

## Course Title

Level 3C - Clinical Hypnosis/Meditation for Pain Management & Psycho-Social-Emotional Barriers to Recovery Part 3

## Description

In this course, participants use the skills from Levels 3A & 3B and learn to use matching hypnosis techniques and scripts to target phenotypes such as low self-efficacy, low positive affect, low self-compassion, self-blame, negative labels, faulty cognitions and more — all of which are strong predictors of outcome in pain.

Emotions are carried in the body somewhere. When you feel anger, you may tighten your fists or jaw. When you feel nervous or worried, you may feel butterflies in your stomach. When you feel fear, you may feel your heart beating faster. From the psycho-social-emotional intake in Level 3B, your client learns about negative emotions that he or she may hold in his or her body. In this course, you will learn scripts to use with your clients that aim to explore and change the negative emotions they hold in their bodies and help create positive change.

You will learn how to tailor client scripts so that they address psycho-social-emotional components that fall within your own scope of practice and help enhance your treatment outcomes.

All sessions are recorded so you can re-watch on a different day or if you missed any classes.

## Audience

*This continuing education course is targeted to healthcare professionals working with clients who may have psycho-social-emotional contributions to their pain and physical symptoms. Clients may have goals to improve confidence and self-efficacy, build positive affect, change negative emotions, reframe experiences, change labels or negative self-talk, cultivate self-compassion and promote forgiveness. This course is appropriate for manual therapists like physiotherapists/physical therapists, physiotherapy assistants, occupational therapists, occupational therapy assistants, chiropractors, naturopathic doctors, osteopaths, athletic therapists, exercise therapists, kinesiologists, movement specialists among others.*

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

## Prerequisites

1. Level 1A - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 1
2. Level 1B - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 2
3. Level 2 - Putting Clinical Hypnosis & Meditation Fully Into Your Practice
4. Level 3A - Clinical Hypnosis & Meditation for Pain Management & Psycho-Social-Emotional Barriers to Recovery Part 1

## 5. Level 3B - Clinical Hypnosis & Meditation for Pain Management & Psycho-Social-Emotional Barriers to Recovery Part 2

### Objectives

1. Learn to use results from intake and distress questionnaires to match hypnosis techniques and scripts to target client's treatment goals and improve therapeutic outcome.
2. Learn the technique to help clients change their negative or maladaptive labels that hinder treatment effectiveness.
3. Learn the technique to help clients change their negative emotions.
4. Practice scripts focused on improving client self-confidence, self-efficacy, self-compassion, gratitude and forgiveness.
5. Learn to tailor scripts to address psycho-social-emotional distress components while keeping treatments within your own scope of practice.