

# **HYPNOSIS UNIT UK**

**In Association with the  
Division of Psychology and Language Sciences,  
University College London**

**[www.hypnosisunituk.com](http://www.hypnosisunituk.com)**

**Clinical Hypnosis**

**Applied Hypnosis**

**Hypnosis Applied to Medicine**

**Hypnosis Applied to Dentistry**

**Hypnosis Applied to Palliative Care**

**Hypnosis in Research**

**Hypnosis in the Arts**

**Hypnosis Applied to Speech Therapy**

**2010-2011 Entry**

**PROVISIONAL COPY**



## **Course Approval**

HUUK courses fulfil the following CPD criteria frequently specified by professional bodies:

1. They have concise educational aims and objectives
2. They have clear anticipated outcomes
3. They have quality control (i.e. students are given the opportunity to evaluate the delivery and content of each module).
4. Students are given proof of attendance / participation (a course certificate stating hours attended). Students also receive feedback on written assignments and clinical competence; and receive proof of attendance for supervision hours completed.

**Attendance certificates will be given to students at each teaching block to facilitate CPD record keeping.**

**HUUK courses are taught within the ethical guidelines of the International Society of Hypnosis. Students accepted on these courses undertake to abide by these guidelines in their application of hypnosis.**

**HUUK courses are taught in Association with  
UCL Division of Psychology & Language Sciences and Eastman CPD**

**All qualifications are awarded solely and exclusively by HUUK**

## CONTENTS

	Page
BACKGROUND TO HYPNOSIS UNIT UK	5
THE EVOLUTION OF HYPNOSIS STUDIES AT UNIVERSITY COLLEGE LONDON	6
AIMS AND OBJECTIVES OF THE MODULAR PROGRAMMES	6
STRUCTURE OF THE PROGRAMMES	7
DATES AND TIMES OF TEACHING BLOCKS	8
COURSE ADVISOR	8
TEACHING STAFF	9
COURSE ADMINISTRATORS	9
CPD COURSES	10
ELIGIBILITY FOR THE PROGRAMME	10
FEES	11
TEACHING MATERIALS	12
STUDENT CONTACT	12
VENUE	12
CLOSING DATE FOR APPLICATIONS	12
ETHICAL GUIDELINES	14
INTRODUCTORY COURSE	15
CERT / DIP MODULE OPTIONS	15
SUPERVISION	20
ASSESSMENT	21
SUBMISSION OF COURSEWORK	22

This booklet contains information for applicants for the **Hypnosis Unit UK** programme of training in professional clinical hypnosis. Applicants are asked to read carefully the contents of this document in order to satisfy themselves that:

- (i) they are eligible for entry to one of these programmes
- (ii) there are modules on the relevant programme that fulfil their own requirements and expectations
- (iii) they have sufficient relevant clinical work in their own professional practices to satisfy the programme requirements
- (iv) they are able to complete the necessary coursework and supervision for the modules that they select
- (v) they are willing to abide by the rules and ethical guidelines presented in this document.

**In particular, applicants are reminded that the purpose of these programmes is to enable students to apply hypnosis within the limits of their existing qualifications.**

**Programme Directors:**  
**Professor David Oakley** PhD, FRSM, FBPSS  
**Dr Val Walters** CPsychol, DPsych, MSc (App Hyp UCL), FRSM

**If you have any questions or require further information please contact us:**

Telephone:  
0560 237 7504  
07513 415 772

E-mail:  
Dr Val Walters, Co-Director: v.walters@btinternet.com  
Ms Kate Murfin, Course Administrator: adminhuuk@gmail.com

[www.hypnosisunituk.com](http://www.hypnosisunituk.com)

Address:  
Hypnosis Unit UK  
Division of Psychology and Language Sciences  
UCL  
26 Bedford Way  
London WC1H 0AP

## **BACKGROUND TO HYPNOSIS UNIT UK**

### **Academic, Experimental and Clinical Hypnosis**

Academics, medics, dentists and mental health professionals have shown growing interest in hypnosis as a research tool, an adjunct to clinical practice, and as an important psychological phenomenon in its own right.

This interest is demonstrated, in part, by the increasing numbers of researchers seeking to collaborate in studies in which hypnosis is used as a tool to examine various psychological processes and human conditions. Of particular relevance to those interested in clinical hypnosis are controlled clinical trials, clinical reports, reviews and meta-analyses that have enabled us to draw the following conclusions:

(i) Hypnosis may be a useful adjunctive procedure in behavioural treatments of conditions associated with stress, anxiety and unhelpful habits.

