



DRUŠTVO ZA MEDICINSKO HIPNOZO SLOVENIJE

vabi na

STROKOVNI SEMINAR MEDICINSKE HIPNOZE

s priznanima gostoma iz ZDA,

1. septembra 2015 od 16. do 21. ure

v Modri dvorani Domus Medica na Dunajski cesti 162, Ljubljana

PREDAVATELJI IN PROGRAM SEMINARJA



prof. dr. Marjan Pajntar: Osnove medicinske hipnoze in primer hipnotičnih sugestij



Jeffrey Lazarus, MD, FAAP: Medicinska hipnoza pri otrocih, mladostnikih in odraslih (tiki, enureza, Bowel sindrom, abdominalne težave, migrene ...)



Pamela Kaiser, PhD, CPNP: Zdravljenje anksioznosti s pomočjo medicinske hipnoze pri otrocih in odraslih

Kotizacija: 40 eur (za člane društva in študente 20 eur)

Kreditne točke ZZS: 4 kreditne točke

[Elektronska prijava na seminar](#)

Več informacij: www.hipnoza-dmhs.si , info@hipnoza-dmhs.si



Prof. dr. Marjan Pajntar, dr.med., dipl. univ. psih., višji zdravstveni svetnik, je profesor ginekologije in porodništva, diplomiran psiholog in hipnoterapevt.

Prof. dr. Marjan Pajntar, redni profesor ginekologije in porodništva, je bil rojen 6. septembra 1932 v Ljubljani. Študij na medicinski fakulteti je končal leta 1958, študij psihologije na Filozofski fakulteti v Ljubljani pa leta 1961.

Specialistični izpit je opravil leta 1965. Leta 1969 je bil promoviran za doktorja znanosti iz področja ginekologije in porodništva. Dve leti kasneje je dobil naziv docenta, nato pa leta 1978 postal izredni, čez šest let pa redni profesor ginekologije in porodništva.

V Bolnišnici za ginekologijo in porodništvo Kranj je bil vodja porodniškega oddelka, od leta 1989 do 1999 pa je vodil Službo za raziskovalno delo na Ginekološki kliniki v Ljubljani.

Januarja 1994 je zasedel mesto rednega profesorja ginekologije in porodništva na MF. Ministrstvo za zdravstvo republike Slovenije mu je 7. junija 1995 podelilo naziv višji svetnik za aktivni prispevek na strokovnem, pedagoškem oziroma raziskovalnem področju.

Je dobitnik študentske Prešernove nagrade (1956), pridobil je diplomu športnega zdravnika (1973), Sekcija za perinatalno medicino Hrvaške mu je podelila diplomu za dolgoletno delo na tem področju, prav tako ga je z diplomu nagradilo tudi združenje ginekologov in porodničarjev. Zlato plaketo mu je podelilo Evropsko združenje za hipnozo v psihoterapiji in psihosomatiki. Je častni član dveh italijanskih strokovnih združenj za hipnozo.

V dolgoletnem raziskovalnem delu se je osredotočil na psihosomatske težave v porodništvu. S sodelavci je raziskoval osebne lastnosti nosečnic in porodnic z različnimi porodniškimi komplikacijami ter s posledicami le-teh pri otroku takoj po rojstvu in njihovim vplivom na njegov nadaljnji psihomotorični razvoj.

Na Institutu za rehabilitacijo je dolga leta raziskoval vpliv hipnotičnih sugestij na nevro-muskularno dejavnost okončin pri zdravih osebah, predvsem športnikih in pri bolnikih s poškodbami lokomotornega aparata.

Več let je bil vodja raziskovalnega dela na Univerzitetnem kliničnem centru v Ljubljani. Od leta 1999 je vodja projekta "Kakovost v zdravstvu v Sloveniji", ki ga izvaja Zdravniška zbornica Slovenije. Je avtor in soavtor več kot 350 znanstvenih in strokovnih člankov ter avtor dveh izdaj knjige "Nosečnost in vodenje poroda".

