



BSCAH

British Society of Clinical and Academic Hypnosis

Incorporating the British Society of Medical & Dental Hypnosis (BSMDH) founded 1952
and the British Society of Experimental & Clinical Hypnosis (BSECH) founded 1977

Lancashire & Cheshire Branch

Foundation Hypnosis Training for Health Professionals

To be held at:
Warrington Postgraduate Centre
Thewell House
Warrington Hospital

Module 1 4/5th February 2012

Module 2 3rd/4th March 2012

Module 3 28/29th April 2012

Registration fee £500

Includes a free copy of the newly published
Handbook of Contemporary Hypnosis (retail £110)

Lunch & refreshments provided

APPLICATION FORM

SURNAME.....

FORENAME.....

ADDRESS.....

.....

.....

TEL

E-MAIL

PROFESSION.....

SPECIAL DIETARY REQUIREMENTS

Please make cheques payable to
'BSCAH Lancs & Cheshire Branch'
Course fee not refundable if cancellation received less than 2 weeks prior to course.

Please send completed form and remittance to: Mrs Linda Dunlop, 76 Moss Rd, Billinge, Wigan, Lancashire.
WN5 7BS. Tel: 01695 633 373 (after 6pm) Email: LDunlop76@aol.com

The British Society of Clinical and Academic Hypnosis (BSCAH)

Incorporating the British Society of Medical & Dental Hypnosis (BSMDH) founded 1952
and the British Society of Experimental & Clinical Hypnosis (BSECH) founded 1977

Postgraduate Training Course in Hypnosis

Please note that this training is only for Health Professionals including doctors, dentists, psychologists, nurses, physiotherapists, qualified counsellors and allied health professionals who have a reason for using hypnosis in their professional work. If you are unsure whether you fit these criteria please contact geoff@geoffibbotson.co.uk or ann@annwilliamson.co.uk.

We aim to teach students understanding and safe applications of hypnosis within their clinical field and expertise.

The overall aims of this course are:

1. to enable the students to gain an understanding of the nature of hypnosis; to understand the professional and ethical issues surrounding hypnosis as a treatment modality
2. to enable the student to recognise and evaluate whether hypnosis is needed or appropriate within the patient's clinical care
3. for the students to have a general understanding of procedures for the application of hypnosis to common psychological disorders and difficulties, medical problems, and medical and dental interventions; and to understand the rationale behind their use
4. to enable the student to teach their patients suitable methods of self-hypnosis and use of imagery and suggestion which can be utilised as required by the patient.
5. to enable the student to apply hypnotic procedures competently in those areas which fall within the scope of his or her professional work.
6. to enable the student to recognise whenever an unforeseen problem arises with a patient which the Practitioner is not equipped to deal with, how to contain such a problem safely and how to refer on as appropriate.
7. to enable the student in an educational role, to explain the principles and uses of hypnosis within clinical practice to other health professionals and to raise public awareness and understanding of hypnosis.

After completing Module 1 the student should be able to:

1. explain hypnosis to a patient and deal with any misconceptions
2. induce hypnosis and use simple suggestion to help an anxious patient
3. teach self hypnosis to patients so that they can utilise this for themselves for relaxation
4. help a patient feel calmer and more confident utilising suggestion and imagery
5. use informal hypnotic techniques to help allay anxiety
6. utilise self hypnosis themselves for stress management and personal development

After completing Module 2 the student should:

1. know how to treat a simple phobia with hypnotic imagery and desensitisation
2. know how to use hypnosis to help treat habitual behaviours such as smoking, nail biting etc
3. know how to use a dissociated imagery technique to resolve a phobia or other negative event
4. understand some of the differences inherent in working with children
5. understand the rationale behind working with psychosomatic disorders
6. be able to use simple hypnotic procedures to help in pain relief

After completing Module 3 the student should:

7. know how to use various dissociated imagery techniques to help resolve negative events and PTSD if this is within their clinical expertise
8. know several ways of using hypnotic techniques to help in pain relief and anaesthesia
9. be able to utilise hypnosis competently within their clinical field

Students should only treat with hypnosis those conditions that they are qualified to treat without hypnosis

National Office: Tel/Fax: 0844 8843116 E-mail: natoffice@bscah.co.uk

A constituent Society of the European Society of Hypnosis and the International Society of Hypnosis
Registered Charity No: 1108372

Company Registration: England No 5120862

The Core Curriculum for Basic 1 (or Module 1) should be as follows:-

1. Nature of hypnosis (incl. Phenomena)
2. History of hypnosis (brief)
3. Theories of hypnosis (brief)
4. Hypnotisability, scales, categorisation and flexibility of approach (brief)
5. Safety aspects
6. Selection and preparation of the patient
7. Rapport, observation and feedback
8. 2-3 Inductions and deepening
9. Ego-strengthening and positive suggestion
10. Anchoring
11. Self hypnosis
12. Uses in clinical practice
13. Professional and ethical issues – good practice
14. Feedback from participants regarding uses of hypnosis within their clinical field.
15. Role of the Society – ongoing support