(ii) Hypnosis may facilitate schematic change in cases where unresolved issues from the past underlie the presenting problem.

(iii) Hypnosis is a useful procedure in the management of common medical conditions, such as asthma, migraine and tension headaches, hypertension, gastrointestinal problems such as irritable bowel syndrome (IBS).

(iv) Hypnosis is an effective tool to manage both chronic and acute pain.

(v) Hypnosis is a useful procedure in helping patients cope with uncomfortable medical procedures which may cause pain, discomfort and anxiety. These include injections, some surgical interventions, chemotherapy in cancer treatment, fertility treatment and dental procedures. Hypnosis can also play a useful role in obstetrics.

Other applications include the use of hypnosis in enhancing athletic, creative and academic performance.

There are a number of books on clinical and experimental hypnosis, written and edited by experts in the field, as well as a number of well established hypnosis journals. Increasing numbers of articles on clinical and experimental hypnosis have also been published in more general medical and psychological journals.

Hypnosis is becoming more widely applied both within the National Health Service and in private practice, by general practitioners, medical specialists, nurses, mental health professionals, dentists, clinical, educational, occupational and sports psychologists, speech therapists and others.

## **THE EVOLUTION OF HYPNOSIS STUDIES AT UNIVERSITY COLLEGE LONDON**

To meet the need for a well-structured, rigorous programme of training in hypnosis, a Diploma / MSc in Clinical Hypnosis was established in 1990 in the Department of Psychiatry at the University of Sheffield.

In 1993 a similar programme was founded by Professor David Oakley at University College London (UCL), offering a Diploma / MSc in Clinical Hypnosis or Applied Hypnosis.

In 2000 the courses at Sheffield were discontinued.

In 2001 a Diploma in Hypnosis Applied to Dentistry was introduced by the UCL Department of Psychology in collaboration with the Eastman Dental Institute.

2004 saw the introduction of modular programmes to Certificate, Diploma and MSc level at UCL under the direction of Professor Oakley and Dr Walters, in Clinical and Applied Hypnosis, Hypnosis Applied to Medicine, Hypnosis Applied to Dentistry, Hypnosis Applied to Research and modular Certificate in Stress Management.

### **HYPNOSIS UNIT UK**

Hypnosis Unit UK courses are taught in association with both the Division of Psychology and Speech Sciences UCL and Eastman CPD and replaced the UCL Hypnosis Unit courses as from October 2007.

HUUK (an independent organisation) remains under the directorship of Professor David Oakley and Dr Val Walters. Courses closely follow the former UCL Hypnosis Unit programme continuing to provide similar high quality training for professionals underpinned by a strong academic base. In order to maintain our standards of training it is our policy not to enrol excessively large groups of students. The courses continue to be taught at UCL by the same staff. All qualifications are awarded solely and exclusively by HUUK.

### **AIMS AND OBJECTIVES OF THE PROGRAMME**

#### **The aim is:**

- to enable students to become effective, well-informed practitioners in the application of hypnosis.

The objectives are to enable students to:

- have a thorough rational and scientific understanding of the nature of hypnosis and its applications in psychological treatment, medicine, dentistry and other areas in which hypnosis has a valid use.
- have the necessary knowledge and practical skills to apply hypnosis competently in those areas which fall within the scope of their professional work.
- have knowledge of a conceptual model which will be fundamental to the practitioner's understanding and use of hypnosis.

## STRUCTURE OF THE PROGRAMMES

**Introductory/ 'taster' Course:** This one day introductory course is a 'taster' day for professionals who are interested in finding out more about hypnosis either for general interest or with a view to applying for a place on our Certificate or Diploma programme. It can also be used as an orientation course for those feeling unconfident about starting on our Certificate / Diploma programme (this may be particularly relevant to professionals who have not attended academic courses for a number of years). It should be noted that **this day is not a pre requisite for those Professionals who are certain they wish to apply for the Certificate / Diploma programme.** It is also important to note that **professionals should not wait until attending the introductory course before applying for the Certificate / Diploma if they are certain they wish to apply for the complete programme.** It is our policy not to teach excessively large groups; places are therefore limited.

