 to 3:45PM	<b>S. Stockwell-Nicholas</b> Hypno-Neurology: Do You Have the Nerve?	<b>S. Day</b> Daydreams & Detours: Blessing of Twists, Turns, and Potholes	<b>G. Zak</b> The Gallery: Stuck in Time	<b>D. Papadakis</b> Unlocking the Power of Regression: Transforming Lives Through Hypnosis *FREE *	<b>* LUNCH BREAK *</b>									
4:00 to 4:45PM	<b>J. Hanson</b> 5 Digits of Change (piano hand)	<b>J. Lavelle</b> Combating Procrastination	<b>L. Donnelly</b> Intro to IEMT	<b>* LUNCH BREAK *</b>										
7PM							Please join us for a 'No-Host' Cocktail Reception on the Harbor Terrace.							
8PM							Annual Awards Banquet and entertainment in the Harbor Ballroom. *ticket required*							

# SUNDAY AT - A - GLANCE

5/18/25

Magnolia A

Magnolia B

Magnolia C

Cypress A

Cypress B

Cypress C

Citrus A

## Sunday Service in Magnolia C

8AM									
9:00AM to 9:45AM	L. Bennett We Can Make a Difference	L. Hunt Beyond Hypnosis: Be the Vibrational Force of Change	J. Kaur Subconscious Forgiveness						
10:00AM to 10:45AM	M. Watson Reframing from the Inside Out	H. Gunn Body, Mind & Soul: The Healing Triad	A. Mackenzie Body, Mind & Soul: The Healing Energy of Hypnotherapy	S. Stockwell-Nicholas Great Relationships: Love ME, Love YOU, Love US	W. Rocki I Know Exactly What You Need				
11:00AM to 11:45AM	C. Hewerdine Weaving the Tapestry of Change: The Power of Storytelling	J. Eljay Revolutionize Your Hypnosis Practice with AI-Powered Marketing	N. Maly Unlocking the Power of Your Mind: Practical Hypnotherapy Techniques for Everyday						

### \* LUNCH BREAK \*

Networking Luncheon w/S. Stockwell-Nicholas | Joy Therapy | Citrus B  
(\$30 Pre-registration REQUIRED no later than May 10th, 2025)

1:00 to 1:45PM	S. Gilbert Developing Trust & Resilience When the World Seems Scary	S. Jackson Reprogramming for Success: Using Hypnotherapy to Shift Out of Imposter Syndrome	J. Onesta Mind Over Metabolism	T. Kanaan From Boohoo to Bwaha: Laughter is the Best Pattern Interrupt * FREE *	S. Granger Drop a Pant-Size in 4 Weeks with Hypnosis! Delivering Online and in Groups * FREE *				
2:00 to 2:45PM	F. Mau Do We Have an Ethical Responsibility to Prevent PTSD?	S. Khetan Healing the Inner Child Through Hypnosis & Expressive Arts	M. Babineaux Ethics & Mitigation: Case Studies	W. Moyer Let Go, Forgive, Move Forward * FREE *	M. Watson Games Hypnotists Play * FREE *				
3:00PM to 4:45PM	P. Blum Hypnotic Heads/Trance Tales: Deconstructing and Reconstructing Central Narratives * FREE *	N. Gerey Empowering Parents: Exploring the Guiding Method for Your Practice * FREE *	S. Prakash Die Empty, Die Enriched * FREE *						

# EXHIBIT AREA

**PANEL**  
L. Bennett, A. Bramante, J. Hanson, S. Day, S. Gilbert  
Newbie or Veteran: How to Stay Inspired & Connected  
\* FREE \*



# Lectures



**Friday, May 16th**

**Lectures 10:00 – 10:45**

## **TOP 3 NLP TECHNIQUES FOR NEURO COACHING**

**W. Horton**

Are you tired of feeling stuck and held back by the same old barriers? Have traditional methods like therapy, hypnosis, EFT, and EMDR left you wanting more? It's time to revolutionize the way you approach personal development and success. Neuro-Coaching goes beyond traditional approaches by directly addressing the neurological aspects of your challenges. Led by Dr. Will Horton, the mastermind behind breaking the code of NLP, this program reveals the secrets of neurobiology for achieving your goals. Join us and discover how Neuro-Coaching can transform your life.

## **NICHE RICHES**

**M. McCool**

Unlock the power of niche marketing to attract your ideal clients and secure a steady income. Gain the ability to attract and work with your ideal clients, creating a more fulfilling and profitable hypnosis practice through the power of niche marketing.

In this talk, I'll be guiding you through a powerful process so that you can really tap into your passion and the one problem you will be excited to solve, expertly.

## **PUT YOUR BEST FACE FORWARD**

**S. Mitera**

Elevate your on-camera presence by learning impactful techniques, maximizing your Smartphone's potential, and enhancing your visual content with cost-effective strategies.

Step into the spotlight with confidence in this dynamic 45-minute class designed to transform how you show up on camera. Whether you're speaking or posing, discover the subtle cues that captivate your audience and learn practical techniques to make a powerful impact in a short amount of time. You'll also uncover the secrets to using your Smartphone to capture stunning photos and videos of yourself, maximizing your time and resources without breaking the bank.

Join us to explore cost-effective strategies to enhance your on-camera presence using what you already have at your fingertips. This is an interactive, hands-on workshop where participants can immediately apply the techniques by using their phones during the session. You'll walk away with practical experience and supporting documentation to ensure you can confidently utilize these skills long after the class ends.

**Lectures 11:00 – 11:45**

## **THE ESDAILE STATE**

**B. Lemaire**

The Esdaile will have no secret for you.. and you will learn how to apply it in your hypnosis practice!

In this lecture, we'll cover the entire aspects of the Esdaile state: historical, neurosciences, clinical applications, indications, practical inductions, etc...

## **WHY WE NEED TO APPLY HYPNOSIS TO TREAT DEPRESSION**

**S.M. Fatemi**

What happens during hypnosis has great therapeutic implications for treating depression. I have used hypnotherapy to treat depression with wonderful results.

Hypnosis does many things that are immediately relevant to helping individuals with depression.

- Helps people with perspective management and focus.
- Facilitates the acquisition of new skills.
- Encourages people to define themselves as more resourceful than previously realized (enhancing their self-image as a result).
- Makes the transfer of information from one context to another easier and more efficient.
- Establishes helpful subjective associations more intensively.
- Provides learning to be more experiential and meaningful.
- Defines people as active managers of their internal world.

Hypnosis helps people sharpen key perceptual distinctions, create a safe distance from powerful feelings, proceed with new possibilities in deliberate behavioral sequence, rehearse new responses, develop undeveloped personal resources, and detach from a sense of victimhood.

Hypnosis isn't so much about making positive change happen as it is about creating an active learning experience that encourages and allows positive changes to occur. We can use hypnosis to support the amplification of positive affect, hopefulness for the future, increased flexibility in thinking, more consistent skillful social engagement, taking positive actions even when a person doesn't necessarily feel like it, noticing more of what's right, and less of what's wrong, and so much more.

## **UNLOCKING FERTILITY AND HARNESSING THE SUBCONSCIOUS POWER**

**D. Mrdak**

Attendees will get an educational, informative, interesting, and inspiring lecture that can help them get outstanding results in their work with clients.



We'll discuss:

- How prenatal trauma affects fertility.
- How Stress and Trauma imprints can be transmitted in utero.
- Uncovering and addressing subconscious fears.
- Harnessing subconscious power and reprogramming the mind.

In this talk, we will discuss subconscious mental blocks for conception and pregnancy. We'll discuss the physical and emotional trauma stored in the womb, the transmission of trauma from the womb to the child, and how to create a secondary womb and reprogram the subconscious mind.

### Lecture 1:00 – 1:45

## THE LONG GOODBYE

**B. Austin**

That moment...that moment, when one experiences the loss of a loved one or the day-by-day, week-by-week, month-by-month, year-by-year journey of caring for a terminally ill person with a long-term disease. Both are types of grief that cause pain and suffering for the survivors. However, the long goodbye is a process that isn't well understood.

In this talk, we will explore coping strategies to help our clients ease the pain of ambiguous loss.

Participants will better understand the anxiety of the Long Goodbye; and the suffering and anxiety of caring for a terminally ill person that seems to have no end.

## SOME ANTICS WITH SEMANTICS

**M. Babineaux**

Notice and tips to avoid some verbal miscues that can unknowingly subvert or sabotage a session. It may not be that you say the wrong thing, it may be that you say the thing wrong. Sometimes it is the word itself that you have every good intention in its use yet your client has a different response than you expected.

Carefully choose and rehearse the words and verbiage you plan to use, and even more importantly, decide which words not to use, with clients—especially first-time clients. This can take a conscious awareness approach to changing your communication style.

## DEALING WITH NARCISSISM

**B. Rhodes**

Are you a narcissist or helping people dealing with narcissists (good luck answering that)? This class teaches you how to get over yourself and be happy and love other people without being pissed off!

Given the widespread impact of narcissistic abuse 'affecting over a quarter of those I work with' this talk is crucial in offering strategies to release anger, maintain empowerment, tap into strength, and navigate this challenging dynamic effectively.

Attendees will gain the vital skill, of helping themselves and others, of releasing the grip of anger, reclaiming their empowerment, and navigating narcissistic energy with resilience and clarity.

### Lecture 2:00 – 2:45

## STOP WASTING MY TIME: AVOIDING THE CLIENTS WHO COULD HURT YOUR PRACTICE

**J. Onesta**

Have you ever walked away from a client session with a sense of unease or regret? In this engaging and dynamic talk, you'll uncover the seven telltale signs of clients who may not be the right fit for your practice. These individuals can be challenging, often leaving you unsatisfied, causing disruptions, or even tarnishing your reputation with negative reviews despite your best efforts. Through real-world examples and practical insights, you'll learn how to identify these potential pitfalls early on. More importantly, you'll discover effective techniques to either steer these clients toward a more successful therapeutic approach or tactfully decline to work with them, protecting your peace of mind and the integrity of your practice. This presentation is a must-attend for every hypnotist who wants to enhance their client relationships and maintain a thriving, positive practice.

This lecture is based on years of experience. This topic is very apropos for new hypnotists or those who have difficulty and perhaps ignore the warning signs they see.

## REVERSING THE NEGATIVE SPIRAL: USING HYPNOSIS TO MANAGE DEPRESSION

**S. Peacock**

Depression is one of the most prevalent mental health disorders, affecting around 1 in 6 adults in the UK. It is also associated with other mental health issues, such as anxiety, stress, loneliness, and long-term health conditions such as chronic pain. We will be looking at what depression is and its impact on people's lives. We will be diving into the evidence base for using hypnosis to manage depression, discussing who benefits from hypnosis and who doesn't. We will uncover strategies to break the cyclical nature of depression and share actionable methods to interrupt negative thought patterns and foster sustainable positive change that you can use with your clients.

Objectives of the presentation:

- To understand depression and its impact on people's lives
- To know who is suitable and who isn't suitable for using hypnosis to manage depression.
- To be able to use 3 strategies to use to reverse the negative spiral of depression.

Attendees will leave feeling confident in their ability to use hypnosis for those with mild/moderate depression.

## FEELFULNESS: FEEL A FEELING BY CHOICE

**C. Sauciuc**

Learn how to gain the ability to consciously choose and cultivate your emotional state, empowering your client to positively transform their personal and professional lives.

Feel a Feeling by Choice – uses specific language tools like evocators, movers, and descriptors as Word Triangles to help you feel an emotion /feeling on purpose before it habitually happens. This method teaches you how to actively create a particular State of Being. Taking mindfulness to greater heights, Feelfulness challenges you to not just be

aware of your thoughts and feelings but to actually choose your thought-feelings and become them. This practice can positively change your mood and even alter your personality traits, thanks to the power of neuroplasticity.

With Feelfulness, slipping into a Flow State, where you're fully immersed and focused, becomes easier and more natural. Why? Because your thoughts and feelings shape your identity, achievements, health, and life's direction. Learning to control those means gaining the ability to change your life circumstances and fulfill your potential. So, the real question is: How do you want to experience the world?

**Lecture 3:00 – 3:45**

## **UNMANIFESTED WONDERS OF YOU**

**W. Rocki**

Using science, intuition, and compassionate playfulness, we will explore the mystical potentials of the human psyche, which may explain hypnotherapy's unique ability to induce unlimited healing transformation.

This will be a participatory lecture enhanced by the spirit and principles of medical improvisation.

## **THE WAREHOUSE OF EMOTIONS: SHOPPING FOR FEELINGS FOR A BETTER LIFE**

**I. Bernhoft**

Discover the power of character strengths and how they can help your clients thrive. Learn about a free survey to identify these strengths and use it as a guide to expand their minds towards positivity. Through hypnosis, clients can explore their own warehouse of emotions where they can shop for the emotions, feelings, and dreams they need or want; to feel whole and achieve their goals with their strengths as a guide. This technique can be integrated into your sessions, right before bringing clients back to a waking state.

Participants will learn to leverage their personal strengths to flourish and achieve success by exploring their warehouse of emotions through hypnosis and shopping for the emotions, emotional strengths, and dreams they need to become whole and reach their goals.

This lecture is not about denying emotions, but rather about directing your mind towards what you want to attract into your life. What receives attention grows and thrives. The goal is not to deny emotions but to consciously choose where to focus your attention, whether on the positive or negative aspects of life. By trying and exploring new ways, you can discover what suits you best. Who knows what hidden strengths and possibilities you might uncover?

## **EMOTIONAL FITNESS: THE 4 QUADRANTS OF HEALTH**

**J. Taylor**

This talk delves into how emotional fitness shapes every aspect of your life. Emotional fitness is the next frontier in the wellness movement. After decades of over-diagnosis and over-medication, it's time to make a clear distinction between mental health and emotional health. Emotional health, in particular, remains the most under-utilized superpower and one of the most misunderstood aspects of human wellness. While mental health has received widespread attention, emotional fitness holds the key to unlocking

resilience, balance, and fulfillment in ways we've only just begun to explore. This calls for daily reflection across the four key dimensions of health: physical, emotional, spiritual, and mental. It's time to elevate emotional well-being to its rightful place in our wellness journey.

Participants will discover the power of the 80% rule—understanding that emotional well-being is essential for optimizing everything from personal relationships to professional success. Whether it's at home or in the workplace, emotional fitness is the key to thriving in all areas of life.

**Lecture 4:00 – 4:45**

## **TRAUMA INFORMED CLINICAL HYPNOTHERAPY**

**E. Rosen**

Build your practice and skill set in helping clients/patients with trauma-informed clinical hypnotherapy. Trauma-informed care is the 'buzzword' in helping those with trauma issues. Be on the cutting edge of helping others!

This talk provides current thoughts and methods with regard to trauma care. A working knowledge of trauma care models, salient research, and application of clinical hypnotherapy techniques is explored and shared. While those in the clinical hypnosis field recognize the value of hypnosis in trauma work, empower your methods and build your practice with knowledge of traumatology!

The use of powerpoint and handouts helps make this presentation dynamic, informative, and entertaining.

## **HYPNOTHERAPY IN SEXUAL ABUSE: A CASE STUDY**

**L. Diaz**

Sexual abuse from family members is a very common issue. It is important to develop an intervention that promotes effective intervention without re-victimizing the victim. Hypnotherapy is a great intervention to release the victim of this trauma and I want to encourage the hypnotherapist to help clients effectively with systematic intervention.

