

# Intensive Training Program Overview

## Week 1: Fundamental

Day 1: 9:00 AM -12:00 PM

Fundamentals of Hypnotic Induction: Observational Processes

1. Define the concepts of utilization and indirection in the context of the Ericksonian model.
2. Enumerate five truisms that can be utilized in hypnotic induction.
3. List five elements of the Hypnotic Constellation.

1:30 – 5:00 PM

Fundamental Induction: The Language of Suggestion

1. Identify at least three reasons for using permissive language in hypnosis.
2. List the steps of the “A-R-E” hypnotic induction model.
3. Cite at least two dimensions of experience in which hypnotic subjects can be absorbed to facilitate the elicitation of trance.

Day 2: 9:00 AM – 12:00 PM

Day 1 PM continued

1:30 – 5:00 PM

Hypnotic Phenomena

1. List at least four hypnotic phenomena
2. Discuss the manner in which age regression can be utilized in induction
3. Explain why amnesia is difficult to directly elicit.

Day 3: 9:00 AM – 12:00 PM

Utilization

1. Define “Utilization”
2. Describe at least three ways to “utilize” client’s characteristics.
3. Describe at least three ways to “utilize” the patient’s resistance in trance induction.

1:30 – 5:00 PM

The Phenomenology of Hypnosis

1. To list the five phenomenological characteristics of hypnosis
2. Given a hypnosis patient, indicate how to use the hypnotic phenomenology to advance trance.
3. Describe the ARE model

Day 4: 9:00 AM – 12:00 PM

#### The Language of Hypnosis

1. Define “implied causative.”
2. Discuss the role of indirect forms of language in facilitating responsiveness to hypnosis.
3. List three paraverbal techniques that enhance the delivery of hypnotic communication.

1:30 – 5:00 PM

#### Indirection

1. Provide a rationale for the utilization of indirect techniques in psychotherapy.
2. Explain the difference between a metaphor and an anecdote.
3. List five themes that are common in therapeutic anecdotes and

Day 5: 9:00 AM – 1:00 PM

#### Treatment Planning & Integration

1. Discuss the importance of supervision and/or consultation in learning to use hypnosis.
2. Explain why hypnosis should not be recorded in public media.
3. List indications and contradictions for the clinical use of hypnosis.

### **Week 2: Intermediate**

Day 1: 9:00 AM – 12:00 PM

#### Advanced Patterns of Ericksonian Induction

1. List three hypnotic phenomena that can be utilized as central dynamics in hypnotic induction.
2. Discuss the importance of considering dynamics of control in hypnotic induction.
3. Demonstrate a hypnotic induction approach that emphasizes client control.

1:30 – 5:00 PM

#### A Process Model of Ericksonian Psychotherapy

1. Explain the rationale for beginning treatment planning with a goal.
2. List examples of isomorphic and complementary interventions that utilize positive hallucination and age regression.
3. Formulate a realistic goal for an initial hypnotic session with an anxiety patient.

Day 2: 9:00 AM – 12:00 PM

### Treatment Planning in Hypnosis

1. List three areas of assessment relevant of hypnotic treatment planning.
2. Discuss the potential role of hypnotic phenomena in conceptualizing clinical problems.
3. Cite considerations in the use of direct and indirect methods in hypnotic therapy.

1:30 – 5:00 PM

### Pain Management

1. Describe three uses of hypnotic phenomena in the management of pain.
2. Demonstrate the elicitation of glove anesthesia in a hypnotic process.
3. Discuss the importance of thorough assessment of factors involved in pain cases.

Day 3: 9:00 AM – 12:00 PM

### Habit Control

1. Describe three hypnotic inductions for smoking cessation.
2. Describe how to integrate hypnosis in habit control treatment.

1:30 – 5:00 PM

### Tailoring

1. Given a patient, tailor an Ericksonian Induction
2. Indicate how “tailoring” generates treatment.

Day 4: 9:00 AM – 12:00 PM

### Medical Hypnosis

1. Describe how to integrate hypnosis in the treatment of various Physical illnesses.
2. Describe how to integrate self-hypnosis technique in the treatment of physical illnesses

1:30 – 5:00 PM

### Advanced Indirection

1. Discuss the relevance of a therapist’s personal experience in formulating therapeutic stories.
2. List five “themes” that can be utilized to generate therapeutic stories.
3. Describe occasions when indirection is contraindicated.

