

## Motivation Hypnosis:

### Turner Techniques of Age Regression - Identifying & Releasing the Causal Imprint

**SPECIALTIES WORKSHOPS© - Level 3, Friday, June 7, 2019**

### Applying Age Regression to: Enhancing Public Performance

(Speaking, singing, acting, sports, music, etc.)

FRIDAY -			
START - END	TOTAL TIME		FACULTY
9:00 – 9:30 AM		REGISTRATION	Conference Room
9:30 – 9:45 AM		Intro to Workshop & Faculty & Schedule	Boardman Hall
9:45 – 10:00 AM	15 min.	Does Age Regression Therapy make a difference physically & emotionally? Case examples.	Maureen, Casey & Nick for all 3 Levels
10:00 – 10:30 AM	30 min.	Review Elman-Turner – instruct option of deeper (water or within) if prefer not to “fly”. Review "pulling up anchors", instruct on “sliding anchors -up and down intensity (1-10) for 100% emerging. ASCH effect as applies to Fetus & Infant - hypno-whispering and imaging. Review/introduce Part(s) Left Behind Dyad #1 Prep: Choose a personal public performance issue to change First – establish personal Priority Triad Issues and Goals to Explore Then - Age Regression History Form, E-T Induction- Level 5 to Positive Anchor and set intent for change(s), notice if there is resistance and level it, and assess purpose of resistance, utilize “Sliding Technique” to “Emerge just as wish - 100% aware, feeling, just as you wish!”	Maureen Turner
10:30 – 10:45 PM		BREAK	
10:45 – 12:45 AM	120 min.	Dyad #1 Experience-according to personal priority issues, resistance purpose and level, assess for parts left behind that could increase, stabilize public performance, set goal intent, emergence with Sliding Anchor Technique	Maureen Turner
12:45 – 1:00 PM	15 min.	Group: Discuss Triad Experience	
1:00 – 2:00 PM		LUNCH 1-2 PM	
2:00 – 2:15 PM		Peak Performance - Defined and Applications of Clinical Hypnosis to Enhance Peak Performance, Case Examples 7 Principles to Peak Performance, Hypnotic Techniques for Ego Strengthening	Maureen Turner
2:15 – 3:15 PM		Forms of Resistance – Purpose and message – Unconscious beliefs Roles of Resistance: Assessing Utilizing and Updating Beliefs for Change Tailoring Age Regression Technique to the messages of anxiety/resistance Utilizing Age Progression for Peak Performance Intent and Goals Importance of utilizing Metaphors that Mimic the Goals, Case examples	
3:15 – 3:45 PM	30 min.	Triad # 2 Prep. Focus: Age Regression to enhance public performance and guiding the installation of doable measurable suggestions	Maureen Turner
3:45 – 4:00 PM		BREAK	
4:00 – 6:00 PM	120 min.	Triad #2 Experience	
6:00 – 6:15 PM	15 min.	Discussion - #2 Triad Experience	Maureen Turner
6:15 PM	7 Hours	End of Day	
<p>Learning Objectives - the participants will be able to:</p> <p>LO1 Construct and discuss 2 of the 7 Principles of Peak Performance</p> <p>LO2 Discuss and apply 2 of Turner Age Regression Techniques to assess the messages of anxiety/resistance to a specific Public Performance</p> <p>LO3 Identify and assist patients who have Public Performance issues</p> <p>LO4 Define and demonstrate the phenomena of being able to anchor (label) positive public performance mind states that the patient can bring up at will, as long as it is safe to do so.</p>			

