

# Being Hypnotic in Couple Therapy\*

## Part 1

Saturday September 27, 2014

8:30 am until 12 noon

Carondelet Center

1890 Randolph Avenue

Saint Paul, MN 55105

### Workshop Description

Couple therapy is intense, complicated, and often humbling. Couples may arrive in our offices bubbling with resentment and anger (and communicating in rapid and volatile ways), or alternatively partners may be withdrawn from each other, disheartened, or even shut down. Often a stretch of encouraging progress can slip away suddenly when old patterns or tendencies reemerge.

Most couple therapists are well trained in *theories* of couple therapy, but even experienced couple therapists will admit that there are many times when it is hard to know exactly what to do *now*--at one particular moment in a session. And it might seem doubly difficult to imagine how to use what we know about hypnosis and leverage our ability to be *hypnotic* with the couples that we meet.

The good news is that *we all know more than we know that we know*. In this workshop we will create a laboratory where we can discover together what each of us already knows about couple therapy and about being hypnotic. You may be surprised to find that mixing those components with a simple framework will help you step easily into being *more and more hypnotic* in the intense, rambunctious, micro moments of couple therapy.

### Workshop Objectives/Learning Goals

As a result of attending this workshop, participants will be more able to

- 1) Notice and attend carefully to those moments in a couple's therapy session that are doorways/opportunities for being hypnotic;
- 2) Skillfully invite partners in the couple into that experience, with or without formal induction;
- 3) Access and effectively use hypnotic tools that enhance their ability to create experiences of hope and change.

Greg is a Licensed Psychologist who has been practicing (in the fullest sense of the word!) for over 30 years, and for the last 10 in private practice with offices in St Paul and Stillwater. He is currently serving a second term on the MSCH Board.

Jennifer Stoos is a Licensed Marriage and Family Therapist who has a private practice, supervises students and LAMFTs, and teaches.