

Training in Clinical Hypnosis for Healthcare Professionals



Foundation Training 3 weekend modules in 2019

26/27 January, 23/24 February, 23/24 March

25 Nicolson Square , Edinburgh, EH8 9BX

Interested?

Details on the BSCAH website at <http://www.bscah.com/book-event/ncountiesf19>

For further information or to help you decide , please contact

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or Gill Smith 07834 033127 gmsmith53@icloud.com

Would you like to:-

- Have a deeper knowledge of Hypnosis and its application in your practice?
- Refresh your rapport with patients/clients?
- Offer enhanced non pharmacological interventions?
- Increase your own sense of wellbeing?

Techniques from this course used formally and informally can help you improve your work satisfaction and enable patients/clients to cope with or overcome a wide range of problems.

You will be a healthcare professional (or relevant student), qualified to manage problems in your field. You do not need prior knowledge of hypnosis or formal psychology.

The course is an enjoyable opportunity to learn with and from other disciplines in a supportive setting.

- ❖ *Hypnosis is an excellent method of analgesia and anxiolytic, facilitating many procedures*
- ❖ *Hypnosis has been shown to have an impact on both physical and psychological factors.*
- ❖ *It is a most useful tool to help in a wide variety of problems anxiety, stress related disorders, pain, IBS, unexplained symptoms, phobias etc*
- ❖ *Patients can be helped to address their problems and find their own coping strategies.*
- ❖ *It gives you tools to maximise the effect of your current professional interventions.*
- ❖ *Self hypnosis can be taught thus obviating the need for prolonged treatment.*
- ❖ *Hypnosis is not in itself therapy, but is an excellent vehicle for therapy*
- ❖ *Hypnosis is empowering, enabling people to have a sense of discovery, and gain control over their situation*

BSCAH Northern Counties Training Team

Dr Grahame Smith: General Practice background and wide experience of Clinical Hypnosis.

Dr Gill Smith: Consultant Psychiatrist background. Along with hypnosis, interest in mindfulness and in compassion focused therapy. Now based in Edinburgh in independent hypnosis practice.

Dan Round: CBT therapist and RMN at The Retreat York

Guest speaker(s) to be advised according to delegate numbers and professional mix.

Early Bird price is £460 to 12 December 18 .This covers all three modules. Full price will be £495.

"So great a power is there of the soul upon the body, that whichever way the soul imagines and dreams, thither does it lead the body"
Agrippa H C 1510