## Motivation Hypnosis:

### Turner Techniques of Age Regression - Identifying & Releasing the Causal Imprint

#### SPECIALTIES WORKSHOPS© - Level 3, Saturday, June 8, 2019

#### Enabling Successful Smoking Cessation/Enabling Successful Weight Management

SATURDAY			
START - END	TOTAL TIME	FACULTY	FACULTY
9:00 – 9:45 AM	45 min.	Habit Theory- assessing resistance, best strategies for change and building accountability	Maureen Turner
9:45 – 10:15 AM	30 min.	Destructive Habits: Why don't I make the right choices! Different smokes/different folks! Nicotine and marijuana. Food addictions, cravings – symbolism and messages	
10:15 – 10:30 AM	BREAK		
10:30 – 11:00 AM	30 min.	The Unconscious Protects All Habits/Assessing for Cause Three most common unconscious causes for starting and continuing to: Smoke (Nicotine & Marijuana) and have weight management issues. Case Examples.	Maureen Turner
11:00 – 11:30 PM	30 min.	Genetic ADHD as a causal vulnerability to addiction to stimulants – including nicotine, marijuana and sugar – Assessment Tools	
11:30 – 12:15 PM	45 min.	Discuss Demonstration, Age Regression Techniques for Habit Change & Strategy for Triad #1 Experience – Mind Control Room, Meeting Room, COMPASS, others	
12:15 – 1:15 PM	LUNCH - on own (local options)		
1:15 – 3:15 PM	105 min.	Dyad #1 -Utilizing one or more Age Regression Techniques to assess & strategize Plan to Quit destructive habit	Maureen Turner
3:15 – 3:30 PM	15 min.	Discuss Triad Experience in Group	
3:30 – 3:45 PM	BREAK		
3:45 - 4:15 PM	30 Min.	Utilizing Clinical Hypnosis for Increasing Compliance to client selected strategy – “cold turkey” (no smoking with a plan, no binging, etc.) an immediate eating plan (or diet) to a Stepped approach - setting triggers (including colors) with anchors, set follow-up appointments and phone/text check-in accountability. Management of change in routines, friends & family with similar habits. Prepare for Triad #2	Maureen Turner
4:15 – 6:00 PM	105 min.	Triad #2 – Setting a Plan for Actualizing Destructive Habit Change Suggested techniques: Meeting room to assess resistance Enlist former successful parts in behavior change, Magic Sieve, Age Progression, and anchoring follow up and follow-through	
6:00 – 6:15 PM	15 Min.	Group Discussion	
6:15 PM	7 hrs. 45 min.	Saturday Workshop Ends	
<p>Learning Objectives – Participants will be able to:</p> <p>LO1 Identify and discuss 2 new clinical hypnosis applications to Habit Change</p> <p>LO2 Identify steps and actualize clinical hypnosis application for Habit Change</p> <p>LO3 Construct 3 metaphors that will help patient reframe his/her habit cessation confidence</p> <p>LO4 Increase awareness and diagnosis of ADHD as often Primary Diagnosis of many addictions</p>			
6:30 PM	Wine/Beer/ Cheese Reception @ Motivation Hypnosis Suite, Boardman Hall, Champlain College		

**Motivation Hypnosis:**  
**Turner Techniques of Age Regression - Identifying & Releasing the Causal Imprint**  
**SPECIALTIES WORKSHOPS© - Level 3, Sunday, June 9, 2019**  
**Enhancing a Wealthy Mind**  
**by Identifying and Changing Limiting Beliefs about Money, Wealth, and Success**

<b>SUNDAY</b>			
<b>START - END</b>	<b>TOTAL TIME</b>		<b>FACULTY</b>
8:15 – 9:30 AM	75 min.	Why Identify Limiting Beliefs About Money, Wealth, and Success? How limiting beliefs take away choices and prevent success 10 Common Core Limiting Beliefs about money and finances Group activity by partners to discuss own limiting beliefs identified	Maureen Turner
9:30 – 10:15 AM	45 min.	Biology and Developmental Stages of Belief Imprints 4 Types of Unconscious Limiting Belief Categories	Maureen Turner
10:15 – 10:30 AM	BREAK		
10:30 – 12:00 PM	90 min.	*Seven key questions that can help you identify limiting beliefs and imprint around money, wealth and prosperity *Identifying the deeper stem beliefs, belief clusters & belief systems * The six most common stem beliefs * Changing a limiting stem belief - How to Elicit a Stem Belief – 8 Questions to help identify one’s deeper stem beliefs and larger belief clusters - Identifying the Power of Positive Intention – 4 Conditions - How to Change Limiting Beliefs with Age Regression - Techniques Demonstration	Maureen Turner
12:00 – 12:15	15 min.	Preparation for Triad Experiences – handouts, reviewing Age Regression Techniques steps, 4 conditions for setting well-formed positive goals	
12:15 – 1:15 PM	LUNCH ON OWN (local options)		
1:15 – 3:00 PM	1:05 min	Triads Utilizing handouts and clinician skills to assist each other in Identifying and Changing Limiting Beliefs about Money, Wealth and Success	Maureen Turner
3:00 – 3:30 PM	30 min.	Discuss Triad Experiences and questions	
3:30 – 3:45 PM	BREAK		
3:45 – 4:45 PM	60 min.	Turner’s Demo of Self-Concept Improvement techniques: Worthiness, deservedness, dignity, integrity and self-compassion Teaching client/patient to be own best detective to recognize triggers and be own best coach/boss in managing beliefs & behavior – Group Participation	All 3 Levels Of Workshop Registrants & Faculty:
4:45 PM		Evaluations & Certificates	Maureen, Casey & Nick
5:00 PM	7 hrs.	Workshop Ends	

**Total Hrs:** 21 hrs. 45 min.

**Learning Objectives – At the conclusion of this workshop, the participants will be able to:**

**LO1 Define and demonstrate at least 2 age regression hypnosis techniques applied to identifying and changing Limiting Beliefs about Money, Wealth, and Success – increasing beliefs about being worthy and deserving.**

**LO2 Construct metaphors to enhance beliefs of being worthy and deserving**

**LO3 Formulate and discuss 4 conditions for setting well-formed goals and anchor with Age Progression**

**LO4 Identify Stem Belief Clusters utilizing 6/8 diagnostic questions and discuss implications**