

## BSCAH Northern Counties Branch Hypnosis Training 2010-2011

	Module one		Module two		Module three	
	Sat 16 <sup>th</sup> October	Sun 17 <sup>th</sup> October	Sat 27 <sup>th</sup> November	Sun 28 <sup>th</sup> November	Sat 29 <sup>th</sup> January	Sun 30 <sup>th</sup> January
09 – 09.30	Registration		Registration		Registration	
09.30 – 11.00	Welcome and Introductions  Nature of hypnosis with everyday examples of suggestion and phenomena  Evidence base for clinical hypnosis	Review learning  Some indications for the use of hypnosis  Assessment and preparation of the patient  Imagery	Review of clinical experiences  Hypnotisability	Progress check  Psychology Physiology (Address learning needs)  Anxiety & depression  Demo & <i>practical</i>	Review practice to date  Address identified needs  Treatment models in routine use – delegates perspective  Overview of broader uses (children, terminal illness, surgery etc)	Outcome valuation and audit  Peer support and clinical supervision  Flexible topic according to need
11.00 – 11.20	coffee	coffee	Coffee	coffee	coffee	coffee
11.20 – 13.00	Practical models of hypnosis and utility in practice  Safety and ethical  Book stall	Further induction techniques and self hypnosis  <i>Practical</i>	Anchoring  <i>Practical</i>	False memory  Past trauma  Phobias	Common factors in therapy  Revisit techniques relevant to delegates	Oncology
13.00-13.45	Lunch & chat	Lunch & chat	Lunch & chat	Lunch & chat	Lunch & chat	Lunch & chat
13.45 – 15.30+	Demonstration and <i>practice</i> of induction techniques and the hypnotic experience	Broad Spectrum suggestions (ego strengthening)  Psychology Physiology (Assess learning needs)	IMR (with demos and <i>practical</i> )  Reframing (with demos and <i>practical</i> )	Psychosomatic including IBS  Pain including demo	Explorative techniques  <i>Demonstration practical</i>	Revisit information, demos and practical sessions according to delegate need (two streams possible)
15.30-15.50	Tea	<i>Utilise self hypnosis</i>	Tea		Tea	
15.50 – 17.00	Further <i>practical</i>  Review including frequently asked questions	Tea  Plenary including confidence check for introduction into professional practice	Managing abreaction  Metaphor  <i>practical</i>	Tea  Review of module  Identification of learning needs for module three	Case discussions	Tea  Integrating the new learning into clinical practice  Evaluations and farewells

This timetable is not set in stone and following the first weekend subjects/times can be adjusted depending on your needs.

Jacky Owens and Grahame Smith