

ACPID2018

WORKSHOPS THURSDAY 6TH DECEMBER 2018 (1-4PM OR 2-5PM)

For registration see the ACPID2018 website: <https://bond.edu.au/acpid2018> .

The website also includes a provisional program of speakers 7th & 8th December, including mini-workshop on meta-analysis and a variety of exciting papers on 'personality and individual differences - advances and challenges'.

WORKSHOP #1. THURSDAY 1-4PM * (NB- not 2-5pm); ROOM TBA.

Introduction to Hypnosis - Workshop presenter: Prof Alan Patching (see CV-BIO following)

The use of hypnosis as an adjunct to CBT and other therapies in assisting with behaviour change and stress or sleep related problems

This workshop outlines therapeutic principles underlying hypnosis as an adjunct for self-help and in therapies assisting in behaviour change and stress management.

The debate concerning effectiveness of clinical hypnosis is long from over, with some protagonists not even yet agreed on a definition of the term, or if they did, they continue to argue that what can be achieved 'under hypnosis' can be achieved by a simple redirection of conscious attention without hypnosis. Our presenter would argue that the argument against in this case is in fact more an expression of misunderstanding what hypnosis is, and that the direction of attention elsewhere in fact, created an hypnotic effect.

Some argue that hypnosis is nothing more than placebo effect, which could be regarded as something of a compliment, given the well-documented power of that effect in several areas of medicine.

However, this workshop is not about debating definitions and outcomes, it is about explaining important aspects of hypnosis (especially contra-indications to its use) describing the stages of the process, providing several case studies of its effectiveness (some of them published) and providing delegates the opportunity to experience hypnosis and to use, under supervision, some basic hypnosis techniques.

Workshop leader, Alan Patching, holds a Master's degree in Counselling and Psychotherapy Practice from the UK and is UKCP registered. He is accredited to teach clinical hypnotherapy in the USA, UK and Australia, and has conducted workshops in every state of Australia and several countries overseas.

Depending on time and group interests, there might even be time to learn one or two rapid hypnosis induction techniques, which can be very useful in crisis situations, and for use in assisting for comfortable childbirth etc.

This is an interactive, informative and fun session.

Psychotherapy and Counselling CV - Professor Alan Patching

Alan Patching's early career was in the construction industry. During this time he studied a subject or two of psychology to better understand human behavior. Fate led Alan to meet American motivational and organisational psychologist and best-selling author, Dr. Denis Waitley. Alan went on to present at many international conferences with Dr. Waitley, and eventually he co-authored a book with him which was published by Reid Academic. That relationship kindled a passion in Alan for all things related to human behavior.

Alan went on to earn several Diplomas and Advanced Diplomas in Australia and the UK (not the ones that take a month, the ones that take up to 1,800 hours face-to-face) and eventually earned a Master's degree in Counselling and Psychotherapy Practice from Bath Spa University in the UK.

Alan developed a particular interest in clinical hypnotherapy as a tool to assist in CBT and other interventions. He completed the studies necessary to see him:

- Earn qualifications in hypnotherapy, as a practitioner and an accredited trainer, in Australia, the USA and the UK
- Become the first Australian to earn the European Certificate in Clinical Hypnotherapy, which requires 1,400 hours of face-to-face training
- Be given registered clinical membership of the United Kingdom Council of Psychotherapists
- Be granted Diplomate membership of the American Psychotherapy Association
- Earn Diplomate (invitation only) membership of the International Academy of Behavioural Medicine, Counseling and Psychotherapy, which requires a minimum of an audited 7,000 hours of clinical practice
- Be granted clinical registration with PACFA

Alan continues to conduct his practice from his clinic at Southport, but university commitments (he is an Associate Dean at Bond) limit clinic sessions to ten hours practice per week.

Alan has been a key-note speaker at psychology related conferences in Australia, New Zealand and England.