Leta 2009 mu je Slovenska zdravniška zbornica podelila Hipokratovo priznanje za stanovsko in organizacijsko delo v medicini. Leta 2010 Mu je Republika Slovenija podelila red za zasluge za raziskovalno, klinično in pedagoško delo na področjih perinatologije in psihologije.

Več informacij na: <http://www.hipnoza-pajntar.si/>



Jeffrey Lazarus, MD, FAAP, is a Californian pediatrician who trained at Stanford University Medical Center. He practiced general pediatrics for 27 years and has sub-specialized for the past 16 years in the use of medical hypnosis for children, adolescents, and adults, with various common health conditions. Internationally recognized for his engaging speaking style, Dr. Lazarus is an expert in the practical use of medical hypnosis for the treatment of headaches, nocturnal enuresis (bedwetting), gastrointestinal conditions, and tics (with and without Tourette syndrome). He has published articles and chapters on these topics. He is an Approved Consultant with the American Society for Clinical Hypnosis and a faculty member of the U.S. National Pediatric Hypnosis Training Institute.

Dr. Lazarus is the creator of **Keeping the Bed Dry**[®], a comprehensive video program that incorporates medical hypnosis to help children and adolescents keep the bed dry at night. This program is suitable not only for families, but also for therapists who take care of patients with nocturnal enuresis (bedwetting). For additional information on **Keeping the Bed Dry**[®], please visit www.KeepingtheBedDry.com

In his lecture, Dr. Lazarus will explain what hypnosis is and is not. With the use of unique video clips, he will also demonstrate the use of hypnosis for patients with the following clinical diagnoses:

1. Nocturnal enuresis (bedwetting)
2. Gastrointestinal problems, including irritable bowel syndrome (IBS) and functional abdominal pain (FAP)
3. Performance anxiety
4. Headaches, including chronic daily headaches and migraine
5. Habit disorders
6. A simple method to treat migraine, habit disorders, tics, FAP, IBS, and cyclic vomiting syndrome (CVS)

For more information visit www.JeffLazarusMD.com



Pamela Kaiser, PhD, CPNP, is a globally recognized expert in combining clinical hypnosis with other self-regulation and psychotherapeutic strategies for treatment of anxiety, stress, somatization and mind-body conditions. A leader in the field of pediatric hypnosis, Dr. Kaiser is the co-founder and co-director of the U.S. National Pediatric Hypnosis Training Institute, whose faculty teach hypnosis skills training workshops for pediatric clinicians from around the globe. For almost 30 years, she has utilized clinical hypnosis with her patients in combination with biofeedback, cognitive behavioral therapy, mindfulness, and stress management techniques.

Dr. Kaiser is a clinical psychologist, nurse practitioner and developmental specialist whose research, publications, and presentations address these clinical problems. While an Associate Clinical Professor at the University of California San Francisco Medical School, she was a co-investigator of a federally funded research project examining individual differences in children's stress reactivity and their mental and physical health. She has authored or co-authored scientific papers and chapters on pediatric hypnosis, clinical anxiety, stress reactivity, self-regulation, and developmental and behavioral pediatrics. A former Executive Committee member, faculty member and Approved Consultant of the American Society of Clinical Hypnosis, she has also been a faculty member of the International Society of Hypnosis and the European Society of Hypnosis.

Dr. Kaiser's presentation, which includes patient videos illustrating clinical hypnotic strategies, suggestions and phenomena, will focus on the use of hypnosis for children, teens, and adults presenting with clinically significant anxiety, stress, and somatization (i.e. an over-focus on physical sensations and symptoms). Specific elements of her talk will include:

- Spontaneous vs. formal hypnosis
- Hypnosis: Misconceptions and myths
- Mental health applications
- Research overview_
- Anxiety disorders: epidemiology, course, & outcomes
- Stress, fear & anxiety: Resilience vs. risk factors
- What are the core issues underlying anxiety, stress, and fear
- Clinical cases with video illustrations:
 - Somatization and Generalized Anxiety Disorder
 - Performance Anxiety & Perfectionism
 - Specific Phobia with Panic
 - Social Anxiety Disorder
 - Separation Anxiety Disorder

For more information visit <http://www.pamelakaiserphd.com/>