

# Northern Counties Branch Training in Clinical Hypnosis 2010 /2011

## Course details

Principal Trainers: Dr Grahame Smith and Mrs Jacky Owens

The course will be supported throughout with written handouts and references.

**Module one is designed to introduce delegates to the field of hypnosis in terms of knowledge, skills and experience and will cover:**

### Introduction

The nature of hypnosis with everyday examples of suggestion and phenomena

Practical models of hypnosis and utility in professional practice

Some indications for the use of hypnosis

The evidence base for clinical hypnosis

Assessment of the patient with suitability for hypnotic interventions

Safety and ethical considerations

Demonstration and practice of induction techniques and the hypnotic experience

Preparedness for managing abreaction

Elementary psychology and physiology (according to needs) toward understanding and managing anxiety, depression and stress

Review of FAQ re nature, misconceptions, false memory, patient concerns, abreaction, etc

Utilise self hypnosis themselves for stress management and personal development

**Delivery of module one will be over weekend of October 16<sup>th</sup>/17<sup>th</sup> 2010**

### Day 1

#### Introductions

The nature of hypnosis with everyday examples of suggestion and phenomena

The evidence base for clinical hypnosis

Practical models of hypnosis and utility in professional practice

Safety and ethical considerations

Book stall with explanations of the literature

Demonstration and practice of induction techniques and the hypnotic experience

Practical

Review including FAQ re nature, misconceptions, false memory, patient concerns, abreaction etc

### Day 2

Reflection on understanding and experience of day one

Some indications for the use of hypnosis

Assessment of the patient with suitability for hypnotic interventions

Preparedness for managing abreaction

Further induction techniques and self hypnosis

Practical

Expansion of Imagery

Broad spectrum therapeutic suggestions (ego strengthening) and Group work

Elementary psychology and physiology (according to needs) toward understanding and managing anxiety, depression and stress

Utilise self hypnosis themselves for stress management and personal development

Practical

Confidence check for introduction into professional practice

### **Learning outcomes of Module one**

The delegates will:

- Have a basic practical and experiential understanding of the nature of hypnosis

- Be aware of cautions, contraindications and ethical issues
- Be ready and able to use straightforward imagery and relaxation to help patients encountered in professional practice (with or without hypnotic induction according to circumstances)

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**Module two is designed to enable delegates to become proficient in therapeutic techniques and applications and will cover:**

- A Round Robin Discussion reviewing clinical experiences
- Group Discussion Identifying Delegates needs
- An Academic and Practical Perspective of Hypnotisability
- Anchoring Techniques - Rapid access and shortcuts to positive(or negative) feelings
- Ideo motor Responses explained and demonstrated - Intentional Body language communication
- Abreaction: An intense outpouring of emotion
- Reframing: changing perspective in order to change response
- Metaphor and story-telling: techniques of indirect suggestion
- Cautions and contra-indications including False Memory
- Potential for use;
  - Anxiety depression
  - Past Trauma
  - Phobias
  - Psychosomatic
  - Pain
  - IBS

Review module and prepare for Module three

**Delivery of module two will be over weekend of 27<sup>th</sup>/28<sup>th</sup> November 2010**

**Day 1**

- Review of clinical experiences
- Delegates needs
- Hypnotisability
- Anchoring – practical
- Ideo motor demonstration
- Abreaction
- Reframing
- Metaphor

**Day 2**

- Anxiety depression
- False memory
- Past Trauma
- Phobias
- Psychosomatic
- Pain
- Evaluation
- Identification of learning needs for Module 3
- Review module and farewell

**Learning outcomes of module two**

The delegates will:

- Have knowledge of the spectrum of Hypnotisability, aware of the various means of assessing it and able to use at least one method of assessing hypnotic ability
- Know how to manage an abreaction and have confidence in their skill to do so
- Be proficient in the various techniques demonstrated

**Module Three is designed to facilitate the integration of new learning into the delegates' previous treatment models and the application of these in the management of their clients. This module will consolidate the personal benefits gained in terms of wellbeing and managing stress and will cover:**

A review of clinical practice to date: A broad group discussion of progress thus far  
Address the identified needs – Capture from Module two and the above discussion and incorporate in the plan for this module  
Overview of broader uses by colleagues  
Evaluation and clinical audit according to need and current practice (possible discussion of CORE and others)  
Common factors in effective therapy  
Identification of treatment models in routine use: delegate perspective  
Explorative and uncovering techniques and strategies for resolution  
Case examples - delegate perspective  
Revisit techniques deemed to useful and applicable by the delegates e.g. metaphor, reframing, anchoring, suggestion and imagery in order to help patients and clients managing their problems  
Peer support and clinical supervision – Hypnosis Societies

**Delivery of module three will be over the weekend of January 29<sup>th</sup>/30<sup>th</sup> 2011**

### **Day1**

Review of clinical practice to date  
Address the identified needs  
Flexibility to plan the rest of this module according to needs  
Identification of treatment models in routine use – delegate perspective.  
Explorative techniques  
Demonstration and practical

Overview of broader uses by colleagues  
Demonstration and practical - Revisit techniques deemed to useful and applicable by the delegates e.g. metaphor, reframing, anchoring, suggestion and imagery in order to help patients and clients in your area of practice  
Case discussions and clinical support

### **Day 2**

Common factors  
Demonstration and practical – According to needs of delegates  
Case discussions and clinical support  
Evaluation and clinical audit  
Integration of the new learning  
Ongoing Peer Support and Clinical Supervision – Hypnosis Societies  
Concluding discussion

### **Learning outcomes of module three**

The delegates will:

- Integrate hypnosis into their current practice
- Be able to reflect critically on the client/therapist interaction
- Know how to access ongoing clinical support
- Have a range of self help measures to improve their own sense of wellbeing