

## **American Society of Clinical Hypnosis Approved Consultant Learning Contract**

### **1. Introduction to the Learning Contract**

A learning contract specifies how you, the learner, will acquire the knowledge and attitudes relevant to your learning experience. In this case you are concerned with knowledge in the use of clinical hypnosis.

Developing a learning contract designed to facilitate that process allows you, the learner, to monitor your education with regard to hypnosis and to become a more discriminating user of educational resources, better able to focus on acquiring the experiences that you desire.

There are several steps involved in the process of developing a productive learning contract. This form is designed to serve as both a worksheet and an outline for you. The steps on the pages that follow are to help you define your learning objectives and the experiences directed toward achieving your objectives.

The learning experiences may include didactic presentation, case discussions, videotape demonstrations, live demonstrations, reading assignments and review and practice. This individual training does not constitute clinical supervision and should not be represented as supervision.

All contact hours between the learner and Approved Consultant toward ASCH Certification must be individualized instruction. Face-to-face training is strongly recommended, although not required.

The learning contract should be frequently reviewed to determine your progress and any new learning objectives that emerge.

The requirement for ASCH Certification in Clinical Hypnosis is twenty hours of individualized training with an ASCH Approved Consultant. You may obtain this training with one Approved Consultant or the 20 hours may be split among two or more Approved Consultants. You may not provide or receive this training as part of psychotherapy or professional treatment services. This training does not constitute clinical supervision and should not be represented as such by either the learner or Consultant.

### **2 The Steps in Development of a Learning Contract**

**Step 1: Evaluate your learning needs.** Define the gap between where you are and where you want to be in terms of learning.

EXAMPLE: I know five inductions that usually work for most patients, but a substantial minority are not responding.

**Step 2: Specify learning objectives.** You will find that some of what you need to learn involves the absorption of cognitive material, some involves attitudinal/affective change, and some requires you to master specific skills.

EXAMPLE: I need to learn more techniques of induction. I need to know more about why patients do not enter trance. I need to learn more about assessing hypnotizability so I can better know what to expect. I need to become aware of how my anxiety may interfere with helping my patients enter trance. Specifying the above: (1) I will learn the Chiasson, Eye Roll and Fractionated Induction Techniques; (2) I will learn to administer and interpret the Hypnotic Induction Profile; (3) I will read about resistance to hypnosis in current texts, and (4) I will seek consultation regarding my apprehensions about inducing trance and regarding my patients' apprehension about entering trance.

**Step 3: Specify learning resources and strategies.** Here you will list the precise resources that you will need to establish the desired competencies and how you will use them.

EXAMPLE: I will contract with Dr. X, who is recognized as an Approved Consultant in Clinical Hypnosis by ASCH, and (1) I will read textbook descriptions of the Chiasson, Eye Roll and Fractionated Induction Techniques, observe Dr. X demonstrate them and practice under his observation; (2) I will read *Trance and Treatment* (Spiegel and Spiegel, 1978) and obtain Hypnotic Induction Profile (HIP) scoring sheets -- I will ask Dr. X for review; (3) I will go to the medical school library and study resistance to hypnosis in major hypnosis texts, and (4) I will discuss with Dr. X my apprehensions regarding inducing trance.

**Step 4: Specify evidence of accomplishment.** Here you will list what will demonstrate your accomplishment.

EXAMPLE: (1)I will perform five successful Chiasson, Eye Roll, and Fractionated Inductions in my practice; (2) I will perform 12 HIPs; (3) I will ascertain the motivations for resistance in three patients, and (4) I will experience reduced anxiety in completing hypnotic inductions. I will openly explore any of apprehensions about completing hypnotic inductions.

**Step 5: Review your Contract with you ASCH Approved Consultant.** Review is for the purpose of ascertaining that your contract addresses your needs in an optimal manner.

EXAMPLE: I will review this contract with Dr. X and Dr. Y, who are experienced in hypnosis.

## Consultation Contract

- I acknowledge that this training is for \_\_\_\_\_ hours and does not constitute clinical supervision. I agree not to represent this training as clinical supervision.
- I have completed a learning contract specifying learning needs, objectives, resources and strategies, outcomes and review.
- I verify that I maintain professional liability coverage and that documentation of such coverage is on file in my office.
- Date training is to begin \_\_\_\_\_ and end \_\_\_\_\_.  
Number of one-to-one training hours: \_\_\_\_\_.  
Number of small group training hours: \_\_\_\_\_.

\_\_\_\_\_  
Attendee/Learner

\_\_\_\_\_  
ASCH Approved Consultant in Clinical Hypnosis

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

## ASCH Consultation and Learning Contract Verification Form

This form verifies the completion of your consultation and individualized training with your ASCH Approved Consultant. The following information should be provided and the completed form, signed by both the learner and Approved Consultant, should be attached to the Application for Certification or Approved Consultant in Clinical Hypnosis.

Learner's Name and Degree	Consultant's Name and Degree
_____	_____
Learner's Address	Consultant's Address
_____	_____
_____	_____
_____	_____
Learner's Phone Number	Consultant's Phone Number
_____	_____

This is to verify that the Learner, \_\_\_\_\_, has completed a learning contract and demonstrated evidence of completion of the contract.

This verifies \_\_\_\_\_ hours of one-to-one training and/or \_\_\_\_\_ hours of small group training with \_\_\_\_\_, an ASCH Approved Consultant in Clinical Hypnosis. This training does not constitute clinical supervision.

\_\_\_\_\_  
Learner, Applicant for  
ASCH Certification or Approved Consultant  
in Clinical Hypnosis (signature)

\_\_\_\_\_  
ASCH Approved Consultant  
in Clinical Hypnosis (signature)

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

<b>STEP 1: Learning Needs</b>	<b>STEP 2: Learning Objectives</b>	<b>STEP 3: Resources &amp; Strategies</b>	<b>STEP 4: Evidence of Outcome</b>	<b>STEP 5: Review of Contract</b>
<p>1. Learn inductions.</p> <p>2. Overcome anxiety in completing inductions.</p> <p>3. Learn about hypnotizability scale.</p>	<p>1. Learn Chaisson, Eye Roll and Fractionated Inductions.</p> <p>2. Overcome anxiety and resistance to completing inductions.</p> <p>3. Learn to administer and integrate the HIP.</p>	<p>1. Read textbook descriptions of Chaisson, Eye Roll and Fractionated Inductions.</p> <p>2. Read <i>Trance and Treatment</i>.</p> <p>3. Obtain HIP scoring sheets.</p> <p>4. Ask Dr. X to demonstrate the HIP.</p> <p>5. Practice the HIP.</p> <p>6. Read text on resistance to hypnosis.</p> <p>7. Discuss my apprehensions with Dr. X.</p>	<p>1. Perform five Chaisson, Eye Roll and Fractionated Inductions.</p> <p>2. Perform twelve HIPs.</p> <p>3. Ascertain resistance in three patients.</p> <p>4. Experience reduced anxiety.</p>	<p>1. On or before August 11, 1997 will review and update my Learning Contract with Dr. X.</p>

<b>STEP 1: Learning Needs</b>	<b>STEP 2: Learning Objectives</b>	<b>STEP 3: Resources &amp; Strategies</b>	<b>STEP 4: Evidence of Outcome</b>	<b>STEP 5: Review of Contract</b>