



University of Salford

A Greater Manchester University

Hypnosis Training for Health Professionals

Organised in partnership with the British Society of Clinical and Academic Hypnosis

Mode of attendance:

Part time
over 3 weekends

Who is it for?

Health professionals including doctors, dentists, psychologists, nurses, physiotherapists, qualified counsellors, psychotherapists and allied health professionals who have a reason for using hypnosis in their professional work.

Key benefits:

Learn how to integrate hypnosis into your present therapeutic skills.
Develop a toolbox of rapid and effective techniques to help those with anxiety and panic disorder, depression, phobias, PTSD, psychosomatic disorders and pain.
Weekend attendance geared to meet the needs of busy professionals
Time between training sessions to build confidence and consolidate skills

Please note that this training is only for Health Professionals including doctors, dentists, psychologists, nurses, physiotherapists, qualified counsellors, psychotherapists 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 of 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

The next course (May – July) is fully booked.

Dates for the autumn course are as below but have not yet been confirmed by the University:

Mod 1	30 th /31st Oct 2010
Mod 2	27/28th Nov 2010
Mod 3	15/16th Jan 2011

Mod 1	5/6th Feb 2011
Mod 2	5/6th March 2011
Mod 3	2nd/3rd April 2011

Course Enquiries:

To reserve a place with your preferred dates contact: Faculty CPD Unit, Faculty of Health & Social Care, University of Salford, Allerton Building, Frederick Road, Salford M6 6PU.

Tel: 0161 295 7012

E-mail: cpdunit-fhsc@salford.ac.uk