



# Utilizing Integrative Hypnosis in Practice:

## A GUIDE TO TREATING ANXIETY DISORDER AND TRAUMA

WEDNESDAY APRIL 16, 2025  
9AM-4PM

2511 DELANEY AVE  
WILMINGTON, NC 28403

### TARGET AUDIENCE

This program is intended for social work professionals and students, practicing mental health professionals, and anyone interested in the use of clinical hypnosis.

### REGISTRATION FEE

**\$75**

NH participants use code: HALFOFF74960

\*MUST register with your NH email address

### LEARNING OBJECTIVES

Upon Completion of this workshop, participants should be able to:

1. Define and explain clinical hypnosis;
2. Describe the hypnotic process with clients and liability/abreactions;
3. Outline the components of integrative hypnosis combined with CBT and mindfulness;
4. List skills to use with clients who would benefit from integrative clinical hypnotic techniques;
5. Illustrate the use of hypnotic techniques including trance work.

Questions? Contact [shawna.eveland@seahec.net](mailto:shawna.eveland@seahec.net)

# PROGRAM DESCRIPTION

Hypnosis is a powerful clinical tool utilized across diverse settings to catalyze healing and facilitate transformative change via imagery, suggestion, and subconscious exploration. What sets hypnosis apart is its capacity to engage consciousness at profound levels, fostering profound shifts in awareness and behavior. Widely applied in mental health, hypnosis generated positive outcomes including but not limited to bolstering self-esteem and helping initiate adaptive behaviors, anxiety reduction, trauma symptom alleviation, improving sleep quality, and optimizing performance (American Society of Clinical Hypnosis, n.d.).

One of its notable strengths lies in its efficacy in treating anxiety disorders and trauma when integrated with complementary modalities like Cognitive Behavioral Therapy (CBT) and mindfulness techniques. This integrative approach offers a compelling process of addressing discomfort and dysregulation and delving into entrenched thoughts, emotions, and past experiences. By tapping into the subconscious mind, the hypnotic process, combined with CBT and mindfulness fortifies positive beliefs, challenges unproductive patterns, and amplifies therapeutic objectives. Over the long term, this integrated hypnosis fosters resilience, nurtures healthier relationships, and fosters self-trust and trust in others (Daitch, 2007).

This workshop aims to guide participants through the steps of the hypnotic process, encompassing crucial aspects such as ensuring safety when working with clients, conducting trance work and testing, and offering psychoeducation about the process and ethical practices. Additionally, it will explore a selection of cognitive and mindfulness techniques, as well as strategies for integrating these approaches to effectively support individuals dealing with anxiety and trauma symptoms. Ultimately, the workshop seeks to provide a comprehensive overview and equip attendees with practical tools for practice.

## FACULTY



Laurie Emmer-Martin,  
DSW, MSW, LCSW

Laurie holds the position of Clinical Assistant Professor at the University of North Carolina at Chapel Hill School of Social Work. A career comprised of over 25 years, Laurie has acquired extensive experience in direct practice, policy development, and academia, enriching her contributions to her current role. Alongside her academic endeavors, Laurie operates a private practice, specializing in providing support to individuals navigating anxiety, trauma, depression, and OCD. Proficient in diverse therapeutic modalities, Laurie holds certifications in hypnosis among other areas. Her background includes prior engagements in EAP settings, child welfare, hospitals, and community mental health, further augmenting her range of expertise.

### CREDIT

#### **Contact Hours (Category A) CE for NC Psychologists up to 5.0**

This program will provide 5.0 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.

#### **NBCC Hours up to 5.0**

SEAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5597. Programs that do not qualify for NBCC credit are clearly identified. SEAHEC is solely responsible for all aspects of the programs.

#### **NCASPPB Hours up to 5.0**

The North Carolina Addictions Specialist Professional Practice Board has approved this program for up to 5.0 hours GSB (pending).

#### **Contact Hours up to 5.0**

This program will provide up to 5.0 contact hours. Contact hours may be submitted to the board by Licensed Clinical Social Workers for continuing education credit approval.



If you have any questions about  
accessibility or special needs assistance,  
please contact [Shawna.Eveland@seahec.net](mailto:Shawna.Eveland@seahec.net)

# Register Here

### Cancellation/Refund Policy

- Registrants cancelling between two weeks and five full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than five full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) are welcome (notify us of this in advance of the program.)
- Cancellations must be in writing (fax, email, or mail.)

Questions? Contact [shawna.eveland@seahec.net](mailto:shawna.eveland@seahec.net)