

OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

CERTIFICATE AND ADVANCED CERTIFICATE

IN

PROFESSIONAL PRACTICE (HYPNOSIS)

Providing Practitioners a Delightful, Empowering Way to Work With Clients.

OUR MOTTO:

BE PROACTIVE.

TAKE CHARGE OF YOUR CAREER.

LOOK AFTER YOUR HEALTH.

About PROFESSIONAL PRACTICE (HYPNOSIS)

Providing Practitioners a Delightful, Empowering Way to Work With Clients.

The PROFESSIONAL PRACTICE (HYPNOSIS) contains 22 three hour workshops in the first year, plus 11 three hour workshops in the second year. Each workshop covers a discrete aspect of Ericksonian hypnotherapy, and draws upon principles of Solution Oriented Counselling and NLP. The first hour of each workshop is supervision and the balance introduces the new topic. The complete course covers Ericksonian hypnotherapy from induction through to ending trance. See Course Outline for a list of the topics available at both year levels.

In order to be awarded the Certificate in PROFESSIONAL PRACTICE (HYPNOSIS), practitioners must have:

- completed the 22 workshops (minimum of 20);
- completed the homework assignments, designed to elicit even deeper learnings;
- engaged in wider reading on hypnosis, Ericksonian hypnosis, Solution Oriented Counselling and/or NLP; and
- demonstrated an ability to apply the techniques (which will be addressed through supervised practice sessions within each workshop, as well as case discussion of their applications between workshops).

To be awarded the Advanced Certificate in PROFESSIONAL PRACTICE (HYPNOSIS), participants will have also:

- completed a further 11 workshops (minimum of 10);
- explored applications of Ericksonian hypnotherapy with specific clinical populations;
- engaged in wider reading on hypnosis, Ericksonian hypnosis, Solution Oriented Counselling and/or NLP; and
- demonstrated an ability to apply the techniques (which will be addressed through supervised practice sessions within each workshop, as well as case discussion of their applications between workshops).

Entry Requirements

Both the Certificate and Advanced Certificate courses in PROFESSIONAL PRACTICE (HYPNOSIS) are open to provisional and fully-registered psychologists.

Number of Participants

Due to the nature of this workshop series, numbers will be limited to groups of 4-6 participants.

Fees

Fees are \$69 for provisional and registered psychologists. Fees can be paid by either cash or cheque at the end of each workshop.

Fees include morning or afternoon teas and all workshop notes, materials and handouts. (Fees include GST)

Bookings

The Certificate workshops are run fortnightly or monthly, dependent on participant availability. The Advanced Certificate workshops are held approximately monthly, depending on participant availability.

You may register your interest by contacting Rachel on 9578 9077 or 0418 149 506 during normal business hours.

Certificate of PROFESSIONAL PRACTICE (HYPNOSIS)

Course Outline

Introduction:

1. About Milton H. Erickson and his legacy, an overview of Ericksonian Hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming, and their underlying philosophy. Plus a useful distinction (visitors, complainants and customers).

Inductions and Ending Trance:

2. Traditional (eye fixation, eye roll) and Ericksonian inductions (guided imagery, association, conversational and recalling previous trances). Plus ending trance

Phenomenon:

3. Basic everyday naturalistic hypnotic phenomenon.
4. Hypnotic Phenomenon II (amnesia, catalepsy, time distortion)
5. Hypnotic Phenomenon III (analgesia, anesthesia, dissociation)

Techniques — Tools for Hypnosis

6. Direct and indirect suggestions (embedded suggestions, presuppositional commands and yes sets).
7. Presuppositions, implications and posthypnotic suggestions
8. Indirect suggestions (incorporation, compliments, illusions of alternatives, interspersal technique, contentless suggestions and confusion techniques)
9. Matching language to VAK preferences (NLP)
10. Pacing and Leading (out breathe, languaging) (NLP distinction)

Techniques — Hypnotically Validating Tools

11. Ideomotor signalling and dissociation
12. Catalepsy and levitation

Application of Hypnosis to Client 'Problem':

13. Assessment for hypnosis (what information to collect, detail, focusing on solutions) (SOC)
14. Applications of future pace, normalising, miracle questions, homework tasks, and exceptions; focusing on solutions.
15. Reframing in and out of trance
16. Tailoring hypnosis to your client's specific problems, induction as part of treatment
17. Accessing resources (ELS, matching of resources to presenting problems and transferring resources to where they can be useful)
18. Hypnotic conversations I (ELS, metaphors and therapeutic tales)
19. Hypnotic conversations II (Metaphor construction)
20. Harnessing Waking Trances
21. Self Hypnosis
22. Review and Practice of techniques learnt today, Plenary, Feedback and suggestions for future learnings, Graduation

Diploma of PROFESSIONAL PRACTICE (HYPNOSIS) topics:

Specific Applications of Hypnosis:

1. Stress and Relaxation
2. Mind - Body Connection
3. Weight Management
4. Smoking and Other Addictions
5. Other Habits (eg., hair-pulling, nail-biting, bruxism, clenching/grinding teeth, gambling)
6. Anxiety, Phobias (including Dental Phobias) and PTSD
7. Sleep disorders and Insomnia (incl. snoring, sleep apnoea)
8. Pain Management
9. Anger and aggression
10. Relationship counselling
11. Review and Practice of anything covered in Certificate and Advanced Certificate courses, Plenary, Feedback and Suggestions for future learnings, Graduation.