

ASH CONGRESS AND WORKSHOPS 2007 DARWIN, NORTHERN TERRITORY

Dreamtime: Trance in the Top End

Novotel Atrium Hotel, Darwin: 28 September – 2 October 2007

Aurora Kakadu Resort: Kakadu: 4 October 2007

SECOND INVITATION TO ATTEND

On behalf of the Organising Committee and ASH Victoria members, we provide you with further information on the forthcoming ASH Congress being held in Darwin and Kakadu this year.

This brochure provides you with the detailed programme of keynote addresses, interactive workshops and scientific sessions / practice sessions which comprise the scientific and clinical contents of the Congress. In addition, we have included detailed tourist activities in and around Darwin and Kakadu, with which you can supplement your time in the Northern Territory.

The Congress is being organised with the assistance of Territory Discoveries. They can provide you with all flight and tourism information, plus make your bookings when you have decided what activities suit and appeal to you. Phone Rebecca Watling on freecall 1800 642 343 (press option 2, and identify Hypnosis Congress) and ask for a copy of their new brochure: *Northern Territory: Top End and the Kimberley*. This has current information on all accommodation and touring options in the Top End.

Territory Discoveries is holding rooms at both the Novotel Atrium and Aurora Kakadu hotels. If you prefer the convenience of staying at the Congress venues, we suggest you pick up the phone *now* and confirm a reservation with Rebecca on the spot. Territory Discoveries have negotiated significantly reduced accommodation rates for the Congress hotels (see wrap-around flyer). Vacancies at these prices will be quickly filled, so you need to book early.

If you wish to consider other accommodation options, check the extensive listings in the *Northern Territory* brochure.

Dr Di McGreal
Chairperson

Dr Barry Evans
Secretary/Treasurer

PROGRAMME

Please note that there have been adjustments to the programme from that advertised in late 2006. Please ensure that you use the following programme in planning your Darwin visit.

DAY	ACTIVITY	DURATION	PRESENTER
Friday 28 Sept	Registrations Welcome BBQ	3.00pm – 5.30pm 6.00pm	
Saturday 29 Sept	Keynote Address Morning Tea Workshop Scientific Session ASH AGM	9.00am – 10.00am 10.00am – 10.30am 10.30am – 1.00pm 2.00pm – 5.00pm 5.00pm	Dr Kevin McConkey Carolyn Manning Various
Sunday 30 Sept	Keynote Address Morning Tea Workshop Scientific Session Darwin Harbour Dinner Cruise (optional)	9.00am – 10.00am 10.00am – 10.30am 10.30am – 1.00pm 2.00pm – 5.00pm	Dr Kathryn Gow Dr Di McGreal Various
Monday 1 Oct	Workshop	9.00am – 5.00pm (includes AM/PM refreshments & lunch)	Dr Doris Brett
Tuesday 2 Oct	Litchfield Falls Tour	1-day	
Wednesday 3 Oct	Adelaide River Jumping Crocodiles Tour Kakadu	1-day	
Thursday 4 Oct	Workshop	9.00am – 1.00pm	Dr Wendy-Louise Walker

KEYNOTE ADDRESSES

Kevin McConkey PhD

Hypnosis: The Lure of Myth & the Attraction of Evidence

Kathryn Gow PhD

The Healing Power of Hypnosis: Beliefs, Efficacy & Evidence

WORKSHOP PRESENTERS AND DESCRIPTION

Saturday 29 September 10.30am-1.00pm

Trance and Trauma: Healing the Past

The Presenter

Carolyn Manning is a counselling psychologist with extensive experience in the field of trauma. She has provided debriefing assistance and trauma management consulting advice to a wide range of customers including banks, prisons, petroleum companies, the telecommunications sector, etc. She has published academic articles on the subject of trauma and has been interviewed on national radio about its aftermath following industrial accidents. She is the principal consultant of Carolyn Manning Consulting Services and has nearly twenty years experience as a psychologist and hypnotherapist.

Workshop Description

This workshop will provide practical examples aimed at assisting practitioners to develop their skills in the use of hypnosis with clients who have experienced major trauma. Demonstrations of hypnotic interventions, case presentations and interactive discussion and exercises will be included in this workshop.

Sunday 30 September 10.30am – 1.00pm

Reclaiming the Past: Age Regression Techniques in Therapy

The Presenter

Dr Diane McGreal is a consultant psychologist who has worked extensively in both the private and public sectors. Diane has training and experience in a wide range of therapeutic approaches. She researches, designs and conducts workshops, seminars, lectures and training programmes for business and community groups, schools and universities and speaks regularly through the press and radio. Diane is Chair of ASH Victoria, ASH Federal Secretary and a media spokesperson for the Australian Psychological Society.

