

Continuing Education for Licensed Professionals

Learn Hypnosis and Understand How Hypnotherapy Can Benefit Your Clients and Expand Your Practice

CLASS OUTLINE

Instruction Objectives:

- Communicate information about how those in attendance can request medical and dental referrals as a way of expanding their practice, while simultaneously creating a referral network of dentists and physicians
- Develop an understanding about the public's many misconceptions concerning hypnosis
- Define and quantify hypnosis
- Explain the Theory of Mind and the concept of Suggestibility
- Conduct demonstrations of finger spreading, arm raising, maternal and paternal hypnotic inductions, reactional hypnosis, shock induction, the initial hypnotherapy session, and group hypnosis
- Teach self-hypnosis, and
- Oversee a practicum exercise Involving dyad teams practicing hypnotic inductions using provided narrative scripts.

Morning Session

Workshop Instruction:

- Background of Instructor
- Demonstration of Hypnosis
- History of Hypnosis
- Myths Surrounding Hypnosis***
- Misconceptions about Hypnosis Fostered by the Media
- The Efficacy of Hypnosis***
- The Use of Hypnosis by Counseling Professionals
- Definition of Hypnosis***
- The Conscious and Subconscious Minds***
- EEG Brainwave Patterns During Consciousness, Sleep, and Hypnosis***
- The Theory of Mind***
- Environmental Hypnosis and Hyper-suggestibility
- Understanding Suggestibility***
- The Pre-Induction Speech***
- Written Suggestibility Test***

*** Information about these topics is presented to the client during the initial hypnotherapy session.

Afternoon Session

The Initial Hypnotherapy Session: A Live or DVD Presentation

- Meeting the Client & Introduction, Handouts, Education, Overload, and Inducing Hypnosis ~ A “pulling together” of the asterisk *** topics from the morning session to condition a client to enter hypnosis
- Demonstrations of various Deepening Techniques to include: The Staircase, Finger Spreading, Reactional Hypnosis, Relaxed Arm / Heavy Arm, and Arm Rigidity
- Post-Hypnotic suggestions for Re-Hypnosis
- De-Hypnotizing

Demonstrations: Various Hypnotic Inductions, etc.

- Finger Spreading
- Arm Raising ~ Literal + Inferred
- Maternal and Paternal Hypnotic Inductions
- Shock Induction
- Hyper-Suggestibility
- De-Hypnotizing
- Group Hypnosis
- Self-Hypnosis

Practicum Workshop:

The practicum workshop consists of a supervised practice of hypnotic induction skills by all attendees working in dyad teams. Activities will be conducted using a number of written scripts and visualization exercises. The workshop will also include learning self-hypnosis, practicing self-hypnosis, and group hypnosis. Time permitting, a group hypnosis exercise may be conducted by a volunteer in attendance.

Certain of the afternoon session demonstrations or topics may be integrated into the morning session to increase the time allocated to practicum workshop activities.

To enroll contact:

AATBS website: <http://www.aatbs.com>

Psycho Legal Associates website: <http://www.ceutopia.com>

CSUN Department of Educational Psychology and Counseling Webpage:
<http://tsengcollege.csun.edu/edpsych.html>