This presentation is a case study of a young woman who suffered sexual abuse from her father in childhood. She came for hypnosis after a hospitalization for a suicide attempt. I will be presenting the various sessions that I made to help her unblock the emotions and release the issue.

In this presentation, the participants will learn how to deal with this issue step by step and learn how to help the client to release and reframe the issue.

## **RELATIONSHIPS, SEX, AND METAPHOR... OH MY!**

**D. Turnball**

Who comes first, in your relationships? Do you put others first or is it the other way around? Can you never seem to do the right thing or maybe when it comes to things in the bedroom, things just seem a little distant? Join this immersive talk where you will explore your own relationships to experience how, the metaphorical positions we adopt, impact the whole dynamic of our relationships. By the end of this talk, you will have gained insights into your own relationship dynamics

and you will be given a framework of how you can explore relationship challenges with clients.

This will be a practice interactive class where you will explore your own experience of sex and relationships. The aim of this event is for you to gain insight into the importance of our perspective on sex so that you can help your client in their relationships.

You will experience, firsthand, how the position we take in our relationships both positively and negatively impact our relationships and our sex lives.

**Saturday, May 17<sup>th</sup>**

**Lecture 10:00 – 10:45**

## **FORGOTTEN DAVE ELMAN TECHNIQUES FOR HYPNOTHERAPY**

**S.M. Andrews**

Prepare to have fun!

Everyone has heard of the Dave Elman Induction. It's been around for over a hundred years, and many consider it the most effective hypnotic induction ever. But Elman had a huge catalog of inductions and techniques that most people have never heard of. Join Dave Elman Hypnosis Institute Supervising Instructor Sean Michael Andrews for a lively, fun survey of mostly forgotten Elman techniques including:

- The Catalyst induction
- Waking Hypnosis
- Migraine Cure
- Elman's stage/group induction (Useful for hypnotherapists who do demonstrations)
- Fractionation
- The Coma deepener
- And much more!

## **WHERE THERE'S A WILL, THERE'S A CHANGE**

**W. Moyer**

We know that initiating a change begins with a desire. Clients may present this as dissatisfaction with the way things are or a desire for something different, preferably better. But how do we determine whether the client truly wants to make the change? Is he ready to leave behind the familiar in favor of what might be? Has she considered the consequences of making the desired change? This presentation will explore how to determine your client's intentions and help them consider how their lives and relationships will be affected by their decision.

## **BEYOND THE SCALPEL: THE FIRST PAIN-FREE PLASTIC SURGERY IN THE GERMAN-SPEAKING WORLD – ACHIEVED WITHOUT ANESTHESIA**

**N. Wackernagel**

Experience a groundbreaking achievement in the German-speaking world! In this pioneering talk, I will share insights into a facial plastic surgery procedure performed entirely without anesthesia—achieved solely through advanced hypnosis techniques. Together with a former student, we eliminated the perception of pain and created a deeply relaxed and

fear-free experience for the patient. Discover the strategies and tools that made this procedure possible and explore the revolutionary potential of hypnosis in modern medicine. A unique glimpse into the power of hypnosis!

**Lecture 11:00 – 11:45**

## **BUILD AN AWARD-WINNING HYPNOSIS BUSINESS IN 5 EASY STEPS**

**S. Granger**

In this fast-paced presentation I'll be sharing the exact blueprint, the do-able steps that scaled up my hypnosis business from a standing start, all whilst helping over 15,000 clients achieve their goals. The more credible you become in your local, national, and international community the more people are drawn to you and the more people you can help with hypnosis! Building and creating an award-winning business helps you, your clients, and the profession! Once people know about YOU and what it is you can do to help you can really begin to step up your hypnosis practice and live your passion. You too can easily reach heights that you hadn't thought possible. This session will give you the roadmap, so you too can be an award-winning hypnosis business!

Attendees will leave with a detailed handout and a step-by-step roadmap to elevate their hypnosis practice immediately following the conference.

## **RELEASING FEAR ON THE CELLULAR LEVEL**

**D. Papadakis**

Are your clients aware of how past fears are negatively affecting every aspect of their lives? These deep-seated fears are stored at the cellular level within the subconscious mind and can unexpectedly emerge when triggered by current events. Hypnosis is the most rapid and effective method to access and resolve these root causes of fear. In this transformational lecture, you will learn how to assist your clients in releasing long-held childhood fears. We will explore techniques to help your clients identify perceived fears and the associated emotions. You will then learn how to guide them in releasing these emotions, promoting healing, and transforming old associations into healthier perceptions. By working directly with the subconscious mind, you enable your clients to quickly access solutions and transform their issues, effectively breaking the cycle of repeated suffering. This process creates long-lasting, life-transforming results, empowering your clients to reclaim their power and significantly boost their self-esteem and overall well-being. Debbie will provide a step-by-step demonstration and detailed explanation of the process with a volunteer. This talk is essential for hypnotists aiming to expand their practice and facilitate profound transformations for clients struggling with chronic fear.

Attendees will master techniques to help clients release childhood fears and patterns, enabling profound healing and empowering them to create the life they desire.

## **HOW TO MAKE YOUR PRACTICE FLOURISH WITH MENTAL STRENGTH**

**J. Wackernagel**

Discover how to elevate your practice by integrating hypnosis with mental strength techniques. This talk will explore strategies for using hypnosis to boost confidence, reduce stress,

and enhance focus, helping you and your clients achieve greater success. Learn how to harness the power of the mind to overcome obstacles and create a flourishing practice. Whether you're a seasoned professional or just starting out, this session will provide valuable insights to help your practice thrive.

**Lecture 1:00 – 1:45**

### **THE WONDER OF YOU: SCRIPT PLUS EXPERIENCE**

**K. Hand**

One thing almost all clients have in common is a desire and need for acceptance. And, the most important acceptance they need is their own. In this encounter, take a few moments to give yourself the acceptance you need with The Wonder of You process. This class is experiential so you can learn it from the inside out and the script will be provided to all attendees.

Once this process is experienced, it can be easily replicated as a stand-alone session or a part of any other technique.

### **END SELF SABOTAGE NOW**

**A. Bramante**

This talk will provide info on developing a growth mindset to overcome the fear of success and master self-sabotage.

Topics discussed include:

- Self Efficacy
- Fear of Success
- Personality Factors
- Fear of Success
- Imposter Syndrome, and mindsets when it comes to money

### **IMPORTANCE OF VENTING**

**S. Prakash**

We pass through and witness many traumatic and toxic relations, abuses, and events. They all get stored in our bodies. These stored energies are responsible for various diseases, issues, and uneasiness. These need to be constantly vented out. Details of various types of traumas and ways of venting will be discussed.

**Lecture 2:00 – 2:45**

### **CHANGE YOUR CLIENT'S I.D.**

**P. Scott**

Your client's internal dialogue (I.D.) creates who they believe themselves to be, their identity (I.D.). By actively listening to your clients, you can discover how they are creating their current reality. As we identify their limiting self-descriptions and beliefs, we can begin teaching them how to interrupt negative patterns of thinking and replace them with positive, healthy ones.

This seminar will explain how to help your clients literally change their identity to better match their current goals and desires using NLP combined with deeper hypnotic processes and engaging both conscious and unconscious resources. Attendees will learn how to help their clients create a new I.D. that is consistent with their desires and goals.

## **MEDICAL HYPNOTHERAPY FOR MS**

**E. Clark**

Learning to work with chronic diseases, such as multiple sclerosis, is both rewarding and fascinating. Learn the three keys to address with a client with MS.

This presentation will focus on MS in particular; however, the strategies we'll review can be applied to many chronic diseases, especially Parkinson's and chronic back pain.

### **PERFORMING HYPNOSIS: DON'T BE A CHICKEN!**

**G. Saunders**

Drawing on real-life experiences and captivating tales from the stage, Grant will demonstrate how the principles of performance hypnosis can elevate therapeutic outcomes, making sessions more impactful and memorable for clients. Attendees will learn how to craft hypnotic suggestions that resonate deeply, using metaphor, pacing, and storytelling to bypass resistance and evoke lasting change. Whether you are a seasoned therapist or new to hypnosis, this talk will provide you with innovative tools and insights to enhance your practice and connect with clients on a deeper level. Prepare to be inspired, entertained, and equipped with actionable strategies that will empower you to make your therapy sessions not just effective, but truly transformative. This is not just stage hypnosis this is performance hypnosis from impromptu demonstrations to corporate displays.

**Lecture 3:00 – 3:45**

### **NEURO-HYPNOSIS 4 U DO YOU HAVE THE NERVE**

**S. Stockwell-Nicholas**

Thoughts trigger biological reactions. This hands-on, practical experience lets you play your neurology like a Stradivarius.

Includes Stockwell's vagal nerve instant induction, techniques that up-energy, let you communicate clearly, and ways to digest and eliminate with ease. Based on Dr Shelley's popular book' *"Vagal Joy (if you have the nerve) The Art and Science of Neuro-Hypnosis."* So, get ready to feel your best, eliminate stress, and help others to do the same.

### **DAYDREAMS & DETOURS: BLESSING OF TWISTS, TURNS, AND POTHOLES**

**S. Day**

While we may feel a need to have a solid and definitive notion of how our dreams and desires 'should' manifest, the Divine often has other plans (aka Plans B, C, and D). With our limited conscious mind, we are incapable of imagining the magnitude and grace of the Spirit's plans. Rather than attempting to direct the hand of the Divine, by allowing our journey to be one of divine detours, we can experience miracles and grace beyond our human expectations. When we set our intentions with loose parameters, we are destined to have our lives shift in unexpected, magnificent ways.

Participants will gain:

- Actionable steps to help their dream(s) become reality (aka the human steps)

- An understanding of the benefits of releasing limiting details of 'how' the dream is to manifest
- An understanding of surrendering to the grander plans and miracles of Spirit

## **THE GALLERY: STUCK IN TIME**

**G. Zak**

The Gallery technique is a wonderful way to facilitate change work for practically any issue your clients will see you for. This protocol is regression hypnosis, without having to regress to cause. The Gallery hypnosis utilizes sub-modalities and somatic release to work with parts of the client that come forward in particular circumstances or are the cause of general behaviors that they want to change. Name the issue, and the source of the problem will be found in The Gallery.

This technique can be used in a single session or over the course of a series, depending on the depth of the client's issue and the compounding experiences. With a longer session or with certain clients, you can cover multiple issues in a single session with this one technique. This process is especially great for those sessions in that you want to invite the client to play with their imaginations in a very interactive way.

This process combines multiple techniques in one fluid process for a dynamic hypnotic experience. New and experienced hypnotists alike have found great value in this process.

Are you ready to play? Excellent! I'll meet you in The Gallery!

**Lecture 4:00 – 4:45**

## **5 DIGITS OF CHANGE**

**J. Hanson**

We all love music! What if you could change the tune of your client's issue in a fun interactive way? 5 Digits of Change (piano hand) helps clients work towards a solution, step by step, as they use their own fingers to make the trance-formation from issue to solution easy and attainable. This technique also teaches skills for handling future situations. This simple technique utilizes anchoring and hypnosis, for a technique you can stack into any session to leverage lasting results and change the tune your client was playing. All you need are: paper, pen, and your client's hand to get started.

One sentence:

Ready to change your clients tune? 5 Digits of Change (piano hand) is a client centered technique for rapid change. Can be utilized as a stand-alone technique or stacked into a session for long lasting results.

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*"I am deeply grateful for the chance to gather with my esteemed colleagues at the Hypno Expo. The discussions, insights, and shared experiences were invaluable. A heartfelt thank you to the Hypno Expo Organizing Committee for putting together such a pivotal gathering of minds focused on Mind Magic. Looking forward to many more insightful and exciting programs in the future!"*

*-Jacqueline LeClaire, Bath, PA*

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## **COMBATING PROCRASTINATION**

**J. Lavelle**

Get yourself (or your clients) unstuck! It is stressful having incomplete tasks hanging over your head. Procrastination may have a number of causes, but if you want a pathway to free yourself and achieve your goals, then this class is for you.

## **INTRO TO IEMT**

**L. Donnelly**

Integral Eye Movement Therapy (IEMT) is not just another therapeutic modality. It's a journey into the very fabric of our psyche. By observing and influencing eye movements, we can tap into the neural pathways that store our most profound emotions and experiences. This isn't merely about alleviating symptoms; it's about confronting the dragons of our past, understanding them, and integrating their lessons into our present.

**Sunday, May 18<sup>th</sup>**

**Lecture 9:00 – 9:45**

## **WE CAN MAKE A DIFFERENCE**

**L. Bennett**

Living a purpose-driven life = longevity. We can make a difference. Sometimes we are told 'No'; however our passion and why can open doors we hadn't expected.

## **BEYOND HYPNOSIS:**

### **BE THE VIBRATIONAL FORCE OF CHANGE**

**L. Hunt**

In this engaging 45-minute session, you will experience a guided meditation designed to ground yourself through chakra imagery. I will explore the profound power of our voice as a healing tool, demonstrating techniques to strengthen our vocal cords and enhance the believability of our words in hypnosis. Participants will learn how to effectively record and share their sessions, and I will discuss the importance of brain waves and the vibrational qualities of our voice. This class will combine alternative therapies to amplify therapeutic results.

Attendees will gain practical skills to enhance the effectiveness of their sessions, empowering them to create an experience for their clients to change and heal.

- There will be an overview of the brain waves and their impact on hypnosis, healing, and manifesting
- Exploring the vibrational waves of the voice and the healing potential
- Techniques for combining alternative therapies to achieve better outcomes a bell, aromatherapy, meditation chanting

## **SUBCONSCIOUS FORGIVENESS**

**J. Kaur**

In this talk, we are going to talk about forgiveness. We forgive for our inner peace.

- 7 steps of forgiveness
- Golden rule of forgiveness
- Benefits of forgiveness

- Importance of forgiveness
- Relationship forgiveness (forgiveness is easy in relationships)
- Mythology of subconscious

### Lecture 10:00 – 10:45

## REFRAMING FROM THE INSIDE OUT

M. Watson

Based upon the seminal work of Virginia Satir and further developed by NLP creators Bandler and Grinder this lecture is a lively and creative exploration of parts work and reframing.

Michael trained directly with the co-creators of NLP and his approach to teaching this technique will make it immediately useful to hypnotists and NLPers in their practice.

## BODY, MIND & SOUL: THE HEALING TRIAD

H. Gunn

Your thoughts are recorded in every cell of your body, and you can literally think yourself into ill health as your thinking mind remains on autopilot, stubbornly identifying with all your past 'wounds'. Containing nearly 100 billion cells that function like on/off switches, millions of bits of information feed into the brain at any given moment. Every thought creates a feeling, every feeling creates an emotion, and every emotion releases endogenous hormones that affect the body. In essence, the body obeys the mind.

Healing happens when you realize what a powerful creator you are through insight into what your life is here to teach you, how to use your experiences to fulfill your life's purpose, and how to prepare for further life challenges.