The Core Curriculum for Basic 2 (or Intermediate / Module 2 + 3) should be as follows:-

1. Feedback from Module 1- successes and failures
2. Treatment of anxiety
3. Introduction to psychosomatic disorder
4. Ideomotor signalling
5. Pain – analgesia / anaesthesia
6. Phobias – desensitisation
7. Reframing – treatment of habit disorder
8. Managing abreaction
9. Handling past trauma
10. Memory / false memory (brief)
11. The Therapeutic Relationship – drawbacks and uses
12. Use and construction of metaphor
13. Evaluation, outcome measures and clinical audit
14. Use of hypnosis within the participants' field of clinical work
15. Professional and ethical issues – good practice
16. Role of the Society – ongoing support

Other topics such as

1. Working with children – differences and similarities
2. Uses of hypnosis in depression
3. Uses of hypnosis in terminal care
4. Uses of hypnosis in obstetrics
5. Use of hypnosis in treating grief and bereavement
6. Investigative techniques
-may be included depending on the participant's field of clinical work.

Hypnosis Training for Health Professionals

Lancashire & Cheshire Branch
of the British Society of Clinical and Academic Hypnosis

MODULE 1

SATURDAY

9.00-9.30

Registration

The Nature of Hypnosis

- Misconceptions
- Contraindications
- Approach to the Patient

Rapport

11.00-11.15

Coffee

Induction of Hypnosis

- **Demo / Practical Session**

Induction of Hypnosis

- **Demo / Practical Session**

Construction of Suggestion

13.00-14.00

Lunch

Special Place imagery and Deepening

Further Induction with Special Place imagery - **Demo / Practical Session**

Ethical Issues

15.15-15.30

Tea

Theories of Hypnosis / Susceptibility

Construction of Suggestion – **Practical Session**

Mind-Body links - an Introduction to Psychosomatic Illness

17.00

Finish

SUNDAY

9.15-9.30

Registration

Ego Strengthening – verbal - **Demo / Practical Session**

Positive Suggestion – imagery - **Demo**

11.15-11.30

Coffee

Self Hypnosis - **Practical Session**

Anchoring - **Demo / Practical Session**

13.00-14.00

Lunch

Mental Rehearsal & Goal Setting

Uses of Hypnosis and Hypnotic Phenomena

15.00-15.15

Tea

Practical applications of hypnosis in anxiety & depression

Choosing the right patient

16.45

Finish

MODULE 2

SATURDAY

9.00 - 9.30

Registration
Basic Hypnosis Review

Hypnotisability – Tea pot test
Verbal reframing and altering perception

11.00-11.15

Coffee

Ideomotor signalling
Practical Session – setting up an IMS

Dealing with Phobias – desensitisation + Demo
Use of Imagery -
Retrograde desensitisation -

13.00 -14.00

Lunch

Using the Resources of the Unconscious
Reframing or Accessing alternatives
Practical Session

15.30-15.45

Tea

Affect bridge and managing abreaction

Practical Session
Working with Children
With Client / Child part

16.45

Finish

SUNDAY

9.00 - 9.30

Registration
An introduction to the use of imagery in resolving past trauma
Time Road + Demo
Practical session

11.05-11.20

Coffee

Psychosomatic disorders and hypnosis – causes and exploration
Psychosomatic disorders and hypnosis – an introduction to treatment

13.00 -14.00

Lunch

Pain Relief – Hypnoanalgesia & Hypnoanaesthesia

Framework for working with pain (+ Glove anaesthesia demo)

15.15-15.30

Tea

Practical Session – setting up glove anaesthesia
Audit
Perceptual Positions

16.30

Finish

MODULE 3

This is an example – the content of this module varies depending on the participants

Saturday

9.00 - 9.30	Registration
9.30am	Dealing with past trauma – Time road imagery Demo and practice
11.00am	Coffee
11.15am	Cinema technique - Demo
1.00 – 1.30pm	Lunch
1.30pm	Cinema technique - Practice Cases and treatment plans
3.00pm	Tea
3.15pm	Cases and treatment plans Emergency Hypnosis
4.30pm	Close

Sunday

9.30am	Therapeutic History taking Reframing revisited
11.00am	Coffee Obtaining informed consent without giving negative suggestion
11.15am	Uses of hypnosis self esteem and cancer care Cases and treatment plans
1.00 – 1.30pm	Lunch
1.30pm	The Trauma Sort The neurophysiology of hypnotic responding
2.45pm	Tea
3.00pm	Cases and treatment plans
4.15pm	Close