

2023 - 5-PATH® Symposium Line Up of Speakers



Cal Banyan, MA, CHP, MCPHI, A+CPHI

*Cal Banyan needs no introduction to 5-PATHers. He is the prolific thought leader who developed 5-PATH®, 7th Path Self-Hypnosis®, wrote *The Secret Language of Feelings* and has published over 600 hypnosis training videos anyone can view for free on www.CalBanyan.com with many of them available on YouTube.*

- **Keynote Speech & Talk** (*The Most Important Things!*) - **Saturday, 9:00 am** (75 mins.)

Objective:

- 5-PATHers are an elite group of hypnotists! Our universal step by step systems of hypnosis & hypnotherapy ensure success when everything else has failed. The system is universal and consists of 5-PATH®, 7th Path™ and The Secret Language of Feelings is a movement in our profession that sets us apart as a thriving community of successful hypnosis professionals.
- **Time Tunnel Groups – Sunday, 9:00 am** (45 mins.)

Objective:

- Discover how to use the amazing power of the Time Tunneling Technique with groups! This will be a truly experiential experience as everyone attending this workshop will have the opportunity to experience the TTT as a group experience. This approach can be used for any sized group (or even individual clients).



Donna Bloom, CHP

Donna has been a 5-PATH® practitioner for 10 years. She helps stressed-out, over-achievers and self-proclaimed control freaks discover more peace of mind. She helps clients transform anxiety, break bad habits, deal with overwhelm and above all trust their intuition. Donna has a passion for authentically connecting people with their inner wisdom for peace, trust, and transformation. She uses her experience coupled with her creative imagination to customize client sessions to be fun and transformational.

- **Helping Clients Who Struggle with Forgiveness - When the Keys Can't or Won't Open the Heart - Saturday, 10:30 am (75 mins.)**

Objectives:

- Take a deeper dive into the concepts of forgiveness and acceptance.
 - Learn how to spot the red flags of clients who are not ready, willing, or able to forgive.
 - Introspective questions to gauge the client's readiness to forgive.
 - Craft quality questions to ascertain your client's tolerance.
 - Discover how to make your FOO sessions flow smoothly.
 - Learn when and how to pivot during a difficult FOO session.
 - Explore a few simple reframes to ensure compliance, success, and relief.
- **Applying The 4 Agreements for Superior Age Progression Sessions - Improve Client Results with This Ancient Wisdom - Sunday - 2:45 pm (45 mins.)**

Objectives:

- Learn the specific nuances of each of the 4 Agreements.
- Discover the hidden reason people are not always "doing their best."
- Realize why Making Assumptions and Taking Things personally is a form of protection.
- Learn how to use the 4As as a brilliant pattern interrupt.
- Learn to skillfully write and deliver brilliant hypnotic suggestions, based each of the 4 Agreements.
- Learn how to craft a powerful age progression segment using your best hypnotic skills and vivid imagination, to engage your client's sense of wonder and hopefulness.
- End your hypnosis sessions on a high note with clients expecting the best results for personal transformation.



Gregory Brown, MD, BCHP

I am a Board Certified psychiatrist in general and forensic psychiatrist, Professor of Psychiatry and Residency Training Director. I teach courses and provide supervision to residents regarding the treatment of trauma.

- **Memory Reconsolidation Theory and Trauma** - *How 5-PATH® Hypnosis and 7th Path Self- Hypnosis® Activate Brain Healing* – **Sunday, 4:15 pm** (45 mins.)

Objectives:

- A neurobiological model of healing of past trauma or negative feeling is memory reconsolidation.
- The experiences cultivated in 5-PATH® Hypnosis and 7th Path Self Hypnosis follow this biological model.
- The access of memories in one emotional state, which is then changed by means of intervention allows for the memory trace to be stored absent the negative emotion.
- Although this is not the mechanism of change present in hypnosis, it is one validated model which is consistent with the work of hypnosis and may provide therapists a language to discuss that change for clients who need information to feel comfortable in the process.