My clients struggle with depression, anxiety, ADHA, PTSD, gender identity, hoarding, pain, addictions, diabetes, MS, heart disease, allergies, autoimmune disorders, paraplegia, and cancer as well as many other physical, mental, and emotional challenges. Their health status improves once they embrace and comprehend that healing begins in the mind.

## THE HEALING ENERGY OF HYPNOTHERAPY

A. Mackenzie

Join Alli as she highlights the healing energy of Hypnototherapy! Hypnotherapists are both guiding clients toward their ideal outcomes and holding space for inner soul work to unfold. The process of change involves shifting from one state to another; transmutation, and this is energy healing! When approaching sessions with this Spiritual perspective we're opening the door to infinite potential and supporting our Clients in co-creating from the field of all possibilities.

Energy healing has been practiced for over 3000 years, with many ancient texts writing about this sacred work. Hypnototherapy is simply another powerful, holistic method of healing the Soul from the inside out.

Attendees will learn to understand the hypnotic change process as a deeper healing experience vs. only clinical in nature. A greater understanding of the holistic process as a whole means better results for our Clients and an empowered perspective as they begin to see what's truly possible for them.

### Lectures 11:00 – 11:45

## WEAVING THE TAPESTRY OF CHANGE: THE POWER OF STORYTELLING

C. Hewerdine

Discover how the power of narrative can create profound changes in your clients' lives. Adding this simple but powerful technique can revolutionize your practice. Metaphors and stories reach deep when simple suggestions can't. This presentation will equip you with tools to enhance your sessions and achieve even greater results. This is not limited to direct story sharing, but how to effectuate visualizations to open possibilities, let's dive into imagination therapy also!

Attendees will walk away with some powerful ways to share validating stories, concept-opening stories, and imagination-expanding stories.

## REVOLUTIONIZE YOUR HYPNOSIS PRACTICE WITH AI-POWERED MARKETING

J. Eljay

As a hypnotist, one of the most challenging tasks is attracting a consistent flow of clients to ensure the success of your practice. This dilemma often results in ineffective and expensive advertising efforts. From traditional print advertisements to radio appearances, the costs can quickly add up. Imagine effortlessly attracting more clients and growing your hypnosis business using cutting-edge AI technology. AI marketing tools can analyze your target audience, personalize your messaging, and optimize your campaigns for maximum impact. We find that there are four categories of artificial intelligence that greatly impact the marketing of services for the hypnotherapist solopreneur.

These four are:

- The written word e.g., emails, blogs, newsletters, social media, pamphlets, etc.
- Podcasts, images, mind maps, and videos (short and long)
- Consistent branding while speaking with a steady voice
- Market analytics and segmentation

There is no magic wand, but these apps make the journey a whole lot easier. We will provide insight into the "how" of providing actionable marketing. Finally, we will summarize how to obtain a balance between promoting yourself and offering valuable and actionable insights into solving your client's issues and concerns. Marketing is central to a successful practice.

## UNLOCKING THE POWER OF YOUR MIND: PRACTICAL HYPNOTHERAPY TECHNIQUES FOR EVERYDAY

N. Maly

Are you ready to tap into the limitless potential of your mind? Discover how hypnotherapy can be your key to personal transformation and success in everyday life. In this engaging and informative session, you'll learn how to harness the power of your subconscious to overcome obstacles, enhance your well-being, and achieve your goals. We'll explore practical hypnotherapy techniques that are easy to incorporate into your daily routine, empowering you to manage stress, increase focus, and set clear, attainable goals.

Attendees will learn simple yet powerful hypnotherapy techniques to transform their daily lives and achieve their personal goals.

## **DEVELOPING TRUST & RESILIENCE WHEN THE WORLD SEEMS SCARY** S. Gilbert

In the last few years, I've found myself speaking with so many clients who were feeling betrayed, that their trust had been broken. Their trust in their elected officials, their trust that everything would be okay, their trust that their children had a future, their trust that they could pay their bills, and their trust in their family members, employers, and friends. It felt as though for a very large number of people, we'd hit some type of psychic overload and even those who had been coping well had just reached their limit. Their trust that tomorrow would get better was broken. I decided I needed to have a better approach.

This talk is the culmination of my research, including the coaching and hypnotherapy approach to healing this crisis and rebuilding hope, trust, and resilience.

This class will provide the awareness and the tools to help your clients reclaim their hope, trust, and resilience. We will provide you with the specific tools and scripts that you can immediately put into use in your practice.

## **REPROGRAMMING FOR SUCCESS: USING HYPNOTHERAPY TO SHIFT OUT OF IMPOSTER SYNDROME** S. Jackson

Hypnotherapy can be used to identify and reprogram limiting beliefs that feed impostor syndrome that holds entrepreneurs back. This talk offers insights into how coaches and hypnotherapists can integrate this work into their practice to help clients reach their full potential.

Attendees will gain tools to release limiting beliefs and replace those with a growth mindset, successful behaviors, and attitudes. We will use a case study approach in this session.

## **MIND OVER METABOLISM** J. Onesta

Unlock the profound connection between the mind and metabolism in this captivating and enlightening presentation. Through a blend of humor, science, and real-world application, we'll delve into the fascinating ways the unconscious mind can either sabotage or support your clients' weight loss goals. This session offers you practical techniques to help your clients break through mental barriers, overcome self-sabotage, and embark on a transformative journey to a healthier, thinner self.

You will learn about the hidden metabolic switches and how to flip them for lasting authentic weight loss results. My practice of weight loss hypnosis is based on the most up-to-date metabolic science available.

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*"Thank you for organizing a successful and highly educational HypnoExpo 2024. Your magical touch has turned these annual events into uniquely original experiences."*

*-Wes Rocki, Lady Lake, FL*

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## **DO WE HAVE AN ETHICAL RESPONSIBILITY TO PREVENT PTSD?** Fredric Mau

Behavioral and genetic research now exists which indicates that an inexpensive and currently available genetic test may be able to determine which individuals are more likely to exhibit clinical responses to traumatic events, as well as an increased likelihood to experience chronic pain following injury.

If this can be validated, do we as a society have an ethical responsibility to screen applicants for jobs where trauma is likely (such as the military or first responders)? If so, how should the information be handled? Or do we even have a right to do this? Or liability if we don't?

In this class:

- Participants will be able to describe behavioral assessments that show a correlation between high hypnotizability and clinical posttraumatic disorders
- Participants will be able to identify a genetic test that shows a genomic profile for individuals who are highly hypnotizable and who also typically exhibit higher clinical pain, more negative affective components of pain, and less efficacy from opioid treatment
- Participants will be able to evaluate the ethical implications of these strands of research

## **HEALING THE INNER CHILD THROUGH HYPNOSIS & EXPRESSIVE ARTS** S. Khetan

Discover the transformative power of combining hypnotherapy with expressive arts. This session will guide you through innovative approaches to inner child healing, showcasing how these modalities work together to unlock deep emotional and psychological healing.

Attendees will gain practical insights into integrating hypnotherapy with expressive arts to effectively address and heal the inner child, enhancing their therapeutic approach and personal growth.

In this class, you will learn techniques for deep emotional and psychological transformation.

## **ETHICS AND MITIGATION: CASE STUDIES** M. Babineaux

This presentation is a brief review of the ethics code as a foundation of best practices and a few examples of what happens when that code is violated by a practitioner. What do we do as a community, an organization, and as individuals to mitigate the damage to our reputations caused by the unethical behavior of some of our colleagues?

First and most seriously, the whole hypnosis community needs to take notice of the damage to the reputation of the profession itself when someone violates both the public trust and the law by criminally assaulting their patients or clients under their care. A hypnosis practitioner was recently sentenced to 15 years in prison for sexually assaulting a number of women during their hypnosis sessions. And as it turns out he was doing this over the course of several years using the promise of help with hypnosis as a trap for his victims. Unfortunately, this was not the first time that this type of behavior has made the news as several years ago a man fled the country because of similar accusations before he could be prosecuted. These and some less serious case studies, mostly related to the scope of practice and advertising, will be discussed along with the Seven Deadly Sins that may tempt you away from the best practices that you have promised to yourself, your client, and the public.

# The Wonder of You!

## HYPNO EXPO 2025

### NETWORKING LUNCHEONS

#### Leading Change:

*Hypnosis's Role in the Future of Healthcare*  
with **Sheila Granger**

Join us for an inspiring networking luncheon designed for hypnosis practitioners eager to shape the future of healthcare. Explore how hypnosis can integrate into the healthcare system, including strategies for securing medical referrals, fostering collaborations with healthcare professionals, and advocating for its recognition as an evidence-based treatment. Gain practical insights on leveraging research, marketing, and innovative strategies to elevate your practice and influence healthcare policy. Be part of the movement to make hypnosis a cornerstone of comprehensive patient care.



**SAT.  
MAY  
17TH**

#### Joy Therapy | Feel Great NOW:

*A Transformational Networking Luncheon*  
with **Shelley Stockwell-Nicholas**

Discover the power of hands-on hypnosis in an engaging and uplifting session that's as fun as it is transformative. Learn techniques to dissolve stress in minutes, foster harmony, heal emotional wounds, reframe challenges, and design a joyful, fulfilling life—for yourself and your clients. Join us for an inspiring experience that will leave you refreshed, empowered, and ready to laugh your way to success!

**SUN.  
MAY  
18TH**

**\$30/EA., INCLUDES BOX LUNCH  
PRE-REGISTRATION REQUIRED**



# The Wonder of You!

## HYPNO EXPO 2025

### "No-Host" Cocktail Reception in Harbor Terrace @ 7PM

The Island music of **Splash** is sure to engage your audible senses with the smooth rhythmic sounds, tropical flavor, and positive vibration of the Caribbean! The performance delivers a refreshing, yet energizing experience of melodic Caribbean tunes.



Friday, May 16th, 2025

# Entertainment

### Singing Bowls Concert in Citrus B @ 9PM

The Himalayan Singing Bowls, used for thousands of years by various cultures to calm or energize the body, offer a soothing ritual. End the evening with a mesmerizing Sounds for Healing & Meditation performance. Peter's work draws from 30 years of studying the healing power of sound and music.



SOUNDS FOR HEALING & MEDITATION  
  
PETER BLUM



# Workshops



**Friday, May 16th**

**WORKSHOP 10:00 – 11:45**

## **AI FOR CONTENT CREATION** **A. Bramante**

We begin by exploring the relevance of AI in the field of content creation for coaches and hypnotists. Many professionals struggle with the time and effort required to maintain a consistent content flow across platforms. This workshop will make the case for AI as a solution to these challenges. Live examples will illustrate how AI can create a blog post, design a social media graphic, or generate a hypnosis script in real time. In this hands-on workshop, participants will actively use AI tools to create content tailored to their own coaching or hypnosis practices. Finally, we shift focus to the future how participants can integrate AI into their ongoing content strategies and what this might mean for their practice.

This workshop offers a complete experience designed for professionals ready to take their content creation to the next level using AI.

You will:

- Understand how AI can revolutionize content creation
- Gain practical experience using AI tools for writing, design, and script generation
- Develop an actionable 30-day content creation plan using AI

## **FINDING YOUR MEDICINE:** **ANIMAL, BIRD, PLANT, ELEMENT?** **P. Blum**

Amongst many indigenous cultures and tribes world-wide, the phrase 'medicine' is often used to describe the spiritual or healing power that a person carries. For instance, one could say, that shaman has bear medicine, or that person carries strong mushroom medicine. In our work as hypnotists/healers, it may be very helpful to determine what your medicine is. Likewise, in working with our clients, it could be useful to direct their attention to figuring out what is the 'medicine' that they carry or are working on developing.

Participants will experience an induction to help them connect (or re-connect) with their 'medicine'. This is perhaps a radically different approach to helping clients align with their spiritual power. Note: No animals will be harmed in the production of this workshop.

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*"I am honored to have participated in this year's events and hope to have many more."*

*-Lori Donnelly, Santa Rosa Valley, CA*

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## **POWERFUL REFRAMES:** **DISCOVER THE REAL TRUTH BEHIND** **YOUR THOUGHTS** **J. P. Ayala**

Participants in this workshop will develop skills that will help them understand a process to gain clarity in their thoughts. Among the skills they will acquire are techniques for managing pain caused by negative thoughts, exploring the nature of reality, and creating kinder reframing alternatives for clients. In addition, they will be trained in selecting the right questions to understand the origins of negative thoughts. Finally, they will become familiar with the elements needed for resolution, planning, and transformation into more appropriate thoughts.

By the end of the experience, participants will be able to:

- Understand the importance of clarity in thoughts
- Learn a strategy based on a series of specific questions that will help clients better understand their reality
- Develop a reframing strategy to transform negative thoughts into more appropriate ones

The workshop will begin with a lecture featuring success stories related to the implementation of the protocol. Then, the logic of reframing and the suggested specific questions will be explained. Participants will be divided into small groups to carry out a practical exercise in which they will design a strategy for transforming thoughts and utilizing the suggested protocol. The workshop will conclude with a plenary session and a partial evaluation of the strategies during a final feedback segment.

Participants will gain a clear, practical strategy to help clients reframe negative thoughts and transform them into more constructive, reality-based perspectives. The process is based in the strategy called THE WORK, but a deeper version.

**WORKSHOP 1:00 – 2:45**

## **EMPOWERING NEURODIVERGENT LIVES:** **HYPNOSIS STRATEGIES FOR HOLISTIC** **HEALING** **C. Prusha**

This interactive workshop is rooted in experiential learning and educational principles, offering practical strategies and techniques for working effectively with neurodivergent clients and their support networks. Navigating life as a neurodivergent individual within a predominantly neurotypical society presents inherent challenges, often leading to significant physical and mental health concerns. Traditional hypnosis techniques may not always yield the transformative results commonly observed due to variations in neurotypes.

This workshop aims to equip hypnotherapists with a comprehensive understanding of neurodivergence, its manifestations across physical, mental, emotional, and spiritual

dimensions and to introduce effective methodologies and approaches that foster lasting, meaningful change.

We will offer an in-depth exploration of the neurodivergent life experience, along with techniques to enhance the effectiveness of hypnosis session, and practical troubleshooting strategies to address challenges that may arise when working with neurodivergent clients.

## **HOW TO CREATE A DYNAMIC FACEBOOK MARKETING PLAN**

**Z. Grant**

Facebook represents a continually evolving marketing platform and communication channel. The following statistics highlight key relevant Facebook facts and can ultimately help you to navigate it better. There are over 3.30 billion people actively using Facebook, Instagram, WhatsApp or Messenger each month and according to Facebook are considered Family Monthly Active People (MAP). Users ages 24-34 years are the largest demographic. This age range makes up 19.3 percent of male users and 13/15 of female users. Of the internet users with over \$100K annual income, 86 percent of them use Facebook. People come to Facebook to learn, to connect and to shop. This workshop is about how to use Facebook to meet your target audience, connect with them and sell your products and services.

A Facebook business page is like a profile but only public, so everyone on Facebook can view it. It enables businesses, public figures, and other organizations to build a presence on the platform. Facebook groups let users connect with like-minded people on the platform. If you're looking to establish a brand and promote your business to many people, a Facebook Page makes the most sense. Remember your practice is a business. As a small business looking to establish a presence, a group can be of great help, especially if you sell niche products. If you want to have one spot to share posts from a business or organization, make a Business Page. If you want a place that people can connect and have discussions, create a Facebook Group. I recommend you have both. So you have three platforms: Your Personal page, your Business page and your Group page. I will teach you how to use each.

