

SCEH Introduction to Clinical Hypnosis – 2017 Agenda and Learning Objectives

Updated: 9/3/2017

Agenda

Agenda may be subject to change. An updated Agenda may be distributed at the class.

This class is taken as a cohort.

Wednesday, October 25, 2017 through Saturday October 28, 2017

Wednesday, October 25, 2017			
<i>Time</i>	<i>Topic</i>	<i>Description</i>	<i>Faculty</i>
5:30 PM	Introduction	Detail	Lisa Lombard/Eric Wilmarth
5:35 -6:15 PM	Definitions, Theories, and History of Hypnosis		Eric Wilmarth
6:15 -7:15 PM	Preparing the Client for Hypnosis	Presenting hypnosis to the patient, myths & misperceptions about hypnosis, hypnosis and memory, self-report ratings of hypnotizability, informed consent, workshop safety, Howard Alertness Scale	Peter Demuth
7:15 -8:00 PM	Hypnotic Susceptibility and Hypnotic Susceptibility Scales		John Mohl
8:00 to 8:15 PM	Break		
8:15-8:50 PM	Hypnotic Phenomena and Their Therapeutic Applications (Part 1)		Lisa Lombard
8:50 - 9:30 PM	Demonstrations of Hypnotic Phenomena	Live demonstration of SHSS-C items with Stanford sale items, ammonia, pads and pens/workshop volunteers	Scott Hoyer

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Thursday, October 26, 2017			
<i>Time</i>	<i>Topic</i>	<i>Description</i>	<i>Faculty</i>
9:30 - 10:00 AM	Principles of Hypnotic Induction and Re-Alerting I: The Process of Hypnosis	positive expectations, fix attention, manage resistance, pace, deepen, lead, suggest, realert	Tom Rostafinski
10:00 -10:15 AM	BREAK		
10:15 - 10:45 AM	Principles of Hypnotic Induction and Re Alerting II: Induction Techniques	Explanations & demonstrations of relaxation inductions, ideomotor inductions, eye fixation, visualization, etc.	To be announced
10:45 to 11:45 AM	Supervised Small Group Practice (FIRST)	Participants will practice hypnotic induction and re-alerting	Tom Rostafinski
11:45 to 12:45 PM	Principles in Formulating Hypnotic Suggestions I	Principles of direct and indirect suggestions	Evelyn Segal
12:45 to 1:45 PM	LUNCH		
1:45 to 2:45 PM	Hypnotic Deepening and Trance Ratification	Depth and stages of hypnosis. Methods of deepening hypnotic involvement. Trance ratification	Dave Smith
2:45 to 3:15 PM	Supervised Small Group Practice (SECOND) - Principles in Formulating Hypnotic Suggestions II	Participants will practice crafting and delivering suggestions for eliciting each hypnotic phenomenon	To be announced
3:15 PM	Break		
3:30 -4:30 PM	Treatment Planning (Strategy and Technique Selection) & Strategies for Managing Resistance to Hypnosis		Steve Kahn
4:30-5:30 PM	Hypnosis for Pain Control		Dave Patterson

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Friday, October 27, 2017			
<i>Time</i>	<i>Topic</i>	<i>Description</i>	<i>Faculty</i>
8:30 AM	Self-Hypnosis: What it is and How to Teach it to Clients		Steve Kahn
9:15 AM	Supervised Small Group Practice (THIRD)	Participants will practice inducing hypnotic analgesia and anesthesia	Dave Patterson, etc.
10:15 to 10:30 am	BREAK		
10:30 AM	Hypnotic Relaxation Therapy	The use of hypnosis for stress management & anxiety	Gary Elkins
11:15	Cognitive Behavioral Applications of Hypnosis	Integration of hypnosis into CBT. Discussion of examples such as habit disorders, phobia, & depression	Don Moss/ Gary Elkins
11:45 am to 12:45 pm	Lunch Break		
12:45 PM	Medical Applications of Hypnosis		Dabney Ewin
1:45 PM	Ideometer Signaling for Unconscious Exploration	Psychodynamic applications of hypnosis. Discussion of examples such as somatic disruption treatment-resistant psychological symptoms.	Dabney Ewin
2:30 PM	Supervised Small Group Practice (FOURTH)	participants will practice the use of ideomotor signaling	
3:15 PM	Break		
3:30 PM	Ericksonian Approaches to Hypnosis		Molly Delaney
4:00 -5:00 PM	Ethics, Professional Conduct, and Certification		Tom Nagy
5:00-6:00 PM	KEYNOTE: David Spiegel	Trance Formation: Hypnosis in Brain and Body	

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Saturday October 28, 2017			
<i>Time</i>	<i>Topic</i>	<i>Description</i>	<i>Faculty</i>
8:30 AM	Hypnosis & the Media	Interviews, myths, etc.	Eric Wilmarth
9:30-10:30 AM	Clinical Applications (Part 2)	Family therapy, memory retrieval, end of life issues, etc.	Eric Wilmarth
10:20-10:30 AM	Workshop Wrap up, Q & A		Eric Wilmarth/ Lisa Lombard, etc.

Learning Objectives

1. Define hypnosis based on current published definitions of hypnosis.
2. Identify at least three major figures in the historical development of hypnosis
3. Identify at least three major theories of hypnosis.
4. Identify the major myths and misconceptions regarding hypnosis
5. Identify three possible changes associated with hypnosis and memory.
6. Discuss specific ethical/legal issues involving hypnotic restoration of memories, disqualification of testimony in court, and the “false memory” syndrome.
7. Cite three key points of hypnosis in a non-technical manner in educating a client or patient about hypnosis.
8. Summarize two or more important elements in obtaining informed consent regarding the use of hypnosis clinically.
9. Identify at least five phenomena associated with hypnosis and how they may be utilized in clinical practice and treatment planning.
10. Summarize at least two reasons for removing suggestions and for re-alerting clients; and demonstrate at least one method for re-alerting from hypnosis.
11. Define at least six principles of hypnotic induction and suggestion.
12. Demonstrate a hypnotic induction and provide a therapeutic suggestion to a volunteer client.
13. Participate in at least three separate hypnotic experiences as subject and as facilitator.

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14. Cite evidence for the long-term stability of hypnotic responsivity and be able to identify the age range when hypnotic responsiveness peaks
15. List the traditional "stages of hypnosis"
16. Describe at least four traditional methods for deepening or intensifying hypnotic involvement.
17. Be capable of teaching self-hypnosis to patients/clients
18. Differentiate when one might use a suggestive hypnotic approach and when an insight-oriented or exploratory hypnotic approach might be appropriate.
19. Identify therapist, patient, and context variables that may contribute to resistance.
20. Identify the ethical-legal issues and standards for professional conduct in using hypnosis clinically.
21. List the requirements for certification through the Society for Clinical and Experimental Hypnosis, and for the American Society of Clinical Hypnosis.