



2013/2014

Training Workshops in Psychotherapy, Hypnotherapy, & Meditation

The Center for Integrative Psychotherapy

I. Introductory & Advanced Training in Hypnotherapy

II. Health Psychology

III. Attachment-Based Therapy

IV. Meditation & Optimal Development

Hypnosis & Conversion Disorders*

Daniel Brown, Ph.D.

Dec. 21, 2013 (Sat. 9:00am-5:00pm)

Newton MA

This workshop is on the assessment and hypnotic treatment of a variety of conversion disorders. The course will address: defining, assessing, and diagnosing conversion disorders; the role of conflict and somatic learning in the development of conversion symptoms; and treatment of: pseudoseizures, contractures, tics, conversion paralysis, vocal cord dyskinesia, focal blindness, elective deafness and muteness, and loss of sensation. The primary emphasis will be on step-by-step treatment protocols using exploratory & somatic information-processing approaches to hypnotherapy. Teaching by lecture, demonstration of methods, and case illustration. Hypnosis training required.

Treating Acute & Complicated Grief*

Daniel Brown, Ph.D.

Jan 11, 2014 (Sat. 9:00am-5:00pm)

Newton MA

This workshop will provide clinicians with an understanding of the factors contributing to complicated bereavement. The seminar is primarily treatment-focused, with an emphasis on: accurate assessment of grief symptoms; identifying the type of grief reaction and best approach, learning the variety of effective treatments available; and following a step-by-step psychotherapeutic or hypnotherapeutic treatment protocol specific to each of the varieties of grief reactions—both acute and complicated (inhibited, distorted, conflictual, and disorganized types). Teaching through lecture, demonstration of methods, and case illustration. Hypnosis training recommended, not required.

Psychotherapy & Hypnotherapy with Bipolar- Spectrum Disorders*

Daniel Brown, Ph.D.

Jan. 25-26, 2014 (Sat.- Sun. 9:00am-5:00pm)

Newton MA

The remarkable effectiveness of mood stabilizing drugs for bipolar spectrum disorders--cyclothymia, type II (hypomania) and Type I (manic-depressive) bipolar conditions--has obscured the importance of psychotherapy in the treatment of bipolar conditions. Given the fact that the majority of bipolar episodes are precipitated by interpersonal stress or behavioral dysregulation in daily life, psychotherapy retains an important place in the overall treatment of bipolar conditions. This workshop will review the interaction of biological vulnerability and psychological factors in bipolar disorders. Special emphasis will be given to the specific patterning of the transference in bipolar disorders, and how to treat dysfunctional interpersonal patterns as a way of reducing risk of bipolar episodes. Participants will learn a variety of developmentally-informed methods to foster self development and affect-regulation, as well as a variety of cognitive-behavioral methods for relapse prevention (self-monitoring of energy shifts, behavioral shaping of sleep/wake cycles, risk reduction through nutritional interventions, and monitoring of risk behaviors) and for self-management of shifting energy and self-states. Teaching includes lecture & case illustration. Hypnosis training recommended, not required.

Integrative Treatment of Addictions

Daniel Brown, Ph.D.

June 27-29, 2014 (Fri.-Sun. 9:00am-5:00pm)

Newton MA

Addictions, e.g. alcoholism, chemical dependency, eating disorders, & self-mutilatory behavior begin as adaptive attempts to regulate affective states, and through complex incidental, cognitive, and social learning take on a life of their own over time, in the form of over-learned maladaptive addictive behaviors. Participants will learn a general model for the development of any kind of addiction, which stresses specific types of affect dysregulation as the underlying vulnerability to addic-

tion, and a process of complex learning, wherein a variety of addictive behaviors develop as attempts at affect regulation. The best treatments for addictions are multi-dimensional and integrate a variety of approaches. Participants will learn a wide range of procedures in a multi-modal, integrative approach to treat addictions that addresses a number of areas: stage-of-change and motivational factors; assessment of medical risk, withdrawal distress, and stabilization strategies; everyday awareness of urges and addictive behaviors; learning self regulation skills; the primary role of exposure-based treatment methods; developing affect regulation and coping enhancement skills; techniques to modifying maladaptive addiction-related beliefs and schemas; modifying body image pathology; enhancing self and self-esteem; relapse risk prevention skills; social systems integration; and addressing dynamic factors, attachment pathology, and trauma that complicate treatment. The goal is to learn step-by-step treatment protocols effective in treatment of any addiction. Teaching by lecture and demonstration and practice of methods. Hypnosis training recommended but not required.