

**Presented by:**

**Monica Wong**, MSW, RSW, HBCE (Alberta, Canada)  
**Akira Otani**, Ed.D, FASCH, ABPH (Maryland, USA)  
& **Linda Thomson**, Phd. APRN, ABMH, ABHN (Vermont, USA)

ASCH (Pending) Approved 22 Credited Hours - Virtual Training  
Learn the core principles of hypnosis - including inductions, suggestions, and therapeutic strategies - through expert-led demonstrations, practice sessions, and live instruction. Perfect for beginners or those seeking certification.

**Part A (Session 1 & 2):**

Friday, Oct 17th - Saturday, Oct 18th, 2025  
9:30am - 4:15pm\* , MST (Fri/Sat)

**Part B (Session 3 & 4):**

Friday, Nov 14th -Saturday, Nov 15th, 2025  
9:30am - 4:15pm\* , MST (Fri/Sat)

\* Subject to change.

**The American Society of Clinical Hypnosis (ASCH) – Approved Level 1 (Basic) Training In Clinical Hypnosis** is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate and Advanced level workshops.

This unique and practical Level one workshop is broken up into two day segments, with a three week break between Part A and B. This new format is based on feedback given from former participants, with a focus on helping participants to integrate clinical hypnosis in their practice in a manageable way. There will be time to practice skills within small groups, and with clients.

Our small groups will be longer than the standard time to allow extra time for questions, demo and practice. A follow up optional consultation group will be offered once the workshop is complete to further help participants integrate clinical hypnosis into their practice. This workshop is pending approval from ASCH for 22 credit hours.

To register, click [Register](#) eMail: [info@clinicalhypnosis.ca](mailto:info@clinicalhypnosis.ca) Telephone: (780) 996-5409



# Level 1 Fundamentals of Clinical Hypnosis

ASCH APPROVED (22 ACCREDITED HOURS) - VIRTUAL TRAINING

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| <b>Part A</b><br>Sessions 1 & 2<br>Oct 17 - 18, 2025 | <b>Part B</b><br>Sessions 3 & 4<br>Nov 14 - 15, 2025 |
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## Join Us to Learn

- The basics of Clinical Hypnosis, self-hypnosis, and the latest neuroscience supporting these techniques.
- How to use Clinical Hypnosis to address client/patient blocks, rapidly reduce symptoms, and transform your practice.
- Practical tips and skills for immediate application

This workshop will use lectures, demonstrations, and hands-on small group practices to ensure you leave with the skills to begin utilizing Clinical Hypnosis in your practice.

## Learn More & Register

[www.clinicalhypnosis.ca](http://www.clinicalhypnosis.ca)

## Presenters



**Monica Wong**

MSW, RSW, HBCE (Canada)

Past president of CFCH-AS, ASCH, Certified Consultant, Counsellor & Hypnobirthing Instructor, specializing in anxiety and peri to post-natal hypnosis.



**Akira Otani**

Ed.D, FASCH, ABPH (USA)

Past graduate faculty at the Johns Hopkins University Clinical Counseling Program and Counseling Centre staff at University of Maryland conducting applied psychological research in clinical hypnosis and mindfulness meditation resulting in 9 books and more than 70 publishings.



**Linda Thomson**

Phd. APRN, ABMH, ABHN (USA)

Nurse Practitioner with 40+ years of experience and an approved consultant in clinical hypnosis bringing a holistic approach to health and healing integrating clinical hypnosis, acupressure and HRV biofeedback. Understanding the importance of the mind-body-spirit connection, I am a proponent of giving children and adults skills, when possible, instead of pills to manage many physical, emotional and behavioral problems.