

Enhanced Patient Care with Medical Hypnotherapy Training for Health Care Providers

HYPNOTHERAPY ACADEMY OF AMERICA

Albuquerque, NM

Two courses offered in 2016

August 19-21

December 2-4



CONTINUING MEDICAL EDUCATION & PROFESSIONAL DEVELOPMENT

Elevating knowledge, Advancing Health



The Office of Continuing Medical Education and Professional Development designates this live activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.


For additional information contact:

Continuing Medical Education & Professional Development at (505) 272-3942

Or visit the website <http://som.unm.edu.cme/>

Enhanced Patient Care with Medical Hypnotherapy Training for Advanced Care Providers

Friday—Day 1		Saturday—Day 2	
7:30-7:50 am	Sign-In & Late Registration	8:00-9:15 am	Directing the Autonomic Nervous System <i>Tim Simmerman Sierra, CMS-CHt</i>
7:50-8:00 am	Introduction	9:15-9:30 am	Break
8:00-9:15 am	Update on Current Research of Medical Hypnotherapy <i>Robert Sapien, MD, MMM, CMS-CHt</i>	9:30-11:00 am	Enhancing Subconscious Communication with Mental Imagery <i>Angela Simmerman Sierra, CMS-CHt</i>
9:15-9:30 am	Break	11:00-11:15 am	Break
9:30-11:00 am	Understanding Medical Hypnotherapy <i>Tim Simmerman Sierra, CMS-CHt</i>	11:15-12:30 pm	Enhancing Subconscious Communication with Mental Imagery (cont'd) <i>Angela Simmerman Sierra, CMS-CHt</i>
11:00-11:15 am	Break	12:30-1:15 pm	Boxed Lunch: Innate Healing <i>Angela Simmerman Sierra, CMS-CHt</i>
11:15-12:30 pm	Formula for Hypnotic Induction <i>Tim Simmerman Sierra, CMS-CHt</i>	1:15-2:30 pm	Skills Practice: Practice of Techniques <i>Loretta Ortiz y Pino, MD, CMS-CHt</i> <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Angela Simmerman Sierra, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>
12:30-1:15 pm	Boxed Lunch: Post-Operative Medical Hypnotherapy <i>Tim Simmerman Sierra, CMS-CHt</i>	2:30-2:45 pm	Break
1:15-2:30 pm	Skills Practice: Hypnosis Inductions, Demonstrations and Practice <i>Loretta Ortiz y Pino, MD, CMS-CHt</i> <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Angela Simmerman Sierra, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>	2:45-4:00 pm	Skills Practice: Practice of Techniques <i>Loretta Ortiz y Pino, MD, CMS-CHt</i> <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Angela Simmerman Sierra, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>
2:30-2:45 pm	Break	4:00-4:15 pm	Break
2:45-4:30 pm	Skills Practice: Hypnosis Inductions, Demonstrations and Practice <i>Loretta Ortiz y Pino, MD, CMS-CHt</i> <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Angela Simmerman Sierra, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>	4:15-5:30 pm	Skills Practice: Practice of Techniques <i>Loretta Ortiz y Pino, MD, CMS-CHt</i> <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Angela Simmerman Sierra, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>
4:30-4:45 pm	Break		
4:45-5:30 pm	Hypnotic Inductions <i>Robert Sapien, MD, MMM, CMS-CHt</i> <i>Tim Simmerman Sierra, CMS-CHt</i>		

Sunday—Day 3	Conference Site
8:00-9:30 am	HYPNOTHERAPY ACADEMY OF AMERICA 2132 Osuna Road NE, Suite B Albuquerque, NM 87113
9:30-9:45 am	Parking is available on site and no special permit is needed for this training.
9:45-10:45 am	
10:45-11:00 am	
11:00-11:45 am	
11:45-12:00 pm	

Participants requiring special accommodations should contact Continuing Medical Education & Professional Development at (505) 272-3942 as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

Enhanced Patient Care with Medical Hypnotherapy Training

The Hands-On Training Course will focus on teaching physicians, nurse practitioners, physicians assistants and other healthcare providers medical hypnosis skills. These methods have been shown to accelerate healing, manage pain, increase patient compliance with prescribed treatment, emphasize patient-centered care, shared decision making and promote patient empowerment. Patient-centered care and shared decision making are effective in increasing quality of care. Patient empowerment may impact patient safety by giving patient the tools to advocate for themselves.

Learning Objectives:

1. Utilize Medical hypnotherapy methods as the practical application of “Mind-Body” medicine.
2. Describe the components of the Triune Mind and its capabilities to patients.
3. Explain the connection between hypnotic suggestions and the autonomic nervous system, including the “Results Model” and how subconscious beliefs influence biology.
4. Compare responsiveness with susceptibility.
5. Demonstrate at least 5 different hypnotic inductions, 3 deepening techniques, and how to test hypnotic responsiveness.
6. Design therapeutic suggestions using the 9 rules of effective suggestion composition.
7. Administer therapeutic suggestions during the hypnotic state so as to accelerate healing and/or manage pain.
8. Guide healing imagery during the hypnotic state.
9. Describe the 3 steps of the metaphorical representation of disease, the action required, and the imagery to correct the condition.
10. Perform the Reset Your Healing Intelligence Process.
11. Perform the Healing Space Imagery Process.
12. Address the common mental roadblocks to healing and pain reduction.
13. Perform and teach self-hypnosis.
14. Describe how research from the Adverse Childhood Events (ACE) study on Longitudinal Health Outcomes relates to medical hypnotherapy.