### **Certificate / Diploma programmes**

These consist of modules normally attended at weekends (see below). Students select modules relevant to their professional interests. Students who attend sufficient modules and submit the required coursework may be considered for the following:

**Hypnosis Unit UK Certificate (Level One):** This training provides students with sufficient knowledge and basic skills to begin to use hypnosis professionally. Certificates will state the programme of study e.g. 'Certificate in Hypnosis Applied to Medicine'.

Students opting for this course are likely to intend to continue with the Diploma Programme at a later stage.

Students attend F1, F2 and one specialist module and complete coursework and supervision as specified later in this prospectus.

48 taught hours plus supervision, written assignments and private reading

**Hypnosis Unit UK Certificate (Level Two):** This training provides students with sufficient skills and knowledge to work with some expertise in a particular area. Certificates will state the focus of training, e.g. 'Certificate in Hypnosis Applied to Pain Management' or 'Certificate in Hypnosis Applied to Stress Management' etc., according to the specialist modules selected.

Students opting for this course wish to focus on using hypnosis in a circumscribed area, relating their training to a particular professional interest / purpose.

Students attend F1, F2 and two specialist modules, both of which relate to the focus of study and complete coursework and supervision as specified later in this prospectus.

60 taught hours plus supervision, written assignments and private reading

**Hypnosis Unit UK Diploma:** This training enables students to become confident effective, well-informed practitioners in the application of hypnosis more broadly to the profession within which they work. The title of the

Diploma will state professional area in which it has been gained e.g. Diploma in Hypnosis Applied to Dentistry.

Students attend F1, F2 and a total of 8 more days training selected from one or two day specialist modules and complete coursework and supervision as specified later in this prospectus. Students will have the flexibility to design a programme of study that meets their professional needs.

84 taught hours plus supervision, written assignments and private reading

### **DATES AND TIMES OF TEACHING BLOCKS**

Certificate / Diploma teaching has been provisionally allocated at the following times:

8-10 October 2010

26-27 February 2011

5-7 November 2010

9-10 April 2011

8-9 January 2011

7-8 May 2011

4-6 February 2011

One-day Introductory course:

8 May 2010

While every attempt will be made to present the teaching on the dates shown the organisers retain the right to vary them in response to changing circumstances. Attendance will be between 10.00 am - 5.00 pm.

### **COURSE ACADEMIC ADVISOR**

**Professor Graham Wagstaff**, of the University of Liverpool (former UCL Hypnosis Unit external examiner).

## TEACHING STAFF

### Core teachers:

**Professor David Oakley** is Emeritus Professor of Psychology at University College London, Honorary Professor at Cardiff University, a chartered clinical psychologist, and Co-Director of Hypnosis Unit UK. Formerly Co-Director Hypnosis Unit, UCL.

**Dr Val Walters** Honorary Lecturer, Psychology Department, UCL, chartered counselling psychologist and Co-Director of Hypnosis Unit UK. Formerly Co-Director Hypnosis Unit, UCL.

**Dr Mat Whalley**, Principal Tutor, Hypnosis Unit UK; neuroimaging research in pain and PTSD, Royal Holloway, University of London

### Specialist tutors:

**Dr Mark Barrington**, Consultant Clinical Psychologist in Palliative Care, St Bartholomew's Hospital, London.

**Dr Sarah Booth**, Macmillan Consultant and Lead Clinician in Palliative Medicine at Cambridge University Hospitals NHS Foundation Trust; Associate Lecturer at Cambridge University; Hon Sen Lecturer at King's College, London.

**Dr Eamonn Coveney**, Consultant General Surgeon, West Suffolk Hospital.

**Dr Mike Gow**, General Dental Practitioner in Private Practice, Glasgow, Scotland.

**Dr Christina Lioffi**, Senior Lecturer in Health Psychology, Research Director, MSc Health Psychology, University of Southampton, Well Child Pain Research Centre.

**Mrs Brooke Quinteros**, Principal Speech and Language Therapist, Queen Victoria Hospital, East Grinstead, West Sussex.

## COURSE ADMINISTRATORS

**Kate Murfin**

**Erica Yu**

## CPD COURSES

Specialists will be offering a variety of topics on the use of hypnosis in clinical and experimental contexts as CPD courses. These courses provide Hypnosis UK students and former UCL Hypnosis Studies students with opportunities for further study. The Certificate and Diploma modules can also be attended as revision / further study for CPD purposes. CPD courses for 2010-11 will be published on our website [www.hypnosisunituk.com](http://www.hypnosisunituk.com).

