

# British Society of Clinical and Academic Hypnosis National Conference

**27-29 June 2014**

**Venue Staffordshire University**

## **27 June - Presentation of Papers**

Come and discover the successes of our Advanced Diploma students as they tell us what they have learned, how they have incorporated their new skills into their practice and how they have developed these skills to find their own style and avenues of interest.

## **28/29 June - Integrating Cognitive Behavioural Therapy and Hypnosis into Our Clinical Work**

The two-day workshop will focus on *Cognitive Hypnotherapy*, an evidence-based multimodal treatment that can be applied to a wide range of patients with emotional disorders, including anxiety and depression. It integrates hypnosis, mindfulness and CBT. This provides an effective host theory to assimilate empirically supported treatment techniques derived from various theoretical models of psychotherapy.

### **Objectives**

- (1) Establish theoretical and empirical rationale for integrating hypnosis and mindfulness with CBT
- (2) Present innovative methods for breaking the emotional cycle
- (3) Describe techniques for accessing and restructuring the “wounded self” (source of core beliefs)
- (4) Demonstrate techniques for rewiring dysfunctional neurocircuits
- (5) Enhance psychophysiological coherence (create internal harmony)
- (6) Propose a research design

Dr. Assen Alladin is a recently retired Clinical Psychologist and Adjunct Associate Professor in the Department of Psychiatry, University of Calgary Medical School, Canada.

Saturday night's entertainment will be provided by the wonderful **Riffomers**, a 7-piece band bringing us music from across the decades to rock your body and lift your spirit.  
Featuring our very own Simon Barnett (Midlands Branch Lecturer)

This event is open to all former, current and future students so please do *spread the word*.

For more information and further application forms please go to [www.bscah.com](http://www.bscah.com).

## Application Form

<b>Ticket Type (Please circle)</b>	<b>Includes</b>	<b>Ticket Price</b>	<b>Early Bird Ticket Price</b>
<u>Three Day Ticket</u>	Lunch (Friday, Saturday, Sunday)  Conference Dinner Dance	£330	£300
<u>Accommodation Ticket</u>	As above with ensuite accommodation, bed, breakfast and Friday evening meal	£450	£420
<u>Friday Paper Day</u>	Lunch	£120	

Prices include all refreshments. Free parking. Free Wi-Fi/internet access.

To book your tickets please send your completed application form to our Midlands Branch Secretary, Siân Rogerson, BSCAH Midlands Branch, 58 Brenton Road, Wolverhampton, WV4 5NX.

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

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

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Post Code: \_\_\_\_\_

Email address/Telephone: \_\_\_\_\_

**PLEASE MAKE CHEQUES PAYABLE TO 'BSCAH Midlands Branch'**

**Fee non-refundable if cancellation received less than two weeks prior to event**