

# TRANCE CAMP DOWN UNDER

with Dr Stephen Gilligan

Sydney Australia April 2008

At the annual Milton H. Erickson Foundation convention in Phoenix Arizona in 2004, Dr Stephen Gilligan was honoured with the Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy. He received standing ovations from thousands of colleagues.

Dr Stephen Gilligan is the author of many publications. His website is [www.stephengilligan.com](http://www.stephengilligan.com)



Once again, we warmly welcome Dr Stephen Gilligan to Australia, to share with us the healing legacy of Dr Milton H. Erickson, and Self Relations.

In 2008, Dr Gilligan brings his famous *Trance Camp* to Sydney!

All over the world, healthcare professionals, coaches, NLP practitioners, performing artists, and individuals seriously interested in exploring trance for generative change, continually herald the hypnotherapeutic gains learned through workshops and seminars magnificently presented by Dr Stephen Gilligan. When Dr Gilligan teaches, something fascinating and essential is going on at the nonverbal level, and you find yourself capably resourceful to create a Generative Self that transforms your life in many powerful ways.

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**Trance Camp 2008 is devoted to the theme of the Hero's Journey, which is a beautiful metaphor for how to connect through one's deepest self into the world, to live a deeply meaningful life. The main emphasis is on how to promote self-generativity and self-change in self and others. Week 1 is about finding that inner connection; Week 2 is about using that connection to transform one's reality.**

Please turn overleaf for workshop content.

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"It was a pleasure to attend a workshop with such a knowledgeable, peaceful, very humorous and honest man. Steve's gentle, very informative hypnotic construction from the very beginnings to the end was a fascinating process to witness and it was a pleasure to be a part of this process. I had attended a number of hypnosis workshops in the past and been practicing clinical hypnosis for a number of years but I realized my approach was too rigid. No prior experience in hypnosis was necessary as Steve covers all the basics and much much more. Steve's personal histories and his information about Dr Milton Erickson were extremely enlightening and inspiring. My approaches to the hypnotic world has vastly changed and I believe the workshop has changed

my approaches to helping people in all facets, from self esteem to sleeping difficulties, from needle phobias to scaring past experiences. I realize I have much to learn and Steve is an excellent guru. The people in the workshops were from many backgrounds and one thing we all had in common was a genuine shared feeling of wanting to help people with their life blocks. Many participants in the course experienced a healing catharsis. I thank Steve and all the organizers for allowing me to be part of this workshop."

Dr Neil Chorley, MBBS, FRACGP, FACRRM  
Rural and Remote General Practitioner  
Medical Superintendent  
5 Cavanagh St, Augathella, 4477  
QUEENSLAND

**Week One 1<sup>st</sup> to 6<sup>th</sup> April 2008** (Tuesday to Sunday)

**Week Two 9<sup>th</sup> to 13<sup>th</sup> April 2008** (Wednesday to Sunday)

*Rydges North Sydney*

*54 McLaren St North Sydney NSW Australia*

**Please refer to Registration Form**

Trance is seen primarily as a naturalistic learning state that occurs from within, not an artificial state created or controlled by an outside “hypnotist”. Dr Gilligan teaches skills for cultivating these inner states for purposes of improved health, happiness, healing, and helpfulness to others.

*Trance Camp* is open to those seriously interested in generative change. It is not a workshop for receiving personal therapy or learning to do therapy with others; it is for learning how to experience and utilize non-pathological, generative states of consciousness. It is about how to connect and join with self and others in deep ways that allow new possibilities. In this regard, the workshop integrates Ericksonian hypnotherapy and Dr. Gilligan’s Self Relations approach. The goal is to learn how to create a Generative Self capable of transforming one’s life in many powerful ways.

### **Week 1 Tuesday – Sunday 1<sup>st</sup> to 6<sup>th</sup> April 2008**

#### **Generative Trance and The Hero’s Journey: Connecting with the Inner Self**

This 6-day seminar is an intense experiential examination of what mythologist Joseph Campbell called the “hero’s journey”, wherein a person responds to the call to live a life that is transformational to the consciousness of self and community. We will explore the steps of the Hero’s Journey and how trance can be effectively used for these purposes, the primary focus being how to connect deeply with the Inner Self.

You will learn how to develop and work within deep trance states in many ways including techniques for developing generative trance; establishing a connection with the inner self; identifying and transforming blocks and resistance; deepening trance; working with symptoms as trance states; transforming negative trance states into positive ones; mutual trance; generative trance; and specific applications of trance.

**Major topics include:** Trance at the level of identity change; The hero’s journey: The call to a deeper life; Techniques for connecting with the Deep Self; Problems as negative trances, solutions as positive trances, and how to get from one to the other; How, when, and why to develop trance, and when not to use trance; Creating special trances and other special mindbody learning states for problem solving and creative living; Deep trance for deep transformation; Creative conversations with the Unconscious Mind.

### **Week 2 Wednesday – Sunday 9<sup>th</sup> to 13<sup>th</sup> April 2008**

#### **Generative Trance and Living the Hero’s Journey: The ‘Trance-Formation’ of Psychological Realities**

This advanced course, open to graduates of the first week or equivalent work with Dr. Gilligan, shows the possibilities of working within trance for generative change. A major theme is how trance phenomena model the basic dimensions of psychological reality e.g. time, space, body identity, memory, the future, and perception; and how trance work can be used to cultivate a Generative Self capable of utilizing these phenomena in creative ways for major changes. You will develop skills including age regression and age progression; time distortion; dissociation; deep trance identification, and special communication techniques with the unconscious. These skills and practices will allow you to realize mastery of your own psychological realities, thereby enabling the Hero’s Journey to be lived in a deep way.

**Major topics include:** Using trance phenomena to create a Generative Self; Trance for health, happiness, helpfulness, and healing; How identity is created, maintained, and transformed via trance phenomena; Utilizing this awareness to create higher consciousness; How to accept and utilize your resistances, doubts, and blocks as part of generative development; Integrating the conscious and unconscious minds into a Generative Self; How the Generative Self can heal wounds, improve competencies, develop deep intimacies, and generate transpersonal experiences.



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