

THIRD ANNUAL VIRGINIA CONFERENCE OF HYPNOTISTS

Sponsored By: Central Virginia Chapter of Hypnotists

All certified hypnotists, or those with interest, are welcome to attend.

Theme: *Using Hypnosis in Managing Stress and Anxiety In Modern Times*

Location: Comfort Inn-Monticello, Charlottesville, VA - Phone: 434-977-3300
(Please contact the hotel desk for room reservations)

Date: Saturday, June 4, 2011

Time: 8:00 AM to 5:00 PM

Cost: \$60.00 per person if registered by May 8, 2009
\$75.00 per person if registering at the door

Contact: Andy Leon, CH – Phone: 434-962-2136
Dan Lester, CH, Treasurer - 804-822-5088

AGENDA

- 8:00-9:00 AM** Registration, Coffee, Tea, Pastries
- 9:00-9:15 AM** Welcome: Keith Menchel, CH, Chairperson Central Virginia Chapter of Hypnotists
- 9:15-10:15 AM** Speaker: Dan Lester, D.M.C., M.Ht.
Successful Hypnosis of the Addicted Client
“Dr. Dan, as he is known by his clients, will discuss his techniques for managing the addicted clients with various forms of addiction.
- 10:15-10:30 AM** Break
- 10:30-11:30 AM** Speaker: Vicki Grffith, CH
Some New Perspectives
How to top food cravings instantly. The one issue that sabotages weight loss success. The major culprit that stops weight loss
- 11:30-12:30 AM** Speaker: Tim Horn, CH, PhD
REM: Finding Success During Sleep Cycles
Achieve stress relief for clients by compounding suggestions during the sleep cycle.
- 12:30-2:00 PM** Lunch (*on your own – local restaurants*)
- 2:00- 3:00 PM** Speaker: Andy Leon, BSN, MS, CH, Judah Lyons, CMT, RCST, CR
Understanding The Unconscious Body Language of Emotional and Physical Trauma
Taking History is more than just an interview
- 3:00-3:15 PM** Break
- 3:15-4:15 PM** Speaker: Col. Larry Elman, USAF (Ret), CH
Identifying and Enhancing Hidden Self Esteem Issues in Clients
Most hypnotherapists encounter cases where the client's self esteem is either the real issue or a major component of the problem. What to do about it?
- 4:15-4:30 PM** Speaker: Andy Leon, CH, Chairperson, NGH Central Virginia Chapter,
Closing Remarks
- 4:30 PM** Adjourn. Professional Networking.

*****CEU credits – 1 CEU per presentation attended**