## **SHAMANIC HYPNOSIS**

**D. Reed Simmons**

Shamanism is an ancient way of life, not a religion. It is working with all of nature and the natural elements creating a super-natural way of healing and well-being. The Early Shamans were the original hypnotherapist. They were able to bring healing through the language of the bear or jaguar or the wind or the great oak tree. They danced fire and life into those who were ill. The Shamans created behavior modification through the use of Nature Medicine to still the mind like a glass topped lake and to take action like a running river.

This workshop will give you the basic awareness of how to harness nature and to include the Path of the Shaman as part of the fundamentals of hypnosis, allowing your client to embody and model something greater than anything else. During this workshop you will deliver a short session with a partner to discover how The Shaman will guide you in a way that is beyond the book or the thinking brain finding true Peace and Resolution for your client.

You will learn how leaning into Nature as explored through the eyes of the Shaman will increase your own confidence as well as lift your client to a whole new level.

**WORKSHOP 3:00 – 4:45**

## **FROM SHATTERED TO WHOLENESS: CHILDHOOD CHAKRA REGRESSION**

**L. Thunberg**

Childhood beliefs come from all aspects of our lives, not just trauma or abuse.

In this workshop we will explore how clients create patterns in their lives from childhood perceptions, which can shatter their energy, create blocks in their lives, and sabotage their adulthood. Healing the child within creates a thriving adult! This regression can include, doing forgiveness work, parts therapy, and integrating wholeness in the energetic fields of the body. In Childhood regression case studies observe how clients found self-acceptance, and wholeness to master their perception of themselves and the world around them.

Healing happens when you understand the process of self healing childhood beliefs that no longer serve a client through Transpersonal Hypnosis.

## **REALLY FAST INDUCTIONS FOR HYPNOTHERAPISTS**

**S.M. Andrews**

**- FREE -**

Hypnotize FAST! Learn how instant and rapid hypnosis works from the man known as the World's Fastest Hypnotist.

Sean Michael Andrews teaches how to do:

- The most effective and efficient clinical induction
- The most effective and efficient Zoom induction
- Instant shock inductions for demos to gain clients for your practice
- The sneaky stage induction to get stellar volunteers
- The "cannot fail" handshake induction for street hypnosis
- The "most powerful hypnotist" trick

## **BEHAVIOR PROFILING AND DECEPTION DETECTION**

**W. Horton**

Read people like an elite FBI or CIA Agent. Spot deception like a pro.

Are you ready to elevate your understanding of human behavior to an unparalleled level? Imagine having the ability to read people with the precision and depth of the world's top intelligence officers and investigators. This isn't a fantasy; this is the power that awaits you in our upcoming exclusive workshop.

You will gain insights that have been closely guarded secrets of the world's most effective agencies. Dr. Horton's expertise and experience make this class a once-in-a-lifetime opportunity to learn the true art of behavior profiling and compliance.

Taught by the renowned Dr. Will Horton, who has attended the prestigious FBI Hostage Negotiation course, you will gain insights that have been closely guarded secrets of the world's most effective agencies. His expertise and experience make this class a once-in-a-lifetime opportunity to learn the true art of behavior profiling and compliance.

**Saturday, May 17th**

**WORKSHOP 10:00 – 11:45**

**RAPID HYPNOTIC INDUCTION IN  
CLINICAL HYPNOSIS**

**F. Mau**

Gee whiz! Rapid induction is so cool! Looks amazing! Nifty for your stage show. Is it useful for anything in clinical practice? Turns out the answer is Yes! There are client issues that involve physical sensations and behavior many of which feel out of control, and some of which would count as medical symptoms yet without a medical cause. Rapid induction can be a critical part of your treatment plan to help these clients.

At the end of the workshop you will be able to perform a rapid induction and know when and how to use it to help your clients.

Participants will be able to:

- Identify client issues where rapid induction will be helpful.
- Describe how rapid inductions operate, and why it is helpful (the neurology of it)
- Practice doing rapid induction in the workshop with a goal of using it in client practice

**LIFE COACHING & HYPNOTHERAPY:  
THE PERFECT PAIR!**

**L. Bennett**

**- FREE -**

While life coaching and hypnotherapy have distinct approaches, they share common ground in promoting personal growth and well-being. Both emphasize goal setting, empowerment, and positive change. Working together the possibilities are endless. Participants will have the opportunity to work with proven, comprehensive coaching tools that work! As a Life Coach and Hypnotherapist for over 25 years, I find that being a Life Coach makes me a better Hypnotherapist and being a Hypnotherapist makes me a better Life Coach. The two go hand in hand for facilitating powerful transformation.

This is a very practical, hands-on presentation, filled with tools you can begin using right away.

**LA LUNA'S WISDOM:  
RITUALISTIC HYPNOSIS TO EMPOWER  
ENTREPRENEURIAL WOMEN**

**M. McCool**

Discover how the power of ritualistic self-hypnosis in harmony with lunar cycles can help you avoid burnout and make steady progress in your business. In this workshop, you'll learn to harness the natural rhythms of the new and full moon to create space for fresh business ideas, enhance your focus, and move confidently toward your dreams.

Experience a full moon hypnosis ritual designed to release limiting beliefs that have held you back, empowering you to take aligned action to attract more clients. Embrace this unique opportunity to work with La Luna in hypnosis to step into a future filled with prosperity and joy!

Attendees will learn how to use self hypnosis during the new and full moon to set goals, create new habits and leave behind those that are inhibiting their success as a hypnotist.

**WORKSHOP 1:00 – 2:45**

**PAIN MANAGEMENT FOR ACUTE PAIN**

**B. Lemaire**

**- FREE -**

You're invited to join us in this hands-on workshop. You'll learn and experiment everything about hypno analgesia, hypno anesthesia and hypno sedation. You will practice more than 20 exclusive techniques based on our clinical experience, 25 years of dental hypnosis.

**RESOLVING COMPASSION FATIGUE  
(EMPATHETIC DISTRESS)**

**S. Gilbert**

**- FREE -**

Burnout and compassion fatigue are on the rise in many professions and among those caring for an aging family member. Research has discovered that 46% of counselors may have moderate rates of compassion fatigue, and between 21% and 67% of mental health counselors suffer from the related issue of burnout. Similar statistics apply to hypnotists. It is vital that we take the steps to protect ourselves and support our colleagues.

Understanding the signs of compassion fatigue (also known as empathetic distress) allows us to help others resolve these symptoms before they become burnout.

Whether we are taking care of ourselves, our colleagues, health care workers, first responders, or caregivers, we regularly encounter the results of burnout or compassion fatigue. This workshop will focus on the coaching and hypnosis tools we can employ to help people reclaim their focus and joy.

**FROM CLASSICAL HYPNOSIS TO  
MESMERISM**

**A. Bachofen-Echt**

**- FREE -**

In this workshop I will explore the fascinating journey from classical hypnosis to mesmerism, demonstrating how revisiting this ancient healing art can represent a profound advancement in therapeutic practice. While classical hypnosis relies on suggestion and trance states, mesmerism, with its direct and energetic approach, opens new dimensions of healing. I will delve into the historical roots and theoretical foundations of both methods, discuss their practical applications, and explain why rediscovering mesmerism offers a valuable enhancement and extension for modern hypnotherapists. This workshop is aimed at those open to innovative approaches in hypnotherapy and ready to enrich their practice with time-tested and forward-looking techniques.

Attendees will gain a deep understanding of how integrating the ancient art of mesmerism can significantly enhance the effectiveness and depth of their modern hypnotherapy practice.

**WORKSHOP 3:00 – 4:45**

**UNLOCKING THE POWER OF REGRESSION:  
TRANSFORMING LIVES THROUGH  
HYPNOSIS**  
**D. Papadakis**

**- FREE -**

In today's fast-paced world, discovering the root cause of our issues has become a popular goal. As hypnotists, we possess the exceptional tool to achieve this, Hypnosis. Regression Therapy guides clients to the origin of their problems, allowing us to not only identify the source but also to neutralize the emotional charges and impressions of the initial events. This transformative process alters the present issue at its core.

Join us for a compelling workshop where you'll learn to swiftly access the subconscious mind to uncover and resolve current-day issues effectively and permanently. Experience this powerful method firsthand through a live demonstration. These innovative techniques will enhance your confidence in applying regression therapy with your clients, empowering you to facilitate profound and lasting change.

Participants will have the opportunity to:

- Quickly trace the root cause of complex issues
- Learn strategies for working with resistant clients
- Identify specific techniques to resolve present-day symptoms linked to past problems
- Confidently handle abreactions in a professional manner
- Utilize a range of powerful techniques for regression
- Receive a comprehensive checklist of the Do's and Don'ts of Regression Therapy
- Explore various modalities to address issues encountered during regression
- Observe a live demonstration of the process

**ANXIETY MANAGEMENT PROTOCOL**  
**L. Diaz**

In this workshop participants can learn how to apply hypno-therapy to deal with clients that suffer with anxiety issues especially those who present panic attacks.

This workshop is designed to bring a protocol from the web page to the final session. The first part of the workshop will present the theoretical mark of the anxiety management protocol; thereafter the participants will design their own interventions and practice with other participants. I will share examples of case studies from my private practice of 14 years dealing with clients with anxiety.

**HYPNOSIS & TRAUMA**  
**S.M. Fatemi**

Hypnosis can facilitate the process of embodiment which gives rise to safety and calmness inside. With embodiment, we recognize our bodies, our hearts, as home.

Disembodiment is the direct consequence of trauma. Whether we have survived abuse, or not, we've survived something we may not even recognize as trauma but which our body holds onto as such. As a result, many of us are somewhat disconnected from our bodies. Dissociation is one form of disembodiment a trauma response where the mind leaves the body in an attempt to keep us alive and to survive the pain of the trauma we're experiencing. Hypnosis can help clients focus both on the resolution of trauma and the active

development and integration of the self of the traumatized person. With hypnosis, we foster and encourage the gift of presence by developing a safe, secure, creative intraper-sonal relationship.

This workshop will present the process of applying hypnosis in dealing with trauma.

**Sunday, May 18<sup>th</sup>**

**WORKSHOP 10:00 – 11:45**

**GREAT RELATIONSHIPS:  
LOVE ME, LOVE YOU, LOVE US**  
**S. Stockwell-Nicholas**

This workshop is based on the book *Great Relationships* by Stockwell and Rhodes. The class is filled with practical wisdom for wellbeing and great relationships at play, home and work. Includes humanistic psychology, Vagal Joy Stimulation, Psycho-Dynamics, Play for YOU and those you help.

We will explore humanistic psychology and practical wisdom and tools for having a terrific relationship with yourself and those you serve.

**I KNOW EXACTLY WHAT YOU NEED**  
**W. Rocki**

The title tells it all. It is a name for an improv game in which one player reports a realistic problem, and the other enthusiastically and assertively responds.

We will use medical improvisation principles, scenes, and games to play, challenge, tease, stretch, and relax our hypnotherapy dogmas.

This is a participatory, interactive, creative, educational, practical, professional, and funny workshop that may have a direct, positive impact on our practices.

**THE PATH TO BECOMING A CONFIDENT  
HYPNOTIST**  
**N. Wackernagel**

**-FREE -**

Are you ready to transform into the most confident hypnotist in the room? Join us for a fun and engaging workshop where we'll uncover the secrets to boosting your self-confidence as a hypnotist—without the need for a magic wand or a swinging pocket watch!

By the end of this session, you'll leave with the confidence of a superhero hypnotist, ready to charm, captivate, and maybe even hypnotize your way to the top—all while having a good laugh!

In this lively presentation, we'll explore how to silence that pesky inner critic, perfect your hypnotic stage presence, and master the art of confident communication with your clients. We'll share amusing anecdotes, play interactive games, and even practice some self-hypnosis techniques—all designed to help you channel your inner hypnotic superhero.

Whether you're just starting out or you've been putting people into trances for years, this session will leave you feeling empowered, energized, and ready to take your hypnotic abilities to the next level. So come prepared to

laugh, learn, and discover the power of confidence—you might just end up hypnotizing yourself!

## WORKSHOP 1:00 –2:45

### FROM BOOHOO TO BWAHA: LAUGHTER IS THE BEST PATTERN INTERRUPT

T. Kanaan

- FREE -

Tired of serious, emotionally draining sessions filled with tears and tissues? Do you find yourself wishing there was a way to lighten the mood? Wouldn't it be nice to go home after a long day of hearing problems feeling energized and happy because you had fun making positive life changes in your clients? Now you can create life changes at the speed of laughs, blending humor with powerful hypnotic techniques to transform your client's lives.

Your instructor, Traci Kanaan, is a Certified Hypnotherapist AND retired internationally touring comedian. She'll be sharing some of her secrets on how to get others to laugh with you.

Here's why this class could be the start of revolutionizing your practice:

- Stand Out from the Crowd! In a sea of hypnotists and mental health professionals, be the one who stands out with a unique approach. Client's love being pleasantly surprised that they can laugh at their life no matter how awful they had it. Word-of-mouth referrals will skyrocket!
- Increased Client Satisfaction! Laughter is a powerful mood booster and one of the fastest ways I know to get permanent, positive changes. When your clients associate their sessions with joy and laughter, they're more likely to enjoy the process and stick with it. Happy clients mean better results and higher satisfaction rates.
- Master the Art of Pattern Interrupts! Learn how to use humor and timing as an effective pattern interrupt. Break your client's cyclical thought patterns in a fun and unexpected way. Not only will their transformation seem effortless, but this will also be a much more enjoyable session for you, too!
- Develop Your Own Personal Sense of Humor! Experience different kinds of humor so you can choose which ones will work the best for you and your client. Take these same skills outside your practice to live a more enjoyable and rewarding life.

Attendees will learn at least FIVE ways to disrupt disempowering thoughts using laughter.

### DROP A PANT-SIZE IN 4 WEEKS WITH HYPNOSIS! DELIVERING ONLINE AND IN GROUPS

S. Granger

- FREE -

Learn the weight loss protocols that you can use on your clients and yourself that drive results! Change how you and your clients think about food today. With hypnosis it's easy to retrain the portion sizes, choose healthier foods, be motivated to exercise and become slimmer.

In this fast-paced presentation you'll learn the techniques that work, experience it for yourself and take away the easy

ways to make this work for you both in person, online and in groups! Do bring along an item of food you'd like to eat less of! You'll leave confident to immediately deliver both on and offline, and work with large groups.

You will leave with a step-by-step plan and specific hypnosis techniques to gain confidence and use immediately. All attendees will receive a detailed handout

### THE MAGIC ANSWER FOR SESSION SUCCESS

K. Hand

- FREE -

Do you spend time searching for the right script or the perfect answer for your client sessions? Do you worry that you'll go blank or get confused about what to do without a script? What would you do if 'The Magic Answer' is right in front of you... now. If you can go confidently into every session and trust yourself to guide every client to their best life... are you empowered to easily take on even more clients?

Join Karen Hand for this magical workshop where you'll get the template to flexible excellence and the answer for every issue. Won't it be interesting to discover that the answer has been right there within your grasp all along? You will leave this workshop with the magic you can use immediately for success in all of your sessions.

