

POST-CONFERENCE

The Post Congress Masters Session

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This post-Congress session gave the audience a rare opportunity to see a

real-life sample of therapeutic management by two well-known presenters, Jeff Zeig and Michael Yapko, who invited volunteers from the audience to take the client chair on stage and describe a problem that might be amenable to a single-session hypnotic intervention. Done in complete absence of usual pre-screening measures, Zeig and Yapko embraced the opportunity for coping with the unexpected in a format that closely resembles dealing with clients who walk into their offices. These two expertise practitioners worked well impromptu, showing what their work is really like, and how to gracefully cope with outcomes that may not be expected. After the 60-minute session between client and therapist, the co-presenter overviewed highlights of the session, pointing out salient directions and commenting how concerns may have been approached differently. It was acknowledged that in a group as large as this, there are likely hundreds of different approaches

to the resolution of any presenting problem. The subject also was asked whether or not the session was useful and whether or not it had addressed their needs. In all four demonstrations, subjects replied that the session had been useful to them. Detailed questioning of the subject by the audience was discouraged, allowing for the therapeutic suggestions to "set."

The four problems that were presented by the subjects were: Drowsiness during trance induction; excessive self-expectations related to work performance; pain management; and exercise fatigue. The contrast of approaches between practitioners was both clear and useful to observe. Each of their abilities to generate creative directions in the service of moving beyond concerns was fruitful. The demonstration was not only remarkable to watch, but worthy of considerable contemplation. It was a most inspiring session!