

### **3 – MODULE TRAINING IN CLINICAL HYPNOSIS FOR HEALTHCARE PROFESSIONALS**

This course is designed for all Health Care Workers who would like to learn to use hypnosis safely & effectively, within their professional domain.

#### **The first module will:**

Outline the phenomenon, history and measurement of hypnosis; teach how to induce and deepen trance, use hypnotic language, construct ego-strengthening suggestions; teach self-hypnosis; demonstrate the intrinsic properties of hypnosis, techniques for treating stress / anxiety; discuss working with children; discuss how one might safely integrate hypnotic techniques into their working practice, for enhanced outcomes.

#### **The second module will:**

Demonstrate basic techniques for a range of psychosomatic problems, for acute, chronic & procedural pain, for post traumatic stress disorder; smoking cessation, habit disorders; phobias; discuss how to manage abreaction; consider memory & false memory in the context of hypnosis. Demonstrate reframing and metaphor construction.

**The third module will be tailored to the professions represented on the course**, and may include introductions to hypnosis for dental patients, obstetrics, IBS, medical phobias, grief & bereavement, depression, cancer & serious illness etc. Each student can suggest an area of special interest and appropriate teachers will be briefed to present these sessions. In this way, the cohort will have an intellectual understanding of a variety of specialist areas, and the specialist will have some practical applications to work with, in their clinical field.

It is intended that between Modules II and III, you will begin to look for opportunities to apply your new learning; to record case histories that inform your decision to incorporate hypnosis into your treatment plan. We will ask that you submit these before the 3<sup>rd</sup> module, so that they can be discussed in a seminar, during Module III.

We will enrol a maximum of 20 people for this course. Each session will have a taught component, with demonstrations where appropriate, supervised practice, and the opportunity to ask questions pertinent to your professional interest.

We aim to ensure that by the end of the course you will feel competent to use your new skills effectively. The course teachers are all health care professionals, who regularly use hypnosis in their clinical practice. We work closely with our academic colleagues so that we present evidence-based techniques, in a forum which encourages you to build your own individuality into the therapy you deliver.

There will be hand-outs of notes for each session, including reading lists & references. There will be plenary question & answer sessions at the end of each day, and we will ask you to evaluate each module. We will require you to keep a log of your observations and applications, between modules: these will form the basis of the introductory session of the second & third modules.

As a safe-guard for clients / patients, we will only train health care professionals who are registered with their professional bodies GMC; GDC; NMC; HPC; BPS; BACP;

If you have proof of having completed Level I training with the former BSMDH Mets & South group or another part of our organisation we will accept your application to complete modules II & III