Recent and current contributors to our CPD programme include the following:

**Dr Sarah Booth**, Macmillan Consultant and Lead Clinician in Palliative Medicine at Cambridge University Hospitals NHS Foundation Trust; Associate Lecturer at Cambridge University; Hon Sen Lecturer at King's College, London.

**Dr Eamonn Coveney**, Consultant General Surgeon, West Suffolk Hospital.

**Dr Quinton Deeley**, Consultant Psychiatrist & Senior Lecturer in Social Behaviour and Neurodevelopment, Institute of Psychiatry, Kings College London.

**Professor David Hargreaves**, Professor of Education and Froebel Research Fellow at Roehampton University; Fellow of the British Psychological Society.

**Dr Peter Naish**, Senior Lecturer Open University.

**Dr Cath Potter**, Lecturer, PDS Dentist / Clinical Tutor, Salford PCT.

**Mrs Brooke Quinteros**, Principal Speech and Language Therapist, Queen Victoria Hospital, East Grinstead, West Sussex.

**Dr Mat Whalley**, Principal Tutor, Hypnosis Unit UK; neuroimaging research in pain and PTSD, Royal Holloway, University of London

## ELIGIBILITY FOR THE PROGRAMMES

Applications are considered from those who are members of recognised therapeutic and other recognised professions or academic researchers in areas in which hypnosis has a legitimate application. Applicants should possess qualifications in medicine, dentistry or psychology, or other qualifications as deemed appropriate. **Applicants should be aware that the programme teaches hypnosis as an adjunctive procedure and is not 'hypnotherapy' training.** For example, if you are trained solely as a dentist, completion of a certificate or diploma programme will not enable you to treat conditions (e.g. IBS) that are not addressed in your dental training.

All applicants will normally possess a first degree and have professional liability insurance against litigation concerning the work in which they will use hypnosis. As a condition of acceptance onto the programme all students must agree to abide by the Ethical Guidelines (see later).

The following list gives guidance about which programme you should apply for, but if in doubt please contact us before submitting your application.

**Introductory / taster course:** All professionals working in areas in which hypnosis has a valid application.

**Certificate / Diploma in Clinical Hypnosis:** Mental health professionals.

**Certificate / Diploma in Dental Hypnosis:** Dentists, dental therapists.

**Certificate / Diploma in Medical Hypnosis:** Medics such as GPs, hospital consultants, nurses.

**Certificate / Diploma in Applied Hypnosis:** Suitably qualified professionals who have a valid use of hypnosis in their field but who do not fit in to the other categories.

**Certificate / Diploma in Hypnosis Applied to Palliative Care:** Medics such as GPs, hospital consultants, nurses; psychologists and other suitably qualified mental health professionals.

**Certificate (Level 1 and Level 2) in Hypnosis Applied to Research:** Scientists / researchers with an interest in using hypnosis as a research tool.

**Certificate (Level 1) in Hypnosis Applied to the Arts:** Performers & teachers of the performing arts, with an interest in using hypnosis to reduce performance anxiety and to enhance performance.

It is not possible to be granted APL in connection with any of the above for training undertaken with any other organisation.

## FEES

**Tuition fees can be paid for complete programmes or on a module by module basis, as listed below:**

<b>INTRODUCTORY COURSE</b>	<b>Total Fee</b>
1 day	£136.00
<b>COMPLETE PROGRAMMES</b>	
Diploma (14 days)	£2730.00
Top-up Diploma* (4 or 6 days)	£780.00 (4 days) or £1170.00 (6 days)
Certificate (Level one, 8 days)	£1560.00
Certificate (Level two, 10 days)	£1950.00
<b>MODULES (when paid on a module by module basis)</b>	
Foundation (F) Modules (3 days)	£585.00
Specialist (S) Modules (2 days)	£390.00
Specialist (S) Modules (1 day)	£195.00

\*Students who have successfully completed a Level one or two Certificate in one of the UCL Hypnosis Unit Studies programmes and wish to proceed to

the Diploma will need to undertake a further 6 days of training (in the case of Level one) or 4 days (in the case of Level 2), selected from specialist modules.

a) A deposit of £100 is required with each application form (unless payment is made in full).

b) This deposit is non-returnable should the application be withdrawn for whatever reason but is returned on payment of the last module that the student attends. Should a student withdraw after paying in full, a refund of the total fee will be made minus £100.00 to cover administration costs.

c) It is possible to pay separately for individual modules in which case payment for each module **MUST** be received **ONE MONTH PRIOR** to the commencement of the module to which it relates.

d) Students whose fees are to be paid by a funding body / sponsor must initially pay the fee direct to Hypnosis Unit UK and obtain a refund from the funding body.

