



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

Sample Clinical Hypnosis Level 1 Workshop

Below is a sample of the curriculum offered in Level 1 Workshop training. The full four-day program typically offers 20-21.5 hours of presentations and demonstrations, four 1.5 hour - 2 hour small group practicums where new skills are practiced and refined, as well as daily reviews, Q&A, and checkout with Faculty.

DAY 1

INTRODUCTION TO CLINICAL HYPNOSIS – (1.50 CE/CME)

At the conclusion of this session the participant will be able to:

- Provide at least one commonly accepted definition of clinical hypnosis.
- Explain three hypnosis terms and how they apply to the clinical hypnosis experience.
- Identify and explain the contributions of two historical figures or studies that have modern day applications in clinical hypnosis.
- Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.

NEUROPHYSIOLOGY OF HYPNOSIS – (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe how hypnosis affects the autonomic nervous system and the stress-response.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.
- Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patient/clients.

ANATOMY OF THE HYPNOTIC EXPERIENCE – (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe the steps in a formal hypnotic encounter.
- Identify 2 characteristics of trance exhibited by the subject.
- Define 3 changes the facilitator made to promote the reorientation phase of trance.

GROUP EXPERIENCE – (0.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Provide illustrative suggestions for eliciting hypnotic phenomena.
- Describe the concept of trance logic.
- Illustrate applications of hypnotic phenomena in a trance experience.

PROCESS GROUP EXPERIENCE – (0.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe the use of hypnotic language and suggestions in the group experience.

HYPNOTIC PHENOMENA – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Explain five different hypnotic phenomena.
- Discuss and describe how the concept of trance logic and other hypnotic phenomena may be used therapeutically.
- List at least three principles of eliciting phenomenon.
- Define abreaction and describe how it can be addressed therapeutically.

PRINCIPLES & PROCESS OF RAPPORT, ATTUNEMENT, TRANCE ELICITATION, AND RE-ORIENTING – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe three effective ways to build and reinforce rapport.
- Describe at least four observable physiological and four psychological signs of trance.
- Discuss the importance of removing suggestions.
- Demonstrate at least three methods of reorienting.

DAY 2**CHECK-IN AND REVIEW****INTRODUCTION TO SMALL GROUP PRACTICE – (0.5 CE/CME)**

At the conclusion of this session the participant will be able to:

- Identify the goals and rules of the experiential small group practice sessions.

DEMONSTRATION OF ELICITATION OF TRANCE # 1: FOCUSED/ DIAPHRAGMATIC BREATHING – (0.25 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe an elicitation using focused/diaphragmatic breathing.

SMALL GROUP PRACTICE OF HYPNOTIC PROCESS #1 RAPPORT, ELICITATION OF TRANCE, RE-ALERTING/ RE-ORIENTING – (1.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Demonstrate one method to build attunement (rapport) with the subject.
- Facilitate at least one elicitation (induction) and reorientation method with a member of the group.
- Describe the subject responses and what behavior they observed in the participant.
- Adapt the hypnotic process/procedures to the subject's observed behavior in trance.

FUNDAMENTALS OF HYPNOTIC COMMUNICATION AND FORMULATION OF SUGGESTION – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Explain at least two ways hypnotic communication creates positive expectancy.
- Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion.
- Identify at least four commonly used words/phrases to reinforce the person's hypnotic experience.
- Differentiate between direct and indirect suggestion.

PATIENT/CLIENT ASSESSMENT, PRESENTING CLINICAL HYPNOSIS TO THE PATIENT/CLIENT TO CLINICAL HYPNOSIS – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client.
- Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically.
- Demonstrate understanding and the ability to communicate the fallibility of memory.

INTENSIFICATION OF HYPNOTIC TRANCE/EXPERIENCE – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe three methods of trance intensification.
- Demonstrate the ability to intensify the hypnotic experience in ways best tailored to the patient/client.
- Identify how fractionation can be used to intensify trance.

DAY 3

DEMONSTRATION OF ELICITATION OF TRANCE # 2: EYE FIXATION – (0.25 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe and demonstrate an elicitation of trance using an eye fixation strategy.

SMALL GROUP # 2 RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, RE-ALERTING/RE-ORIENTING – (1.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with a subject different from previous practice session.
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, and reorientation method.
- Describe the subject responses and what behavior they observed in the participant.
- Adapt the hypnotic process/procedures to the observed behavior of the subject.

HYPNOSIS WITH CHILDREN – (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Identify three developmental characteristics that make children particularly hypnotizable.
- Describe how hypnotic approaches vary according to developmental age.
- Describe the therapeutic benefits and applications of using hypnosis with children.

EGO STRENGTHENING WITH DEMO – (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Define what is meant by ego strengthening and how it might be used in clinical practice.
- Identify three different types of ego strengthening.
- Describe at least three strategies for ego strengthening utilizing clinical hypnosis.

DEMONSTRATION OF TRANCE ELICITATION #3: EYE ROLL – (0.25 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe the process of a rapid induction using eye rollelicitation.

SMALL GROUP # 3: RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, EGO-STRENGTHENING SUGGESTIONS, RE-ALERTING/REORIENTING (2.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with the subjectdifferent from previous practice session.
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, demonstrate providing a simple subject-specific ego strengthening suggestion, and clear reorientation.
- Describe the subject responses and what behavior they observedin the participant.
- Adapt the hypnotic process/procedures to the observed behavior of the subject.

SELF-HYPNOSIS: HOW AND WHAT TO TEACH PATIENTS WITH DEMO (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Define self-hypnosis and explain the difference between self andhetero hypnosis.
- Describe at least three therapeutic applications of self-hypnosisin clinical practice.
- Demonstrate how to teach self-hypnosis to a patient.

DEMONSTRATION OF ELICITATION OF TRANCE ELICITATION #4: ARM LEVITATION – (0.25 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe and demonstrate an elicitation using arm levitation and/orreverse levitation.

DAY 4

SMALL GROUP #4: RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OFTRANCE, HYPNOTIC PHENOMENON, EGO-STRENGTHENING SUGGESTIONS, RE-ALERTING / RE-ORIENTING – (2 CE/CME)

At the conclusion of this session the participant will be able to:

- Demonstrate the ability to build attunement (rapport) with a different subject and elicit ego strengthening suggestions of interest to subject touse in the treatment phase of the process.
- Facilitate at least one elicitation method, one intensification method, elicit one hypnotic phenomena, provide a simple ego strengthening suggestion, reorientation subject, describe subject responses, and whatsubject behaviors were observed.
- Adapt the hypnotic process/procedures to the observed behavior of thesubject.
- Clarify readiness for incorporating hypnosis into practice.

TREATMENT PLANNING, STRATEGY AND TECHNIQUE SELECTION IN HYPNOTHERAPY – (0.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan.
- Design a treatment plan for a patient/client who presents with anxiety.
- List at least four hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.

INTEGRATING CLINICAL HYPNOSIS INTO PRACTICE – (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
- List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training.
- Describe three ways that you will begin to incorporate hypnotic communication, hypnosis-based perspective, and hypnotic techniques into your practice.

ETHICS AND CLINICAL HYPNOSIS – (0.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.
- Describe ethical issues and standards for professional conduct in using hypnosis clinically.

ASCH CERTIFICATION, MEMBERSHIP, AND FUTURE TRAINING – (0.5 CE/CME)

At the conclusion of this session the participant will be able to:

- Identify the opportunities available for further training, ASCH membership and certification.