

1. Hypnosystemische Tagung in Zürich

26.–28.03.2010
www.hypnosystemische-tagung.ch

Bill O'Hanlon

MS psychotherapist || is a Board Member, Fellow and Master Therapist in the American Psychotherapy Association. Bill was awarded the «Outstanding Mental Health Educator of the Year» in 2001 by the New England Educational Institute. Bill lernte während des Studiums M.H. Erickson kennen und arbeitete bei ihm als work/study student, wozu er schreibt: «I was so confused and impressed by Dr. Erickson's work, I felt compelled to spend the next several years writing and teaching in an effort to make Erickson's approach more accessible». Bill O'Hanlons Name ist in die Reihe anderer bedeutender Erickson-Schüler aus den USA zu stellen wie etwa S. Gilligan. Bill ist Autor bzw. Ko-Autor von 29 Büchern, die in 16 Sprachen übersetzt wurden. Schon lange hat ein Buch nicht mehr derart fasziniert wie sein vorletztes, das den Titel trägt: «A lazy Man's Guide to Success».

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Abstracts – Vortrag und Workshop

Bill O'Hanlon

Vortrag: «Unstuck ! Keeping Your Soul Alive as a Therapist While Working Successfully With Your Most Challenging Clients»

Therapy can be challenging. Difficult clients and working conditions, worrisome legal and insurance intrusions, and overwhelming record keeping can conspire to invite therapists to burnout and discouragement. This session will provide a re-energizing tonic. Filled with wonderful stories, humor and useful strategies for keeping yourself alive in your work life and profession.

Clients with borderline issues, trauma survivors, and other chronic problems are often paralyzed by ambivalence and impulses toward self-hatred and self-harm. Suggestions, interventions, and proposed solutions are often met with «Yes, but» or «You don't understand». In this session therapists will discover how to meet with clients in their ambivalences and contradictions in a way that permits them to choose to step into the possibility that things can be different.

Workshop: «Solution-Oriented Hypnosis»

Hypnosis can, when used ethically, be a powerful tool for empowering clients to quickly heal and to resolve problems untouched by usual therapeutic methods. In this workshop, Bill O'Hanlon, who studied with master hypnotherapist Milton Erickson, will provide a respectful, empowering approach to hypnosis. The permissive nature of Solution-Oriented Hypnosis ensures that it can be used with a broad range of people, even those who have been resistant to other approaches or who are afraid of losing control.

FR 26.03.2010, 11.45 h V03

FR 26.03.2010, 14.30 h WS01