

**BRITISH SOCIETY
FOR
CLINICAL & ACADEMIC HYPNOSIS
(BSCAH Mets & South)**

**FOUNDATION TRAINING
IN CLINICAL HYPNOSIS
FOR HEALTHCARE PROFESSIONALS**

(WEEKENDS)

**21/22 October 2012
10/11 November 2012
1 / 2 December 2012
£500.00 inclusive**

(36 HOURS VERIFIABLE CPD)

Venue:

NCVO, 8 All Saints Street, Regent's Wharf, London N1 9RL

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 safely integrating hypnotic techniques into working practice, for enhanced outcomes; discuss how to manage abreaction;

The second module will:

Demonstrate basic techniques for acute, chronic & procedural pain, smoking cessation & habit disorders; phobias; reframing and metaphor construction; techniques for IBS and other psychosomatic disorders; overview of hypnosis in dentistry; overview of hypnosis when working with children. Discuss suggestion and false memory; PTSD and hypnotisability.

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.

By the end of the first weekend you will be able to induce and terminate trance; you will be able to begin identify where and how you may want to use hypnosis in the future. You will keep a log of your observations, to be discussed at the start of the 2nd weekend. After the second weekend you will do a literature search for efficacy of hypnosis for a specific problem you identify in your clinical practice, and be able to

report on your findings at the start of 3rd weekend. By the end of the course you will be competent to use your new skills appropriately.

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 also 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. Each course is dynamic and tailored to the Cohort needs.

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

A sample of trainee comments from the autumn 2011 course

FIRST WEEKEND

Very interesting.the practical sessions were eye-opening (Practice Nurse)

Excellent throughout. Thoroughly enjoyed it. (Paediatric Dentist)

SECOND WEEKEND

Excellent weekend again! (Psychologist)

Great days, thanks, raised many issues & practical work very useful
Good learning today. Starting to come together. (Dentist)

Getting a much better sense, things falling into place, thanks for being so supportive (Counsellor)

THIRD WEEKEND

“Two very practical days. Well thought through. Factual, enjoyable and experiential work very useful” (Psychologist)

“Really relevant and great delivery, thanks (Dentist)”

“Overall excellent course and I would recommend it to others. I need to develop these skills now the course has finished.”

“Enjoyed all aspects of the course”

“Excellent course – lots in it & good speakers. A lot produced in a 6 day course. A bit overwhelming but lots of enthusiasm and encouragement
Very stimulating, practical demonstrations very helpful”

**REGISTRATION FORM:
FOUNDATION TRAINING IN HYPNOSIS
FOR HEALTH CARE PROFESSIONALS**

Name:

Title:

Profession:

Specialist Area:

Professional Body &
Registration Number:

Address:

Telephone:

e-Mail:

Special Requirements
(Dietary, Access etc)

**WE WILL ONLY PROCESS APPLICATIONS FROM PEOPLE WHO
MEET OUR PROFESSIONAL REGISTRATION REQUIREMENTS:
IF IN DOUBT PLEASE PHONE GILL ON 0208 543 5900 BEFORE
APPLYING**

Payment: £500

Cheques: made payable to: BSCAH (Mets & South)

Electronic Transfer: BSCAH Mets & South Branch,
Sort Code: 202037
Ac No: 43122182

OFFER TO PAY IN INSTALMENTS

If it would helpful to pay on a monthly standing order to spread the cost, we will be happy to accommodate you. As long as your place is paid up by the end of September, we will include you on the enrolment register. All money held after 1st September is non-refundable.

GROUP TRAINING:

We can quote for training Health Professional Groups of between 12 and 24 people: Please contact the organiser to discuss the options

For any queries, please phone Gill on 0208 543 5900 (evenings & weekends) or e-mail:

gmccall52@btinternet.com

Send applications and cheque payments to:

Gill McCall

134 Garfield Road, Wimbledon, London SW19 8SB