

2026 - 5-PATH® Symposium Line Up of Speakers



Cal Banyan, MA, BCHP, 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: *To Be Announced*** (45 mins.)

Objectives:

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- **Talk *To Be Announced* & Awards** (1 hr.)

Objectives:

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Gregory Brown, MD, 7PTA, 7PF, BCHP

Gregory P Brown, M.D., is a Professor of Psychiatry and the Residency Training Director at the Kirk Kerkorian School of Medicine at the University of Nevada Las Vegas, Department of Psychiatry and Behavioral Health. He completed a BA in Psychology from Oberlin College followed by an MD degree from the University of Arkansas. He completed his Psychiatry Residency at Albert Einstein Medical Center in Philadelphia, and a Forensic Psychiatry Fellowship at the University of Rochester. He is Board Certified in both Psychiatry and Forensic Psychiatry by the American Board of Psychiatry and Neurology. He is Fellow of the American College of Psychiatrists. He is also a member of the 5-PATH® IAHP Board Certification Committee.

• What's Happening in Your Brain with 7th Path Self-Hypnosis® (45 mins.)

Objectives:

- Understand how 7th Path Self-Hypnosis® harnesses and affects brainwave activity.
- Learn how practicing 7th Path Self-Hypnosis® changes the brain's functioning over time.
- Understand the role of each of the five brainwave frequencies.

• Why 5-PATH® is King: Compared to Other Modalities – Panel Discussion with Melissa Shute, Christian Skoorsmith, and David Gonzalez (90 mins.)

Objectives:

- Learn what some common modalities are and compare them to 5-PATH®.
- Learn how to use what was already done to increase the effectiveness of 5-PATH®.
- Learn how to empower the client to use what they already know to set them for greater success.



Whitney Christina, 7PTA, 7PF, BCHP

Whitney Christina is a Board Certified Hypnosis Professional, full time hypnotist, speaker, and business strategist with a strong background in sales and networking. She is also one of the Leaders for the Bravehearts Study group and is a member on the 5-PATH® IAHP Board Certification Committee. As the creator of the “Feel Good Friday” Membership Program, she offers accessible group hypnosis sessions that deepen trust and spark private client growth. With a background in brand strategy and emotional transformation, Whitney empowers other hypnosis professionals to expand their impact, grow sustainable practices, and connect deeply with the people they’re meant to help—all without burnout.

- **Beyond Goals: The Unexpected Client Transformations of 7th Path Forward** (45 mins.)

Objectives:

- Discover the surprising patterns that emerge when clients begin using 7th Path Forward™ and My Best Life Path™ consistently—and why clients often achieve meaningful life changes far beyond their original hypnosis goals.
- Learn why helping clients discover what is emotionally true for them creates deeper subconscious alignment and transformation than focusing only on symptom relief or surface-level goals.
- Explore why clients often begin improving multiple areas of life simultaneously—including relationships, self-worth, career satisfaction, finances, peace of mind, and overall quality of life.

- **Ethically Increasing from 5 to 10 Sessions** (45 mins.)

Objectives:

- Discover how 7th Path Forward™ helps to naturally and ethically increase the average client journey from 5 sessions to 10 sessions—not through pressure or sales tactics, but because clients became deeply engaged in their own healing, growth, and transformation.
- Understand how helping clients discover what they truly want creates deeper emotional investment, greater satisfaction, stronger trust, and transformational momentum that goes far beyond symptom relief alone.
- Explore the powerful elements within 7th Path Forward™ that help clients stop merely “fixing problems” and begin creating lives that feel aligned, meaningful, empowering, and genuinely exciting to live.

- **Raising the Standard – Board Certification – Discussion with Kimberly Lynne and Liz Schultz** (45 mins.)

Objectives:

- Gain a clear understanding of the purpose and value of 5-PATH® Board Certification.
- Explore how board certification supports professional growth, confidence, and practitioner development
- Understand the role board certification plays in maintaining high standards within the profession



Erika Flint, BA, 7PTU9, A5PC, BCHP, MCPHI, A+CPHI

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.

- **5-PATH® and the Waterfall Crossing** (45 mins.)

Objectives:

- Learn why the 5-PATH® process naturally creates moments of closure, and how to anchor them intentionally.
- Recognize signs for when a client is ready to let go, even when they seem to be holding on.
- The Waterfall Crossing framework: A hypnotic ceremony for cleansing, release, and emergence. The three-part structure of a completion ceremony: Validation, release, and future pacing.

- **Asking the Hands: Body Awareness in 5-PATH® Parts Medication Work™** (45 mins.)

Objectives:

- How to bring awareness and intelligence to the hands, gut, heart, liver and other body parts within 5-PATH® Parts Mediation Work™.

- How to speak directly to a body part as its own entity and have a genuine conversation in hypnosis.
- The key question: "Is there something you'd rather be doing?" and how to follow where the answer leads.