### **Supervision fees**

Group supervisions are timetabled to take place during the specialist modules. The fee for these is included in the module fee. However, the tuition fees **do not** include the clinical supervisor's fees for the required number of additional sessions (see pages 20-21 for the numbers of hours required for each level of training). All supervisors approved by the course organisers have agreed to offer supervision to Hypnosis Unit UK students at no more than £40.00 per hour. Students can request extra sessions with the supervisor but supervisions additional to the course requirement may be charged at a higher rate.

### **TEACHING MATERIALS**

Teaching material will be sent to students as pdf files. Students will be required to bring the teaching materials to the teaching weekends. Students can request hard copies at a cost of £30.00 per module (this fee covers copying and administrative costs) providing 2 weeks notice is given.

### **STUDENT CONTACT**

The majority of communication with students will be by email. Thus it is **ESSENTIAL** that all students have an email address, are conversant with using email and check their email regularly.

### **VENUE**

The teaching on the programme will be based at University College London, 26 Bedford Way, London, WC1H 0AP.

### **CLOSING DATE FOR APPLICATIONS**

The application process begins as soon as this prospectus is posted on the web. Applicants are advised to return their application forms as soon as

possible because early applications may be given preference should modules be oversubscribed. The course was fully subscribed in 2009-10 and spaces are limited.

**The selection process will be carried out by the directors via scrutiny of application forms and references. It is expected that a number of applicants will be interviewed by telephone.**

## **ETHICAL GUIDELINES FOR STUDENTS UNDERTAKING TRAINING WITH HYPNOSIS UNIT UK**

These guidelines are based on the Code of Ethics of the International Society of Hypnosis.

### **Guideline 1**

A student shall always place first the welfare of the client or the experimental subject when using hypnosis or hypnotic techniques in clinical practice, other applied situations or in experimentation.

(a) The standards of professional relationships which guide the physician, dentist, psychologist, or other defined professional worker, within the appropriate professional or scientific field, shall prevail in his or her use of all hypnotic techniques.

(b) Proper safeguards shall be maintained whenever a client or subject is exposed to unusual stress or other form of risk. If stress or risk is involved, the person or subject should be informed and give consent. Estimation of risk is a difficult matter, and when in doubt the practitioner should consult with professional colleagues.

### **Guideline 2**

Hypnosis is considered an adjuvant to other forms of scientific, clinical and some non-clinical professional endeavours, so that competence in hypnotic techniques alone is not acceptable as a basis for professional service or research.

(a) In view of the dependence of hypnotic practice upon other qualifications, registration as a student on the programme requires proper standing in the recognised national organisations, appropriate to the field of competence not represented by hypnosis. That is, a medical doctor is expected to belong to the appropriate medical association, a dentist to the appropriate dental association, a psychologist to the appropriate psychological associations, and so on.

(b) Item 2a requires acceptance of the ethical and scientific standards of a responsible professional organisation.

### **Guideline 3**

Students shall limit their use of hypnosis to the area of competence as defined by the professional standards of their field.

### **Guideline 4**

Hypnosis should not be used as a form of entertainment. No student shall offer services for the purposes of public entertainment or collaborate with any person or agency engaged in public entertainment.

### **Guideline 5**

A student shall not support the practice of hypnosis by laypersons.

(a) A lay person is defined here as one who is not a member in good standing of a therapeutic or scientific profession; that is, he or she is not a physician, dentist, psychologist, or member of another recognised therapeutic or

scientific profession with credentials in addition to competence as a hypnotic practitioner.

(b) A student shall not give courses involving the teaching of hypnotic techniques to lay individuals who lack training in a relevant science or profession. Lectures informing lay individuals about hypnosis are of course admissible providing they do not include demonstrations or didactic material involving the induction of hypnosis.