She runs a very successful private practice in Victoria, using hypnosis on a regular basis across a range of emotional issues, psychological issues in medical settings and relationship counselling.

Workshop Description

This workshop will offer examples of age regression hypnosis on a number of levels:

- Recent directions in the use of regression therapy;
- A practical 7-step process to identify how to incorporate age regression therapy in a healing package;
- A practical demonstration of these techniques in the ‘healing the hurt’ process;
- Case studies offering a range of regression techniques and how these can be integrated into therapy; and
- An opportunity for participants to practise techniques and give feedback about their experiences.

Monday 1 October (1-day workshop)

Exploring Indirect Techniques

The Presenter

Doris Brett is a clinical psychologist and multi-award winning author. She has over thirty years experience as a psychotherapist and hypnotherapist and has worked with many current and past Ericksonian practitioners in the United States. Doris regularly lectures on Ericksonian and indirect hypnosis techniques for ASH Victoria and has presented at many national and international congresses and workshops. Her workshop will provide a wonderful opportunity for members of ASH familiar with Doris’ style to work with her again. It will also provide a chance for others not familiar with Doris to spend time with a master practitioner in Ericksonian and indirect hypnosis.

Workshop Description

Indirect techniques can often seem daunting, yet at the same time offer the therapist and client the benefits of enormous flexibility, creativity and the ability to optimise therapeutic input, even with ‘resistant’ clients. This experiential workshop aims to demystify indirect techniques, sample some of them and break them down into manageable parts. Areas covered will include language, imagery, metaphors and confusional techniques. The workshop will have a practical focus and include opportunities to practise these techniques.

Thursday 4 October 9.00am – 1.00pm

Finding Peace, Joy and Love again: Using the Imaginative Involvement Dimension in Hypnosis with Suggested Imagery, Emotional Responses and Music

The Presenter

Wendy-Louise Walker is a clinical and forensic psychologist in private practice, formerly an academic in the Faculty of Medicine at the University of Sydney. She began her fascination with hypnosis as an undergraduate psychology student in 1955 and has had ongoing involvement in learning, research, teaching and clinical uses of hypnosis since her graduation in 1958. In focus of research and in clinical uses of hypnosis, Wendy-Louise has been fascinated by the potential uses of imagination, imagery, imaginative rehearsal and emotional responses in hypnosis. She argues for the power of positive emotions, centrality of love and, in the workshop, use of her techniques will be illustrated by work with PTSD sufferers.

Workshop Description

Participants in the workshop will use the techniques themselves and can anticipate a fascinating and enjoyable experience, backed up by detailed printed notes for their own clinical uses which can include treatment of anxiety disorders and PTSD.

SCIENTIFIC SESSIONS/PRACTICE SESSIONS

The Congress will provide an opportunity for members of ASH and other eligible professionals to present scientific papers or clinical reports during the Scientific Sessions. These have been scheduled for Saturday 29/9 and Sunday 30/9, 2.00 – 5.00pm. If you wish to present a paper, please email Dr Barry Evans at: bevans@cpmsservices.org with an attachment giving your name, affiliations and presentation title and abstract. We will liaise with Dr Kathryn Gow, Editor of *The Australian Journal of Clinical and Experimental Hypnosis* to have abstracts printed in the Journal.

If there is sufficient interest from Associate Members, we plan to hold Practice Sessions, concurrent with the Scientific Sessions. These will be chaired by members of the Board of Education, enabling Associates to complete additional supervised practice hours at no cost. Associates interested in this should email their name to bevans@cpmsservices.org to be kept informed of this activity.

TOURISM OPPORTUNITIES IN AND AROUND DARWIN

You will find full details of these in the Northern Territory brochure available from Rebecca Watling on freecall 1800 642 343 (press option 2, and identify Hypnosis Congress).

Darwin Harbour Sunset Cruise

5.30pm to 7.45pm. Enjoy a Darwin Harbour cruise on board the Spirit of Darwin Harbour cruiser. Experience the photographer's dream with the incredible Darwin Harbour sunset. Full catering provided. A Darwin Harbour Dinner Cruise on Sunday 30 September is an *optional* inclusion in the Congress Social Programme. Bookings should be made with Rebecca Watling, *not less than 30 days* prior to the cruise. Places are limited and on a first-come first-serve basis.

Territory Wildlife Park

Take a 45-minute ride to the Park that features a range of Australian and monsoonal wildlife. Check the presentation board at the entrance for the list of displays and times. Displays vary but may include: Birds of Prey; Spotlight tour of the Nocturnal House; & Tucker time at the Billabong. Allow a minimum of four hours.

