

CERTIFICATE COURSE OUTLINE

The Certificate Course is delivered in 4 teaching weekends with tutorial support sessions between teaching weekends.

Certificate Course Weekend #1	Certificate Course Weekend #2
<p>Introduction to Clinical Hypnosis</p> <p>What students can do/not do after obtaining certification</p> <p>Benefits of Using Hypnosis</p> <p>Communication</p> <p>The Six Stages of a Hypnosis Session</p> <p>Hartland's Progressive Relaxation (Induction)</p> <p>The Mind</p> <p>Law of Suggestion</p> <p>Using Language in a Constructive / Therapeutic Manner</p> <p>Overview of Inductions</p> <p>Identifying safe subjects</p> <p>Spiegel's Hypnotic Induction Profile (HIP)</p> <p>Eye Roll (Induction)</p> <p>Structured Reflection</p> <p>Hypnotic Phenomena</p> <p>Eye Fixation on Hand (Induction)</p> <p>Self-Hypnosis & Teaching Self Hypnosis</p>	<p>Managing a Hypnosis Session</p> <p>Using Your Voice</p> <p>Teaching Others to Relax</p> <p>Simple Eye Closure (Induction)</p> <p>NOWwww (Deepener)</p> <p>The Story of Hypnosis</p> <p>Hypnosis and Relaxation</p> <p>Factors Affecting Induction</p> <p>Vogt's Fractionation Method (Induction)</p> <p>Count Down 10 to 1 (Deepener)</p> <p>Ideomotor Response (IMR)</p> <p>Introduction to Stress Management</p> <p>Practice Protocol for using Relaxation</p>
Certificate Course Weekend #3	Certificate Course Weekend #4
<p>Managing Abreactions During Trance</p> <p>Contraindications to Hypnosis</p> <p>Eye to Eye Induction</p> <p>Ego Strengthening (Management Technique)</p> <p>Hypnosis and Memory</p> <p>Favourite Place of Relaxation (Deepener)</p> <p>Tactile Induction and Deepeners</p> <p>Ensuring Safe Practice - Depression</p> <p>Authoritarian/Permissive Techniques & Suggestions</p> <p>Eye Fixation and Eye Roll (Induction)</p> <p>Genomics of Suggestion</p> <p>General Rules for Suggestion</p> <p>Post Hypnotic Suggestion</p> <p>Teaching Relaxation to People Who Are Stressed</p> <p>Hand Levitation (Induction cum Deepener)</p>	<p>Teaching Relaxation</p> <p>Ego Strengthening (Long)</p> <p>Introduction to Case History Taking</p> <p>Working as a Clinical Hypnotherapist</p> <p>Neuro-Linguistic Programming</p> <p>Mirroring, Pacing, Leading (Rapport Building)</p> <p>Preparing for Practical Assessment</p> <p>End of Course Discussion</p>

At the end of the four Weekends, students are required to attend a revision class before undergoing a practical assessment to assess the students' competence in conducting a clinical hypnosis session safely and ethically.