

Why learn and utilise clinical hypnosis in your psychological setting?

Hypnosis has proven effectiveness in helping clients change their behaviour, cognitions and attitudes. Trance can be used to work directly with the subconscious mind, to modify perceptions and cognitions promoting rapid thought and behaviour change. Hypnosis is one of the most powerful methods for mental and physical relaxation, anxiety and stress control, and the treatment of all anxiety disorders.

Hypnosis can be utilised with almost all psychological and psychiatric applications. These include anxiety control, motivational training, attitude change, depression, eating disorders, fears and phobias, memory training, nail biting and all habit disorders, performance and study anxiety and enhancement, and trauma counselling.

Why learn clinical hypnosis with Hypnosis Training Australia?

Hypnosis Training Australia utilises the clinical experience and teaching expertise of a range of specialist Psychologists and Medical Practitioners to provide your training. Hypnosis Training Australia recognises your current professional psychological training and experience, and focuses on teaching you the skills you need to quickly and effectively introduce clinical hypnosis into your psychological practice.

All Hypnosis Training Australia teaching staff and small group leaders are registered Medical Practitioners or Psychologists (most members of APS).

Course content

- History of hypnosis in the western world
- Theories of hypnosis – a descriptive model for the clinical setting
- The phenomena of hypnosis – knowing when the client is in trance
- Induction and deepening techniques for the psychological setting
- How to dehypnotise the client and ensuring the person is out of trance
- Demonstrations of common induction techniques (eye fixation, arm levitation, relaxation, eye-roll)
- Identifying psychological and psychiatric contraindications to hypnosis
- Identifying unsuitable and difficult clients and how to work with these
- Assessing hypnotic capacity (demonstration and practice).

There is ample opportunity to practise these skills within the course.

- Stress management with hypnosis
- Hypnosis with anxiety disorders
- Hypnosis with PTSD, ASD and sub-clinical trauma
- Hypnosis with habit disorders
- Psychological issues in medicine
- Hypnosis and pain management
- Self-hypnosis
- Hypnosis with children and adolescents
- Hypnosis, memory effects and false memories
- Ego-strengthening and promotion of self-esteem
- Hypnosis with depressive disorders
- Indirect and Ericksonian techniques
- Story-telling and use of metaphors in trance.

Course format

The course has four components:

Component 1: Pre-reading **6 hours**

You will be sent a disc copy of required pre-reading upon registering for the course.

Component 2: The Skills and Techniques of Clinical Hypnosis **20 hours**

Using a combination of didactic teaching, plus small group practice and discussion, you will learn the basics of how to use hypnosis in a clinical setting. Held over weekends 1 and 2 of the course.

Component 3: Applying Clinical Practice in Therapy **20 hours**

Using didactic teaching, case discussion, script writing and small group practice, you will learn how to apply clinical hypnosis into a psychological practice, covering all aspects of psychological therapy. Held over weekends 3 and 4 of the course.

Component 4: Evaluation and Peer Consultation **10 hours**

Using case discussion, small group practice and clinical case presentations, students demonstrate their acquisition of the skills of clinical hypnosis. Held on the two follow-up days of the course. Opportunity for some Peer Consultation hours.

Course dates for 2012 are:

- 21-22 April;
- 19-20 May; and
- 16-17 June 2012.
- 14-15 July 2012
- Follow-up Day 1: 1 September
- Follow-up Day 2: 13 October

Each Saturday is usually 9am to 5pm, while each Sunday is usually 10am to 4pm. Follow-up days are 10am to 4pm.