

# Oregon Society of Clinical Hypnosis: Level 1 Clinical Hypnosis Course February 5-7, 2021

Portland	Friday, February 5, 2021 Day 1
Time	Basic Topic
8:00-8:20	Check in, late registration, Welcome
8:20-8:45 25m .4CE	Introduction to Level I clinical hypnosis 1. Participants will identify 2 applications of hypnosis where they want to incorporate hypnosis in their clinical setting.
8:45-9:15 30m .5CE	What is hypnosis: definitions, history and misperceptions 1. Explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis 2. Define at least one commonly accepted definition of clinical hypnosis. 3. Identify four or more major myths and misconceptions regarding hypnosis 4. Define 4 hypnosis terms and how they apply to the clinical hypnosis experience.
9:15-10 am 45m .75CE	Neurophysiology of Hypnosis 1. List three brain regions or networks that research shows may be altered with hypnosis. 2. Discuss at least two ways how the polyvagal theory relates to hypnosis. 3. Detail three implications of neurophysiological research on the practice of clinical hypnosis.
10-10:10	Break 10
10:10-10:55 45m .75CE	Anatomy of a Hypnotic Session (live demonstration - Participants will observe) 1. Describe the steps in a formal hypnotic encounter 2. Identify 2 characteristics of trance exhibited by the subject. 3. Define 3 changes the facilitator made during the reorientation phase
10:55-11:25 30m .5 CE	Group hypnotic experience (15-20 exp and discussion) 1. Personally experience a hypnotic trace facilitated by senior faculty. 2. Illustrate applications of hypnotic phenomena. 3. Provide illustrative suggestions for eliciting hypnotic phenomena. 4. Demonstrate the concept of trance logic
11:25-12:10 45m .75CE	Hypnosis Basics: Principles & Process of Rapport, Elicitation, & Reorienting (75 min total) 1) Identify two effective ways to build and reinforce rapport 2. Describe 5 or more observable physiological and psychological signs of trance 3. Identify the steps in trance elicitation. 4. Demonstrate 3 methods of reorienting
12:10-1:15	Lunch break (on your own)
1:15-1:45 30m .5CE	Hypnosis Basics: Principles & Process of Rapport, Elicitation, & Reorienting continued
1:45-2:15 30m .5CE	Ethical Principles and Professional conduct – (not informed consent) 1. Describe at least two ethical-legal issues related to clinical hypnosis 2. Discuss standards for professional conduct in using clinical hypnosis
2:15-3:00 45m .75CE	Hypnosis Basics: Hypnotic phenomena 1. Define hypnotic phenomena and discuss how hypnosis can create it. 2. List at least 5 phenomena. 3. Discuss 2 ways hypnotic phenomenon can be used therapeutically. 4. Define abreaction and describe how it can be addressed therapeutically.
3:00-3:15	Break 15 minutes
3:15-3:30 15m .25CE	Introduction to Small Group Practice (Deb) & Demonstration of Elicitation # 1: Diaphragmatic Breathing 1. Identify the goals and rules of the experiential small group practice sessions. 2. Observe how to facilitate an elicitation of hypnosis. 3. Describe hypnotic elicitation using Diaphragmatic breathing
3:30-5:30 120m 2CE	Small Group Practice # 1: Rapport, Elicitation, Reorient (diaphragmatic breathing) 1. Demonstrate one method to build attunement/rapport with subject. 2. Facilitate at least one elicitation and reorientation method with subject, describe responses and what was observed in the behavior of subject. 3 Observe a member of group facilitating and experiencing hypnosis and identify the elements applied and discuss