Penny Chiasson, RN, MS, CPHI

*Penny has spent more than half of her life caring for and helping others--first as a registered nurse, retired nurse anesthetist, and now as a CPHI. She has 25 years combined ICU and anesthesia experience that has given her the opportunity to intimately understand physician's and hospital's biggest frustrations in patient care. Penny is the author of the #1 international best-seller, *Breaking the Fibro Code: Move from a Life of Pain to Possibility*.*

- **Setting the Standard with 5-PATH® and 7th Path** - *Using case studies to demonstrate the effectiveness of hypnosis – Saturday, 4:15 pm (45 mins.)*

Objectives:

- Define what a case study is.
 - Differentiate between subjective and objective data.
 - Format for writing a case-study and obtaining consent.
- **Optimizing Direct Suggestion & 5-PATH® with Pain Clients** – *The art of crafting a session plan for pain clients - Sunday, 10:00 am (75 mins.)*

Objectives:

- Conduct a pre-hypnosis self-assessment that does the heavy lifting for you.
- Create a session plan for your client.
- Craft direct suggestions that take your client up the ladder of believability.



Whitney Christina, BChP

I have been walking this path of positivity and change since I was a child. My parents raised me with the Silva Method (aka Silva Mind Control – it was good in the 70's), other modalities to help people make changes in their lives. Went to the 1st Symposium, visiting my friend. Met Cal and Maureen and knew I had to do this. I have taken 5-PATH®, Ultimates and Online training. and am. I am a full-time hypnotist and a Board Certified Hypnosis Professional. When I'm not seeing clients, I am out in the world. I have done 2 podcasts, set up weekend 7th Path Self-Hypnosis® classes through the town, done group hypnosis. My goal is to help as many people as possible. During the Ultimates, Cal said, where would that client be if not for you? I ask the attendees. Where would your clients be if not for you?

- **7th Path Forward™, A Case for Hope** - A client's journey from desperation to hope with 7th Path Forward™ - **Sunday, 2:45 pm** (45 mins.)

Objectives:

- Attendees will see the application of 7th Path Forward™ techniques in a client that 5-PATH® was not helping.
- They will see the progress the client made using the tools.
- They will see it is something they can do, right out of class.
- Cal has laid the framework – follow the outline, make a difference.
- THEY CAN DO IT, don't wait, don't doubt yourself. – Make the difference in your client's lives.



Erika Flint, MCPHI, A+CPHI, BCHP

Erika Flint [BA, BCH, A+CPHI, OB] is a four-time best-selling author, Board Certified Hypnosis Professional and Accredited Certified Professional Hypnotherapy Instructor. Erika is known for her dynamic and compelling teaching style and loves helping her students create lucrative and meaningful careers as professional hypnotists. She's the creator of the Reprogram Your Weight system of lasting weight loss, co-host of the program "Cal Banyan's Hypnosis, Etc." and a contributing author for the Journal of Hypnotism.

- **Hypnosis for Helping Clients Eliminate Cravings - Top 3 Crave Busting Techniques for 5-PATH® Clients - Saturday, 12:00 pm** (45 mins.)

Objectives:

- Strategies to help our clients reframe “problem” foods and effective techniques to use when cravings happen.
 - The 3 most effective techniques to help our weight loss clients with food cravings.
 - Discuss how clients feel when they have food cravings and how it can affect their results.
 - How handling food cravings can empower our weight loss clients to have more faith and confidence in their success with weight loss.
- **Master the Mini-Workshop Model Framework – Help More People with This Flexible and Powerful Workshop Model - Sunday, 1:45 pm** (45 mins.)

Objectives:

- How to determine the most effective topics to get people interested, sharing and attending your workshop.
- The 3 most effective strategies to get and keep your audience engaged during the workshop.
- What to include and what to leave out of your workshop for maximum transformation.
- How to get your audience to market your workshop for you.
- How to amplify and automate elements of your workshop for maximum reach.
- How to develop engaging workshop template and handouts for participants.



