

Introduction to Small group practice

ASCH Level 1
Workshop
May 2026





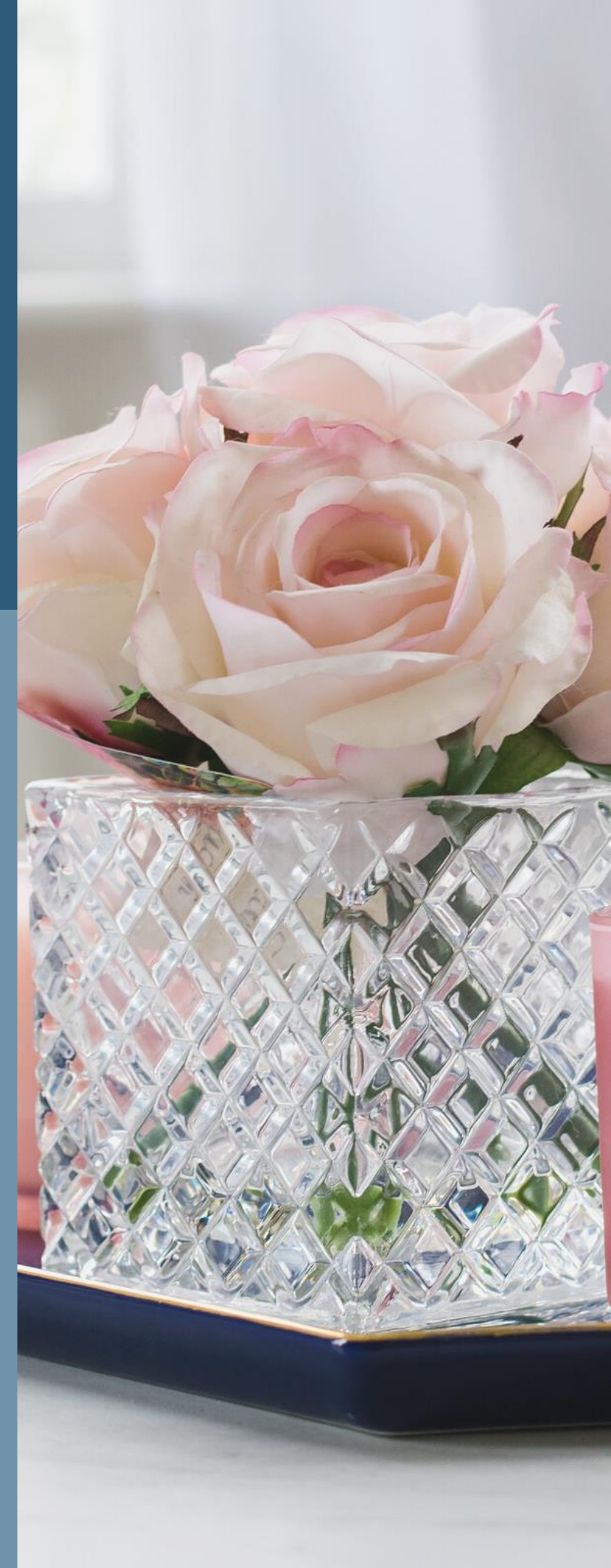
OBJECTIVES

- Identify the goals and rules of the experiential small group practices

Small group Practice

Typically, learners retain:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of they see & hear together
- 70% of what they say and REPEAT
- 90% of what they say, while doing what are talking about