(d) Consultations with lay representatives of the press or other media of communication are permitted to minimise distortions or misrepresentations of hypnosis.

### INTRODUCTORY COURSE

Taught Days	Course title	Eligibility
1	<p><b>Introductory Course (IC): 8 May (Sat) 2010</b></p> <p>An introduction to the nature of hypnosis / self-hypnosis and the measurement of hypnotic susceptibility            An overview of the range of applications of hypnosis            An introduction to the experience of hypnosis            An introduction to the use of self-hypnosis in stress management            An introduction to the use of hypnosis with children</p> <p>By the end of this ‘taster’ day participants will have an awareness of the possible applications of hypnosis in their own profession. They will have experienced a very basic hypnotic anxiety control technique that can be used for themselves and, where appropriate, with patients / clients.</p> <p>Staff teaching this course will be available to discuss the use of hypnosis in the participant’s particular profession, and to advise on module choices, should the participant wish to apply for the HUUK Certificate or Diploma programme.</p>	All students

**NB: Attendance on the Introductory Course is NOT a requirement for studying on our Certificate and Diploma courses (see page 7).**

### MODULE OPTIONS

Each programme consists of compulsory core modules and a list of specialist modules from which the students select.

#### 1. Foundation modules

Teaching will take place between 10.00 am and 5.00 pm. During these compulsory modules a conceptual model is introduced that is central to all subsequent teaching on the course.

## Foundation Modules

Taught Days	Module title	Eligibility
3	<b>Foundation One (F1): 8-10 October 2010 (Fri, Sat &amp; Sun)</b> A model of hypnosis The nature of hypnosis / self-hypnosis Measurement of hypnosis / use of measurement scales Preparing the client Use of scripts / induction and deepening Hypnotic relaxation techniques (The Special Place) The experience of hypnosis Misconceptions about hypnosis The nature of suggestibility	All students
3	<b>Foundation Two (F2): 5-7 November 2010 (Fri, Sat &amp; Sun)</b> Reliving / future rehearsal techniques Safe remembering techniques and ego state techniques Hypnosis and forensic issues / memory retrieval issues Basic techniques with children and families Basic techniques for pain management History and theories of hypnosis Ideomotor signals An overview of dissociative and 'Hidden Observer' techniques	All students

## 2. Specialist modules

Students also select from a list of specialist modules which address a number of clinical problems relating to psychological therapy, dentistry and medicine.

In the case of the Level One Certificate programmes students select one two-day specialist module or two one-day clinical modules.

In the case of the Level Two Certificate programmes students select 2 two-day specialist module or a combination of one and two day modules to a total of 4 days.

In the case of the Diploma programmes students select two-day and two one-day clinical modules to a total of 8 days. NB: If a module is listed as a two-day module both days must be attended.

The choice of specialist modules must be guided by:

- a) the student's profession
- b) the particular interests of the student within their profession

The list of modules below indicates the specialist modules available. Some of the modules are restricted to particular professionals. Students should ensure that they select the appropriate modules / programme.

The following eligibility codes used in the tables that follow:

**P:** Psychologists, Psychiatrists and other suitably qualified mental health professionals

**D:** Dentists, dental therapists and suitably qualified dental nurses / dental hygienists

**M:** Medical doctors, nurses, physiotherapists, chiropractors, osteopaths and other suitably qualified medical professionals.

**R:** Researchers

**A:** Those working in the Arts

**S:** Speech therapists

**NB:** Those professionals who have a valid use of hypnosis but who do not fit in to the categories (e.g. some working in educational settings) above should propose which specialist module they wish to attend. This choice must be appropriate to the profession of the candidate. The course directors are available for advice on this.

### Specialist Modules

Teaching will take place between 10.00 am to 5.00 pm.

NB: Please note that graduates of the UCL Diploma course are able to attend these modules for CPD purposes as revision / further study.

