

Title: Introduction to hypnosis

Aims: To develop basic therapeutic hypnosis skills

Objectives: Examine hypnotic theory
Practice establishing safety zones
Examine how to induce trance states
Look at a range of basic therapeutic techniques

Target Audience: This course is for candidates who wish to develop basic hypnotic skills for therapeutic purposes.

Course Content

- Hypnotic theory
- Safety zones
- Trance induction
- Levels of suggestibility / Stanford scale
- Anchoring
- Conscious v unconscious
- Changing emotive states
- Phobia treatments
- Reintegration to environment.

Commentary

This is a basic introduction to hypnosis course; at the end participants will be able to safely induce a therapeutic trance on willing clients. When they are in a trance state, they can assess their susceptibility to suggestions, and use their hypnotic state to develop positive changes in their person's behaviour.

The course is for those with an interest in the therapeutic use of hypnosis, and it has been presented to the British Psychological society regional conference for experimental and clinical hypnosis, where it was well received.

At the end of the course participants will be able to use mild hypnotic states to help clients with a range of basic problems.