



ASH VICTORIA ANNUAL CONFERENCE

Cradle Mountain Chateau, Tasmania, Australia

Friday 19 - Tuesday 23 September 2014

“Escape the everyday and be entranced with the stunning colours, sweet scents and wild calls that infuse the unspoilt forests of Cradle Mountain – Lake St Clair National Park. Stare into the lake water reflection of an indigo night sky, bright with stars and re-awaken your spirit as you first glimpse the majestic Cradle Mountain towering above sparkling Dove Lake.”



puretasmania.com.au



The members and Committee of ASH Victoria and the Australian Society of Hypnosis invite you to join with us for our 44th Annual Conference, which will be held at the Chateau at Cradle Mountain – Lake St Clair National Park, 19-23 September 2014.

ASH Victorian Branch Committee

Dr Di McGreal,
Conference Chair

THE VENUE

Cradle Mountain – Lake St Clair National Park, Tasmania is the perfect venue for all our professional colleagues to come together for a relaxing yet educationally entertaining programme of workshops for the 2014 ASH Victoria Annual Conference.

Cradle Mountain Chateau is a conference destination with a difference. The Chateau has comprehensive facilities that are complimented by dramatic and unspoilt scenery, with a range of adventurous activities that combine to inspire delegates.

The Chateau is a 4-star eco-resort, which has 60 rooms in two ground-floor wings, each with its own balcony from which you can watch the wildlife that comes right to your door. Accommodation costs commence at the Conference discount rate of \$178 (single) and \$199 (double) per night (including breakfasts)(see below).

Where is Cradle Mountain Chateau?

The Chateau lies minutes outside the northern end of Cradle Mountain – Lake St Clair National Park, Tasmania.

How do I get there?

The best point of entry is via Devonport on the north coast of Tasmania

- You can fly Qantaslink from Melbourne to Devonport – there are four flights per day and travel on by coach transfer to the Chateau (1:15 trip each way).
- You can sail from Melbourne to Devonport on the Spirit of Tasmania (arriving Devonport at 0630). This is an ideal way to arrive for those who wish to take their own vehicle for travel to the Chateau.
- You can also fly into Launceston or Hobart and make your own travel arrangements for the Chateau.
- *See more about getting to the venue under TRAVEL below*

THE DATES AND SCHEDULE OF ACTIVITIES

DAY	ACTIVITIES
Friday 19th	Delegates arrive by coach or own arrangements Introduction to Hypnosis workshop 1500-1700 Welcome Barbecue
Saturday 20th	1-day workshop 0900-1700
Sunday 21st	½-day workshop 0900-1300 ½-day workshop 1400-1800
Monday 22nd	½-day workshop 0900-1300 Scientific / Presentation Session 1400-1800
Tuesday 23rd	Delegates depart by coach or own arrangements

Delegates who wish to depart Monday 22nd, after the workshop, should be advised there is only one Qantaslink flight at 1710 – so you need to book early. Please advise the Secretariat (cpmserv@tpg.com.au) if you plan to depart Monday 22nd afternoon.

ACCOMMODATION AT THE CHATEAU

What accommodation is available?

The Chateau offers three types of accommodation. These are (with Conference rates shown):

ROOM TYPE	CONFIGURATION	ROOM & BREAKFAST (SINGLE)	ROOM & BREAKFAST (DOUBLE)
Standard Queen	1 x King Single & 1 x Queen, Balcony	\$178.00 per night	\$199.00 per night
Wilderness Spa Double Deluxe	2 x Queen Double, Corner spa and Balcony	\$208.00 per night	\$229.00 per night
Wilderness Spa Split King Suite	1 x King, Corner spa, Balcony and Lounge	\$238.00 per night	\$259.00 per night

The only way to book accommodation at the Chateau:

Email: Alarna.Grey@cradlemountainchateau.com.au and provide:

- Name
- Address
- Phone
- Credit card numbers & expiry
- IN/OUT dates & Room type
- Email address

For more details on what you will find at the Cradle Mountain Chateau, go to their website: www.cradlemountainchateau.com.au

Book flights at: www.qantas.com.au

Book Spirit of Tasmania sailings at: www.spiritoftasmania.com.au

For a short introduction to Cradle Mountain – Lake St Clair National Park google: https://www.youtube.com/watch?v=A76_msfwBHg&feature=player_embedded

Accommodation is available at other venues close by the Chateau and the National Park. See your travel agent or online options.