Taught days	Module title and topics covered:	Eligibility
2	<b>S1: Hypnosis in stress and anxiety management 8-9 January 2011 (Sat &amp; Sun)</b> Hypnotic anxiety control techniques The use of hypnotic future rehearsal to consolidate coping strategies Protocol for stress / anxiety management training, using hypnosis as an adjunct to CBT Hypnosis in performance anxiety and performance enhancement Hypnosis and immune functioning Hypnosis for stuttering	P, D, M, A

2	<p><b>S1A: Hypnosis and the Arts</b>  <b>8-9 January 2011 (Sat &amp; Sun)</b>  Students attend S1 with the exception of 'Hypnosis and immune functioning / hypnosis and stuttering', during which time students attend specialist seminars focusing on the use of hypnosis in the student's particular arts specialism.</p> <p>Students completing F1 &amp;2 plus S1A will graduate with a Certificate (Level one) in 'Hypnosis in the Arts'</p>	A
1	<p><b>S2a: Fundamentals of hypnosis for psychosomatic problems</b>  <b>5 February 2011 (Sat)</b>  Principles for designing hypnotic interventions  Hypnotic suggestion and the mind - body link  The use of imagery in the treatment of psychosomatic problems  Hypnosis in the management of symptoms  Working with groups</p>	P, M
1	<p><b>S2b: Hypnosis for stress symptoms and gastric disorders</b>  <b>6 February 2011 (Sun)</b>  <b>(students opting for S2b two MUST also attend S2a)</b>  <i>a) Hypnotic techniques for common symptoms of stress:</i>  insomnia  headache  asthma  skin problems  hypertension  <i>b) Hypnosis for gastric disorders:</i>  IBS treatment protocols  of gastric disorders  Hypnosis as an adjunct to CBT for symptom control</p>	P, M
1	<p><b>S3: Hypnosis as an adjunct to anaesthesia in surgical settings</b>  <b>4 February 2011 (Fri)</b>  The use of hypnosis as an adjunct to anaesthesia in surgery  Hypnosis as the sole form of anaesthesia in surgery</p>	D, M, P, R

2	<p><b>S4: Hypnosis in the treatment of common dental problems</b>  <b>5-6 February 2011 (Fri &amp; Sat)</b>  Hypnosis for bleeding and salivation control  Hypnosis in the treatment of aphthous ulcers and bruxism  Gagging and the use of hypnosis in desensitisation, denture intolerance  Psychological theory of phobia acquisition / hypnosis in the treatment of dental anxiety / phobia and needle phobia</p>	D
2	<p><b>S5: Hypnosis in palliative care</b>  <b>26-27 February 2011 (Sat &amp; Sun)</b>  Hypnotic techniques:  For long-term conditions / chronic illness  To augment symptom control  To help patients cope with psychosocial stress of illness  As an adjunct prior to and during surgery  In the management of nausea  To help patients cope with oncological surgery complications</p>	P, M
1	<p><b>S6: Hypnosis for phobias</b>  <b>9 April 2011 (Sat)</b>  Hypnosis in the treatment of phobias  The use of hypnosis as an adjunct to systematic desensitisation  Psychological theory of phobia acquisition and treatment</p>	P, M
1	<p><b>S7: Hypnosis in habit control</b>  <b>10 April 2011 (Sun)</b>  Hypnosis for:-  Smoking cessation and weight control  Thumb sucking, hair pulling and in the treatment of nail biting  Consolidation of 'healthy habits'</p>	P, D, M
1	<p><b>S8: Hypnosis in chronic and acute pain management (adults and children)</b>  <b>7 May 2011 (Sat)</b>  Hypnosis in managing uncomfortable medical procedures  Hypnosis in accident and emergency setting  Rationale for selection of appropriate hypnotic techniques  Hypnosis and the Melzack and Wall 'Gate Theory' of pain  The use of hypnosis to control pain in oncology settings</p>	P, D, M, R

2	<p><b>S9: Hypnosis and Speech Therapy</b>  <b>7-8 May 2011 (Sat &amp; Sun)</b>  Hypnotic techniques to improve communication skills &amp; safer swallowing management.  The reduction of anxiety associated with speech &amp; swallowing disorders.  Enhancing self esteem and self confidence in communication &amp; swallowing disorders.  The use of metaphor in speech and language therapy.</p>	P, S
1	<p><b>S10: Hypnosis, pain management and sedation in dental settings</b>  <b>8 May 2011 (Sun)</b>  The use of nitrous oxide with hypnosis  The use of intravenous sedation with hypnosis  <b>This module is taught in a dental surgery</b></p>	D
1	<p><b>S11: Hypnosis for PTSD and Depression</b>  <b>8 May 2011 (Sun)</b>  The treatment of PTSD using hypnotic imaginal exposure, safe remembering and ego state techniques  Using hypnosis in resolution of trauma  Managing PTSD symptoms using hypnotic techniques  False memory issues  Hypnosis as an adjunct to a phased treatment programme  Hypnosis in activity scheduling, future orientation and motivation  Hypnosis to facilitate changes in attributional style</p>	P
2	<p><b>S12: Hypnosis as a research tool</b>  <b>Date: TBA</b>  Intrinsic and instrumental hypnosis research designs  ‘Trance’ vs ‘suggestion’ in hypnosis research  Hypnosis in neuroimaging settings  Screening participants for hypnotic susceptibility  Creating scripts and experimental protocols tailored to the researcher’s own interests  Designing and conducting a pilot project</p>	R