Kimberly Lynne, 7PTA, 7PF, A5PC, BCHP, CPHI

Kimberly Lynne, BCHP, CPHI, has been a professional hypnotist for seven years and serves on the 5-PATH® IAHP Board Certification Committee as the Board Chair. She enjoys working with a wide range of clients, including athletes, entrepreneurs, neurodivergent individuals, and everyday people seeking relief from fears, grief, and self-limiting patterns. After hypnosis helped her recover from panic and anxiety, Kimberly committed her life and work to helping others heal, transform their lives, and advance a new era of greater healing, connection, and human potential.

- **Beyond Focus: Helping ADHA Clients Thrive with 5-PATH® (45 mins.)**

Objectives:

- Gain a high-level understanding of ADHD as a neurological and executive functioning disorder.
- Learn the most common misconceptions surrounding ADHD and hypnosis.
- Understand what hypnosis and 5-PATH® can realistically help improve for ADHD clients.

- **The Competitive Mind: Sports Enhancement (45 mins.)**

Objectives:

- Learn foundational principles for working with athletes.
- Understand the unique motivational needs of athletes, gain practical strategies, homework assignments, and session structures for athletic clients.
- Explore ways 5-PATH® can improve confidence, focus, emotional regulation, and resilience under pressure.

- **DFE Intervention (90 mins.)**

Objectives:

- Observe and analyze video footage of a real hypnosis session involving a suspected Dark Force Entity (DFE).
- Learn common indicators that may suggest DFE involvement during hypnosis.

- Learn how to remain grounded, neutral, and client-focused during unusual session phenomena.
 - Understand practical intervention strategies for addressing and clearing DFEs.
- **Raising the Standard – Board Certification – Discussion with Whitney Christina and Liz Schultz** (45 mins.)

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Christian Skoorsmith, MA, 7PTA, 7PF, A5PC, BCHP

Christian Skoorsmith is an award-winning hypnotherapist, writer, and researcher in Seattle, Washington. He is the author of six books and more than 50 articles on hypnosis in academic and professional journals. Recognized as one of the region's leading practitioners, he has been named among Seattle's top hypnotherapists and honored for advancing evidence based, depth oriented approaches to psychological change. His clinical and scholarly interests center on memory reconsolidation, experiential transformation, and the restoration of meaning in contemporary life. Christian is also a member of the 5-PATH® IAHP Board Certification Committee. Find out more about him at www.Skoorsmith.com.

- **Attention, Intention, Transformation: 7th Path and Mindfulness** (45 mins.)

Objectives:

- Explain the shared mechanisms of change in mindfulness and 7th Path Self-Hypnosis®, including attentional training, emotional regulation, and the updating of maladaptive internal narratives.
- Distinguish foundational 7th Path practices (recognitions, contemplative phrasing, self-directed trance) from mindfulness and describe how such distinctions enhance the effectiveness of self-hypnosis.

- **Why 5-PATH® is King: Compared to Other Modalities – Panel Discussion with Melissa Shute, Gregory Brown, and David Gonzalez** (90 mins.)

Objectives:

- Learn what some common modalities are and compare them to 5-PATH®.

- Learn how to use what was already done to increase the effectiveness of 5-PATH®.
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Hannah Brobst, 7PTU9, 7PF, CHP

Hannah Brobst is a Certified Hypnotist, artist, and Soul Alignment Guide specializing in subconscious transformation, emotional healing, and identity-level change. Her work integrates 5-PATH® hypnosis, nervous system awareness, and compassionate, client-centered approaches to emotional release. Drawing from over 20 years in addiction recovery communities, conscious personal development work, and transformational coaching, she brings a nuanced understanding of forgiveness, protective mechanisms, and the role authentic emotional release plays in healing and behavioral change.

- **Effective Forgiveness of Others- Finding the Doorway to Authentic Release (45 mins.)**

Objectives:

- Explore resistance within forgiveness work in 5-PATH®.
- Discuss how protective mechanisms block authentic release.
- Share approaches for helping clients access genuine forgiveness when standard processes stall.
- Demonstrate how perception shifts and compassion create breakthrough moments.
- Present case examples of alternative “doorways” into emotional release.



Cyndal Wallace, 7PTU9, 7PF, BCHP

Cyndal Wallace is a Board Certified Professional Hypnotist and owner of Blooming Lotus Hypnosis Wellness Center in Spokane Valley, Washington. She is known for her ability to translate client insight into effective coaching strategies, helping practitioners and clients alike bridge the gap between information and transformation. Her work emphasizes practical application, client engagement, and creating lasting results through personalized Hypnosis. She is also a member on the 5-PATH® IAHP Board Certification Committee, and a leader for the Bravehearts Study Group.

- **From the Little One in the Heart to the Wise Self** (45 mins.)

Objectives:

- Connect the client with the little one in a safe, resourced way within the heart space.
- Facilitate insight and reassurance from the little one following age regression work.
- Guide an integration process that supports lasting change and client independence.
- Apply this process as a 5-PATH® aligned alternative to LBL and Informing Soul techniques.

