

Course Title

Level 2 - Putting Clinical Hypnosis & Meditation Fully Into Your Practice

Description

In this course, participants apply their knowledge from Levels 1A & 1B (Hypnosis & Meditation: Learning the Technique Basics Parts 1 & 2) and learn to confidently incorporate hypnosis and meditation into clinical practice with diverse patient populations virtually and in-person.

When working with a wider range of client goals and client populations, participants will learn how to screen clients for contraindications and precautions (to ensure clients are safe and appropriate for hypnosis) and obtain proper consent with patients. Participants will also learn strategies to manage unexpected events/patient reactions to hypnosis and meditation.

Much research supports that the results achieved through hypnosis are longer lasting and more effective when clients continue to practice self-hypnosis and when post-hypnotic suggestions are used to help clients recall self-help strategies suggested during hypnosis sessions. Thus, participants will learn how to give clients self-hypnosis instruction during trance and learn to incorporate post-hypnotic suggestions into client scripts, which are shown to maximize carryover effects into periods after the hypnosis session across different environments and over time.

Participants will learn techniques to effectively deliver hypnosis/meditation virtually and in-person, charting techniques that comply with college standards or regulatory bodies and how to set up a competitive fee schedule.

Completing this course will allow participants to confidently and competently integrate hypnosis as an adjunctive therapy into their clinical practice and improve treatment outcomes.

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, improving relaxation and self-care, habit change, motivation for healthier lifestyle/diet/exercise, managing apprehensions towards manual therapy or medical procedures and more. 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.

Prerequisites

1. FREE Webinar on Embodia: Hypnosis Principles & Applications in Physiotherapy & Medical Practices
2. Level 1A - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 1
3. Level 1B - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 2

Objectives

1. Demonstrate confidence and competence in applying clinical hypnosis fully into clinical practice.
2. Learn how to obtain proper informed consent with clients.
3. Learn steps to screen patients for contraindications and precautions to clinical hypnosis and meditation.
4. Learn techniques to manage unexpected events/patient reactions.
5. Learn to give self-hypnosis instructions (when giving self-hypnosis as homework) during trance and create post-hypnotic suggestions with clients that reinforce goals from their hypnosis session and strengthen carryover effects into periods after the hypnosis session.
6. Learn how to use hypnosis effectively with clients seen in-person and virtually.
7. Learn how to document and chart your hypnosis sessions.
8. Learn how to set a competitive fee schedule for your hypnosis sessions.