Planning Committee & Faculty

Robert Sapien, MD, MMM, CMS-CHt
Distinguished Professor of Emergency Medicine
and Pediatrics
Chief, Division of Pediatric Emergency Medicine
Associate Dean of Admissions, School of Medicine
UNM Health Sciences Center

Loretta Ortiz y Pino, MD, FAAP, CMS-CHt, FIBH
Adjunct Professor
Hypnotherapy Academy of America
Medical Director
Taos Holy Cross Hospital CARE Team

Angela Simmerman Sierra, CMS-CHt
Director
Hypnotherapy Academy of America

Tim Simmerman Sierra, CMS-CHt, FIBH
Director
Hypnotherapy Academy of America

ACCREDITATION

Physician Accreditation

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 20 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Oversight Committee

Mary Blessing, MSN, RN
University of New Mexico Hospital

Burke Gurney, PT, PhD, OCS
University of New Mexico Health Sciences Center

William F. Rayburn, MD, MBA
University of New Mexico School of Medicine

Kristina Wittstrom, PhD, RPh
University of New Mexico College of Pharmacy

REGISTRATION INFORMATION

You may register online at <http://som.unm.edu/cme> if using a credit card. A confirmation letter will be emailed to you. Please present your confirmation letter at the registration desk upon arrival at the conference. If you do not receive a confirmation letter, please contact Continuing Medical Education & Professional Development at (505) 272-3942 to verify your attendance. Registration fee includes all conference materials, textbooks and lunch. Please confirm your registration prior to making travel arrangements. Minimum and maximum numbers have been established for this conference.

A copy of the purchase order must accompany the registration. Any registrations faxed without a Visa or MasterCard number, or a copy of the purchase order cannot be processed. UNM CME does not maintain a petty cash fund. Cash payments must be made in the exact amount. It is UNM policy to charge \$15.00 plus merchant bank fees for each returned check.

All eligible UNM Faculty and Staff may enroll using a tuition remission (waiver) to cover tuition costs listed on the registration form. Properly completed, tuition remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission Form may be accessed at <https://hr.unm.edu/benefits/tuition-remission>

How to Register:

- Fax your registration 24 hours/day to (505) 272-8604.
- Call (505) 272-3942 between 7:30 am to 4:30 pm MST.
- Online at <http://som.unm.edu/cme/>.
- Mail to UNM Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, NM 87131-0001.

CONTACT INFORMATION

University of New Mexico School of Medicine
Continuing Medical Education & Professional Development
MSC09 5370, 1 University of New Mexico
Albuquerque, NM 87131-0001
Phone: (505) 272-3942
Fax: (505) 272-8604



Visit the UNM CME website at <http://som.unm.edu/cme/>

CANCELLATION

If you pre-register and cannot attend, Continuing Medical Education & Professional Development will refund tuition, less a \$40.00 administrative fee, provided it is received in writing on or before **August 8, 2016** for the **August 19-21 training** and **November 21** for the **December 2-4 training**. No refunds will be issued after these date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, Continuing Medical Education & Professional Development is not responsible for any airfare, hotel or other costs incurred by participants.

ACCOMMODATIONS

We do not have a block of rooms secured for this conference. However, the hotels listed below, are within a couple of miles of Hypnotherapy Academy of America.

Albuquerque Marriott Pyramid
5151 San Francisco Rd NE
Albuquerque, NM 87109
(505) 821-3333

Coutyard by Marriott
5151 Journal Center Blvd NE
Albuquerque, NM 87109
(505) 823-1919

Hilton Garden Inn
Journal Center
5320 San Antonio Drive NE
Albuquerque, NM 87109
(505) 314-0800

Residence Inn by Marriott North
4331 The Way Lane @ I-25 NE
Albuquerque, NM 87109
(505) 761-0200

Hampton Inn & Suites North
4412 The 25 Way
Albuquerque, NM 87109
(505) 345-4500

REGISTRATION FORM ENHANCED PATIENT CARE WITH MEDICAL HYPNOTHERAPY TRAINING

Name: _____

Your Title: MD DO RN LPN NP PA Resident/Fellow Other

Specialty: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

PLEASE PRINT CAREFULLY; THE ABOVE INFORMATION WILL BE USED FOR YOUR NAMETAG

Please select the set of dates you will be attending the training.

_____ **August 19-21, 2016** _____ **December 2-4, 2016**

Meal Selection: _____ **Meat** _____ **Vegetarian** _____ **Other (please specify)** _____

	“Early Bird” Registration Postmarked on or Before 08/04/16 for August or 11/17/16 for December	“Regular” Registration Postmarked after 08/04/16 for August or 11/17/16 for December
Register online at: http://som.unm.edu/cme		
___ MD, DO	\$712.00	\$752.00
___ MD, DO with Tuition Remission Form	\$702.00	\$742.00
___ Nurse, PA, NP, Other	\$612.00	\$652.00
___ Nurse, PA, NP, Other with Tuition Remission Form	\$602.00	\$642.00

TOTAL AMOUNT \$ _____

METHOD OF PAYMENT:

___ INSTITUTIONAL PURCHASE ORDER # _____

___ CHECK ___ UNM TUITION REMISSION FORM ___ VISA/MasterCard

Account Number: _____

Expiration Date: _____ V Code ___ ___ ___ (on the back of the card)

Cardholder's Signature: _____ Amount: _____

Continuing Medical Education & Professional Development does not maintain a petty cash fund. Cash payments must be made in the exact amount of tuition. Make check payable to UNM CME. Please mail to The University of New Mexico, Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico, 87131-0001. Telephone registrations (505) 272-3942 and fax (505) 272-8604 registrations will be accepted with Visa and MasterCard. Institutional Purchase Orders must be faxed along with a copy of the registration form. Tuition Remission Forms must be forwarded along with a copy of the registration form.