

ROBERT D. HUGHES, MPA, BCH

Planner/Manager • Board Certified Consulting Hypnotist • Writer/Educator
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SUMMARY

Robert Hughes is a clinical hypnotist in private practice since 1994. He has taught professional hypnosis since 1998. He is a renaissance polymath who has worked in areas as diverse as planning, management and research; international healthcare consulting; and teaching statistics and mathematics and total quality management. As a hypnotherapist, he has helped over 1,000 people stop smoking, developed a program for adjunct treatment of pediatric irritable bowel syndrome, pioneered innovative techniques for relieving test anxiety and worked in areas ranging from pain management to birthing and fertility.

As a manager, he has planned and helped implement a cardiac surgery program, a birthing program and a cancer treatment program for a major medical center; and developed strategies for rural hospital survival. He has taken part in health systems research at the University of Arizona and the University of Washington medical schools. He has co-written the Washington State Health plan; helped evaluate the Panamanian Health System for the World Bank; taught and tutored statistics and mathematics to college students, taught management practicum courses at the University of Arizona. He is an accomplished technical writer, and has written successful grants, research papers and planning documents. He founded a highly respected school of professional, empirically based hypnotherapy. He is the author of two books on hypnosis and two books of holistic and spiritual essays.

CORE COMPETENCIES

Clinical Hypnotherapy	Nonviolent Martial Arts	Reiki
Massage Therapy	Jin Shin Acupressure	Stress Management
Community Formation	Technical Writing	Strategic Planning
Training and Leadership	Mentoring/Teaching	Negotiating/Arbitrating
Grant & Report Writing	Statistics & Research	Non-Fiction Writing
Forecasting & Projections	Demographics	Evaluation
Public Presentation	Group Process	Curriculum Development
Ministry, Rites & Rituals	Fluent in Spanish	Behavioral Systems

EXPERIENCE

CLINICAL CONSULTING HYPNOTIST

Private Practice, Idaho Hypnotherapy & Hughes Hypnosis of Boise Idaho
Private Practice, Hughes Hypnosis of Richmond, Virginia & Kona, Hawaii
Responsible for all aspects of successful solo private clinical practice of professional hypnotherapy – including marketing, financing, scheduling, continuing education, legal and business aspects as well as delivery of recognized high quality clinical services. Chosen by Idaho Pediatric Gastroenterology to develop innovative adjunct hypnosis treatment for pediatric abdominal pain.

EDUCATOR

Founder and Instructor, Idaho School of Professional Hypnotherapy
Former Owner, Karatedo Doshinkan of North Boise
Frequent Public Presenter at Hypnosis Conferences
Monthly Guest Minister at the Center of Peace, a Boise Religious Science Church
Teaching Assistant, University of Arizona Dept. of Public Administration
Math Tutor: Pima Community College Mathematics Lab

PLANNER/MANAGER

Director of Planning, St. Alphonsus Regional Medical Center, Boise, ID
Director of Strategic Planning, University of Washington/Kellogg Rural Hospital Project
Assistant Director, Central Washington Health Systems Agency
Author or co-author of grants totaling well in excess of \$1.4 million

EDUCATION

University of Arizona, Tucson: Master of Public Administration
University of California, Davis: Bachelor of Arts, Psychology
National Clinical Hypnotherapy Association: Certified Clinical Hypnotherapist
Catholic University of Puerto Rico: Peace Corps Tropical Agriculture Certificate St. John's University, Springfield LA: Interfaith Ministerial Ordination
Reiki Master with training in Massage Therapy, and Jin Shin Acupressure

HONORS AND AWARDS

National Guild of Hypnotists: Board Certified Consulting Hypnotist
National Board for Hypnotherapy and Hypnotic Anesthesia: Board Certified Hypno-anesthesia therapist
6th Degree Black Belt, Teaching title of Renshi, Karatedo Doshinkan International
Pi Alpha Alpha National Public Administration Honor Society membership
Graduate and undergraduate academic achievement scholarships
1988 Beyond War Award (shared with all Peace Corps Volunteers)

PROFESSIONAL AFFILIATIONS

Nationwide Hypnosis Associates
National Guild of Hypnotists
Karatedo Doshinkan International
Inactive Member, Mensa

EMPLOYERS

Self – successfully since 1994. The most challenging of all employment opportunities
U.S. Bureau of the Census
St. Alphonsus Regional Medical Center, Boise, ID
University of Washington Medical School, Seattle, WA
Central Washington Health Systems Agency, Yakima WA
Tucson VA Hosp/University of Arizona Medical School, Tucson VA
University of California, Dept of Research and Evaluation, Davis, CA