There will be handouts, demos and empowerment. Be prepared to succeed!

## WORKSHOP 3:00 –4:45

### HYPNOTIC HEADS/TRANCE TALES: DECONSTRUCTING AND RECONSTRUCTING CENTRAL NARRATIVES

P. Blum

- FREE -

The use of story in hypnotic work is two-fold. First there are the stories that our clients are telling themselves and others—about their lives, what happened to them, what they believe they can or cannot achieve, etc. Many of these personal narratives are carried at a less than conscious level. Bringing them into conscious awareness, and helping our clients connect with their inner resources to change those stories if they are disempowering, negative, blame/shame or victim stories is the first level of hypnotic heads.

Trance tales, the second part, consists of the ability to create, or chose pre-existing stories, from personal anecdotes of our own, or the wealth of the worlds' collective mythologies. These can be told both, before, during and after formal trance induction, to metaphorically suggest change to our client's unconscious intelligence.

In understanding stories, their relationship to how we encode and decipher the world of information and experience, we can deepen our ability to utilize them consciously, as therapeutic tools. Dr. Milton Erickson, one of the most influential practitioners of hypnosis, made extensive use of stories in his practice. A particular irony of our field of endeavor is the area of unconscious "resistance": clients come to us, pay us to influence them through hypnotic suggestions in certain ways, and then resent being "told" what to do. Though some clients are amenable to direct suggestions, Erickson and

others who have furthered the "permissive" or "naturalistic" approach, often favored "indirect" suggestions.

## **EMPOWERING PARENTS: EXPLORING THE GOULDING METHOD FOR YOUR PRACTICE**

**N. Gerey**

**- FREE -**

Are you looking for new ways to support your anxiety, depression or other clients, who are parents? As a therapist, you understand the growing mental health challenges facing children today, and the resulting anxiety this places on their parents. Many of your clients may feel overwhelmed and uncertain about how to help their children, which can exacerbate their own stress.

This workshop will introduce you to the Goulding Method, particularly its parent-driven technique, formerly known as SleepTalk. The Goulding Method offers a unique approach that empowers parents to play a central role in their children's emotional well-being. This method focuses on equipping parents with practical tools to create a nurturing home environment, which can lead to long-lasting positive outcomes. During this class, you will gain a thorough overview of the scientific foundations and practical applications of this method, allowing you to evaluate whether it aligns with your practice. By the end of the class, you'll be equipped with enough information to decide if the Goulding Method is a beneficial addition to your therapeutic toolkit, and whether you'd like to explore it further.

## **DIE EMPTY, DIE ENRICHED**

**S. Prakash**

**- FREE -**

We say we come with a closed fist and go with an open hand. That means we bring what we consume in this life and go empty-handed. No, that is not the case. It is only the material things that we cannot carry with us as Baggage is not allowed. Still, we carry the memories, our good deeds, our evil deeds, our experiences, lessons we have learnt, connections we have built, and the credits and debts we have created in this life, which are all that we carry with us. So, we do not go empty handed, we go Enriched with a plethora of information for the next life.

Understand the concept of the Mind, which is carrying the data of previous lives. This data is consulted to define the activities of the current life and then build what will happen in next life.

## **LET GO, FORGIVE, MOVE FORWARD**

**W. Moyer**

**- FREE -**

This experiential workshop is presented in two parts.

Part 1 – you will receive step by step instructions along with a detailed guide so that you may begin to offer this service to your clients immediately. Pre-talk, session and post talk will be covered in detail.

Part 2 – you will experience the entire session (a \$195 value) for your personal development as well as having first-hand experience that will inform you of what your client is likely to experience in their session. If you are truly ready to let go of what is holding you back, forgive those who played a role in your perceived limitation, forgive yourself for misplaced guilt

and blame and open the door to creating a more fulfilling and joyful life experience for you and your clients then this workshop is for you.

Please be aware that this is often an emotional experience (usually tears), which is a normal release that represents letting go of what is holding you back. Please be on time and remain for the entire session. On completion you may expect to feel refreshed, renewed, re-energized and ready to move forward! This is truly an awakening experience!!

This workshop is experiential. Attendees should be prepared for a potentially life-changing experience.

## **GAMES HYPNOTISTS PLAY**

**M. Watson**

**- FREE -**

Dive into "Games People Play," a lively, interactive workshop designed to supercharge your hypnosis mastery! Elevate your language skills, explore mutual trance processes, improvisational hypnosis, generative inductions, and more. Experience the thrilling "boom boom room" to uncover the secrets of hypnotic effectiveness. With hands-on exercises and practical techniques, you'll leave energized and ready to apply your newfound expertise immediately.

## **PANEL**

### **NEWBIE OR VETERAN:**

### **HOW TO STAY INSPIRED & CONNECTED**

**L. Bennett, A. Bramante, S. Day, S. Gilbert,**

**J. Hanson**

**- FREE -**

Meeting two or more like-minded people together creates something new, greater because one suddenly accesses the experiences and the knowledge of several people. This will allow us to learn a different viewpoint, to identify blind spots and to work on ideas in a tremendously efficient way.



**SMP** CAPTURE YOUR BEST LOOK  
with a Professional Headshot at Hypno Expo 2025!

Salina Mitera, a fellow IACT member, Certified Hypnotherapist, and the talented owner of Stolen Moments Photography, brings 16 years of expertise to ensure you look polished and professional. Whether you're refreshing your LinkedIn profile or need an updated photo for any occasion, Salina's skills in capturing authentic, impactful images will help you shine.

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## ▶ A Message from our President...

*Attending the Hypno Expo conference is one of the most impactful ways to grow in our field. It provides you with insights that go far beyond the basic information found in books, videos, and online courses. Live participation immerses you in a 360-degree experience, offering valuable perspectives from seasoned, knowledgeable educators. While nothing can replace the energy and interaction of being in-person, we're excited to offer an equally valuable option: a Virtual Conference!*

*We are committed to bringing you the most cutting-edge educational opportunities available—and we're proud to be the **FIRST** hypnosis organization to give you a choice: you can attend 'live' in sunny Orlando, Florida, or participate 'virtually' from the comfort of your home or office.*

*Yes, YOU have the flexibility to choose! We look forward to welcoming you to the conference in whichever format best suits your personal and professional needs.*

See you in May!

*Robert Otto*



# IS ATTENDING THE ANNUAL HYPNO EXPO A CHALLENGE FOR YOU?

As valuable as continuing education is, we know sometimes it's hard to attend due to:

- Budget constraints
- Travel issues
- Family commitments
- Difficulty taking time off
- Health concerns
- Other obligations

## WE'VE GOT YOU COVERED—ATTEND VIRTUALLY & JOIN US LIVE ONLINE!

Enjoy the conference remotely from your home or office with *unlimited streaming access*\* to all 45-minute sessions from Lecture Room Magnolia A, along with corresponding digital handouts. Learn from leading global educators, fulfill your continuing education requirements, PLUS receive a custom USB flash drive card containing all recorded lectures (Magnolia A, B, & C) and their handouts—**all at an unbeatable price!**

**\*Please note:** The live stream will only be available during event hours of operation.

—from Friday, May 16th at 9 AM to Sunday, May 18th at 5 PM (Eastern US Time Zone).

### WHAT TO EXPECT:

- **Live, interactive lectures** from leading hypnosis experts
- **Recordings available** (*post-event*) if you can't attend a session
- Topics for everyone—from beginners to seasoned professionals
- **Accessible from anywhere**, no travel required!

### FEATURED SPEAKERS INCLUDE:

- **Eric Rosen** – Trauma Informed Clinical Hypnotherapy
- **Sheila Granger** – Build an Award Winning Hypnosis Business in 5 Easy Steps
- **William Horton** – Top 3 NLP Techniques for Neuro Coaching
- **Karen Hand** – The Wonder of You - Script Plus Experience
- **Michael Watson** – Reframing from the Inside Out
- **Sherry Gilbert** – Developing Trust & Resilience When the World Seems Scary

### WHY YOU SHOULD ATTEND:

- **50+ hours** of top-notch hypnosis education
- Affordable price with *no hidden fees*
  - **\$259 on OR before** April 12<sup>th</sup>, 2025
  - **\$359 after** April 12<sup>th</sup>, 2025
- **Easy to access**—just click and join the live stream
- Learn techniques you can use right away in your practice

### REGISTER NOW:

- **By Phone:** +1 (570) 869-1021
- **By Fax:** +1 (570) 869-1249
- **By Mail:** Hypno Expo, 8852 SR 3001, Laceyville, PA 18623
- **Online:** [www.HypnoExpo.com](http://www.HypnoExpo.com)

Don't miss out—join us virtually in May!

# HypnoExpo Photos





# Full-day Courses



**ALL FULL-DAY COURSES RUN 10 AM – 5 PM**

**\* YOUR CHOICE 2- OR 4-Day Course  
PARTS THERAPY**

**J. Hanson  
Wednesday–Thursday  
May 14th–15th**

**Day 1 & 2: Certified Parts Therapy Facilitator Training**

Dive into the foundations of Parts Therapy, an effective approach for resolving inner conflicts and self-sabotaging behaviors. During these two days, you'll learn how to identify when Parts Therapy is the ideal method, communicate its benefits to clients, and confidently facilitate sessions using a step-by-step process. Gain insights from Roy Hunter's updates to the Tebbetts Method, avoid common pitfalls, and practice hands-on techniques in breakaway sessions. Upon completion, you'll earn your Certified Parts Therapy Facilitator certificate and gain valuable resources to enhance your hypnotherapy practice.

**Participants will learn:**

–What parts therapy is –when to use parts therapy –Why parts therapy is best for some clients–How to use parts therapy (complete step-by-step process) –How to explain parts therapy to your clients, and why such explanation is needed –Why it is so important to be an objective mediator –How to avoid inappropriate leading, and the potential consequences of not doing so –Why Roy Hunter added an important update on the Tebbetts Methods –How to avoid pitfalls that could put clients farther away from success – Participants will have break-away practice sessions.

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**TRAIN THE PARTS THERAPY TRAINER**

**J. Hanson  
Monday–Tuesday  
May 19th–20th**

**Day 3 & 4: Train the Parts Therapy Trainer Program**

Elevate your expertise by becoming a Certified Parts Therapy Trainer. Over these two days, you'll learn how to teach Parts Therapy to other professionals using Roy Hunter's exclusive materials, including PowerPoint presentations and a reproducible workbook. Master the art of facilitating role-play exercises, guiding step-by-step instruction, and certifying your own students. This program is essential for experienced hypnotherapists, skilled in parts therapy training, who want to expand their practice by training others in this transformative technique.

**Participants will learn:**

–How to introduce parts therapy to hypnosis students and professionals –How to teach parts therapy (step-by-step) –Why it is important to facilitate role play during the learning process –What role play exercises to use with your participants. –How to use Roy Hunter's PowerPoint presentation as a guide to help you teach. –INCLUDED is a copyrighted

CD available for the EXCLUSIVE use of Certified Parts Therapy Trainers, which contains the following. –A professional PowerPoint presentation as a guide for both you and your students –A MSWord document with Roy's copyrighted Parts Therapy Workbook, which you can reproduce for your students. –A special 'Read this first' file which contains additional information for the Certified Parts Therapy Trainer – Optional exam (and exam key) for your students –Additional MP3 sound files to accompany the PowerPoint presentation –Upon completion of the course, you will receive a certificate recognizing you as a Certified Parts Therapy Trainer. At a later date you will have access to a special parts therapy web site, as a Certified Parts Therapy Trainer. Prerequisite: 2-Day Parts Therapy training.

**Full 4–Day Certified Parts Therapy Trainer Course**

Transform your hypnotherapy career with this comprehensive 4–day training, designed to make you an expert in Client–Centered Parts Therapy. Led by Jessica L. Hanson, a Roy Hunter–certified instructor, this course offers a blend of foundational knowledge, hands–on practice, and advanced teaching skills. Whether you're a beginner looking to become a Certified Parts Therapy Facilitator (Days 1 & 2) or an experienced hypnotherapist/parts therapy practitioner, ready to train others as a Certified Parts Therapy Trainer (Days 3 & 4), this unique program equips you with the tools and certifications to excel in Parts Therapy.

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**\* 2-Day Course  
CERTIFIED STRESS MANAGEMENT  
CONSULTANT CERTIFICATION**

**M. Watson  
Monday–Tuesday  
May 19th –20th**

What the world needs now – In the 21st century, stress is epidemic. It damages our health, our work, and our relationships. It destroys families, businesses, and lives. It costs corporations more than 300 billion dollars every year in health costs, absenteeism and poor performance. And one in three adults suffers from the effects of unmanaged stress. The need for qualified professional assistance has never been greater.

That's where you come in – This training will prepare you to meet that need. More people are seeking therapy and medical treatment for stress related issues than ever before, and companies and businesses are reaching out for help. This is an opportunity for you to develop some expertise in this crucial field and to open your practice to those who really need you. Make a real difference while you advance your career and distinguish yourself with this professional designation.

You will learn about stress – what it is, how to assess it, how to educate people about it, and what to do about it. We'll teach you how to intervene in a crisis and strategies to manage chronic stress. You'll learn to work with clients one-on-one,

with groups, or even with corporations. We'll give you all the information and resources, over twenty techniques to use with clients and groups, and we'll even include complete outlines and instructions that you can use to offer 1-hour, 2-hour, or full-day seminars of your own.

**Topics include:**

- Stress and Stressors
- The High Cost of Stress
- The Perceived Stress Scale
- Conducting Stress Assessment Interview
- A Balanced Life
- Stress and Health
- Personal, Family and Workplace Stress
- Importance of Self Care
- Quantum Focusing
- Activity and Nutrition
- Instant Stress Busting Techniques
- Coping Mechanisms
- How to Become Resilient
- Disempowering the Inner Critic
- Meditation, Mindfulness and the Relaxation Response
- Neuroscience and Stress
- Stress and Anxiety
- When Push Comes to Shove
- Managing Crisis
- Self Hypnosis and Hypnotherapy
- Eye Movement Integration Technique
- Stress in the Workplace
- Personnel Dynamics
- Frustration and Burnout
- Groups in Stress
- Emotional Intelligence
- NLP Interventions
- The Power of Thought
- Stress and the Creation of Meaning
- Opening to Insight
- Consulting for Business
- Doing Programs for the Public
- One on One Consulting
- Online Operations

**Benefits**

- Programs that you can present in your own office or for businesses and groups.
- Over 20 techniques and processes to add to your repertoire.
- Enjoy the prestige and respect of your colleagues and clients with a professional CSMC credential
- Participate in an exciting online learning environment with other like-minded professionals from the comfort of your own home.
- Prerequisites: Education/Experience in any of the following:
  - Hypnosis/Hypnotherapy
  - EFT Wellness Coaching
  - Psychotherapy
  - Spiritual Healing
  - Neuro-linguistic Programming

Note: Substitutions are possible such as Corroborated Life Experience.

Non-Members: If you are NOT a member of the IACT or IMDHA, you will also be awarded a prestigious Professional Membership to the IACT, in addition to your Certification as a Stress Management Consultant.

\*Participants must complete the program hypnosis training, which includes in-class supervised practice, and successfully pass the oral instructor assessment to qualify for Certified Stress Management Consultant.

