

Course Title

Level 1B - Hypnosis & Meditation in Clinical Practice: Learning the Technique Basics Part 2

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.

In this course, participants apply their knowledge from Level 1A (Hypnosis & Meditation: Learning the Technique Basics Part 1) and learn new techniques to help clients address goals beyond stress management and relaxation. Participants learn to help clients with a wider range of goals including habit or lifestyle change, exercise motivation, sleep improvement and more.

Participants learn the similarities and differences between clinical hypnosis and meditation as well as the clinical reasoning behind which technique(s) to use with different patient populations.

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 to teach clients how to write personalized hypnosis scripts tailored to individual client goals help your clients achieve results!

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)
2. Level 1A - Hypnosis & Meditation in Clinical Practice: Learning the Technique Basics Part 1

Objectives

1. Acquire knowledge of the principles and purposes of hypnosis in physiotherapy and other healthcare practices.
2. Learn self-meditation and meditation with clients.
3. Learn the difference and similarities between clinical hypnosis and meditation as well as when to use each technique with different patient populations.
4. Demonstrate the ability to write and teach clients how to write personalized scripts that are goal and results driven.
5. Learn to use and teach hypnosis and meditation to clients as a skill for stress management and relaxation, which empowers clients to self-manage symptoms from a top-down approach.
6. Learn to help clients with a wider range of goals including habit or lifestyle change, exercise motivation, sleep improvement and more.
7. Learn how to setup your environment to maximize benefits for hypnosis and meditation with clients.
8. Practice both hypnosis and meditation techniques with peers.