



**PERHIMPUNAN KEDOKTERAN  
ANTI PENUAAN INDONESIA  
( PERKAPI )  
INDONESIAN SOCIETY OF ANTI-AGING  
MEDICINE ( ISAAM )  
AND  
PERHIMPUNAN DOKTER GIZI KLINIK  
INDONESIA ( PDGKI ) Cabang Jakarta**

**WORKSHOP  
ON  
HYPNOTHERAPY AND  
HYPNOSLIMMING**

(AND INTRODUCTION TO LIVE CELLS THERAPY)

**Introduction**

Hypnosis / hypnotherapy is an old knowledge, but now is being revived with new technics and new modalities. Many studies have shown that hypnotherapy has a lot of potentials. And these potentials are applicable to be used in modern medical practice.

Hypnotherapy has been used with great success in many occasions, e.g: Behaviour modification, weight reduction and obesity treatment (hypno-slimming), stop smoking, management of pain, prevention of drug abuse, and many others.

There have been many trainings / courses in Hypnosis and hypnotherapy conducted in Indonesia. A great many of them however, did not give satisfactory results. At the end of their trainings, most of the participants were still unable to use their new aquired knowledge and skill in their clinical practices.

PERKAPI and PDGKI are aware of this problem and therefore plan to conduct a special "Workshop on Hypnotherapy and Hypnoslimming" with the emphasis much more in training in tehcnical skill. This means that at the end of the "two days workshop", all participants have to be able to master their new aquired tehcnical skill, and can easily apply this new skill in their own medical practices and / or clinics.

**Day 1: HYPNOTERAPHY &  
HYPNOSLIMMING  
Saturday 05 Desember 2009**

08.00 - 08.30 Re-Regitration  
08.30 - 08.40 Welcome Speech PERKAPI  
Prof Dr Yahja Kisyanto PhD,  
SpJP, SpPD (K)  
Chairman of PERKAPI

08.40 - 08.50 Opening Remarks  
Dr Victor Tambunan MSc SpGK  
Chairman, PDGKI Cab. Jakarta

08.50 - 09.00 Coffee Break

**Session I:**

09.00 - 09.30 Creating a Healthy Weight: The  
Foundation of Longevity  
Dr Victor Tambunan MSc SpGK  
Chairman, PDGKI Cab. Jakarta

09.30 - 10.00 Basic Principles of Hypnotherapy  
Dr Stephanus Nurdin CCHt  
Chairman of Indonesian Medical  
Hypnotherapy Society



10.00 - 10.30 Introduction to Medical  
Hypnotherapy  
Prof Dr Walujo Soerjodibrotro  
PhD, SpGK  
Head of Education Section  
PERKAPI

10.30 - 11.00 Discussion

**Session II:**

11.00 - 11.30 Hypnotherapy in Clinical  
Practice  
Dr Stephanus Nurdin CCHt

11.30 - 12.00 Hypnotherapy and  
Hypnoslimming  
Prof Dr Walujo Soerjodibrotro  
PhD, SpGK

12.00 - 13.00 Demonstration & Discussion

13.00 - 14.00 Lunch



