

New York State Society for Clinical Social Work

Mid-Hudson Chapter

Saturday, April 28, Workshop

10:30am – 12:30pm

Vassar Brothers Medical Center, Conference Room B

Poughkeepsie, New York

Using Clinical Hypnosis in Managing the Symptoms of Anxiety

Presented by Charles Burbridge, Ph.D., ABPH

Dr. Burbridge is a licensed Psychologist and Diplomate in Clinical Hypnosis of the American Board of Psychological Hypnosis. He writes: It is estimated that more than 8 million Americans suffer from Generalized Anxiety Disorder. Managing the symptoms of stress-related illnesses such as Anxiety or Panic is very difficult. Hypnosis can enhance the efficacy of traditional modalities for treating anxiety disorders, e.g. ,Cognitive Behavioral Therapy and Psychodynamic Psychotherapy, and it can sometimes be a stand-alone treatment.

This presentation will define anxiety in relation to relaxation, provide a conceptual and clinical overview of the domain of Clinical Hypnosis, as well as describe a concise and directive hypnotic treatment protocol for use with anxiety. The presenter will then exemplify the hypnotic method using a group relaxation experience. There will be an opportunity for discussion and questions.

All mental health clinicians and students are welcome.

The Workshop is free to NYSSCSW members; \$25. non-members, and \$15. students.

CEU's are available

For information, contact Rosemary Cohen rosemarycohen@gmail.com

To pre-register, please write Jeanne Asma jeanneasma@earthlink.net