CONFERENCE WORKSHOPS

As an innovation, we are commencing our workshop programme with an “Introduction to Hypnosis” workshop. This is designed for experienced practitioners who want to attend the Conference but who feel they may have limited knowledge of hypnosis. This free *introductory* workshop will ensure that practitioners new to hypnosis will still gain a great deal from our main Conference Workshops.

DAY	TOPIC	PRESENTER	DURATION	CPD
Friday 19 1500-1700	Introduction to Hypnosis	Dr Di McGreal Private Practice	2 hours	2 CPD hours

Our Conference will then feature four guest workshop presenters, who between them, have a wealth of experience, a combination of their professional expertise, experience with hypnosis and as entertaining presenters.

Workshop topics have been selected to provide maximum CPD benefits for our many Psychology delegates.

DAY	TOPIC	PRESENTER	DURATION	CPD
Saturday 20	Shamanism and Hypnosis: Being a Mindful Healer	Dr James Bramson Mindful Alliance Center, California	6 hours 0900-1700 (incl breaks and lunch)	6 CPD hours
Sunday 21 (AM)	Speaking to the Body: Hypnosis, Healing and the Body	Dr Doris Brett Private Practice	4 hours 0900-1300 (incl AM break)	4 CPD hours
Sunday 21 (PM)	Enhancing Schema Therapy using Adlerian ideas and Guided Imagery in Counselling	A/Prof Stephen Theiler Swinburne University	4 hours 1400-1800 (incl PM break)	4 Active CPD hours
Monday 22 (AM)	Integrating Hypnosis with Cognitive-Behaviour Therapy	Dr Simon Knowles Swinburne University	4 hours 0900-1300 (incl AM break)	4 Active CPD hours
Monday 22 (PM)	Scientific Session and Student Presentations	Various	4 hours 1400-1800 (incl PM break)	4 hours

THE WORKSHOP PRESENTERS

James H. Bramson PsyD.

Director, Mindful Alliance Center, San Francisco, USA

James is a Licensed Clinical Psychologist who also has an extensive private practice in the San Francisco Bay Area. He has over twenty-five years' experience with psychotherapy, utilising a CBT approach, integrated with Acceptance & Commitment Therapy and an Adlerian solution-focused approach to counselling.

Dr Bramson is a highly regarded and sought-after workshop presenter who travels widely both nationally and internationally. His workshops are highly interactive, entertaining and will provide each delegate with a valuable learning experience.

Doris Brett PhD, MAPS (Clinical College), Dip Clin Hyp. Member, Australian Association for Clinical Hypnosis. Member, Australian Society of Hypnosis.

Doris Brett is a multi-award winning writer and clinical psychologist specialising in psychotherapy and hypnotherapy. She has been working with hypnosis for close to forty years and run numerous workshops both nationally and internationally. Her books include *Annie Stories* (on therapeutic storytelling for children) and her memoir of a journey through cancer, *Eating The Underworld*, was named as one of the best books of the year. Dr Oliver Sacks described it as 'Extraordinary...Its bravery, irony, humour and intelligence - everything shines through the transparent prose. A remarkable literary voice or melding of three voices: the autobiographical, the poetic and allegorical.'

Dr Brett is noted for her entertaining and educational workshops and delegates will leave with a wealth of new ideas and skills for their own counselling setting.

**Simon Knowles PhD, MPsych(Clinical), BA(Hons), MAPS (Clinical College).
Member, Australian Association for Clinical Hypnosis
Deputy Head, Psychological Sciences and Statistics
Senior Lecturer & Clinical Psychologist, Swinburne University, Melbourne.**

In addition to his academic involvements, Simon also has a private practice, exploring the psychological and biological impact of gastrointestinal conditions, where he regularly utilises hypnosis and CBT with his patients.

Dr Knowles has a reputation as a skilled and entertaining workshop presenter from whom delegates will learn valuable clinical skills and techniques, integrating CBT and hypnosis.

**A/Prof Stephen Theiler, MAPS (Counselling and Clinical Colleges).
Swinburne University, Melbourne.**

Steve is a counselling and clinical psychologist and has been working in private practice for the past 20 years and in academia for the past 16 years. His research interests are in early maladaptive schemas, early childhood memories, biofeedback and hypnosis. Steve has been the recipient of a Teaching Excellence Award and Carrick citation for outstanding contribution to student learning. His workshop will explain the concepts and give you the opportunity to incorporate them into your own practice in an engaging way.

