



SYLLABUS

CPY 660
Clinical Hypnosis*
Spring, 2015

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***A 50-hour course for mental health professionals, including graduate students who are in the internship phase of their training**

Designed to meet the training requirements for Florida 490 & 491 licensed mental health professionals (psychologists, clinical social workers, mental health counselors, & marriage and family counselors) to practice hypnosis as defined by FL licensing codes 64B4-6.006 and 7002-3. Those who successfully complete this 3 credit hour course and attend all sessions will be awarded 50 hours of continuing education credit for clinical hypnosis stipulating that they have completed the Florida Licensing Board requirements for the practice of Clinical Hypnosis. This course is approved by the State of Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling, CE Broker #20-248322. Dr. Kathryn Norsworthy is a qualified trainer of clinical hypnosis in the state of Florida.

Class Meeting Times:

Thurs. 1/22	5:00 – 9:30 pm	Thurs. 3/19	5:00 – 9:30 pm
Thurs. 1/29	5:00 – 9:30 pm	Thurs. 3/26	5:00 – 9:30 pm
Thurs. 2/5	5:00 – 9:30 pm	Thurs. 4/2	5:00 – 9:30 pm
Sat. 2/21	9:00 --5:00 pm	Thurs. 4/9	5:00 – 9:30 pm
Thurs. 2/26	5:00 – 9:30 pm	Thurs. 4/16	5:00 – 9:30 pm
Thurs. 3/12	5:00 – 9:30 pm		

Total hours: 50

Required readings

Hammond, C. (1998). *Hypnotic Induction and Suggestion Revised*. Chicago, IL: American Society of Clinical Hypnosis.

Yapko, M. (2012). *Trancework* (4th Ed.). New York: Routledge.

Course Description and Overview

This course is designed to provide mental health practitioners with knowledge and skills to effectively utilize clinical hypnosis in addressing a range of clinical issues. Lecture, guided group discussion, demonstration, video presentations and experiential exercises will be utilized to explore Eriksonian, analytic, and behavioral medicine theories and applications of clinical hypnosis. We will review clinical frameworks for use of hypnosis with a wide variety of clinical issues and client populations. Additionally, the relationships between personality dynamics, psychopathology, and clinical hypnosis will be explored. The course will focus on induction and deepening techniques, systematic assessment and treatment planning, and will emphasize using carefully planned interventions within the context of an ongoing counseling process. Also included is an overview of misconceptions of clinical hypnosis, contra-indications and ethics in the practice of clinical hypnosis. A feminist framework of collaboration and partnership with the client will be foundational in this training process. The course will be offered within a context of mindfulness and discussions regarding the uses of mindfulness practices vs. clinical hypnosis will be ongoing during the course.

Participants will increase knowledge and/or skill in order to:

1. Utilize a variety of induction methods (direct, indirect, conversational);
2. Understand the relationships between personality dynamics, psychopathology and the use of clinical hypnosis;
3. Assess clients' hypnotic ability, relational characteristics, communication patterns and limitations for the purpose of effective treatment planning and for informing the construction of appropriate therapeutic interventions;
4. Utilize basic techniques for supporting clients in accessing unconscious resources and making them available in specific, desired contexts: e.g. time-expansion, age regression, reframing, developing and presenting metaphors and stories, deepening techniques, relaxation and the release of pain and unwanted behaviors;
5. Develop and carry out effective interventions using various applications of clinical hypnosis;
6. Construct and utilize a variety of post-hypnotic suggestions;
7. Manage the level of the trance and transform symptomatic trances into trances that heal and help;
8. Utilize theoretical frameworks and associated techniques for providing interventions focusing on self-hypnosis, relaxation, stress reduction, pain, depression, anxiety, habit release, changing cognitive frameworks, and transforming internal imagery;
9. Understand the concepts and misconceptions of clinical hypnosis, uses and contra-indications, and ethics in clinical application of hypnosis;
10. Use self-hypnosis, mindfulness-based meditation strategies and other self-care strategies with clients and in our own lives as therapists (prevention and management of vicarious trauma, secondary PTSD, and promotion of general wellbeing of the therapist).
11. Increase knowledge of professional organizations in the field of clinical hypnosis.

COURSE SCHEDULE

Thursday, January 22	5:00 pm – 9:30 pm
Introductions	Yapko: Ch. 1 & 2
Opening exercise	
Overview of workshop: Philosophy, content, goals and objectives	
Types of hypnosis and meditation	
Myths and misconceptions	Hammond: Ch. 1, 2
Thursday, January 29	5:00 am – 9:30 pm
Theories of hypnosis	Yapko: Ch. 3, 4, 5, 8
Introduction to induction with demonstration	
Deepening techniques	Hammond: Ch. 3, 4, 5, 7, 14
Forming suggestions	
Hypnotic phenomena	
Practice	
Thursday, February 5	5:00 am – 9:30 pm
Review and practice of induction and deepening	
Accessing conscious and unconscious resources (with exercises):	
Ego strengthening	
Age progression and regression	
Time expansion and contraction	Yapko: Ch. 9, 10, 19
Reframing	
Metaphors and stories	
Transforming internal imagery and fantasy	
Saturday, February 21	9:00 pm – 5:00 pm
Practice	Yapko: Ch. 14, 15, 17, 18
Induction and deepening	
Accessing conscious and unconscious resources	
Assessing hypnotic responsiveness	Hammond: Ch. 8, 9, 10, 12
Thursday, February 26	5:00 pm – 9:30 pm
Managing level of trance	Yapko: Ch. 16, 23
Transforming symptomatic trance	
Self-hypnosis	Hammond: Ch. 11, 17, 18
Assessment: Induction and deepening	

Thursday, March 12

5:00 am – 9:30 pm

Personality dynamics, psychopathology, and clinical hypnosis
Assessment and treatment planning process
Practice Yapko: Ch. 20, 21, 22
Constructing clinical protocols
Hypnosis, meditation and imagery with specific clinical concern:
Anxiety and stress Hammond: Ch. 13, 14, 15

Thursday, March 19

5:00 pm – 9:30 pm

Protocol Design and Practice
Hypnosis, meditation and imagery with specific clinical concerns:
Depression
Protocol Design and Practice

Thursday, March 26

5:00 pm – 9:30 pm

Hypnosis, meditation and imagery with specific clinical concerns:
Habit release
Protocol Design and Practice

Thursday, April 2

5:00 pm – 9:30 pm

Uses and contraindications in clinical hypnosis Yapko: Ch. 13
Ethics Hammond: Ch. 20
Professional organizations
Self care of the therapist using mindfulness meditation and hypnosis

Thursday, April 9

5:00 pm – 9:30 pm

Intervention Assessment: Induction, deepening, protocol design and implementation

Thursday, April 16

5:00 pm – 9:30 pm

Review of learning/Questions
My plan for use of clinical hypnosis
Final exam
Evaluation and closing

Evaluation Criteria

Induction assessments	40 points	Course is Credit/No Credit
Intervention assessment	30 points	CR = 85 points or higher
Final exam	<u>30 points</u>	NC = > 85 points
	100 points	