Celeste Hackett, BCHP

Celeste Hackett is a Board Certified Hypnosis Professional and an award-winning professional Hypnotist, the original Co-host on Cal Banyan's Hypnosis Etc. and a supportive mentor for hypnotists. She also has a background as a major market radio personality, is known for rapid success in working with people who have very difficult personal problems, her mastery of a complex hypnotic system called 5-PATH® and for building a thriving six figure hypnosis practice out of her home in Plano, Texas.

- **Hypnosis Isn't Relaxation, but How to Get It Any Way** - *How to get the most fidgety clients to relax deeply nearly every time* - **Saturday, 12:00 pm** (75 mins.)

Objectives:

- Attendees will learn why relaxation is NOT important for excellent hypnotic outcomes.
 - Attendees will learn when relaxation *can* be very useful.
 - Attendees will learn how to set clients up for relaxation before the session begins.
 - Attendees will learn new time-tested suggestions for relaxing even the most tense clients.
 - Attendees will learn how to keep clients from falling asleep while relaxing.
 - Attendees will learn how to apply a *post* suggestion, suggestion (yes you read that right).
- **The Ever-Vigilante Part** - *Whether you have ISE or not, age regression is totally useless if you can't get a child to relive a painful event without being negatively affected by it.* – **Sunday – 11:30am** (75 mins.)

Objectives:

- Attendees will learn to recognize a part of themselves and their clients that is ever vigilantly watching.
- Attendees will be given real examples of how this part has successfully helped people when asked to do so.
- Attendees will be given instructions on how to utilize this part *to help* their clients.
- Attendees will be given instructions on how to teach clients to utilize this part on their own.
- Attendees will also learn how accessing this part is applicable in their own personal lives.



Kimberly Lorenz, CPHI, BCHP

I have been a hypnotist for 4 years and am a Board Certified Hypnosis Professional (BCHP) and a Certified Professional Hypnosis Instructor (CPHI). I've been using social media to grow my business for the last 20 months and have increased my followings and connections and totals to thousands of people. I'm slowly moving my business over to recruiting new clients and students fully on social media. I'm passionate and excited to share my social media experiences.

Learning I had ADHD at 45 years old was both validating and frustrating. Learning 3 of 4 immediate family members ALSO have ADHD was the spark I needed to become the expert we needed to improve our lives. Though I am not a certified ADHD coach (yet), I have lived with this disorder and improved my personal management of this problem, and I have also worked successfully with 5 clients specifically for their ADHD symptoms.

My new motto comes from Russell A. Barkley, Ph.D., an internationally recognized authority on attention deficit hyperactivity disorder (ADHD/ADD) "Without self-awareness...there is no freewill".

- **Carpe Futurum – ADHD Bootcamp – Saturday, 10:30 am (75 mins.)**

Objectives:

- Describe what current research has revealed about ADHD and how it affects the lives, behaviors, and emotions of those affected.
 - Participants will be able to use the knowledge of ADHD to get better results for clients with ADHD no matter what the client is working on.
 - How ADHD clients are really just the same as everyone else, but also how they are not!
 - Teach their clients The 6 Everyday Rules for (ADHD) Success!
 - Learn how to use the 5-PATH® system specifically for ADHD clients.
- **Distinguish Yourself In the Profession: Become a Board Certified Hypnosis Professional (BCHP) Saturday, 2:45 pm (45 mins.)**

Objectives:

- Attendees will learn about the importance of Board Certification and how to do it for themselves.
- Compare the differences between the BCHP with the NGH Board Certification.
- Attendees will learn the benefits of Board Certification.

- **3 Free & Easy Marketing Strategies - Sunday, 1:45 pm** (45 mins.)

Objectives:

- The statistics on certified hypnotists who succeed at making a full-time income aren't good.
- The vast majority never make a living and quit within a year or two. If you don't want to be a statistic...let me help you get off to a great start, or restart!
- Bring in more clients, for free, and get more referrals!
- Great class for business partners and spouses!



