

Courtney Armstrong, LPC/MHSP

1407 Jefferson Street

Chattanooga, TN 37408

423-876-3490

courtney@courtneyarmstrong.net https://traumainformedhypnosis.com

# **PROGRAM AGENDA, SCHEDULE, AND HOURS**

**Self-study content** (Pre-recorded closed caption video lessons released each week along with transcripts of each video, audio MP3 versions, and a PDF of the slideshows)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Module | Begin date | Online Content Release Schedule  | Completion Date | Instructionhours  |
| **1** | **8/6/25** | * Discuss how complex trauma can impact the brain, nervous system, and attachment behavior.
* Name four basic attachment styles and their associated characteristics
* Dicuss techniques for building rapport with each type of attachment style.
 | **8/13/25** | **1.0** |
| **2** | **8/13/25** | * Identify common therapeutic goals for clients with anxious-preoccupied attachment styles.
* Discuss hypnosis techniques for ego-strengthening, emotional regulation, and self-soothing
* Discuss hypnosis techniques for strengthening interpersonal boundaries & self-reliance
* Evaluate and critique a demo of using hypnosis to create a corrective emotional experience for a person with anxious-preoccupied attachment.
 | **8/20/25** | **1.5**  |
| **3** | **8/20/25** | * Identify common therapeutic goals for clients with dismissive-avoidant attachment styles.
* Discuss strategies for working with issues of power/control in avoidant-dismissive clients
* Discuss hypnosis techniques for reducing self-critical thoughts & increasing self-compassion
* Evaluate and critique a demonstration of techniques to create a corrective experience for a person with dismissive-avoidant attachment.
 | **8/27/25** | **1.5**  |
| **4** | **8/27/25** | * Identify common therapeutic goals for clients with disorganized or fearful-avoidant attachment styles.
* Discuss tools for managing abreaction and dissociation
* Utilize ego-state hypnosis techniques/parts work to resolve inner conflicts.
* Evaluate and critique a demonstration of utilizing ego-state techniques to create corrective experiences for fearful-avoidant attachment.
 | **9/3/25** | **1.5**  |
| **5** | **9/3/25** | * Explain what ideomotor signals are and how they can be used therapeutically.
* Describe techniques for utilizing ideomotor signals and therapeutic questions to explore subconscious feelings, beliefs, or conflicts.
* Evaluate and critique a demonstration of utilizing ideomotor signals to aid a client in resolving an inner conflict and rescripting a traumatic memory.
 | **9/10/25** | **1.5** |
| **6** | **9/10/25** | * Use hypnosis to enhance imaginal exposure and systematic desensitization in anxiety treatment.
* Evaluate and critique a demonstration of using hypnosis to reduce public speaking anxiety
* Evaluate and critque a demonstration of The Rewind technique for working with phobias.
 | **9/17/25** | **1.5**  |
| **7** | **9/17/25** | * Discuss hypnosis techniques for habit control
* Discuss hypnosis techniques for nicotine cessation and weight management
* Discuss techniues to reduce cravings and inner conflicts about change
* Evaluate and critique a demonstration of using hypnosis to promote habit change and curb cravings.
 | **9/24/25** | **1.25**  |
| **8** | **9/24/25** | * Discuss the biopsychosocial dynamics of pain related to chronic stress & trauma
* Discuss hypnosis techniques for helping clients increase feelings of comfort and decrease pain
* Demonstrate hypnosis techniques for emotional support during cancer treatment
 | **10/1/25** | **1.25**  |
| Totalhours |  |  |  | 11 |

**Live Webinar/Virtual Skills Practice Sessions**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Live webinar**  | **Date** | **Live webinar content** | **Time** | **Instructional hours** |
| 1 | 8/13/25 | Utilize the ECR-R and two or more questions from the AAI to explore attachment tendencies in small group practice. | 1:00 – 3:00 pm EDT | 2.0  |
| 2 | 8/20/25 | Create two or more hypnotic suggestions to increase a person’s sense of how to nurture, protect, and guide themselves. | 1:00 –3:00 pm EDT | 2.0  |
| 3 | 8/27/25 | Utilize internal parent figure imagery techniques increase one’s capacity for self-compassion and reassuring self-talk. | 1:00 – 3:00 pm EDT | 2.0  |
| 4 | 9/3/25 | Apply an ego-state hypnosis technique to explore the function of a symptom or behavior. | 1:00 – 3:00 pm EDT | 2.0  |
| 5 | 9/10/25 | Demonstrate and practice utilizing ideomotor signals to gain insight and/or explore a possible subconscious function to a symptom. | 1:00 – 3:00 pm EDT | 2.0  |
| 6 | 9/17/25 | Practice utilizing one hypnosis technique to address the root or function of a recurring fear. | 1:00 – 3:00 pm EDT | 2.0  |
| 7 | 9/24/25 | Practice utilizing one hypnosis technique to address the root or function of a habit. | 1:00 – 3:00 pm EDT | 2.0  |
| 8 | 10/1/25 | Create two or more hypnotic suggestions to reduce pain and increase physical comfort. | 1:00 – 3:00 pm EDT | 2.0  |
| Totalhours |  | *\*Learners are allowed one absence and will only be awarded 14 hrs. webinar credit.* |  | 16 |