

Ericksonian and Elman Style Hypnotherapy Diploma Course Outline

DAY 1

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

- Outline the day
- Introductions
- Entrancing questions
- Questions about hypnosis
- Myths and misconceptions about hypnosis

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

- The 10 step change model
- 10 step hypnosis model
- Think of hypnosis as the deepest level of rapport
- Ericksonian hypnotherapy simplified:
- There are 3 main components that allow hypnosis to take place...
- Pre-induction talk

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- What is hypnosis?
- Everyday trances
- How does hypnosis feel
- How does hypnosis work
- Brain waves
- Brain wave frequencies
- Four states of mind
- Four levels of trance

Part 4, 16.00 to 17.30 finishes 17.30

- Stage hypnosis for entertainment
- The mind model
- Bypassing the "critical factor"
- The four ways to respond to suggestion
- Imagination
- The conscious & un-conscious mind
- Metaphors for the unconscious mind
- What to expect after the session (discuss)
- Termination of trance
- The uses of hypnosis
- The hypnotic contract
- The positive reinforcement hypnosis Demonstration
- The positive reinforcement hypnosis practice
- Summary

DAY 2

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

- Metaphoric story
- Pre-induction talk practice
- Pre-hypnosis information pack

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

- Table: 6 stages of hypnosis
- 1st Demonstration 6 stages
- Breakdown of hypnotherapy session
- Putting the story together (discussion & exercise)

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- Pacing exercises
- Self hypnosis induction
- Analogue marking
- Embedded commands
- Suggestion exercises

Part 4, 16.00 to 17.30 finishes 17.30

- Zebu card game
- The power of suggestion
- Pacing and leading exercises
- Summary

DAY 3

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

- Convincer concentration tests
- Indirect progressive induction
- The positive reinforcement hypnosis practice

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

Communication Model

- Metaphoric story
- Communication Enhancement.
- Communication model

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

The Secrets of Rapport Building

- Present state of rapport
- Rapport mirroring and matching
- The art of pacing
- Pacing and Leading
- Rapport matters
- Rapport Exercises

Part 4, 16.00 to 17.30 finishes 17.30

- Rapport Exercises continued
- Pacing and Leading Difficult People..
- Pre – Consultation Talk
- Pre – Consultation Talk practice
- Summary

DAY 4

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

Chapter 15 Precision Language Patterns

- Metaphoric story
- Intake (pre-induction interview)
- Meta Model – Precision Language.
- Meta Modelling For a Change.

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

- Meta Model Challenges and Responses.
- Deletion/Distortion/Generalisation Examples.

- Meta Model Recap.

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- Taking detailed personal history and meta model questions
- Gathering Information
- Questions To Help Elicit Present State
- Chunking Up
- Chunking Down Into Detail

Part 4, 16.00 to 17.30 finishes 17.30

Well Formed Outcomes

- Outcome Direction. (towards/away from demo)
- My Diploma Outcomes
- The POWER V8 Well-Formed Outcome Strategy
- Well-Formed Outcomes Work Sheet exercise.
- Eliciting Your Hierarchy of Values
- Congruency check (Cartesian & SOMPs) questions
- Hindsight - Solution Frame
- Summary

DAY 5

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

Chapter 2 Presuppositions

- The Power Of Presuppositions

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

Chapter 14 Language reframing and chunking

Part 2, 11.30 to 13.15

Lunch Break 13.15 to 14.00

- Language for a change
- Chunking & Hierarchy of Ideas
- Reframing
- Reframing Examples
- Those 3 Letter words

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

Chapter 12 Perceptual Positions

Part 4, 15.45 to 17.30 Finishes

- 1st, 2nd and 3rd Perceptual Positions
- Meta mirror dealing with difficult people

Part 4, 16.00 to 17.30 finishes 17.30

Chapter 10 Anchoring

- Associated/Dissociated States.
- Managing those states
- Anchoring to Managing Your State
- How To Change Your State?
- Anchoring Types.
- Skills of Anchoring.
- Self-Anchoring.
- Anchoring Others.
- Circle of Excellence
- Anchoring good feelings
- Summary

DAY 6

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

- Reframing process
- Review/suggestions
- Know your limits (discuss)
- Pre-induction talk (done)
- Setting realistic, positive goals
- A simple trance induction

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

- Using the Milton model
- There are three phases of the Milton model:
- Milton model language patterns
- Milton model exercise

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- Meta-model language pattern reversals
- Creating metaphoric stories
- Metaphor exercises
- Metaphor construction

Part 4, 16.00 to 17.30 finishes 17.30

- Delivery & voice (discussion)
- Mental rehearsal
- Suggestibility tests
- Ericksonian question set induction 1
- Summary

DAY 7

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

- Ericksonian arm levitation induction 2
- General conversational induction
- (deepening, re-alerting, debriefing,
- Notes for practice.

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

- Embedded-meaning inductions
- deepening, re-alerting, debriefing,
- Notes for practice.

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- Ericksonian interventions
- Deepener techniques
- Post hypnotic suggestions

Part 4, 16.00 to 17.30 finishes 17.30

- Ab reactions
- Ideo-motor responses
- Hypnosis in sleep
- Deep progressive relaxation and deepener induction
- Summary

DAY 8

Part 1, 9.00 to 10.45

Morning break 10.45 to 11.00

Practice, Practice, Practice

Part 2, 11.00 to 12.45

Lunch break 12.45 to 14.00

Practice, Practice, Practice

Part 3, 14.00 to 15.45

A/noon breaks 15.45 to 16.00

- Hypnotherapist: being a professional
- Quick trance induction strategy
- Rapid induction methods & Demonstration
- Rapid induction practice

Part 4, 16.00 to 17.30 finishes 17.30

- Rapid induction practice
- Summary
- Future pacing
- Graduation

Extras

- Therapeutic metaphors & clinical hypnosis
- Ideo-motor responses
- 1, professional liability insurance
- 2, professionalism
- 3, safety of hypnotherapy
- 4, code of ethics
- 5, complaints & disciplinary procedure
- Recommended study materials:
- Hypnosis glossary
- Marketing yourself
- Priceitis
- Selling
- Building your business