Christian Skoorsmith, MA, BHP

Christian Skoorsmith, MA, Board Certified Hypnosis Professional (BHP), is a prolific writer for both the NGH Journal of Hypnotism and the 5-PATH® Journal, and is the highest-rated hypnotherapist in the Seattle area. In 2021, Christian was given the inaugural 5-PATH® Science Award for research and application in evidence-based hypnotherapy. He holds a post-graduate certificate in Jungian Psychotherapy, focused on Archetypal Psychology, which has deeply informed his practice.

- **The Tree, The Little One & Us** - Explore dynamics of the tree-ring narrative ‘container’ and how deeply it can help clients - **Saturday, 1:45 pm** (45 mins)

Objectives:

- Live inside a key metaphor in 5-PATH® for understanding our relationship with our Little One.
 - Explore dynamics of the tree-ring narrative ‘container’ and how deeply it can help clients.
 - Learn, experientially, principles of Archetypal Psychology and the importance of narrative and visual metaphor.
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- **Phase II and-a-half** - *Coaching Parts Past Increased Bad Behavior* – **Sunday, 11:30 am** (75 mins.)

Objectives:

- Be orientated to a model of the mind that emphasizes the diverse ‘parts’ of an individual and those parts’ dynamic relationships, to better understand possible motives or mechanisms that interfere with client ‘success’.
- Be able to use this awareness of parts and their relationship dynamics to help clients understand, heal, and transform their troublesome behaviors.
- Leverage the client’s awareness (achieved in AR) of their Self, their Inner Child, and their ‘troublesome part’ to improve client success when clients react to Phase II progress with increased troublesome behavior.



Brenda Titus, CHP

Brenda Titus is passionate about helping people transform their lives with hypnosis. As a 5-PATH® Hypnotist, she enjoys helping her clients uncover and overcome underlying issues and aiding them in creating the happy, healthy, successful future that they want to create. Brenda is a regular writer for the 5-PATH® IAHP Professional Journal and former Co-Host on Cal Banyan's Hypnosis, Etc. Podcast.

- **Making 5-PATH® Your Own - How being true to yourself helps you attract your ideal clients**
Saturday, 1:45 pm (45 mins.)

Objectives:

- Participants will identify their own set of interests and strengths within the 5-PATH® process.
 - Participants will explore their own unique "ingredients" that they bring to the 5-PATH® process.
 - Participants will learn how to use their unique interests, strengths and ingredients to market their services to their ideal clients.
- **Digging Deeper into The FOS Session – Sunday, 10:00 am** (75 mins.)

Objectives:

- Participants will learn the main elements of the FOS session format and the purpose of the process.
- We will take note of the differences between the FOO and FOS sessions.
- Participants will learn how to get creative (and even have fun) with this session format to best tailor it to their client's needs.
- We will discuss ways to use this session to review the client's goals and benefits to ensure that all parts of the client are aligned with the changes being implemented in the 5-PATH® process.



Cyndal Wallace, CHP

Cyndal Wallace is passionate about helping women to break free from the chains of emotional eating and food guilt. With her unique combination of hypnotic and mindfulness techniques, she helps clients make lasting changes to their relationship with food. Cyndal has been featured on various podcasts and wrote a best-selling book, "The Solution To Emotional Eating". She is passionate about guiding people through their journey to discovering true self-care practices that honor both body and mind.

- **Consultation to Client – Turn Prospects into Clients - Saturday, 4:15 pm (45 mins.)**

Objectives:

- People can't buy if they don't know you exist! Learn how to be seen by prospects.
 - Setting up your consultation for success.
 - Asking powerful questions to let your potential client know you are the right one to help them.
 - Learn the sandwich sales method.
 - Getting your clients to pay for package sessions.
 - HOPE sales method.
- **Solution to Emotional Eating – Helping clients to conquer overeating and enjoy food again! Sunday, 4:15 pm (45 mins.)**

Objectives:

- Learn how to sell a powerful weight loss hypnosis package.
- What is mindfulness and Intuitive eating.
- What is wrong with intuitive eating- and what is the solution?
- Learn the hunger and fullness scale.