- **Unlocking the Power of the Benefits Form** (45 mins.)

Objectives:

- Use the benefits form as a pre-session tool to increase client engagement and commitment.
- Assess client mindset through their initial responses to identify motivation, language patterns, and resistance.
- Enhance and reframe benefits to create stronger emotional drivers for change.

- **Workshops and Classes as a Client Attraction Tool** (45 mins.)

Objectives:

- Position workshops to attract aligned attendees and increase attendance.
- Select topics that naturally lead to client interest and bookings, promote workshops in a way that builds trust without pressure.
- Create an experience that increases connection and credibility.
- Convert attendees into clients through clear and natural next steps.



Judge Williams, 7PT, BCHP, CPHI

Judge has been a 5-PATH® Hypnotist with a successful practice for seven years, and he has been a CHPI teaching for three years. He works with Military Veterans, first responders, and trauma victims, on many issues, and Anger work is one of the most important and constant sessions. He has had many clients over the years with deep rooted abuse in their past and offenders were completely uncooperative, which has caused him to become very creative to solve these blocks.

- **Kung FOO** (45 mins.)

Objectives:

- Learn how to make any clients offender understandable, reasonable, and acceptable.
- Learn how to navigate when the offender isn't cooperating or is refusing to bend.
- Learn how to help clients reach forgiveness with any offender.



David Gonzalez, MS, NCC, 7PTU5, 7PF, A5PC, BCHP

David A. Gonzalez, MS, NCC, BCHP, is a Board Certified 5-PATH® Hypnotherapist and Board Certified Mental Health Counselor specializing in crisis and trauma. He serves on the 5-PATH® IAHP Board Certification Committee and has been a Bravehearts Leader since 2024, mentoring and supporting fellow practitioners in their professional growth. David received the Outstanding Member Award for his contributions to the 5-PATH® community in both 2024 and 2025 and is a published author in the IAHP Journal. He is the owner of Infinite Insight Hypnosis, where he helps clients create lasting change through emotional healing and insight-based hypnosis.

- **Fireside Chat: Recognizing and Transforming Anger for Deeper 5-PATH® Results – with Melissa Shute (45 mins.)**

Objectives:

- Increase confidence in filling the platter of pain.
- Help the 5-PATHer reduce their fear of client's anger.
- How to actively recognize anger.
- How to proceed through AR & FOO.

- **Why 5-PATH® is King: Compared to Other Modalities – Panel Discussion with Melissa Shute, Christian Skoorsmith, and Greg Brown (90 mins.)**

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Melissa Shute, LPC, BCH, DDiv, 7PTA, 7PF, CHP

Melissa Shute, LPC, BCH, DDiv, is a Licensed Professional Counselor, a National Guild of Hypnotist's (NGH) Board Certified Hypnotist (BCH), a 5-PATH® certified hypnotist, 7th Path Self-Hypnosis Teacher, and an ordained minister. Additionally, she is a leader of the Bravehearts Study Group. She practices in accordance with the American Counseling Association, American Psychology Association, and the National Guild of Hypnotist's Code of Ethic and Standards. Recently Melissa was awarded Top Hypnotist in Connecticut in the Natural Nutmeg Magazine 10 BEST of Reader's Choice AWARDS, 2023.

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Elizabeth Schultz, RN, CRNA(Ret.), MS, 7PTU9, 7PF, BCHP

Liz Schultz is a Board Certified Hypnosis Professional, Master of Science in Nurse Anesthesia, and former CRNA. She dedicated herself to helping others and has found hypnosis to be an excellent tool to get to the root of client's issues and neutralize them. She is a member on the 5-

- **Raising the Standard – Board Certification – Discussion with Whitney Christina and Kimberly Lynne** (45 mins.)

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Kelly Greene Elrod, JD, ALM, AMFT, 7PT, CHP

Kelly Greene Elrod is the founder of the Center for Holistic Resilience and creator of the Holistic Resilience Framework, integrating psychological and physiological dimensions of resilience. A former corporate attorney and Harvard-educated resilience researcher, Kelly is a licensed associate marriage and family therapist, part-time professor of forensic psychology, health and wellness coach, and certified consulting 5-PATH® hypnotist. She works with corporations, executives, and individuals to build durable resilience in high-pressure environments.

- **The Resilience Gap (& AI)** (45 mins.)

Objectives:

- A clear understanding of why AI integration is fundamentally a resilience challenge, not a technology or change management problem, and why that distinction matters for the clients they serve.
- A neurological and psychological framework for how AI-era stress operates at the subconscious level, triggering identity threat, loss of purpose, and nervous system dysregulation that conscious-level interventions cannot fully reach.
- A new lens on the work they are already doing, recognizing that 5-PATH®'s core phases directly address the subconscious roots of resilience deficits that AI disruption is accelerating.
- Confidence in positioning hypnosis as a serious, evidence-aligned tool for one of the defining human challenges of our era.
- Practical language for articulating the value of hypnosis to clients and referral partners navigating AI-driven change.