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**\* 1-Day Course  
HEALING YOUR OWN TRAUMA & HELPING  
YOUR CLIENTS TO HEAL THEIRS  
M.B. Svatek  
Thursday  
May 15th**

Participants will get a broad spectrum of angles of how and why trauma affects a person and will be given practical tools to balance their emotional and physical bodies to enable them to manage and release their trauma quicker and permanently. They will be doing interactive games and activities that enable them to get to know themselves better and will be shown how to enable their mind-body-spirit to work synergistically to bring back balance, peace, and well-being.

Learning what they can do to position themselves physically and emotionally to kick off their healing and remain successful in the process of overcoming trauma.

This is a Mind-Body-Spirit approach. Because trauma affects us on so many levels (mind-body-spirit), we must take a multi-level approach. Clients will find that healing trauma can happen swiftly and efficiently.

\*\*\*\*\*

**\* 1-Day Course  
RAPID ADDICTION SOLUTION MASTERCLASS!  
W. Horton  
Thursday  
May 15th  
- FREE -**

This pre-conference full-day course is FREE to those who are registered for the conference.

Are you tired of watching your clients struggle with addictions and bad habits that just won't budge? Do you feel frustrated knowing that there's more you could do, but you're missing the secret sauce that actually gets lasting results?

Well, today is your lucky day—because you can register for Will Horton's course that is going to transform the way you work with clients... and give you the tools to help them break free from the chains of addiction and self-sabotage!

This isn't some fluffy, feel-good seminar that leaves you with more questions than answers. This is a game-changing course designed specifically for therapists and coaches who are ready to take their skills to the next level and get real, sustainable results for their clients.

What you'll discover in this power-packed day:

- Proven neuroscience-based strategies that unlock the brain's potential to break free from addiction and bad habits
- Step-by-step guidance on using cutting-edge techniques to rewire thought patterns and behaviors—fast!
- Real-world applications so you can start using these tools with clients immediately
- And most importantly... how to create lasting transformation – not just quick fixes!

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*"The conference was so much fun - and I think the best one yet!  
Looking forward to next year!"*

*-Sherry Gilbert, Scottsdale, AZ*

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Here's the thing – if you're serious about making a MASSIVE impact in your clients' lives and growing your business, you cannot afford to miss this. Will is one of the world's leading experts in neuro–success coaching, and he's ready to share his wisdom with YOU in this one–day, action–packed class.

Imagine walking out of that room, armed with the same strategies that will help your clients crush addictions, eliminate bad habits, and step into their greatness... instantly.

You're not just investing in this class—you're investing in your success and your clients' future. This is the real deal. No fluff, just results.

Sign up now and take the first step toward mastering the Rapid Addiction Solution and revolutionizing your practice! This is your moment. Don't let it slip away.

\*\*\*\*\*

**\* 1-Day Course  
MEDICAL HYPNOTHERAPY  
P. Scott & E. Rosen  
Thursday  
May 15th**

Learn advanced medical hypnotherapy theory and approaches to expand your practice working with health issues such as chronic pain, IBS, fibromyalgia, anxiety, allergies, cancer, diabetes, depression, pre/post-surgery, etc. We'll also discuss and/or expand on the physiology of healing, psychoneuroimmunology, cellular regeneration, brain plasticity, working with medical referrals, legal issues, and more.

Attendees will gain confidence and practical tools to expand their practice by becoming an essential partner in the integrative health care team. You will receive a workbook, PowerPoint presentations, hypnosis scripts, additional materials, and a 'Certificate of Completion' for this 1–Day training in Medical Hypnotherapy. Those wanting to go forward to receive the optional IMDHA & UPHI Specialty Certification as a 'Medical Hypnotherapist' (50 CEUs) may complete additional requirements post-conference for an additional fee (includes on-line interactive ZOOM training & outside assignments).

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**\* 1-Day Course  
ATTACHMENT HYPNOTHERAPY FOR  
IMPROVING INTIMATE RELATIONSHIPS  
B. Eimer & E. Rosen  
Monday  
May 19th**

This experiential and didactic one–day workshop will cover how to use hypnosis to understand a client's attachment style and use this knowledge to promote more secure attachments in intimate relationships. We will cover hypnotherapy techniques to facilitate more successful relationships in both individual and couple therapy. Energize your hypnotherapy practice by learning hypnosis skills that assist clients in building a more secure attachment style to enhance the quality of loving relationships. Participants will also learn techniques for healing attachment wounds to get unconscious permission to create the relationships they desire. Participants will practice the techniques taught from the perspective of both therapist and client.

Attendees will learn how to use hypnosis to help individuals and couples build more satisfying relationships.

\*\*\*\*\*

**\* 1-Day Course  
IEMT SPECIALTY TRAINING  
L. Donnelly  
Monday  
May 19th**

In the intricate tapestry of human cognition, our eyes serve as more than just windows to the external world; they are gateways to our deepest psychological structures. The patterns of our gaze, often overlooked, can reveal profound truths about our internal landscapes.

Our memories and imaginations aren't just abstract constructs; they are deeply rooted in the physiological and psychological processes of our being. The way we store and access these memories, the manner in which we visualize our futures, are all intertwined with the dance of our eyes. It's a dance that tells a story, one that's often hidden beneath layers of consciousness.

Integral Eye Movement Therapy (IEMT) is not just another therapeutic modality. It's a journey into the very fabric of our psyche. By observing and influencing eye movements, we can tap into the neural pathways that store our most profound emotions and experiences. This isn't merely about alleviating symptoms; it's about confronting the dragons of our past, understanding them, and integrating their lessons into our present.

What attendees will gain from attending an IEMT (Integral Eye Movement Therapy) training is the ability to rapidly resolve emotional issues and trauma by addressing the underlying patterns of thought and behavior through eye movement techniques.

Includes additional second day (virtual) for optional certification.



# our special PRESENTERS 2025



**Andrews, Sean Michael**

Sean is a Certified Hypnotist and Certified Instructor of Hypnosis. He is a graduate of Regents College (1999) and a Master Practitioner of NeuroLinguistic

Programming. Sean is the Supervising Instructor for the Dave Elman Hypnosis Institute, and a qualified nursing hypnosis instructor. He has taught in 21 countries, and has appeared on television in five countries; as a published author he released two books: *"Who, Me?"* (2015) and *"Street Hypnosis"* (2016). Sean's awards include: 2024 Order of Braid – NGH, 2023 Life Fellow in Hypnotherapy IMDHA, 2018 Hypnotist of the Year – IACT, 2016 Educator of the Year – MAHC, and 2013 Hypnotist of the Year – MAHC. Many people consider him to be "The World's Fastest Hypnotist."

**Austin, Barbara**

Barbara has a private practice in Arizona. She provides individual session, workshops, and facilitates support groups on the Long Good-bye Journey. She also teaches at the Southwest Institute of Healing Arts. All while caring for her husband full time who has advanced Parkinson's Disease.



**Ayala, John Paul**

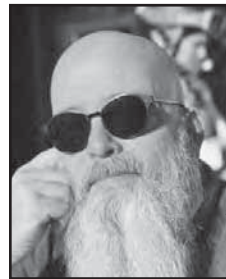
John is a hypnotherapist with over 10 year's experience. He holds a master's degree in social psychology, and successfully runs an active practice since

2012. He has worked with hundreds of clients.

**Babineaux, Mark**

Mark is an attorney in general civil practice for 45 years with training in mediation and collaborative issue resolution. Active in the hypnosis educational community for 20

plus years as member and teacher with both the IMDHA and the IACT and whose hypnosis practice includes helping individuals and groups improve helpful habits and eliminate harmful habits and forensic and investigative hypnosis techniques and protocols.



**Bachofen-Echt, Andreas**

Andreas is an experienced hypnotherapist, kinesiologist, mesmerist, and author with over 30 years in alternative healing and spiritual practices. His jour-

ney began with Osho in Tuscany, leading to deep explorations in hypnosis and mesmerism across Europe.

**Bennett, Linda**

Linda is Associate Dean of Education and the Hypnotherapy Program Director at Southwest Institute of Healing Arts. Linda is the esteemed 2014 International Medical & Dental Hypnosis Association Educator of the Year. Since 2015 Linda has been Co-Chairing the Guided Imagery Program that brings imagery/ hypnosis to the hospital patients at a regional hospital in Arizona. Linda's passion is hypnosis and to make learning a comprehensive and fun experience.



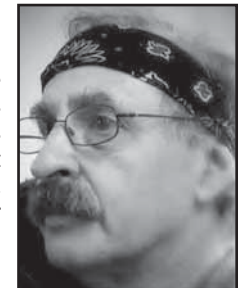
**Bernhoft, Ingibjorg**

Ingibjorg is a dedicated hypnotherapist and experienced hypnotherapy trainer with a BA in Psychology and a Master Diploma in Positive Psychology.

As a skilled mediator, Ingibjorg is passionate about helping people flourish and thrive. She specializes in training others in the art and science of hypnotherapy, empowering them to support personal growth and well-being. With a deep interest in guiding individuals to rise above their troubles, Ingibjorg combines her expertise in psychology with hypnosis.

**Blum, Peter**

Peter has had a full-time practice since 1987. He has trained hundreds in the spiritual art form of hypnosis. He studied for many years with Native American mystic Joseph Rael, and psychiatrist and author Dr. Lewis Mehl-Madrona, with whom he has frequently co-presented. Peter is the co-author of *The Phonebook-How to Use NLP on the Telephone*. He is a member of The Order of Braid (NGH), has been honored as Life Fellow in Hypnosis by IMDHA, and inducted in 2021 into the Hypnosis Hall of Fame.



**Branante, Albert**

Albert is a theatrical agent with over 20 years experience in the field. He is also a hypnosis and NLP Practitioner who was trained by Will Horton, George

Bien, Jeffrey Cohen, Jason Linett amongst others

**Clark, Eva**

Eva is a clinical medical hypnotherapist supporting people with chronic illness address the contributing factor that usually gets ignored—their lives. Eva specializes in multiple sclerosis (MS). Apart from her practice, Eva teaches webinars and trains other hypnotherapists and NLP practitioners on how to apply their skills to physical symptoms.

**Day, Suzy**

Suzy is a Clinical & Spiritual Hypnotherapist, IACT Certified Master Trainer, Hypnotherapy Instructor, Certified Specialist in Past Life Regression & Life Between Lives

Regression, Master Hypnotic Coach, Author, Public Speaker, based in Oregon, with clients in-person & virtually.

**Diaz, Lymari**

Lymari is a doctor in philosophy, master trainer in hypnosis and a 200 yoga teacher. She conducts a weekly podcast: *Mi Dieta Mental* on her YouTube channel, principally for Spanish speakers. Lymari is a specialist in anxiety management with 14 years experience in the field of hypnosis to manage anxiety issues.

**Donnelly, Lori**

Lori is a Certified Clinical Hypnotherapist, Certified Brain Health Coach with The Amen Clinic, IEMT (Integral Eye Movement Technique) Trainer/ practitioner,

advanced NLP practitioner, Master Therapeutic Imagery Facilitator. She is a graduate with the highest honors of Hypnosis Motivational Institute of Los Angeles in Mind Body Psychology and continues her studies on a regular basis, keeping current with the latest techniques available

**Eimer, Bruce**

Bruce is a Board-Certified Licensed Clinical Psychologist who has been using clinical hypnosis to help patients control pain since 1986. He has a full-time hypnotherapy and psychotherapy practice in South Florida. Bruce has authored over eight books on pain, psychotherapy, and hypnosis. Dr. Eimer regularly teaches workshops on Pain Control Hypnosis to hypnotherapists, psychologists, psychotherapists, physicians, dentists, and nurses.

**Eljay, Jean**

Pioneering Hypnotherapy with a Blend of Science and Compassion: Jean is a trailblazing hypnotherapist with degrees from prestigious institutions. He combines scientific rigor with

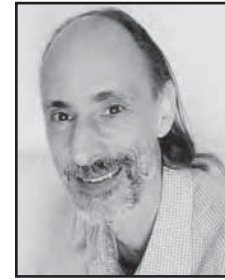
therapeutic innovation and hands-on experience. He founded the Transformative Beliefs Healing Institute and offers programs like HypnoBiosis(tm) and SnooZZeaZZy(tm) that are at the forefront of Cognitive Behavioral Hypnotherapy; using techniques from neuroscience and quantum physics to unlock the mind's healing potential. Dr. Jean is a renowned speaker and has lectured at medical schools and conferences. He infuses his work with passion and compassion and aims to explore new territories where science and ingrained thoughts intersect to facilitate healing in this complex world.

**Fatemi, Sayyed Mohsen**

Dr. Fatemi completed his post-doctoral studies in the department of psychology at Harvard University. He is an adjunct faculty member in the Graduate Program in Psychology at York University, Canada. His publications appear in Springer, Wiley, Routledge, Cambridge University Press, Oxford University Press, American Psychiatric Association, and Journals such as APA's Journal of Theoretical and Philosophical Psychology and International Journal of Clinical and Experimental Hypnosis. In addition to teaching at Harvard, he has taught for the department of psychology at the University of British Columbia, Western Washington University, the Uni-



versity of Massachusetts in Boston, University of Toronto, York University, Endicott College, and Boston Graduate School of Psychoanalysis.

**Gerey, Nicolas**

Nicolas is the President of the International Gouilding Method Association. He has been teaching this method to parents since 2013 and training and evaluating consul-

tants since 2017. Nicolas is also a Clinical and Medical Hypnotherapist and NLP Master Practitioner. With a background in stage performance, his trainings are both informative and engaging, combining deep expertise with humor and a welcoming teaching style. He trained in Europe, Australia and the USA.

**Gilbert, Sherry**

Sherry has been practicing hypnotherapy since 2000. She is proud to have received the 2016 Hypnotist of the Year Award from the International Association of Counselors and Therapists and the 2024 Life Fellow in Hypnotherapy. Sherry has a passion for teaching and mentoring, and she brings that energy into the classroom. She is a self-proclaimed 'research nerd' and loves to dive into research and figure out how we can use it in a hypnotherapy practice.

**Granger, Sheila**

Sheila is a UK Clinical Hypnotherapist who has impacted the lives of over 129,000 individuals! Her mission now is to educate, motivate, help and inspire other hypnothera-

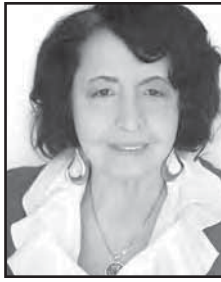
pists to achieve more than they ever thought possible with their own business. She is the creator of the widely acclaimed Virtual Gastric Band weight loss programme, an Amazon multi best-selling author and her business is peppered with awards. Sheila is Ego-free, with a big dollop of Can-do attitude!

*"I had so much fun at the IMDHA conference in May 2024. Now I'm thinking about the next conference in 2025"*

*-Ingibjörg Bernhöft, Kópavogur, ICELAND*

### Grant, Zoilita

Zoilita is an Author, Speaker, and Hypnotic Coach who believes that success for individuals and businesses begins with mindset. She focuses on helping small business owners remove barriers to their ideal businesses and lives, delivering dynamic programs and coaching sessions that draw from her expertise in business and hypnosis. Zoilita spent 35 yrs. as a psychotherapist, 15 yrs. as a hypnotic coach and also focuses on self-help giving ordinary people tools to live extraordinary lives.