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7.65 CE	Adjourn for the evening; 10 min faculty debrief, 460 minutes of instruction
<b>Saturday February 6, 2021 Day 2</b>	
<b>Time</b>	<b>Basic Topic</b>
8:15-8:30	Social and Networking, Q & A
8:30-9:30 60m 1CE	Intensification of hypnotic experience 1. Describe 3 methods for “deepening” hypnotic involvement. 2. Discuss and describe the concept of utilization in developing hypnosis. 3. Identify during observation of 2 intensification methods subject behaviors utilized during demonstration.
9:30-10:15 45m .75CE	Fundamentals of Hypnotic Communication and Formulating Suggestions 1. Cite & discuss 3 types of hypnotic suggestions. 2. Differentiate between direct and indirect suggestion. 3. Explain at least two ways hypnotic communication creates positive expectancy. 4. Discuss Erickson’s Principle of Individualization and Utilization as it pertains to language and suggestion.
10:15-10:30	Break 15 minutes
10:30-11:15 45m .75CE	Hypnosis Elicitation with Children 1) Describe 3 ways working with children is the same & different from adults. 2) Identify at least 2 inductions that are best suited for children and vary with the development level of the client.
11:15-12 45m .75CE	Self-hypnosis 1) Identify the components of self-hypnosis. 2) Learn an approach to teach self-hypnosis to a client. 3) Identify at least 2 clinical uses of self-hypnosis. 4) Discuss the 2 pros and cons of using an individualized audio recording as related to self-hypnosis
12:00-1:00	Lunch break
1:00-1:15 15m .25CE	Teaching & Demo Induction # 2: eye fixation, intensification, reorient 1. Observe how to facilitate Induction #2. 2. Identify & discuss application of concepts presented in prior lectures; discuss observations
1:15-3:00 105m 1.75CE	Small Group Practice #2: eye fixation, intensification, reorient 1. To degree capable, experience hypnotic induction and reorienting. 2. Demonstrate the ability to facilitate rapport, the eye fixation elicitation, an intensification method, and reorientation from lecture materials. 3. Observe a member of group facilitating & experiencing hypnosis; identify the methods applied; and one observation of utilization.
3:00-3:10	Break 10 min
3:10-3:55 45m .75CE	Resourcing and Ego Strengthening with hypnosis (15 min of demo) 1. Define ego strengthening in the context of hypnosis applications. 2. Discuss 3 types of hypnotic ego strengthening methods 3. Learn an approach to integrate the use of a hypnotic anchor with ego strengthening
3:55-4:10 15m .25CE	Demo Elicitation # 3: Imagery relaxation: 1. Observe how to facilitate Induction #3, 2. Identify the steps at least 3 actions the facilitator took did during the induction.
4:10-5:55 105m 1.75CE	Small Group Mentored Practice #3 Imagery – intensification- suggestion – orient 1. To degree capable, experience the assigned hypnotic elicitation and orienting. 2. Demonstrate the ability to facilitate the identified elicitation, use an ego strengthening suggestion and orienting from lecture materials and describe observed behavioral response of the subject. 4. Observe a member of group facilitating and experiencing hypnosis and identify the elements applied & discuss.
8 CE	Adjourn for the evening, 10 min faculty debrief

6 CEU hours	Sunday, February 7, 2021
Time	Basic topic
8:15-8:30	Networking, open Q & A
8:30-9:15 45m .75CE	Essentials for Recognizing and handling Resistance 1. Define the concept of resistance as related to hypnosis. 2. Cite 3 types of resistance 3. Learn 2 techniques to respond to resistance.
9:15-10:00 45m .75CE	Presenting Hypnosis to the patient and informed consent:(Ethics) 1. Learn a process for explaining hypnosis to a new client and identify 3 key point to discuss in a non-technical manner. 2. Identify at least 3 key elements of informed consent with clinical hypnosis. 3. Discuss 3 ways memory may be affected by hypnosis 4. Discuss 2 ethical and legal implications for using hypnosis as related to memory
10:00-10:15 15m .25CE	Teaching & Demo Induction # 4: Naturalistic/conversational 1. Observe how to facilitate Induction #4, 2. Identify 3 actions the operator took during the induction process; discuss observations.
10:15-12 105m 1.75CE	Small group practice #4 1. To degree capable, experience the assigned hypnotic elicitation and orienting. 2. Demonstrate the ability to build rapport with subject 3. Demonstrate the ability to facilitate the identified elicitation, use of suggestion & post-hypnotic suggestion and orienting from lecture materials and describe observed behavioral response of the subject. 4. Observe a member of group facilitating and experiencing hypnosis and identify the elements applied. 5. Identify and discuss any area of facilitating a full hypnotic intervention cycle needed to use clinical hypnosis with clients.
12-1:00 pm	Lunch (on your own)
1:00-2:00pm 60m 1CE	Treatment Planning Strategies and technique selection for adults & children 1} Identify 3 indications and contraindications for the use of hypnosis in a treatment plan. 2} Describe and summarize 2 or more important elements in determining a treatment plan with hypnosis. 3} List 4 treatment goals that may be approached with the use of hypnosis.
2-2:45 45m .75CE	Integrating Hypnosis into Practice Ethically (Ethics) 1. 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 2. Discuss 2 pros & cons of scripted protocols 3. Identify 3 reasons using hypnosis in a Tele- health setting may be contraindicated. 4. Describe 2 or more situations of uncertainty that may occur as clinical hypnosis is included in practice and identify strategies for managing/resolving them.
2:45-3:15 30m .5CE	Memberships, Certification and Future Training 1. Discuss ASCH's clinical hypnosis standards of training, levels of training, and requirements for certification 2. Describe opportunities available for further training and professional memberships.
5.75 CE	Courses concludes, Faculty debrief 15 min
21.4 CE	Course total