

# Hypnosis Training for Health Professionals

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

## MODULE 1

### SATURDAY

9.00-9.30

#### **Registration**

The Nature of Hypnosis - Misconceptions  
- Contraindications  
- Approach to the Patient

Rapport

11.00-11.15

#### **Coffee**

Induction of Hypnosis - **Demo / Practical Session**  
Induction of Hypnosis - **Demo / Practical Session**

Construction of Suggestion

13.00-14.00

#### **Lunch**

Special Place imagery and Deepening

Further Induction with Special Place imagery - **Demo / Practical Session**

15.15-15.30

#### **Tea**

Mental Rehearsal & Goal Setting

Construction of Suggestion – **Practical Session**

Mind-Body links - an Introduction to Psychosomatic Illness

17.00

#### **Finish**

### SUNDAY

9.15-9.30

#### **Registration**

Ego Strengthening – verbal - **Demo / Practical Session**

Positive Suggestion – imagery - **Demo**

11.15-11.30

#### **Coffee**

Self Hypnosis

Anchoring - **Demo / Practical Session**

13.00-14.00

#### **Lunch**

Theories of Hypnosis / Susceptibility

Uses of Hypnosis and Hypnotic Phenomena

Ethical Issues

15.00-15.15

#### **Tea**

Practical applications of hypnosis in anxiety & depression

Choosing the right patient

16.45

#### **Finish**