Darwin City Sights Hop On/Hop Off

Departs daily between 9.00am and 4.00pm from selected hotels and local attractions. Visit: Darwin Museum and Art Gallery (Museum has an excellent re-enactment of Cyclone Tracey); Fannie Bay Gaol; Botannical Gardens; Indo Pacific Marine; Pearling Exhibition; Wharf Arcade; WW II Tunnels; Fish Feeding; and East Point Military Museum.

Historic Pearling Lugger Sunset Cruise

Experience a brilliant Darwin Harbour cruise on board the historic pearling lugger: Anniki. Enjoy sparkling wine and antipasto at sunset and soak up the atmosphere on this magical and informative cruise of Darwin Harbour.

Darwin Harbour Fishing

Hotel collections start at 7.00am, returns 4.00pm. Fish Darwin Harbour from 6-metre punts. You could catch Salmon, Trevally, Mangrove Jack, Queen Fish, Reef Fish & Jew Fish.

Crocodile Express Tour

1.00pm to 6.00pm. Enjoy the scenery as you travel to Adelaide River. Visit 'Window on the Wetlands' and learn about the history of the area. Then travel to join the Jumping Crocodile Cruise. This 1-hour cruise enables you to see crocodiles jumping from the water to take food. Unforgettable! (You can also take this cruise on your way to Kakadu.)

Billabong and Bird Watching

8.30am to 4.30pm. Visit 'Windows on the Wetlands.' Explore Fogg Dam and a number of amazing billabongs with a local Aboriginal guide and see the various fauna and flora that inhabit this pristine and fragile eco-system. Enjoy lunch at Finlay's Joint Café and view an untouched WW II Roadside Airstrip.

TOURIST OPPORTUNITIES FROM DARWIN

Litchfield National Park

There are a number of tours to Litchfield National Park which is 129 km south of Darwin. The 1-day tour takes you to a park of outstanding scenery, monsoonal rainforests, numerous waterfalls, magnetic termite mounds, and the towns of Humpty Doo and Batchelor. Swimming is possible, as long as no crocodiles have taken up residence.

An optional Litchfield National Park tour is included in the Congress programme, for Tuesday 2 October. You can book direct with Rebecca Watling on freecall 1800 642 343.

If there is sufficient interest in this tour from Congress delegates, Territory Discoveries can arrange for a special coach. If not, several tour companies operate daily tours.

Kakadu National Park

Kakadu National Park is 257 km to the east of Darwin, approximately a 3-hour drive. This is the site of the last workshop for the Congress, being presented by Dr Wendy-Louise Walker (see Programme above).

For those driving or bussing to Kakadu, it is possible to stop off at the Jumping Crocodiles tour on the way. If there is sufficient interest, Territory Discoveries will provide a private coach to take Congress delegates to Kakadu.

Following the workshop, tourist activities include: the Warradjan Aboriginal Cultural Centre; Bowali Visitor Centre; cruise on the Yellow Water Billabong; mystical Nourlangie Rock; and Ubirr. At this time of the year, water levels across the Park have reduced, so you will experience higher numbers of wildlife. Flights over the Park and its waterfalls are also worthwhile.

The Aurora Kakadu Resort provides an ideal relaxing centre for all touring activities within Kakadu. You can book your accommodation direct with Rebecca Watling at Territory Discoveries.

If there is sufficient interest in a Kakadu visit from Congress delegates, Territory Discoveries can arrange for a special coach. If not, several tour companies operate daily tours.

THE WEATHER

Some people believe that the weather in Darwin at the time of the Congress is hot, humid and wet.

This is not the case. Average temperatures in October are: minimums 25C and maximums of 33.1C. Rainfall in October is 71mm (compared with 143mm November, 229mm in December and 414mm in January).

Thus, late September to early October is the ideal time to visit the Top End.

REGISTRATION FEE

The Full Delegate registration is \$450 + \$45 GST = total of \$495.00.

This includes:

- Welcome BBQ
- Morning refreshments on the 1st two days of the Congress (following Keynote Addresses)
- Morning/afternoon refreshments and lunch on the 3rd day (Brett Workshop)
- Morning refreshments during the Kakadu workshop.

The Partner registration is \$50 + \$5 GST = total of \$55.00.

The Darwin Only Delegate registration is \$400 + \$40 GST + total of \$440.00.

HOW TO REGISTER

Complete the enclosed Registration Form and send with payment to:

ASH Victoria
PO Box 5114
ALPHINGTON VIC 3078
Fax: 03 9499 5806

All travel, accommodation and touring options should be discussed with, and booked through, Rebecca Watling at Territory Discoveries on freecall 1800 642 343 (press option 2, and identify Hypnosis Congress).