### Gunn, Heather

As a dual citizen, I have enjoyed a wonderful 40-year nursing career in Canada and the U.S. Working in nursing education, ER, OR, oncology, and hospice opened an enormous doorway to my current work as a certified clinical hypnotherapist specializing in transpersonal therapy. My hypnotherapy career started with past life regression, evolving over the years to incorporate healing at a much deeper, more impactful level.

As a certified clinical hypnotherapist specializing in transpersonal therapy. My hypnotherapy career started with past life regression, evolving over the years to incorporate healing at a much deeper, more impactful level.

### Hand, Karen

Karen is a Board-Certified Hypnotist, Trainer, Mentor, International Best-Selling author, and World-Class Communicator. Karen sees clients and conducts trainings globally via ZOOM. She has received many awards including: Hypnotist of the Year, Educator of the Year, Leadership Award, IMDHA Pen & Quill Award for Literary Excellence, and the IACT Distinguished Service Award. Karen is the author of *Magic Words and Language Patterns*, *The Hypnotist's Essential Guide to Crafting Irresistible Suggestions*, *Hypnotic Workshops Like A Pro!* -Co-written with Kelley T. Woods, *Trance Dance – The Hypnotic Art of Leading and Following* and *Hypnosis – So Easy YOU CAN DO IT with your Eyes Closed...or Wide Open.*



### Hanson, Jessica

Jessica is the recipient of IACT's 2023 Educator of the Year award is often described as an "old soul" because of her many experiences. She learned hypnosis at the age of 13

and credits hypnosis for saving her life. Jessica is co-author of IACT's Trainers Manual, owner of a state licensed Hypnosis School, author of 4 books, and creator of the *TURTLE Trance-Formation Process*. She is Roy Hunter's chosen protégé-helping to preserve and make available Hunter's contributions to hypnosis. Her passion is helping people Trance-Form with Hypnosis.

### Hewerdine, Carrie

Carrie is a Board Certified Hypnotist/Hypnotherapist, Trainer, having been trained and certified in various modalities, including NLP, RTT, Parts Therapy, Quantum Journeys Hypnosis, Past and present life regressions, Spiritual awakening, soul retrieval, shamanism, micro-dosing with and without plant medicine. She has a social media following of 2500 aspiring legal-based high performance followers, focusing on major issues of anxiety, depression, dispelling limiting beliefs.



### Horton, William

Will is considered by some to be one of the world's leading expert in using NLP & hypnosis in the treatment of addictions and performing arts. He has treated tens of thousands

with addictions and helped countless performing artists take their art to the next level. He is the 'go to' guy for professionals with these problems. He brings 35 years of experience and constant research to help people. He is called the "Cowboy Doc" not just for his horses and attire but his attitude of never stopping and trying to help others.

### Hunt, Leslie

Leslie is a holistic practitioner with over 20 years of experience. She began her journey in 2001 as a massage therapist and energy healer, she holds a degree in Psychology from Texas State University, she is a licensed esthetician with advanced certifications in hypnosis, life coaching, and a master aroma therapist. She has NLP, Reiki, and Sound Healing training. Leslie is the CEO of a spa where she manages a team of 12 specializing in health and beauty treatments.



### Jackson, Sherry

Sherry Jackson is a clinical hypnotherapist, life strategist, and keynote speaker passionate about empowering ambitious entrepreneurs and CEOs to achieve their full-

est potential. As the founder of Envisage Wellbeing, LLC, Sherry combines over twenty years of corporate leadership experience with advanced hypnotherapy techniques to deliver transformative, life-changing results so her clients thrive personally and professionally.

### Kanaan, Traci

Whether it's a hypnotherapy session or performing on stage as a musical comedian, Traci brings unparalleled hilarity and hypnotism to every aspect of her life! Traci honed her comedic and improvisational skills as an internationally touring comedian for 18 years. She became a hypnotist 10 years ago and began infusing comedy into her sessions, creating The Hilarity and Hypnosis Approach (HAAA!) Now, she teaches other hypnotists how to bring laughter into their sessions.



### Kaur, Jasmeet

Jasmeet Kaur, PhD in Human Psychology & Behavioural Science, is a distinguished Clinical Hypnotherapist and Life Coach. With a wealth of experience and an array

of international certifications, Dr. Kaur is



*"I'm so excited for the Live Stream! I'm in New Mexico for the summer. Thank you for making this possible!"*

*-Nancy Brown, Santa Fe, NM*



dedicated to guiding individuals towards mental well-being and personal growth.



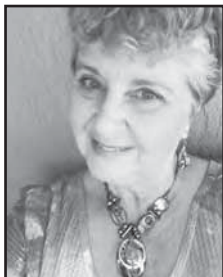
### **Khetan, Shivani**

Shivani is a distinguished clinical hypnotherapist and expressive arts therapist. She integrates hypnotherapy with creative expression for profound healing, specializing in

inner child work. Her unique approach combines therapeutic techniques with Picasso-inspired art, featured in prestigious exhibitions. A accomplished author, her book on self-awareness and leadership is highly regarded. Dr Khetan's compassionate innovative methods inspire both individuals and professionals.

### **Lavelle, Jillian**

Jillian is the founder of the International Association of Counselors and Therapists. She has traveled around the world teaching therapists techniques to help themselves and their clients. Workshop leader, author, and business coach.



### **Lemaire, Brice**

Dr Brice Lemaire Phd Dental Surgeon, Private Practitioner, Author, Speaker and Trainer in Medical Hypnosis Creator of the Post graduate in Dental Hypnosis at the

University of Nice. Creator of the Dave Elman Hypnosis Institute France Creator of the French Society of Dental Hypnosis.

### **Mackenzie, Alli**

Alli helps the Spiritually curious connect with your Soul-level Self, awaken to your infinite potential, and consciously create an abundant Life. Alli is a Certified Hypnotherapist, Soul Coach Practitioner, Akashic Records Reader, Reiki Master Teacher, Energy Healer; Professional Speaker, best-selling Author, host of The Podcast for Curious Souls, and a proud Momma to a beautiful 6 year old.



Through her own personal journey Alli has healed through a tiresome stutter and postpartum depression. She has since spoken on stage for bLU Talks at Harvard University, built a prosperous Spiritual business and became a best-selling author all while supporting hundreds of beautiful people in bringing their dreams to life too.



### **Maly, Nikki**

Nikki is the driving force behind Intuitive Illumination. Starting her journey in 2012 with energy healing, she has evolved into an Intuitive Mastery Teacher, integrating Hyp-

notherapy and Regression Therapy into her practice. Nikki's mission is to empower individuals to reclaim control of their lives and achieve holistic well-being. With a compassionate approach and years of experience, she offers personalized, transformative sessions to help clients unlock their full potential.

### **Mau, Fredric**

Dr. Mau is a clinical mental health counselor and board-certified hypnotherapist in private practice in South Carolina. He has served as core medical faculty training psychiatrists in psychotherapy and hypnotherapy. He is a well-regarded international keynote speaker and is the author of three books, as well as the introduction to a German language book on hypnotherapy. He is currently contributing to an upcoming revision of a standard psychiatric medical textbook.



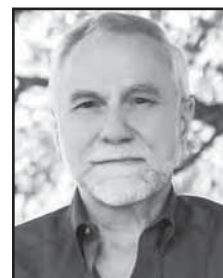
### **McCool, Melanie**

Melanie, known as "The Entrepreneur's Hypnotherapist," is an IACT Certified Master Trainer of Hypnosis with over 20 years of entrepreneurial experience. She utilizes neuroscience, money mindset, sales confidence training, hypnosis, and NLP to eliminate subconscious blocks, ending cycles of procrastination and self-sabotage cycles in her thriving hypnosis practice.



### **Mitera, Salina**

Salina is a photographer with 19 years of experience and a Certified Hypnotherapist who specializes in helping people feel confident from the inside out. Her workshops blend photography skills with psychological insights, empowering participants to improve their on-camera presence and create compelling visuals. Salina's hands-on approach ensures immediate application, and her dedication to teaching leaves participants with lasting skills and confidence.



### **Moyer, William**

Bill is a US Army-trained nurse, Board Certified member of the IMDHA, IACT Master Trainer, and owner of Life Matters Hypnosis Academy; the only IMDHA-approved

Hypnosis Certification school in Texas. He is a Grief Recovery Specialist and stress Management Consultant and holds a 7th Degree Black Belt in Tae Kwon Do.

### **Mrdak, Danijela**

Danijela received a 2024 Global Recognition Award for her extraordinary contributions to mental health and fertility therapy for the innovative approach to helping women overcome mental barriers to conception in pregnancy. As a therapist, she believes that the only time we have an opportunity to participate in God's miracle of creation is by helping people conceive. She developed a comprehensive course for therapists, coaches, and hypnotherapists which demonstrates her dedication to revolutionizing fertility care.



### **Onesta, Joseph**

Joseph is a renowned clinical hypnotist and author based in Pittsburgh, PA. At his practice, Mind Power Pittsburgh, he excels in guiding clients toward healthy lifestyle changes to combat

metabolic diseases such as diabe-

tes and obesity. With a unique blend of humor and science, Joseph's presentations are both entertaining and enlightening. His diverse background in comedy ensures an engaging experience, while his academic expertise grounds his work in solid scientific and practical principles. Joseph is also the author of several impactful books, including *"The Hypnotist's Guide to Diabetes and Obesity"* and *"Deleting Diabetes: I Did It. You Can, Too."* which chronicles his personal triumph in reversing type 2 diabetes and shedding 100 pounds. His book, *"Uneasy Faith: How to Survive Religious Trauma without Sacrificing Spirituality"* has helped many people move forward with their lives.

**Papadakis, Debbie**

Debbie is a Registered Psychotherapist, Clinical Hypnotherapist, Diplomate of the IMDHA, Author of *The Relationship Code: Heal Your Wounded Heart*, practicing since 1995. She has been featured in Oprah's "O Magazine, O's Big Book of Happiness, ElleCanada, Zoomer, CNN.com, WTN and VISIONTV. She is an IMDHA Certified Hypnosis & Pain Management Instructor, Reiki Master, Educator, Speaker & Founding Director of Hypno Healing Institute in Toronto Canada.



**Peacock, Sue**

Dr Sue is a leading Consultant Health Psychologist, registered with the Health and Care Professions Council, and Associate Fellow of The British Psychological Society. She has an extensive track

record of supporting clients presenting with chronic pain, sleep disorders, physical health problems, dental and medical phobias, anxiety and clinical depression for over 25 years. Sue is also a published bestselling author and has been featured in academia and by the media for her work.

**Prakash, Sunil**

Sunil is a Certified Clinical Hypnotherapist and Certified Trainer of Clinical Hypnotherapy from California Hypnosis Institute (CHI USA), International Medical & Dental Hypnotherapy Association (IMDHA), International Association of Counselors & Therapist (IACT), USA, Hypnosis Motivation Institute (HMI), USA, National Guild of Hypnosis (NGH),



USA, A practitioner with General Hypnotherapy Register (GHR) UK.



**Prusha, Chelsey Sarah**

Chelsey is a Rapid Transformational Therapist, Clinical Hypnotherapist, Emotional Intelligence, Spiritual, and Neurodivergent Life Coach, Sacred Counsel Facilitator, Reiki Master, International Metaphysical Ordained Minister, and Metaphysical Practitioner. Her specialties include Neurodiversity, Sexuality, Sexual Trauma, and Religious Trauma. She is a mother of 3 neurodivergent children and has spent her adult life dedicated to understanding the complexities of neurodivergence.

**Reed Simmons, Don**

Don has been a hypnotherapist, mystic and Shamanic Practitioner for over 30 years. His venture into Shamanism began in 1976 when a Hawaiian Kahuna, (shaman) became his teacher and Spirit Guide. He has worked as a Crisis Intervention Counselor in NYC, L.A., and Honolulu. He became a certified Hypnotherapist in 1998, is certified in Past Life Regression by Brian Weiss, MD of *"Many Lives, Many Masters"* and studied Mindfulness Meditation with Jon Kabat-Zinn and Zen Master Thich Nhat Hanh.

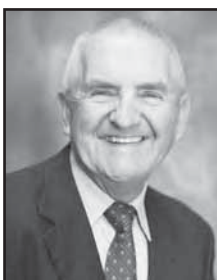


**Rhodes, Brenda**

Brenda Rhodes, CHI, is a highly respected hypnosis IHF instructor with 25 years of experience and practice. Published author, her latest book, *Great Relationships: Love Me, Love You, Love Us*. She is also the creator of the *From Survive to Thrive*, which trains hypnotists worldwide in supporting survivors of narcissistic abuse. Speaker at conferences globally, Brenda helps individuals and couples cultivate healthier and more fulfilling connections.

**Rocki, Wieslaw**

Dr. Wes Rocki, MD, PhD is a medical doctor (managing diseases), hypnotist (exploring possibilities), physiologist (supporting health), and improvisor



(playing with life's demands). The hallmarks of his 40-year medical practice in four specialties and hypnosis (last 12 years) are: integrity, curiosity, awareness, integration, playfulness, and self-healing care. Included in his practice are intuition medicine, spiritual healing, energy medicine, and trauma-related psychosomatic healing. His ongoing cancer healing journey expanded his medical knowledge to the patient's perspective.



**Rosen, Eric**

Dr. Rosen is a licensed psychologist, an Adjunct Professor with the Florida School of Professional Psychology at National Louis University-Tampa, and has a Master's Certification for teaching hypnotherapy (IACT/IMDHA). Dr. Rosen holds practice with Family Psychological Services of Palm Harbor, Inc., and is an associate trainer with Dr. Patricia Scott's UpHypnosis Institute.

**Sauciuc, Carmen**

Carmen Sauciuc is the creator of *Feelfulness®*, *Feel a Feeling by Choice*. Her methodologies are deeply influenced by Carl Jung, Milton Erickson, and Martin Seligman empowering you with the transformative power of *Feeling a Feeling by Choice*. She is an internationally acclaimed author of books such as *"Feelfulness, Feel a Feeling by Choice, Creating Ease @Self, and Creating Ease @Work"*.



**Saunders, Grant**

Grant is a renowned British hypnotist and entertainer, known for his dynamic and comedic stage hypnosis performances. With over 20 years of experience, Grant has captivated audiences worldwide, combining traditional hypnosis techniques with a modern, humorous twist. His shows are highly interactive, engaging participants in hilarious and mind-bending routines, making them a hit at corporate events, theatres, and festivals.



*"I'm so excited for the Live Stream! I'm in New Mexico for the summer. Thank you for making this possible!"*

*-Nancy Brown, Santa Fe, NM*

**Scott, Patricia**

Patricia ('Patti') is a Certified Medical Hypnotherapist (1992), NLP Master Practitioner, IACT Certified Master Trainer, IMDHA Life Diplomat, Creator of Medical Hypnotherapy Specialty Certification, & IHF Certified Instructor. President at UP Hypnosis Institute (UPHI), an approved school in Florida, Patti sees private clients and teaches Hypnosis, Medical Hypnotherapy & NLP live & on-line. Prior to 1992, Patti enjoyed 20 years as a professional singer, actor, dancer & published songwriter.



tal health and personal growth. Her work has been featured in numerous publications.

