



ISSTD 2021 ASCH Level I (Fundamentals) Training in Clinical Hypnosis
Training Schedule and Content

DAY 1

BLOCK 1 | 105 min

Intro to Level 1 - 15 min

Trainees will identify two anticipated applications of hypnosis in their respective clinical setting.

Intro to Hypnosis - 90 min

Hypnosis, Trance, Alertness. Definitions, Misconceptions, History.

Learning Objectives

At the conclusion of this session the participant will be able to:

- Provide at least one commonly accepted definition of clinical hypnosis.
- Explain 3 to 4 hypnosis terms and how they apply to the clinical hypnosis experience.
- Identify and explain the contributions of 2 historical figures or studies with modern day applications in clinical hypnosis
- Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.

BLOCK 2 | 135 min

Hypnosis and the Autonomic Nervous System (Neurophysiology) - 45 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- List three brain regions or networks that research shows may be altered with hypnosis.
- Discuss at least two ways how the polyvagal theory relates to hypnosis.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis

Hypnotic Phenomena - 45 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- Explain five different hypnotic phenomena

- Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically
- List at least three principles of eliciting phenomenon
- Define abreaction and describe how it can be addressed therapeutically

Anatomy of a Hypnotic Experience - 45 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- 1) Describe the steps in a formal hypnotic encounter.
- 2) Identify 2 characteristics (hypnotic Phenomena) of trance exhibited by the subject.
- 3) Define 2 changes the facilitator made during the reorientation phase.

BLOCK 3 | 120 min

Client Assessment for Hypnosis – 15 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- Describe 3 client characteristics to consider before offering clinical hypnosis.
- Describe 3 essentials regarding the therapeutic relationship before offering clinical hypnosis.

Introducing hypnosis to the client and obtaining informed consent with consideration of implications for memory – 60 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- Summarize at least 3 key points about hypnosis in a non-technical manner with a client
- Identify at least 3 key elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically
- Discuss the nature of memory and 3 ways memory may be affected by hypnosis, including the fallibility of memory
- List 2 ethical and legal implications regarding the use of hypnosis clinically

Rapport, Elicitation, and Reorienting – 30 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- Identify two effective ways to build and reinforce rapport.
- Describe at least 2 observable physiological and psychological signs of trance.
- Identify the steps in trance elicitation.

- List 2 methods of reorienting

Group Hypnotic Experience – 15 min

Learning Objectives

At the conclusion of this session the participant will be able to:

- Personally experience a hypnotic trace facilitated by senior faculty.
- Illustrate applications of hypnotic phenomena.
- Provide illustrative suggestions for eliciting hypnotic phenomena.

BLOCK 4 | 90 min

Fundamentals of Hypnotic Suggestions

Learning Objectives

At the conclusion of this session the participant will be able to:

- Explain at least two ways hypnotic communication creates positive expectancy
- Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion
- Name at least four commonly used words/phrases to reinforce the patient's hypnotic experience
- Differentiate between direct and indirect suggestion

DAY 2

BLOCK 5 | 60 min

Client Readiness – Hesitation – 15 min

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Identify 3 markers of client readiness/hesitation
- Describe three ways to collaborate in reducing hesitation and increasing client readiness

Introduction to Small Group Practice – 15 min

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Describe the process and the goals of a Small Group Practice.
- Identify the specific tasks for Small Group Practice 1

Demonstration of Eliciting a Trance State (Inductions) – 30 min

Learning Objectives:

At the conclusion of this session, participants will be able to

- Name the steps of inviting Trance through Diaphragmatic Breathing.
- Name the steps of inviting Trance through eliciting Magnetic Fingers.

