

ERNEST ROSSI, PH.D. & KATHRYN ROSSI, Ph.D.

Art, Beauty, and Truth: Facilitating Creativity with the New Neuroscience of Psychotherapy and Therapeutic Hypnosis

Professional Workshop: 9am-5pm Friday & Saturday April 24 & 25, 2009

The Inn at Morro Bay, 60 State Park Road, Morro Bay, CA

Day 1 - The New Neuroscience of Creative Psychotherapy

Our new neuroscience world view suggests that creative activity in art, science, dreaming, and psychotherapy can turn on activity-dependent gene expression and brain plasticity to facilitate positive transformations of our consciousness and behavior on a daily basis. A variety of group processes will allow us to experience our personal growing edges in a private manner with innovative approaches to psychotherapy and therapeutic hypnosis. Individuals from the audience will have an opportunity to volunteer for live one-on-one experiences of Rossi's Novel Activity-Dependent Hand Mirroring Approaches to therapeutic hypnosis and the General Waking Trance during brief psychotherapy. We will form small groups to practice and discuss how to apply these new, easy-to-learn, practical approaches to whatever school of psychotherapy you are most comfortable with in your professional work. We will explore the implications of how Art, Beauty, and Truth can facilitate creativity the novelty-numinosum-neurogenesis effect via therapeutic hypnosis and psychotherapy.

Day 2 - Creativity, Dreaming, and Early Morning Thoughts During Psychotherapy and Rehabilitation

Revolutionary research in neuroscience and functional genomics documents how experiences of (1) Novelty, (2) Environmental Enrichment, and (3) Exercise (both mental and physical) can optimize gene expression, brain plasticity, and mind-body healing. We will explore how numinous experience during the day (yesterday's workshop, for example) can evoke creative dreaming to update our early morning thoughts and consciousness the next day. These spontaneous updates are traces of our personal inner resources, new learning, and self development that are operating within us on implicit or unconscious levels. We will explore practical approaches to facilitating the 4-stage creative cycle to optimize these growing edges in ourselves and others. We will explore the role of mirror neurons and Rossi's Implicit Processing Heuristics (positive and permissive therapeutic suggestion) in transmuted negative, traumatic experiences into positive realizations by facilitating the creative reconstruction of the mind-brain during significant life transition periods when clients typically consult a psychotherapist.

Workshop Preparation: Please read the "Free Book" at www.ErnestRossi.com

REGISTRATION FORM

Name: _____ License Number _____

Address: _____ City _____ ST _____ Zip _____

Phone: _____ E-mail: _____

Fees:

Prior to March 31, 2009: Licensed Professionals \$180.00

Interns/Trainees: \$150.00

After March 31, 2009: Licensed Professionals \$200.00

Interns/Trainees: \$175.00

Cancellation Policy: \$50 administrative charge will be made for all cancellations postmarked/faxed after March 24, 2009. No refunds after April 17, 2009. Registration fees are not transferable to another workshop

For more information, go to our website at www.ErnestRossi.com or contact Ella Soleimany: (805)801-3552, Ella@EllaSoleimany.com or Margaret Bullock: (805) 674-4162, Margaret@MargaretBullock.com

**14 CE'S FROM THE MILTON H. ERICKSON INSTITUTE OF THE CALIFORNIA CENTRAL COAST (MHE-CCC)
FOR PSYCHOLOGISTS (PENDING) AND MFTS AND LCSW'S**