**Thunberg, Linda**

Linda is passionate about helping people create profound changes, which often manifests a whole new lease on life with deep zest! An award-winning Master Transpersonal Hypnotist with a dedication to her clients and the field. Her specialties include addictions, pain management, and especially childhood chakra regression. As President and CEO of NATH (National Association of Transpersonal Hypnotherapists) she teaches 4 levels of hypnosis certifications.

**Wackernagel, Nicole**

Nicole, Swiss Medical Maven turned Hypnotic Heroine. After diving deep into daily hospital life, a light bulb moment steered her to hypnotherapy. Now, she's turning skeptics into believers, one swinging pendulum at a time. Founder of the Swiss Hypnosis Institute awarded hypnotist and a YouTube sensation with 300+ grin-worthy videos, she's making medicine mesmerizing. Off-duty? You might find her skydiving or tickling the ivories. Her dream? A clinic where 'you're getting sleepy' is the new norm.

**Stockwell-Nicholas, Shelley**

Shelley is the author of 25 books (4 with Ormond McGill), She is an award-winning advocate for the great work of hypnotists, coaches,

and teachers worldwide. She has appeared on hundreds of radio and TV talk shows.

**Svatek, Mary Beth**

Mary Beth is a Counselor turned Life Coach & Hypnotherapist. After working in the mental health field as Counselor, Case Manager, ER Social Worker, & Administrative Director capacities for 18 years, she became disillusioned with band-aid approaches, crippling diagnosis & medication that rendered people into lifelong mental illness. She observed that those who overcame this took alternative approaches. She began to study mind-body-spirit & went back to school for Hypnotherapy & Holistic Health.

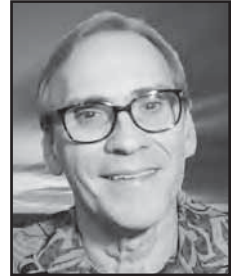
**Turnbull, Dale**

Dale, an Englishman in New York, offers training, coaching, and mentoring in Metaphors of Movement. His ultimate aim is to create more choices for change, for clients and therapists alike.

Working with Neuro-Linguistic Programming (NLP), Hypnosis, Provocative Change Works (PCW), Integral Eye Movement Therapy (IEMT), and Metaphors of Movement (MoM), Dale's experience spans over 10 years in both the private and corporate spaces.

**Watson, Michael**

An internationally known trainer and NLP with over 40 years of experience in the field. A frequent presenter at conferences and workshops and a pioneer in online education, he is an IACT Educator of the Year. Along with Karen Hand, Michael Co-Hosts the Virtual Chapter Online. He maintains a full-time practice in Orlando, offers courses and training, and provides mentoring services to practitioners. Known for his lighthearted and caring style, his training is as enjoyable as it is practical.

**Taylor, Janice**

Janice is a pioneering expert in emotional healing and the founder of AH-HA Healing with 30+ years of experience. Her 12-step program, with a 90% success rate, addresses the root

causes of emotional pain and empowers individuals to overcome trauma and addiction. As a sought-after speaker and mentor, she shares her insights on men-

**Wackernagel, Jacob**

Jacob is an experienced expert in his field and an important key figure in the Swiss Hypnosis Institute. With over 35 years of experience in the Federal Customs Administration, he has developed a deep understanding of structures, processes, and how to deal with complex challenges. As a consultant to the management and attorney, he proves his ability to think strategically and make targeted decisions on a daily basis. For more than 15 years, Jacob has supported his wife Nicole with his expertise and passion. As a trained hypnotist, he combines his analytical skills with an intuitive sense of the needs of his clients.

**Zak, Gila**

Considered a hypnotist's hypnotist, Gila maintains a full-time practice in Los Osos, California. She is a featured presenter at conferences and various professional and medical organizations and is the creator of The Gallery process and The Two Minds Technique. She is an honors graduate of HMI College of Hypnotherapy and a recipient of the prestigious Director's Award. Certifications include IEMT Practitioner, Sexual Freedom Practitioner, and Advanced Handwriting Analyst.

*"Such an honor to be surrounded by so much brilliance."*

*-Suzy Day, Medford, OR*

*"Thank you for putting on this amazing conference. For me, it was the best one yet. Thanks, again, for giving us all the benefits of being a part of this wonderful organization."*

*-Patricia V. Scott, Palm Harbor, FL*

# Awards Banquet

Saturday, May 17th, 2025

## A Night of Recognition and Celebration

It's time to recognize excellence, share in the success of others, and build morale and camaraderie. The conference banquet dinner is a great way to end a successful conference on a high note. Each ticket-holding attendee will be served a three-course meal, with each course carefully chosen to tantalize the taste buds and provide a satisfying culinary experience. *\*Regular **OR** Vegan/Vegetarian meal options are available.*

## More Than Just a Meal

The Saturday Awards Banquet is a valuable opportunity for attendees to come together more casually and build relationships. The relaxed atmosphere provides a place to celebrate the past year's achievements, create lasting memories, and foster conversation and networking, which can lead to new collaborations, business opportunities, and friendships.

## Highlighting Achievements

As the plates are cleared, and anticipation fills the air, we move from a culinary delight to a celebration of excellence. The awards ceremony, chosen by a discerning committee, promises to spotlight the triumphs that have propelled us forward and honor the extraordinary achievements within our field. Tonight, we celebrate not just individuals but the collective spirit of innovation and dedication that defines our community.

## Entertainment

Live entertainment will be provided throughout the evening.



# The Wonder of You!

## HYPNO EXPO 2025

MAY 16TH TO 18TH | ORLANDO, FL

Join us for Hypno Expo 2025, hosted by the International Association of Counselors and Therapists (IACT) and the International Medical and Dental Hypnotherapy Association\* (IMDHA).

This event offers cutting-edge techniques, innovative insights, and opportunities to connect with top educators and professionals from around the world. Expand your knowledge, build lasting connections, and create unforgettable memories. Log in to your online member account on the Association website or complete this registration form to now.

### FULL Conference Registration includes:

- Access to the Exhibit Area, entertainment, daily continental breakfast & snacks for **ALL 3 days!**
- (1) ticket for a 3-course meal at the annual Awards Banquet on Saturday (May 17th, 2025) evening.
- Admittance to **ANY** 45 minute Lectures (Magnolia A, B, & C).
- Admittance to **ANY** 2-HR Workshops marked **FREE**.  
*\*Pre-registration recommended!*
- Admittance to W. Horton's **FREE** 1-Day *Rapid Addiction Solution Masterclass* on 5/15. *\*Pre-registration required!*

### VIRTUAL Conference Registration includes:

- Unlimited access to the live-stream lecture room (Magnolia A) during event hours of operation only.
  - *Beginning on Friday, May 16th at 9 AM and ending Sunday, May 18th at 5PM (Eastern US Time Zone).*
- Access to digital PDF handouts for ALL lecture presentations to view, save, and/or print.
- (1) custom USB flash drive card containing **ALL** recorded lectures (Magnolia A, B, & C), and coordinating handouts. *\*Please allow 30-60 days for post-expo production, plus shipping & handling.*

Full Name : \_\_\_\_\_

Street Address : \_\_\_\_\_

City : \_\_\_\_\_ State/Region : \_\_\_\_\_

Country : \_\_\_\_\_ Phone # : \_\_\_\_\_

E-Mail Address : \_\_\_\_\_ Member :  IACT  IMDHA  NO

### Check the box of selection(s):

	on OR before April 12th	after April 12th
<input type="checkbox"/> FULL Conference* (Member)	\$329	\$379
<input type="checkbox"/> EXCLUSIVE USB Add-On (Member)	\$59	\$99
<input type="checkbox"/> FULL Conference* (Non-Member)	\$399	\$459
<input type="checkbox"/> EXCLUSIVE USB Add-On (Non-Member)	\$99	\$159
<input type="checkbox"/> Virtual Conference Registration	\$259	\$359
<input type="checkbox"/> Friday Conference ONLY	\$189	
<input type="checkbox"/> Saturday Conference ONLY	\$189	
<input type="checkbox"/> Sunday Conference ONLY	\$159	
<input type="checkbox"/> Workshop Ticket # _____	\$35/ea.	
<input type="checkbox"/> Banquet Meal Ticket*	\$79/ea.	
<input type="checkbox"/> PRE Conference Course(s)	\$ _____	
<input type="checkbox"/> POST Conference Course(s)	\$ _____	



Even if you join us in-person at conference, it's impossible to attend **every** session in person.. why not ensure you don't miss a single moment?  
**ADD-ON** a USB flashdrive containing all recorded lectures (and, handouts) from Magnolia A, B, and C —shipped to you within 60 days post-event!

**Offer valid for FULL conference registrants ONLY.**

### \*Banquet Meal Choice:

No Meal  Regular  Vegan/Vegetarian

### Payment Method:

PayPal : [tinyurl.com/TheIMDHA](https://tinyurl.com/TheIMDHA)

Check # : \_\_\_\_\_

Credit/Debit Card

EXP: \_\_\_\_\_ / \_\_\_\_\_ Security Code: \_\_\_\_\_

**TOTAL PAYMENT:** \$ \_\_\_\_\_

\_\_\_\_\_  
Signature Date

## FRIDAY, May 16<sup>th</sup>, 2025 | 2-Hour WORKSHOPS



10am–12pm	<b>A. Bramante</b> – AI for Content Creation	\$35	
10am–12pm	<b>P. Blum</b> – Finding Your Medicine: Animal, Bird, Plant, Element?	\$35	
10am–12pm	<b>J.P. Ayala</b> – Powerful Reframes: Discover the Real Truth Behind Your Thoughts	\$35	
1pm – 3pm	<b>C. Prusha</b> – Empowering Neurodivergent Lives: Hypnosis Strategies for Holistic Healing	\$35	
1pm – 3pm	<b>Z. Grant</b> – How to Create a Dynamic Facebook Marketing Plan	\$35	
1pm – 3pm	<b>D. Simmons</b> – Shamanic Hypnosis	\$35	
3pm – 5pm	<b>L. Thunberg</b> – From Shattered to Wholeness: Childhood Chakra Regression	\$35	
3pm – 5pm	<b>S.M. Andrews</b> – Really Fast Inductions for Hypnotherapists	FREE	
3pm – 5pm	<b>W. Horton</b> – Behavior Profiling and Deception Detection	\$35	

## SATURDAY, May 17<sup>th</sup>, 2025 | 2-Hour WORKSHOPS

10am–12pm	<b>F. Mau</b> – Rapid Hypnotic Induction in Clinical Hypnosis	\$35	
10am–12pm	<b>L. Bennett</b> – Life Coaching & Hypnotherapy: The Perfect Pair!	FREE	
10am–12pm	<b>M. McCool</b> – La Luna’s Wisdom- Ritualistic Hypnosis to Empower Entrepreneurial Women	\$35	
1pm – 3pm	<b>B. Lemaire</b> – Pain Management for Acute Pain	FREE	
1pm – 3pm	<b>S. Gilbert</b> – Resolving Compassion Fatigue (Empathetic Distress)	FREE	
1pm – 3pm	<b>A. Bachofen-Echt</b> – From Classical Hypnosis to Mesmerism	FREE	
3pm – 5pm	<b>D. Papadakis</b> – Unlocking the Power of Regression: Transforming Lives Through Hypnosis	FREE	
3pm – 5pm	<b>L. Diaz</b> – Anxiety Management Protocol	\$35	
3pm – 5pm	<b>S.M. Fatemi</b> – Hypnosis and Trauma	\$35	

## SUNDAY, May 18<sup>th</sup>, 2025 | 2-Hour WORKSHOPS

10am–12pm	<b>S. Stockwell-Nicholas</b> – Great Relationships: Love ME, Love YOU, Love US	\$35	
10am–12pm	<b>W. Rocki</b> – I Know Exactly What You Need	\$35	
10am–12pm	<b>N. Wackernagel</b> – The Path to Becoming a Confident Hypnotist	FREE	
1pm – 3pm	<b>T. Kanaan</b> – From Boo Hoo to Bwahaha: Laughter is the Best Pattern Interrupt	FREE	
1pm – 3pm	<b>S. Granger</b> – Drop a Pants Size in 4 Weeks with Hypnosis! Delivering Online and in Groups	FREE	
1pm – 3pm	<b>K. Hand</b> – The Magic Answer for Session Success	FREE	
3pm – 5pm	<b>P. Blum</b> – Hypnotic Heads/Trance Tales: Deconstructing & Reconstructing Central Narratives	FREE	
3pm – 5pm	<b>N. Gery</b> – Empowering Parents: Exploring the Goulding Method for Your Practice	FREE	
3pm – 5pm	<b>S. Prakash</b> – Die Empty and Die Enriched	FREE	
3pm – 5pm	<b>W. Moyer</b> – Let Go, Forgive, Move Forward	FREE	
3pm – 5pm	<b>M. Watson</b> – Games Hypnotists Play	FREE	
3pm – 5pm	<b>*PANEL: Newbie or Veteran... How to Stay Inspired &amp; Connected</b>	FREE	

*\*(L. Bennett, S. Day, S. Gilbert, J. Hanson, and A. Bramante)*

## PRE & POST Conference Courses | 10am to 5pm Daily

5/14 + 5/15	<b>J. Hanson</b> – Client-Centered Parts Therapy	\$395	
5/15	<b>M.B. Svatek</b> – Healing Your Own Trauma and Helping Your Clients to Heal Theirs	\$175	
5/15	<b>W. Horton</b> – Transforming Addictions & Habits: The Rapid Addiction Solution Masterclass	FREE	
5/15	<b>E. Rosen &amp; P. Scott</b> – Medical Hypnotherapy Specialty Training <i>(w./Optional Certification Opportunity)</i>	\$225	
5/19 + 5/20	<b>J. Hanson</b> – Train the Parts Therapy Trainer	\$795	
5/19 + 5/20	<b>M. Watson</b> – Certified Stress Management Consultant Specialty Certification	\$495	
5/19	<b>B. Eimer &amp; E. Rosen</b> – Attachment Hypnotherapy for Improving Intimate Relationships	\$395	
5/19	<b>L. Donnelly</b> – IEMT Specialty Training <i>(w./Optional Certification Opportunity)</i>	\$595	

5/16 – 5/18	Capture your <b>BEST</b> look with a Professional Headshot by Stolen Moments Photography	\$30	
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# The Wonder of You!

## HYPNO EXPO 2025

*proudly presents*

Unlocking the Power of Pre-Hypnotic Techniques  
**SETTING THE STAGE FOR SUCCESS**



We invite you to join us for the keynote address at our upcoming annual convention, featuring

**Robert Otto**

**&**

**Sean Michael Andrews,**

where we'll explore the essential role of pre-hypnotic techniques in creating the ideal environment and mindset for successful hypnosis.

Don't miss this opportunity to deepen your understanding of pre-hypnotic techniques and elevate your practice!

Join us **LIVE** in Orlando, Florida on Saturday, May 17th at 9AM, in Citrus B, and take the first step towards enhancing your hypnosis skills.

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



The International Association  
of Counselors and Therapists



International Medical and  
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Reservations can be made at [tinyurl.com/RoomBlock-25](https://tinyurl.com/RoomBlock-25)



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**HYPNO EXPO 2025**

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