THE WORKSHOPS

Saturday 20th September 2014

1-day workshop: 0900-1700

Shamanism and Hypnosis: Being a Mindful Healer with James Bramson

In this workshop, using a combination of didactic and experiential exercises, you will learn to use Shamanic healing traditions and hypnotic techniques, to promote health, wellness and holistic (mind/body/spiritual) integration – for both you and your clients.

Goals:

- Use the Four Fold Method (Shamanic archetypes) for healing and self healing.
- Learn the importance of hypnosis for accessing each of the Shamanic healing archetypes.
- Utilise mindfulness-based meditation and somatic techniques relevant to each archetype.
- Recognise Shamanism as a pathway to knowledge and healing.
- Identify Shamanic rituals (and hypnotic scripts) for health promotion and wellness.

Outline:

- Identify the Four Shamanic Archetypes and their relevance to health and healing.
- Understand the impact of the Shamanic healer and client being in a trance.
- Learn how each archetype connects to the body and sacred chakra centres.
- Discover the connection between Shamanism and neuropsychology.
- Learn how hypnosis abets mind/body/spirit/emotional alliance (holistic integration).
- Discover the use of Shamanic tradition (and hypnosis) as an assessment, treatment, empowerment and self-leadership tool.

Sunday 21st September 2014

1/2-day workshop: 0900-1300

**Speaking to the Body: Hypnosis, Healing and the Body
with Doris Brett**

This workshop will focus on hypnosis and imagery when working with the body.

Each person's imagery is unique and we will explore how to find and create the best imagery for the individual and the physical issues they are dealing with. The workshop will cover areas such as obstetrics and childbirth as well as working with physical illness, such as cancer, skin conditions, ulcerative colitis, autoimmune diseases and others. It will also cover helping the body deal with some of the common treatment interventions, such as surgery, chemotherapy, radiation, special diets and medical procedures, as well as the emotional components of illness. Hypnosis is tremendously underused in the area of physical illness and can offer great benefits both in physical as well as psychological functioning and well-being.

Sunday 21st September 2014

1/2-day workshop: 1400-1800

**Enhancing Schema Therapy with Adlerian Ideas and Guided Imagery in Counselling
with Stephen Theiler**

Counselling clients with long-term problems or dysfunctional patterns of behaviour can be challenging. Schema Therapy which was developed by Jeffrey Young is a wholistic model that effectively incorporates a range of approaches such as Gestalt, Transactional Analysis, Cognitive Behavioural Therapy and Attachment theory. One of Young's great contributions has been the identification of specific maladaptive schemas. Although still relatively new in terms of research evidence, Schema Therapy has been shown to be successful when dealing with long-term issues.

In this workshop Young's model is explained, but then expanded to incorporate Adlerian ideas and the hypnotic state. A key component to this therapy is the use of guided imagery in hypnosis. This is used to trigger core maladaptive schemas (dysfunctional core beliefs) and their associated emotions, which are then dealt with in the counselling session.

Practical tools aimed at assisting practitioners to develop their skills in this area will be provided, along with case presentations, research findings and practice exercises.

Monday 22nd September 2014

1/2-day workshop: 0900-1300

**Integrating Hypnosis with Cognitive-Behaviour Therapy
with Simon Knowles**

Most Psychologists are familiar with and utilise Cognitive Behaviour Therapy techniques in counselling. However, not all are aware of the potential benefits of introducing hypnosis into CBT work. The combination of these techniques increases the efficacy of therapy and enhances treatment outcomes.

This interactive workshop will teach the skills needed to effectively combine CBT and hypnosis. Demonstrations of CBT-focused hypnotic interventions, case presentations and interactive discussion and exercises will be included in this workshop.

SCIENTIFIC SESSION AND STUDENT PRESENTATIONS

Researchers, practitioners and students will have the opportunity to present papers and posters during the Scientific Session. This will be held between 2:00pm and 6:00pm on Monday 22 September.

To arrange a presentation during the Scientific Session / Student Presentations, contact Dr Di McGreal at: di@doctordi.com.au.

CONFERENCE SOCIAL ACTIVITIES

Given the location of our Congress and the many recreational and social activities possible at Cradle Mountain – Lake St Clair National Park and the Chateau, delegates can expect a range of social activities.

Friday 19 September

6.00 – 8.00pm

Welcome Barbecue Dinner on the Deck (included in your registration)

Join us on the Deck (or inside if the weather is inclement) for a delicious barbecue banquet, featuring a range of meats and salads representing the best cuisine Tasmania has to offer! This Welcome Reception will be the social highlight of the Conference and will put you in the mood for an educational and entertaining three days of workshops and presentations.