Day 5: 9:00 AM – 1:00 PM

## Integration

1. Discuss the importance of supervision and/or consultation in the ongoing acquisition of hypnotic expertise.
2. Describe factors in determining when to use hypnosis versus other treatments in given cases. Explain considerations in the utilization of hypnosis in treatment of personality disorders.

## **Week 3: Advanced**

Day 1: 9:00 AM – 12:00 PM

### The Metamodel of Psychotherapy

1. List the five choice points
2. Define the primary question for each choice point

### The Process of Ericksonian Therapy

One aspect of Erickson's genius was the process of presentation. We will examine micro- and macro dynamic methods that empower therapy.

1. Describe the SIFT method.
2. Given a patient indicate how to process an intervention sequentially.

1:30 – 5:00 PM

### Confusion Technique

The confusion method is a technique used to destabilize habitual sets.

1. List five methods to create destabilization.
2. Describe how to affect a destabilization method that will be appreciated the client.

### Amnesia

Amnesia, like confusion is a destabilization method, often used to "seal away" changes from conscious over examination.

1. List five methods to elicit amnesia
2. Describe how and when to use amnesia techniques.

Day 2: 9:00 AM – 12:00 PM

## Using Anecdotes in Therapy

One way of gift wrapping ideas is presenting them within stories. We will explore creating and tailoring therapy within storytelling

1. Describe how to tailor a story
2. Describe how to use stories to elicit adaptive sub-states
3. Describe how to create a dramatic process to make simple stories effective

1:30 – 5:00 PM

## Therapist Development

1. Given a patient, indicate 3 strategies for being a better clinician
2. Describe 4 characteristics of an Ericksonian Therapist
3. Describe 4 generic characteristics of a therapist.

Day 3: 9:00 AM – 12:00 PM

## Language- Formulating Indirect & Suggestion and Therapeutic Binds- Rationale and Method

The use of language in hypnosis can take the artistry the work to another level, improving absorption in trance and personalizing meaning. This workshop is designed to present formulas and methods for using indirect suggestions and therapeutic binds. Participants will be guided through several exercises to help them learn and practice the construction of 6 indirect suggestions and 4 therapeutic binds. A demonstration using these forms will illustrate the implementation of this set of language techniques for the induction and treatment process.

1. Demonstrate learning of the rationale for using indirect suggestions and binds.
2. Utilize construction formulas to quickly create a total of 6 forms of indirect.
3. Utilize construction formulas for 4 forms of therapeutic binds.
4. Relate each sentence in a trance session to a chosen goal related to the therapeutic plan.

Day 4: 9:00 AM – 12:00 PM

## The Art and Science of Impact

Science measures, art impacts. We will study methods of impact used in various arts, including painting, music, writing, movies and dance. These methods can be applied in therapy where they can provide impact, making clinical work more experiential, more effective. A model will be offered and explained

1. List three methods of impact from the arts that can be applied in psychotherapy.
2. Given a patient's problem or solution, indicate how to apply methods from the arts to effect treatment.

1:30 – 5:00 PM

## Advanced Techniques of Psychotherapy IV: Resilience, an Experimental Approach

Those who seek counseling often seem to suffer a lack of resilience. Traumatized clients have lost ability to access their resilient foundation. Explaining the need for resilience is not enough; clinicians need proper tools to help. Resilience can be accessed through experiential methods, not didactic information. Through lecture, demonstration, and practice groups, we will realize methods to promote resilient vitality

1. Given a patient, create an experiential intervention.
2. Describe the elicitation model
3. List five sub-states of resilience

Day 5: 9:00 AM – 1:00 PM

#### Making Therapy Visually Alive

Experiential methods enliven therapy through dynamic experiences that promote dynamic realizations. We will explore methods that make therapy a visual art, recognizing the visual realizations are neurologically encoded more robustly than words, hence more easily accessed when needed. We will explore the use of gestures, objects, and even sounds to empower change. We will learn the latest advances in therapist sculpting. Lecture, demonstration, and small group exercises will be used

1. Take a therapy goal and create a living sculpture of a part or process of that goal.
2. Given a problem or solution, describe how to use gestures to enhance the therapeutic moment, making the words “scaffolding.”