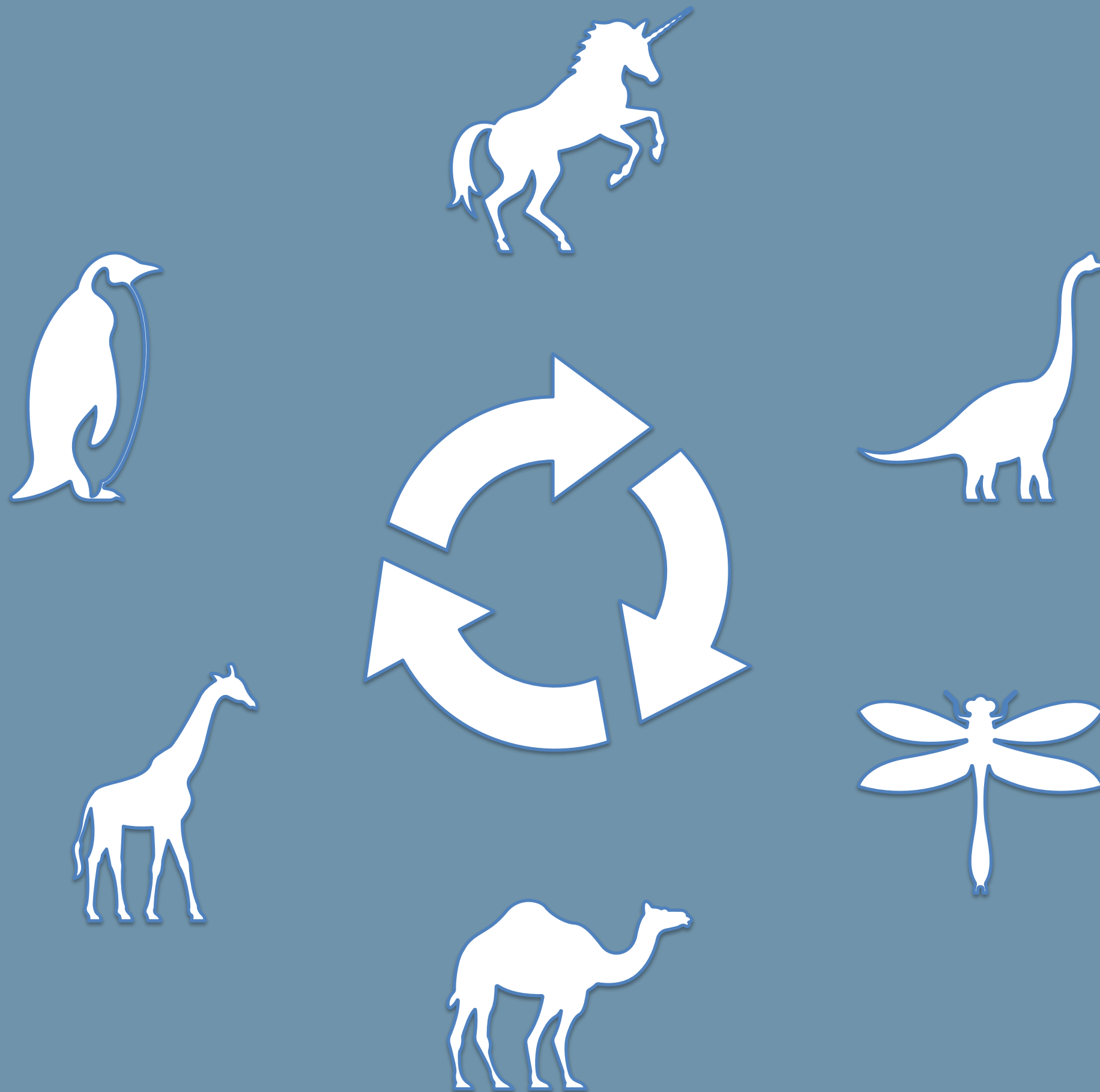


Experiential learning through supervised rehearsal

Small group practice

- 4 practice sessions
- Composition of group remains the same
- Location/break out room remains the same
- Faculty rotates

Small group practice



Small group practice

- Session 1: Establish Rapport, Practice Elicitation #1 (Diaphragmatic Breathing) and Re-orientation
- Session 2: Practice Elicitation #2 (Eye Fixation), Intensification (you choose), and a *different* re-orientation

Small group practice

- Session 3: Practice Elicitation #3 (Eye Roll), *different* intensification, suggestions, ego-strengthening, *different* Re-orientation
- Session 4: Practice Elicitation, *different* Intensification, elicit a noticeable hypnotic phenomenon, suggestions, ego-strengthening, and a *different* re-orientation

Small group practice

IMPORTANCE OF KEEPING TRACK OF TIME

Everyone will have an opportunity to be both the facilitator and the recipient in all 4 small group skill practice sessions

Small group practice

- Establish Rapport:
 - Group #1 = 15 to 20 minutes
 - Groups 2-4 = approximately 1 minute
- Hypnotic Experience
 - Group #1 = 3-4 minutes
 - Groups 2-4 approximately 5-10 minutes

Small group practice

- Process & feedback for dyad = 1-2 minutes
- Feedback from observers = 1-2 minutes
- Faculty feedback = 1-2 minutes

