

# **ROBERT D. HUGHES, MPA, BCH**

Planner/Manager • Board Certified Consulting Hypnotist • Educator  
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www.HughesHypnosis.com

## **SUMMARY**

**Robert Hughes is a clinical hypnotist with 16 years experience in private practice and 12 years experience teaching clinical hypnotherapy. 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. 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 sports 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, written successful grants, and founded a highly respected school of professional, empirically based hypnotherapy.**

## **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 Methods
Forecasting and Projections	Demographics	Evaluation Research
Public Speaking	Team Management	Curriculum Development
Ministry, Rites and Rituals	Fluent in Spanish	Behavioral Systems

## **EXPERIENCE**

### **CLINICAL CONSULTING HYPNOTIST**

Private Practice, Hughes Hypnosis of Richmond, Virginia;

Private Practice, Idaho Hypnotherapy; Boise Idaho

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**

Owner and Lead Instructor, Idaho School of Professional Hypnotherapy;  
Owner and instructor, Karatedo Doshinkan of North Boise.  
Frequent Public Presenter at Hypnosis Conferences  
Monthly guest minister and teacher, 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**

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

## **HONORS AND AWARDS**

National Guild of Hypnotists: Board Certified Consulting Hypnotist  
National Board for Hypnotherapy and Hypnotic Anesthesia: Board Certified Hypno-anesthesia therapist  
6<sup>th</sup> 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 – 16 years successfully. 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