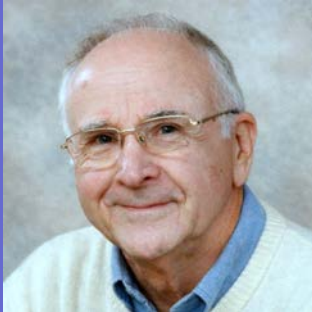




# North Texas Society of Clinical Hypnosis

## August Webinar

8/19/26 6-7:30 PM CST



**John Lovern, PhD**

19 August, 2026 6-7:30PM CST

**Program Title: The Move to a Safe  
Place Intervention: Theoretical  
Rationale & Step-by-Step  
Instructions**

1.5 CEU's

John Lovern is a clinical psychologist licensed in California since 1977, recently retired from the Atlanta, Georgia Veterans Healthcare System and working as a faculty member of the Professional Training Program of the International Society for the Study of Trauma and Dissociation (ISSTD). He has extensive training in clinical hypnosis, a portion of which he received from Milton Erickson, M.D. His clinical, research, and academic interests include substance use disorders, co-occurring disorders, posttraumatic stress disorder, dissociative disorders, dissociation, and consciousness.

Some individuals, when recalling or reliving a traumatic event, view it as something that they see happening to an image of themselves (observer perspective) versus seeing it from their original, internal viewpoint (field perspective). The rationale for this approach is a combination of three theoretical frameworks: Putnam's Discrete Behavioral States Theory, the Predictive Processing framework, and Hilgard's concept of a Hidden Observer. This theoretical model conceptualizes posttraumatic flashbacks as activations of trauma-induced discrete behavioral states in patients who responded to a traumatic event by creating two simultaneous, and competing, types of states, one with a subjectively altered model of reality and one with a more objectively accurate model. Suggestions given without inducing trance can deactivate flashbacks rapidly by suggesting that patients use their imagination to alter the images of themselves in the traumatic scenes. The procedure, the Move to a Safe Place intervention, takes only a few minutes to administer, and this presentation provides both a theoretical rationale for the intervention and instructions for how to provide it.

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