



AUSTRALIAN SOCIETY OF HYPNOSIS  
NSW CONFERENCE 2010

NOVOTEL BRIGHTON BEACH, NSW  
TUESDAY 21 - FRIDAY 24 SEPTEMBER 2010

**FINAL PROGRAM TO BE CONFIRMED**

**Opening Cocktail Party in Honour of Dr Wendy-Louise Walker**

**International Keynote Speaker**

Professor David Patterson

"Hypnosis for pain control: Science and Ericksonian clinical approaches"

**Biography**

David R. Patterson, PhD, ABPP, is a Professor in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine. Currently, he is Chair of the Ethics Committee at Harborview Medical Center. Dr. Patterson has been working as a clinical psychologist at Harborview Medical Center since 1983, particularly in the Burn Unit and the Psychology Consultation and Liaison Service he created. He holds diplomat degrees in the areas of psychological hypnosis and rehabilitation psychology. Dr. Patterson has been instrumental in running psychology intern and postdoctoral training programs for more than 20 years and has mentored hundreds of clinical and research students. His research has been funded by the National Institutes of Health since 1989, and he has published more than 150 articles and chapters in the areas of hypnosis, pain control, and adjustment to burn injuries and other types of trauma. His articles can be found in such journals as *Psychological Bulletin*, *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Pain*, and the *New England Journal of Medicine*. As a long time soccer player, he enjoys coaching his sons in this sport and playing drums for the Shrinking Heads rock and roll band.

**National Keynote Speaker**

Professor Richard Bryant

"Advances in hypnosis research: Clinical implications"

**Biography**

Professor Richard Bryant is Scientia Professor at the University of New South Wales, Australian Research Council Laureate Fellow, and Director of the Traumatic Stress Clinic at Westmead Hospital, Sydney. He has published over 300 peer-reviewed journal articles and book chapters on hypnosis, trauma, and treatment. He co-authored the leading text on acute stress disorder. He has received multiple research grants, including from the National Health Medical Research Council and Australian Research Council. His work focuses on basic and instrumental applications of hypnosis, with an emphasis on how laboratory uses of hypnosis can shed light on clinical phenomena.

**National Keynote Speaker**

Dr Allan Cyna

"Integrating hypnosis techniques into hospital practice: Research and applications"

**Biography**

Dr Allan Cyna is a Senior Consultant Anaesthetist, Supervisor of anaesthesia research at the Women's and Children's Hospital in Adelaide, and Clinical Senior Lecturer at the University of Adelaide. He is a member of the Australian Society of Hypnosis and is involved in the training of Clinical Psychologists, anaesthetists and other clinicians in the use of hypnosis as an adjunct to their clinical practice. His PhD involves an investigation of Hypnosis Antenatal Training for Childbirth which is the largest RCT conducted to date investigating the effects of hypnosis. This study has received support from the Australian Society of Anaesthetists and the NH&MRC. He is a member of the Pregnancy Childbirth Review Group, the Anaesthesia Review Group and the Pain, Palliative care review group of the Cochrane Collaboration and an Academic editor for PlosOne Medicine and an Associate editor for the Australian Journal of Clinical and Experimental Hypnosis.

### ***Invited Symposium 1***

Convenor, Associate Professor Amanda Barnier

"Creating virtual patients in the laboratory: How hypnosis helps us to investigate and understand clinical disorders"

Featuring recent research from Macquarie University and the University of New South Wales. With Ms Emily Connaughton (Clinical and Cognitive Neuropsychologist) as Discussant.

### ***Invited Symposium 2***

Convenor, Associate Professor Amanda Barnier

"Finding meaning in the message of the hypnotist: The art and science of hypnosis scripts"

Featuring clinicians' and researchers' views on the importance of the wording of hypnotic suggestions and advice on fashioning effective hypnotic scripts. With our International Keynote Speaker, Professor David Patterson, as Discussant.

### ***Panel Discussion***

"Clinical Case Conference"

We will invite clinicians to submit clinical case problems before the conference. Then during a panel discussion, we will invite our Keynote Speakers and senior Members of the Society to discuss solutions to these problems.

### ***Experimental and Clinical Papers***

ASH Members and postgraduate students are invited to submit experimental and/or clinical papers for presentation during the Congress. Closing date for submission is 31 July 2010.

### ***Featured Workshops from Keynote and Invited Speakers***

#### ***Professor David Patterson***

Hypnosis for pain control

#### ***Abstract:***

This full day workshop will focus on hypnosis for treating acute and chronic pain. The morning will include a brief overview of pain control theory, Ericksonian approaches to hypnosis and approaches to acute pain. The afternoon will focus more on chronic pain treatment with a discussion on integrating Motivational Interviewing into treatment. Demonstrations, brief exercises and the opportunity for consultation will be included.

#### ***Dr Allan Cyna***

Hypnosis and suggestion for pain relief and in childbirth

#### ***Abstract:***

For many years hypnosis has suffered greatly from misunderstanding and prejudice. More recently clinical hypnosis has become an area of increasing interest and research. The well recognised problems associated with current analgesia techniques and the increasing medicalisation of childbirth has led many to look for an alternative means of relieving pain in labour. There appears little basis for the mythology surrounding hypnosis such as: that it is too time consuming; limits free will; or induces amnesia of the birth experience. However such opinions may have been a deterrent to its application.

#### ***Associate Professor Amanda Barnier and Dr Rochelle Cox***

Foundations of experimental hypnosis

#### ***Abstract:***

Scientific hypnosis reveals the true nature of hypnosis and the value of its clinical and other applications. Given the "mere words" of the hypnotist, understanding the sometimes flamboyant and seemingly inexplicable behaviour of hypnotized people seems as demanding as it is captivating. Thankfully, generations of workers in our field have developed research tools and techniques to help us answer fundamental questions about basic and applied hypnosis. These research methods are as relevant in the clinic as in the laboratory. They are relevant to anyone who wishes to understand what hypnosis is and what it does. The aim of this workshop is to enhance workshop participants' (whether clinicians involved in or interested in research or new researchers) knowledge of fundamental design issues in hypnosis research. We aim to assist participants' in thinking through the balance between good research design and clinical realities, and also to suggest ways in which clinicians can make important contributions to the research literature.