

OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

CERTIFICATE AND ADVANCED CERTIFICATE

IN

PROFESSIONAL PRACTICE PROGRAM (HYPNOSIS)

IN THE TRADITION OF SOLUTION ORIENTED COUNSELLING, ERICKSONIAN HYPNOSIS AND NLP

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.

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PROFESSIONAL PRACTICE PROGRAM (HYPNOSIS)

IN THE TRADITION OF SOLUTION ORIENTED COUNSELLING, ERICKSONIAN HYPNOSIS AND NLP

The **PROFESSIONAL PRACTICE PROGRAM (HYPNOSIS)** takes place over 22 occasions in the first year and a further 11 occasions in the second year. Each meeting includes one hour of group supervision, plus a two-hour workshop. Each workshop covers a discrete aspect of Ericksonian hypnotherapy, and draws upon principles of Solution Oriented Counselling and NLP. The complete Program covers Ericksonian hypnotherapy from induction through to ending trance. See Course Outline for a list of the topics available at each year level.

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

- attend a minimum of 20 (of 22) meetings;
- complete the homework assignments, designed to elicit even deeper learnings;
- engage in wider reading on hypnosis, Ericksonian hypnosis, Solution Oriented Counselling and/or NLP; and
- demonstrate an ability to apply the techniques (which will be addressed through practice sessions and case discussion).

To be awarded the Advanced Certificate in **PROFESSIONAL PRACTICE PROGRAM (HYPNOSIS)**, participants must:

- attend a minimum of 10 (of 11) further meetings;
- explore applications of Ericksonian hypnotherapy with specific clinical populations;
- engage in wider reading on hypnosis, Ericksonian hypnosis, Solution Oriented Counselling and/or NLP; and
- demonstrate an ability to apply the techniques (which will be addressed through practice sessions and case discussion).

Entry Requirements

Both the Certificate and Advanced Certificate courses in **PROFESSIONAL PRACTICE PROGRAM (HYPNOSIS)** are open to provisional and fully-registered psychologists. To maximise participant learnings, up to six places will be available each year.

Professional Development Points

You can claim up to six P.D. points per meeting under self-initiated activities. From the 1st July, you can claim one hour of peer consultation and two hours of active learning (CPD) for each meeting attended. A certificate of attendance will be provided for PD and CPD purposes.

Fees

Fees are \$69 per meeting and includes 10% GST. Fees can be paid by either cash or cheque at the end of each meeting. Fees include morning or afternoon teas and all meeting notes, materials and handouts.

Bookings

Depending on participant availability, meetings will be held approximately fortnightly (year 1) or monthly (year 2). You can register your interest by emailing Rachel on rachela@ozemail.com.au. You can also phone or text message her 0418 149 506.

All meetings are held on the 2nd floor, 142 Auburn Road, Hawthorn.

Certificate of [PROFESSIONAL PRACTICE PROGRAM \(HYPNOSIS\)](#)

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

Advanced Certificate of [PROFESSIONAL PRACTICE PROGRAM \(HYPNOSIS\)](#) 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.