Sunday 21 September

7.00 – 9.00pm

Night with the Animals Spotlight Tour (Optional)

Gather in the Foyer, ready to take your seat in our special coaches for a 1½-hr tour to see nocturnal animals in their natural habitats from the comfort of a warm vehicle. An optional Conference highlight!

Other Optional Tours and Activities

- Lose yourself in the **Wilderness Gallery**
- Take the **Park Explorer Tour** with experienced guides (NB: Park Pass is required)
 - Wander the pathways around the Chateau
 - Visit the mysterious world of the Tasmanian Devil at **Devils@Cradle**
 - Walking tours through the National Park
- Meet informally for dinner each night of the Conference in Grey Gum or Quoll's Restaurant (book with Reception)

TRAVEL

By air

The best flight option is to fly Qantaslink from Melbourne to Devonport.

For those requiring land transport to the Chateau from Devonport Airport, a coach will depart Devonport Airport at **1.15 pm on Friday 19 September**. Bookings for this coach are *essential* (download separate Conference Registration Form at www.ashvictoria.com.au).

Car hire is also available. Go to www.tasmaniasnorthwest.com.au for details.

Delegates can also fly into Burnie, Launceston or Hobart and make their own way to Cradle Mountain Chateau.

By sea

Catch Spirit of Tasmania which has nightly overnight crossings from Melbourne to Devonport. You can take your own vehicle or catch the Conference Coach on the 19th or hire a car in Devonport.

Return Coach Cradle Mountain Chateau to Devonport

The Conference coach will return Tuesday 23 September, leaving the Chateau at 10.30 am (book using the Conference Registration Form).

Important Note: If you attend all Conference sessions, you will need to stay at the Chateau the night of Monday 22 September.

REGISTRATION COSTS AND CONDITIONS

Early Bird Registration	\$687.50 (incl \$62.50 GST) <i>Book & pay by 30 June 2014</i>
ASH / NZSH / ISH Member Standard Registration	\$770.00 (incl \$70.00 GST) <i>After 30 June 2014</i>
Non-ASH Member Standard Registration	\$858.00 (incl \$78.00 GST) <i>After 30 June 2014</i>
Student Registration	\$440.00 (incl. \$40 GST)
Partner Registration	\$110.00 (incl \$10 GST)

Included in Registration

Delegate / Student Registration

- Attendance at all workshops and sessions
- Conference Satchel
- Final programme
- Attendance certificate showing CPD hours
- Welcome Barbecue Dinner
- Lunch and refreshments each workshop day (3)

Partner Registration

- Welcome Barbecue Dinner

HOW TO REGISTER

Download the Conference Registration Form at www.ashvictoria.com.au and print.

Complete all required details.

Include payment by cheque or use EFT (see payment options below)

Post to: ASH Victoria Conference Secretariat, PO Box 188, HEIDELBERG VIC 3084

Scan and email to: cpmserv@tpg.com.au

METHODS OF PAYMENT

The Secretariat accepts:

- Australian cheques (made payable to ASH Victoria)
- Australian Money Orders (made payable to ASH Victoria)
- Bank Draft in Australian Dollars (made payable to ASH Victoria)

Cheques, money orders and bank drafts should be sent with your Registration Form to:

ASH Victoria Conference Secretariat

PO Box 188, HEIDELBERG VIC 3084

OR

- Electronic Transfer to:

Bank: Westpac Ivanhoe Branch, Victoria

Account: Australian Society of Hypnosis (Victorian Branch) Inc

Bank Swift Code: WPACAU2S

BSB Number: 033-286

Account Number: 14-0631

Reference: CONFERENCE-YOUR SURNAME

E.g.: CONFERENCE-McGREAL

CANCELLATION POLICY

Cancellation of registration must be made in writing to the Conference Secretariat. Fees paid will be refunded as follows:

- Cancellation on or before 31 July 2014 – full refund less \$100 administrative fee
- Cancellation after 31 July 2014 – no refund

Your registration is transferable to a colleague at any time prior to the Conference, but the Secretariat must be advised in writing.

REGISTRATION ACKNOWLEDGEMENT

Your registration will be acknowledged by **email** within 15 working days of receipt of registration. If you do not receive an acknowledgement email within this time frame, please contact the Conference Secretariat for confirmation. A Tax Invoice / Receipt will be automatically issued for GST purposes.