

Introduction to Clinical Hypnosis Day

3 November 2018 9am – 4pm
Women's and Children's Hospital



What is hypnosis? Learn how it can help with:

- Managing Pain
- Anxiety/Depression/Fear
- Children
- Obstetrics
- Habits
- Phobias
- Dental

Visit our website for more:

sash.asn.au

Who should consider attending?

- Medical Practitioners
- Psychologists
- Dentists
- Midwives
- Nurses
- Physios
- Social Workers
- Other health professionals interested in hypnosis
- Health professionals registered with AHPRA interested in participating in the 100+ hour, part time South Australian Society Hypnosis Course for 2019

Presenters

A smorgasbord of speakers from different backgrounds will present how hypnosis has helped in their professions.

Dr Allan M Cyna
FANZCA, PhD
Director of Studies
South Australian Society of Hypnosis

Where

Main Lecture Theatre
1st Floor,
Queen Victoria Building
Women's and Children's
Hospital
72 King William Rd
North Adelaide

How much

Early bird before 1 November \$110

From 1 November \$130

Full time students \$70 before 1 November

Includes refreshments, lunch and GST

Complimentary registration for 2019 Diploma in Clinical Hypnosis Course participants who have registered and paid a deposit before 1st November 2018.

How to Register

Please register by email:

secretary@sash.asn.au

Include your full name, specialty and AASW AHPRA registration.

Payment details

Peoples Choice Credit Union
Pay to: SA Society of Hypnosis
BSB: 805050
A/c No: 100025728
Reference:
(YourName_IntroDay)

Please email treasurer@sash.asn.au when you have made a transfer.



South Australian Society of Hypnosis

Find out more on the Introductory Day at
sash.asn.au

Diploma in Clinical Hypnosis



South Australian
Society of
Hypnosis

The South Australian Society of Hypnosis (SASH) Course is run by health professionals for health professionals. It has been endorsed by the Australian Society of Hypnosis (ASH).

The national qualification of the Society is the Diploma in Clinical Hypnosis. The ASH Diploma is widely recognised as the leading clinical hypnosis qualification in Australia and ASH is the only Australian training body affiliated with the International Society of Hypnosis.

Course days are held on weekends, please see the website.

Course Outline

Introduction

- History
- Professional Issues, Ethics, Informed Consent, Complications
- Myths / Misconceptions / Indications, Contraindications
- Overview of a hypnosis interaction, the 4 steps
- Inductions: Eye Fixation
- Neurobiology of hypnosis, FRMI evidence
- Abreaction, Deconstruction of a hypnosis Intervention
- Basket of cares and worries
- Abreactions
- Ideomotor Finger Signalling
- Learning Dissociation Trance Termination
- Hypnotic Phenomena
- Trance Depth, Hypnotisability, Informal and formal Suggestibility Tests
- Psychological Characteristics of Hypnosis
- Physical Characteristics of Trance States
- Spiegel's Rapid Eye Roll,

- Deepening techniques
- Metaphor and stories
- Utilisation: Theory and Practice
- Ericksonian techniques

Managing Pain

- Acute Pain and Hypnosis
- Believed in Imagination, Body Dissociation, Glove Anaesthesia
- Burns; IBS
- Postoperative Pain
- Headache
- Cancer Pain
- Chronic Pain – Disassociation, Imagery techniques, Analgesia
- Psychological management of Chronic Pain
- Practicing Lived in and Believed in Imagination techniques for the management of Pain: Practical Exercise and Supervision

Obstetrics

- The evidence
- Antenatal pain relief
- Hyperemesis

Registration

Register via our website

sash.asn.au/training/sash-course

2019 Course Deposit

\$550 and confirms a place on the course for AHPRA registered eligible applicants

Full Registration

\$4,950 (incl GST)

Earlybird \$4,400 (incl GST)

Registration (if paid in full by 31st January 2019)

2019 Course participants who have registered and paid a deposit for the Diploma before 1st November 2018 receive complimentary registration to the Introductory Day in Hypnosis 3rd November 2018.

Questions and registrations of interest

Director of Studies
studies@sash.asn.au

2019 course is limited to 20 participants.

- Induction of labour and prevention of premature labour
- Pain relief in pregnancy

Analytical hypnotherapy and psychological management of physical conditions and cancer

- Psychological Management of Physical Conditions
- Ego State Therapy
- Tics and habits
- Analytical Hypnotherapy
- Affect Bridge
- Psychosomatic Symptoms
- Grief and Loss
- Managing Anger
- Age Regression, Age Progression

Anxiety

- Generalised Anxiety Disorder
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder

- Panic and Agoraphobia
- Anxiety Disorders
- Specific Phobias, including flying phobia, needle phobia
- Cognitive Behaviour Therapy in Anxiety

Hypnosis with Children

- Clinical applications e.g. Developmental Issues, using creativity for play
- Enuresis, Insomnia, Pain, Phobias
- Believed in Imagination

Specialist Applications

- Managing Weight, Weight loss
- Smoking
- Addictions
- Stress Management
- Ego strengthening
- Depression – Solution Focussed Approaches
- Sexual Dysfunction
- Forensic uses of Hypnosis
- Dentistry e.g. Gagging, Bruxism, Compliance, Healing, Fear and Anxiety
- Psychosomatic symptoms