

2018 TIMETABLE v2 Clinical Hypnosis Foundation Training Course The Retreat, York

	Module one		Module two		Module three	
	Sat 20 January 2018	Sun 21 January 2018	Sat 24 February 2018	Sun 25 February 2018	Sat 24 March 2018	Sun 25 March 2018
09 – 09.30	Registration		Registration		Registration	
At The Retreat 09.30 – 11.00	Welcome & Introductions Nature of hypnosis with everyday examples of suggestion and phenomena	Safety and ethical Assessment and preparation of patient Therapeutic relationship Imagery	Review of clinical experiences Construction of sessions & suggestions Hypnotisability and suggestibility. clinical perspective	Introduction to Anxiety & Pain management <i>Mini demos</i>	Review clinical experiences to date comparing and contrasting with delegates 'treatment as usual' Outcome evaluation and audit Prof Leslie Walker	Metaphor (? Neurophysiology ?) Needs identified in Module 2
11.00 – 11.20	coffee	coffee	Coffee	coffee	coffee	coffee
At The Retreat 11.20 to lunch	Evidence base Brief overview of some indications for hypnosis Practical models of hypnosis and utility in practice Mention Books and resources	Further induction and deepening techniques <i>With Demos</i>	Anchoring <i>Demo</i> IMR (Ideo Motor Response) <i>Demos</i>	False memory overview Past trauma overview Managing abreaction Phobias	Common factors in therapy Prof Leslie Walker Flexible session to address needs. <i>E.g. Q & A, video clips, any promised demos and practice</i>	BSCAH, Peer support and supervision etc Books and resources Develop and discuss earlier themes <i>A flexible session</i>
LUNCH	13.00 Lunch & chat	12.45 Lunch & chat	12.45 Lunch & chat	13.00 Lunch & chat	Lunch & chat	Lunch & chat
Afternoons at TUKE CENTRE	14.00 <i>Demonstrations and practice</i> of induction techniques and the hypnotic experience Review and brief Q&A	13.45 Broad Spectrum therapeutic suggestions (ego strengthening) <i>With demos and Practical sessions</i> confidence check for introduction into professional practice (Tutors available to 5)	13.45 Reframing <i>Demo</i> <i>Practical</i> Self Hypnosis <i>Practical</i> Hypnosis for procedures	14.00 'Psychosomatic' or 'functional' conditions <i>Demos and practice</i> Revisit techniques relevant to delegates Identification of learning needs for module three (Tutors available to 5)	TBA Depression Exploratory techniques <i>Demos and practical</i> Delegates case discussions Prof Leslie Walker chairing	TBA <i>Practical</i> Revisit information, demos and practical sessions according to delegate need (two streams possible) Review all topics as required with demos and practical Integrating the new learning into clinical practice Evaluations and farewells (Tutors available to 5)
TEA	Retreat Canteen to 5 pm	Retreat canteen by 4pm	Retreat Canteen to 5 pm	Retreat canteen by 4pm	Retreat Canteen to 5 pm	Retreat canteen by 4pm

Timetable is not set in stone. May be adjusted according to needs especially Module 3 . Delivered mainly by Grahame Smith & Gill Smith supported by Dan Round