

Hypnosis Training for Health Professionals

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

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
- Psychosomatic disorders and hypnosis – causes and exploration
 Psychosomatic disorders and hypnosis – an introduction to treatment
- 13.00 -14.00 Lunch
- An introduction to the use of imagery in resolving past trauma
 Time Road
 Demo and Practical Session
- 15.30-15.45 Tea
- Affect bridge and managing abreaction
 Practical Session
 Working with Children
- 16.45 Finish

SUNDAY

- 9.00 - 9.30 Registration
 Ideomotor signalling
 Practical Session – setting up an IMS
- Reframing or Accessing alternatives
 Demo and Practical Session
- 11.05-11.20 Coffee
- Dealing with Phobias – desensitisation + Demo
 Use of Imagery
 Retrograde desensitisation
- 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