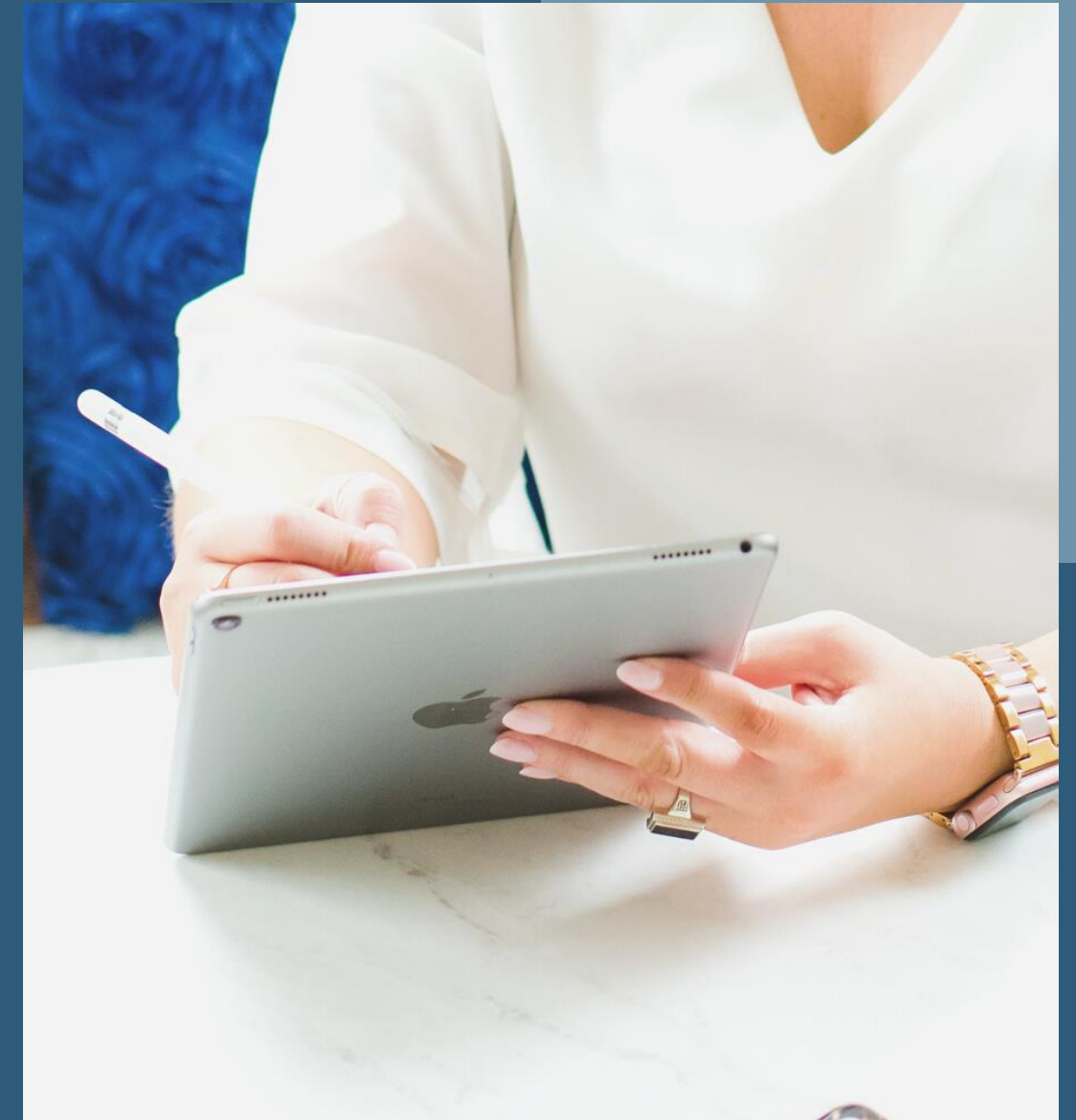
Small group practice

IMPORTANCE OF KEEPING TRACK OF TIME

- Faculty facilitator is responsible for keeping track of time
- Establish signals for re-orientation (as needed)
- Teachable moments may necessitate flexibility of schedule

Small group practice

- 1) USE PROVIDED “ASCH SMALL GROUP RAPPORT FORM”
- 2) EACH GROUP SESSION HAS OUTLINE/CHECKLIST OF WHAT TO LOOK FOR AS OBSERVER
- 3) EACH GROUP SESSION HAS PARTICIPANT CHECKLIST TO IDENTIFY WHAT YOU NOTICE AS GROUP MEMBER OBSERVING



SMALL GROUP PRACTICE

THE DOs & DON'Ts

- Don't digress from the goal of the practice session by telling stories of clinical experiences
- Don't roll play a child or patient experience
- Don't try — — — Just DO...

SMALL GROUP PRACTICE

THE DOs & DON'Ts

- Do have fun and enjoy the process and the practice — it works!
- Do focus on the goals for that session
- Do be respectful of the tight time schedule
- Do remember that we are all experts and we are all learners
- **Do be amazed at how much you already know!**

Confidentiality is KEY!

What happens in small
group ... stays in small
group