### SUPERVISION

Group supervisions are timetabled to take place during the specialist modules. Students are required to complete additional individual supervisions (see pages 21-22) by supervisors approved by the course organisers. These additional sessions can take place in small groups if appropriate.

See earlier for information about payment of supervision.

See below for information regarding supervision requirements for the Certificate and Diploma programmes.

## ASSESSMENT

Assessment includes a practical work log, a supervisor's report, supervision diary and case studies. The deadline of the portfolio of written work is July 31<sup>st</sup> 2011. We are mindful of the pressure of our students' professional commitments and therefore we provide a final deadline date, approximately 6 months later for students who need extra time.

Students are asked to provide course tutors with their individual submission plan.

### 1. Certificate Programmes (Level One)

Two Foundation Modules

PLUS

One two-day Specialist Module (or two one-day Specialist Modules)  
(Attendance: 8 days)

#### Portfolio:

- One 3,000 word Theory / Practice /Experience (TPE) Log Book
- One 3,000 word Case Report
- Supervisor's evaluation of at least 3 hours clinical supervision (i.e. additional to group supervision completed as part of the specialist module) of 15 hours clinical work.

### 2. Certificate Programmes (Level Two)

Two Foundation Modules

PLUS

2 two-day Specialist Modules (or two one-day and one 2 day Specialist Modules)

(Attendance: 10 days)

#### Portfolio:

- One 3,000 word Theory / Practice /Experience (TPE) Log Book
- Two 3,000 word Case Reports
- Supervisor's evaluation of at least 4 hours clinical supervision (i.e. additional to group supervision completed as part of the specialist module) of 20 hours clinical work.

### 3. Diploma Programmes

Two Foundation Modules

PLUS

Four two-day Specialist Modules (or any other combination up to a total of 8 days)

(Attendance: 14 days)

#### Portfolio:

- One 3,000 word Theory / Practice /Experience (TPE) Log Book
- Three 3,000 word Case Reports
- Supervisor's evaluation of 6 hours clinical supervision (i.e. additional to group supervision completed as part of the specialist module) of 45 hours clinical work.

### **SUBMISSION OF COURSEWORK**

Portfolios for all levels of awards are presented for moderation in September 2011.

Members of the moderation team are:-

Professor Graham Wagstaff

Professor David Oakley

Dr Val Walters

Students should be conversant with the necessary skills to be able to save their coursework on their computers as pdf files and to send these as email attachments to Hypnosis Unit UK's email address.

On successful completion of the portfolio the student will receive a statement of competence signed by the course directors and moderators, and a certificate indicating the level of training (Certificate or Diploma). For students completing at Diploma level those showing exceptional ability may be awarded a distinction.

Students should complete their coursework as soon as possible following the module to which it relates and submit the complete portfolio by **July 31<sup>st</sup> 2011**. Students unable to meet this deadline can submit work in **February 2012**.

Our external moderator's report following examination of work submitted in 2009 included comments that highlighted the importance of students handing in work in time to receive marker's feedback.

The information given in this booklet is as far as possible accurate at the date of publication. The programmes of study and the module options available within the programmes are those which Hypnosis Unit UK expects to provide in the year to which the booklet relates. However, Hypnosis Unit UK reserves the right, before the student commences study for any particular module(s) within a programme described in this booklet, to discontinue teaching the specified module(s); in such a case the student will be in respect of the said module(s) without any liability for fees or transfer as a student to such other programme (if any) as may be offered by Hypnosis UK and for which the student may be qualified. Hypnosis Unit UK also reserves the right at any time to amend the contents of any module or a subject forming part of any module and to substitute any other subject forming part of any module.

**January 2010**