**WE URGE YOU TO BOOK EARLY
TO GUARANTEE AVAILABILITY AND BEST PRICES!**

PARTICIPATION

Attendance at the Congress and participation in interactive workshops is open to Full and Associate Members of the Australian Society of Hypnosis and members of ISH Constituent Societies.

Attendance is also open to registered psychologists, medical practitioners and dentists who are not members of ASH. Higher registration rates apply to non-ASH Members (see enclosed Registration Form).

REGISTRATION DESK

The Registration Desk will be outside the Billabong Room and will open at 3.00pm Friday 28 September. The Desk will also be open immediately prior to the commencement of each Keynote Address and Workshop.

PROFESSIONAL DEVELOPMENT POINTS

Applications will be made to the Australian Psychological Society for Professional Development points for Congress interactive workshops. Notification of adjudication will be given with the Third Invitation to Attend.

CONFIRMATION AND RECEIPT

ASH Victoria will send you a Receipted Tax Invoice acknowledging your registration. Please bring this with you to the on-site Registration Desk at the Congress.

CANCELLATION POLICY

If you cancel on or before 28 August 2007, you will receive a full refund LESS \$100 administration fee.

If you cancel after 28 August 2007, NO REFUND is payable. Registrations can be transferred to another eligible person.

ASH Victoria appreciates that medical conditions or other emergencies can occur, but, regrettably, we cannot accept responsibility for these.

TERRITORY DISCOVERIES TERMS & CONDITIONS

Please read these carefully!

While we have made every effort to provide accurate information, details of products, prices and events described in this quote / booking may have changed since the original quote booking was made. Please make sure to check all details with the Groups consultant or your clients. These prices are only valid for the dates requested. If dates do change, prices are subject to change also.

How to book

Simply call the Groups Department on 1800 642 343 and ask them to provide a quote or ask them to make a reservation on your requested itinerary. We recommend you book as early as possible, as all reservations are subject to availability at time of booking.

Airfares

There are a number of airfares that can be used in conjunction with your group packages. Special conditions apply and fares are subject to availability at time of booking. Please check with your Groups Consultant.

Airfare reissue

Should you wish to alter your flight booking once tickets have been confirmed and payment made, a \$30 per person per reissue will be incurred in addition to the carrier airfare fees.

Deposits and Final Payments:

A non-refundable deposit of \$100.00 per person is required within 5 days of making your reservation.

Full payment and full naming - as per photo ID - lists are required 45 days prior to your departure date.

Exceptions are applicable when:

- Bookings made 45 – 15 days prior to departure, full payment and names are required within 2 days of booking.
- Bookings made within 15 days of departure, full names and payment are required immediately on confirmation.
- Electronic transfers are accepted up to 15 days prior to the departure date and on request within 15 days of departure.

Please Note: Some operators have different deposit and final payment conditions for Groups. This will be advised on confirmation.

Rail Group Bookings

- 90 Days prior to departure, minimum of 50% of total fare due.
- 60 days prior to departure, minimum of 75% of total fare due.
- 30 Days prior to departure, accommodation breakdown, special requirements and final guest list with full payment due.
- Prior to 90 days of travel, cancellations or reduction in numbers can be made at no charge.

Please note: Terms and Conditions vary depending on the size of the group.

Cancellations and refunds:

If you cancel or terminate your group booking a cancellation fee will be incurred. The following scale of cancellation fees will apply.

- Prior to final payment: no refund of deposit
- After final payment: no refund of deposit, plus any fees charged by the operators for cancelled accommodation, touring, air and rail fares.

Some operators cancellation fees vary from the above and you should check with your Groups Consultant on confirmation of your booking.

Porterage

All Voyages properties have a \$6.00 per person compulsory porterage charge. Other hotels, depending on group size may also charge a compulsory fee. Please check with your Groups Consultant on booking.

Amendment fees

Should you wish to alter your arrangements after your original booking, we will try to assist. However, once a deposit has been received, a charge of \$30 per amendment will be incurred, in addition to any costs charged by the operators.

Inclusions

Inclusions and Exclusions are outlined in the final itinerary.

Travel Insurance

Territory Discoveries strongly recommends travel insurance, which can cover loss of deposit and cancellation fees, and loss of monies and baggage. Ask your consultant for a policy to suit your needs.

Consumer direct reservations will receive a 10% discount on group travel insurance policies.

Disabilities or special requirements

Please assist us by letting us know of any disability, dietary requirements or special requests that may require special attention.

Rebecca Watling

Groups Coordinator,
Territory Discoveries

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Fax: 61 7 3872 6100

Email: groups@territorydiscoveries.com