BLOCK 6 | 120 min Small Group Practice 1

Rapport, Elicitation, and Reorienting

Learning Objectives:

At the conclusion of this session, participants will be able to

- Describe their experience, to their degree capable, of the suggested hypnotic process
- As facilitator, demonstrate one method to build attunement (rapport) with the subject
- Facilitate at least one elicitation (Diaphragmatic Breathing or Magnetic Fingers) and reorientation method with a member of the group, and describe his/her observable responses
- Observe other members of the small group facilitating and experiencing hypnosis, identify the elements applied, adaptations according to the subject's responses, and discuss

BLOCK 7 | 60 min

Intensification (Deepening) with Demonstration

Demonstration of Eye Fixation

Learning Objectives:

At the conclusion of this session the participant will be able to:

- Describe three methods of trance intensification
- Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client
- Identify how fractionation can be used to intensify trance.
- Demonstrate eye fixation to facilitate trance

BLOCK 8 | 120 min Small Group Practice 2

Rapport, Elicitation, Intensification, Reorientation

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Describe their experience, to their degree capable, of the suggested hypnotic process.

- As facilitator, demonstrate a method to build attunement (rapport) with the subject.
- Facilitate the Eye Fixation Elicitation, one method of intensification, and reorientation with a member of the group, and describe the subject's observable responses.
- Observe other members of the small group facilitating and experiencing hypnosis, identify the elements applied, and discuss.

BLOCK 9 | 60 min

Ego Strengthening

Learning Objectives:

At the conclusion of this session the participant will be able to:

- Define what is meant by ego strengthening and how it might be used in clinical practice
- Identify three different types of ego strengthening
- Describe at least three strategies for ego strengthening in clinical hypnosis practice
- Describe ego state therapy application of ego strengthening

DAY 3

BLOCK 10 | 50 Min

Self Hypnosis

Learning Objectives

At the conclusion of this session, participants will be able to:

- Identify 2 components of self-hypnosis.
- Learn an approach to teach self-hypnosis to a client.
- Identify at least 3 clinical uses of self-hypnosis.
- Discuss 2 pros and 2 cons of using an individualized audio recording as related to self-
- hypnosis.

Demonstration of Spiegel Eye Roll – 10 min

Learning Objectives

At the conclusion of this session, participants will be able to:

- Observe how to facilitate the Spiegel Eye Roll
- State the primary reason one would use the Spiegel Eye Roll.

BLOCK 11 | 120 min Small Group Practice 3

Rapport-Elicitation-Intensification–Ego Strengthening Suggestions-Realert-Reorient

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Experience, to their degree capable, the suggested hypnotic process.
- Demonstrate the ability to facilitate the Spiegel Eye Roll Elicitation.
- Use an intensification, a suggestion for ego-strengthening, and reorientation with a member of the group, describe observed behavioral responses of the subject.
- Observe other members of the small group facilitating and experiencing hypnosis, identify the elements applied, and discuss.

BLOCK 12 | 90 min

Ethics. Integration into Practice – Treatment Planning

Demonstration of Arm Levitation and Lowering

Ethics – 30 min

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Describe at least two ethical-legal issues.
- Discuss standards for professional conduct in using hypnosis clinically.

Integration into Practice - Treatment Planning – 45 min

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Describe three ways that they will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into their practice
- List at least three uses of hypnosis to their discipline that they are ready to apply
- List at least 2 hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the cases presented

Demonstration of Arm Levitation and Lowering – 15 min

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Observe how to facilitate Arm Levitation and Lowering
- Name 2 reasons why to offer Arm Levitation and Lowering

BLOCK 13 | 120 min Small Group Practice 4

Rapport -Elicitation-Intensification-Ego-Strengthening Suggestions-Reorientation

Learning Objectives:

At the conclusion of this session, participants will be able to:

- Experience, to their degree capable, the suggested hypnotic process.
- Demonstrate the ability to facilitate an Arm Levitation and Lowering elicitation, a suggestion for ego-strengthening, and reorientation with a member of the group, describe observed behavioral responses of the subject.
- Observe other members of the small group facilitating and experiencing hypnosis, identify the elements applied, and discuss.

BLOCK 14 | 30 min

Membership, Certification, Future Training

Learning Objectives:

At the conclusion of this session the participant will be able to:

- Discuss ASCH's clinical hypnosis standards of training, levels of training, and requirements for ASCH certification.
- Describe the opportunities available for further training, membership and certification.