Workshop #2

Tapping into Wellbeing: Emotional Freedom Techniques (aka Tapping) for Food Cravings and Weight Management: 10 years of Clinical Trials

Existing weight loss interventions recommend a combination of dietary restraint and physical exercise, which is unsuccessful in the long-term as they do not typically target the psychological determinants linked with overeating. This workshop will highlight 10 years of clinical trials on Emotional Freedom Techniques (EFT or “Tapping”) for food cravings and weight loss in overweight/obese adults, highlighting common personality differences that can be targeted. EFT is a brief psychophysiological intervention combining elements of exposure and cognitive therapy, and somatic stimulation. Ten years of Australian research has shown EFT to significantly reduce food cravings, the subjective power of food, anxiety, depression and somatic symptoms, increase restraint ability and decrease weight, and remain significant at 12-months. It has been shown to be comparable to Cognitive Behavioural Therapy for restraint and the subjective power of food, but superior for food cravings and anxiety. Delivered in an online format, EFT results in identical outcomes (12-months post treatment) as attending in person. New research has examined participants’ neural changes (fMRI scanning) before and after EFT treatment, and scans will be presented during the workshop. Attendees will learn the technique in full and apply to a common food craving (e.g. chocolate).

BIO

Associate Professor Peta Stapleton is a clinical/health psychologist at Bond University, Australia, and embraces evidence-based practice and is passionate about new and innovative techniques. Peta is known for her food cravings research using Emotional Freedom Techniques (EFT) or ‘Tapping’, and has led a world first study investigating the impact of tapping in the brain through a fMRI study. Peta has been recognised with the Harvey Baker Research Award for meticulous research in energy psychology, the Global Weight Management Congress Industry Professional Award of Excellence, and the greatest contribution to the field of Energy Psychology. Most recently she was named the Gold Coast Business Woman Innovation and Technology winner for her application of EFT in the online space.



Workshop #3:

Understanding and Using the *Apollo Profile* in Organisational Consulting

Organisations are concerned about the qualities and placement of their staff to enable effective returns. Individuals are also interested in their own development and career prospects. There are several (indeed many) questionnaires available that assess some of the qualities such as personality attributes that are related to success in organisations. Most are expensive and/or have limited user-friendliness. The *Apollo Profile* (developed by James Bowden and Richard Hicks) and part of the Apollonean Institute's series of products, is an online questionnaire based on leading principles of test development and analyses, and is available for consultant use after accreditation for its use. The current workshop is the first step in this accreditation process.

The workshop is led by the CEO of the Apollonean Institute, Jim Bowden, and by Apollo Profile co-developer and researcher, Richard Hicks, a Professor of Psychology at Bond University. The background to the development of the Apollo Profile will be given, along with opportunity to complete the questionnaire and then see the online reports that are deliverable from the system (developed by the Apollonean Institute). Examples of individual and organizational use will be given. More than 100,000 online questionnaires internationally have been completed in consultancy operations over some 20 years of operation - assisting organisations in staff selection and development at senior executive levels, in middle and lower levels of management, and in professional, commercial, sales and entry level profiling. The scales (34) were based on extensive initial search of the literature and on basic groundwork in discussions with employees, managers, CEOs and all levels of staff. Research evidence shows strong relationships of selected scales with the Big Five personality factors and sub-factors (as in the NEO-PI-R), the 16PF, Surveys of Personal and Interpersonal Values, and more.

The scale is used for benchmarking, future staff planning, staff development, and more (see the website). The workshop will demonstrate the capacities of the Apollo Profile and its potential for management and organisational consultants, and for career consultancy.

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BIO

James Bowden has more than 50 years of business and entrepreneurial consulting and advisory experience behind him, visiting international firms with consulting advice on the use of the Apollo Profile. Leading international firms and national organisations (Food Chains, car manufacturers; Pharmacies, and commercial firms across the world) have been among the many clients. Jim uses his experiences to share understanding of the Apollo Profile.

Richard Hicks has an extensive background in test development and test review, in organizational, educational, and clinical psychology with more than 30 tests developed for governments and private sector interests around the world, assessing abilities, vocational interests, attitudes & personality attributes. The Apollo Profile was developed for national and international use to meet unique organisational consulting needs. Richard is Professor of Psychology at Bond University, and Fellow, Australian and British Psychological Societies.