

Course Title

Level 1A - Hypnosis & Meditation in Clinical Practice: Learning The Technique Basics Part 1

Description

Hypnosis can be a powerful tool to assist clinicians in teaching clients practical, evidence-based stress management skills as well as creating effective and lasting behaviour change strategies.

Not all clients may want to try hypnosis. However, if your clients are struggling with stress, tension, or pain you will also learn guided meditations and various relaxation strategies from your hypnosis skills that can be adapted to help your clients manage their symptoms.

Learn what the evidence says about the use of hypnosis for the management of stress, anxiety, acute and persistent pain conditions (including pre and post-surgical pain), IBS symptoms, dental phobia, general apprehensions, paediatric pain and more.

Empower your clients to take control over their own health and manage their own symptoms from a top-down approach (relaxing their minds, calming their nervous systems and reconnecting their minds and their bodies). Hypnosis is a client-centred technique that is driven by the client's goals and allows clients to be active participants in their own care. With COVID19, almost everyone can benefit from more self-care and stress relieving strategies so hypnosis is a great addition to your clinical toolbox! Learn how to bring clients and groups into hypnosis.

You will learn how to do self-hypnosis before learning how to guide your clients into hypnosis so this course offers you professional and personal development!

Included in the cost of the course are hypnosis scripts, handouts & resources for the techniques learned.

Audience

This continuing education course is for all healthcare professionals working with clients who may have goals for stress & anxiety management and goals for improving relaxation and self-care. This course is appropriate for physiotherapists/physical therapists, physiotherapy assistants, occupational therapists, occupational therapy assistants, chiropractors, naturopathic doctors, osteopaths, athletic therapists, exercise therapists, kinesiologists, movement specialists, yoga teachers, yoga therapists among others. This course is also relevant to dentists, dental assistants, medical doctors, physician assistants, nurses, midwives, psychotherapists, social workers, health coaches and those interested in learning more about hypnosis and wellness.

Anyone with questions is encouraged to contact Queenie to discuss individual backgrounds and circumstances.

Recommended Prerequisites:

1. FREE Webinar on Embodia: Hypnosis Principles & Applications in Physiotherapy & Medical Practices (Free access code available after registration)

Objectives

1. Acquire knowledge of the principles and purposes of hypnosis in physiotherapy and other healthcare practices.
2. Practice a variety of suggestibility tests that help you build rapport with clients & introduce them to the idea/technique of hypnosis/meditation
3. Learn how to effectively and concisely explain what hypnosis/meditation is to clients and get buy-in.
4. Implement different induction techniques to bring yourself, clients or groups into a hypnosis/meditation state.
5. Learn the technique for self-hypnosis and learn to bring clients and groups into hypnosis.
6. Learn to use hypnosis and meditation with clients for stress management and relaxation, which empowers clients to self-manage symptoms from a top-down approach.