



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

Sample Clinical Hypnosis Level 2 Workshop

Below is a sample of the curriculum offered in Level 2 Workshop training. The full four-day program typically offers 20-21.5 hours of presentations and demonstrations, three 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

<p>REFINING SKILLS: HYPNOTIC LANGUAGE AND SUGGESTION – (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- Describe two methods of rapport enhancement and utilization including tailoring to the particular patient/client.- Demonstrate the ability to structure two direct and two indirect suggestions.- Define a truism and be able to develop three truisms to construct a yes set”.
<p>GROUP EXPERIENCE & PROCESSING EXPERIENCE – (0.50 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- Describe the use of hypnotic language and suggestions utilized in the experience.- Recognized the different experiences client/patients may have to suggestions.
<p>NEUROSCIENCE OF HYPNOSIS – (0.75 CE/CME) -Mary Wells</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- List three brain regions or networks that research shows may be hypnotically altered.- Discuss how the polyvagal theory related to hypnosis and the stress response.- Detail three implications of neurophysiological research on use of clinical hypnosis.
<p>APPLICATIONS OF HYPNOSIS: INSIGHT AND EXPLORATORY TECHNIQUES WITH DEMONSTRATION – (1.25 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- Identify prerequisites for the use of hypnotic exploratory techniques.- Identify two clinical situations contraindicated for exploratory work.- Describe and apply three insight-oriented techniques.
<p>IDEOMOTOR TRANCE FACILITATIONS AND DEMONSTRATION – (1.25 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- Define the uses and demonstrate the use of ideomotor phenomena.
<p>REFINING SKILLS: ADVANCED ELICITATIONS AND INTENSIFICATIONS WITH DEMONSTRATION – (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">- Describe three types of advanced inductions.- Describe three signs of increased suggestibility/trance.- Describe at least three advanced methods for intensification of the hypnotic experience.

DAY 2

APPLICATIONS: ANXIETY, FEARS, & PHOBIAS WITH DEMO – (1.75 CE/CME)

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

- Review principles stemming from research data on the treatment of anxiety and phobic disorders.
- Explicate a minimum of three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.

SKILL DEVELOPMENT: METAPHORICAL APPROACHES WITH DEMO – (0.75 CE/CME)

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

- Explain the concept of utilization in the creation of metaphors.
- List 3 uses of metaphor when facilitating hypnosis.

EXPERIENTIAL: GROUP PRACTICE DEVELOPING METAPHORS – (0.75 CE/CME)

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

- Demonstrate how to construct therapeutic metaphors.
- Give two examples of metaphorical suggestions developed in group practice.

EXPERIENTIAL: SMALL GROUP PRACTICE #1: UTILIZE INSIGHT AND EXPLORATORY TECHNIQUES/METAPHORES (2.0 CE/CME)

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

- Demonstrate as the operator and personally experience as the subject a hypnotic trance: following the rapport building, elicit, intensify, re-orient SGP process.
- Utilize a metaphorical elicitation along with a new skill or application learned from the preceding lectures and demonstrations.

DAY 3

APPLICATIONS OF HYPNOSIS: HABIT DISORDERS WITH DEMO – (1.75 CE/CME) Debbie Benschung

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

- Discuss the emerging brain science on goals and behavior change as it relates to the treatment of habit and behavior change.
- List two dimensions of behavior change important to creating new behavior.
- Design at least one effective therapeutic hypnotic intervention to create behavior change for a common habit in your clinical practice.

EXPERIENTIAL: SMALL GROUP # 2: ANXIETY & HABIT – (2.0 CE/CME)

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

- Demonstrate as facilitator and experience as subject a hypnotic trance.
- Utilize a new elicitation and intensification technique and/or a new application learned from the preceding lectures.
- Utilized suggestion or application that may be used to reduce anxiety.

Self-Hypnosis (0.75 CE/CME) AND Dyad Practice (0.50 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.

APPLICATIONS: DISTURBED SLEEP AND UTILIZATION OF HYPNOSIS AND DEMONSTRATION – (1.5 CE/CME) CE/CME)

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

- Describe the difference between primary and secondary sleep problems.
- Describe applications of three hypnotic techniques to improve sleep.

DAY 4**APPLICATIONS: PATIENTS WITH PAIN – (1.75 CE/CME)**

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

- Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.
- Outline precautions in using hypnotic methods for pain relief.
- Discuss how hypnotic phenomena such as amnesia, time distortion, and dissociation can be helpful in hypnotic management of pain.
- Identify six hypnotic techniques that can be utilized in management of either acute or chronic pain.

EXPERIENTIAL: SMALL GROUP PRACTICE #3: PAIN MANAGEMENT – (2.0 CE/CME)

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

- Demonstrate as facility and experience as subject a hypnotic trance.
- Utilize a new hypnotic skill or application learned from the preceding lectures.

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 steps for further training, ASCH membership and certification.