

PROFESSIONAL HYPNOTHERAPY TRAINING

Coursework - Module 1

WRITTEN WORK TO BE SUBMITTED

1. Models of the Mind - The Pyramid Model

Practise drawing out the Pyramid Model explaining it to 3 different people; ask them questions to make sure that they have understood your explanation. Take some time then to write up your experiences.

*Guidance: Use simple labels and simple descriptions.

2. Models of the Mind - The Library Model

Give a simple description of what your interpretation of the Library Model is and what seems to be happening.

*Guidance: Write your description as if you're saying it to someone in Hypnosis.

3. Models of the Mind - The Stress Response

Briefly explain how you would go about describing the Stress Response to your client

4. What is Hypnosis and Hypnotherapy?

a. Come up with your own definition or explanation of Hypnosis and explain why you've decided upon it.

*Guidance: Think about how you would explain Hypnosis to your client.

b. *Self Study*

In 500 to 1000 words please write a summary of the 'History of Hypnosis'.

*Guidance: The aim here is to help you become familiar with the names of some of the key characters and the roles they have played in the development of Hypnosis through the ages. Don't worry too much at this stage on getting the word count absolutely right, it's just there for guidance. Here are some names to get you started:

• Franz Anton Mesmer • Marquis De Puyesgur • Etienne de Cavillers • James Braid • John Elliotson • James Esdaile
• Sigmund Freud • Hippolyte Bernheim • Jean-Martin Charcot • Emile Coue • Milton Erickson • Dave Elman • Gil Boyne • Medical Associations Recognition of Hypnosis.

5. Typical stages of a Hypnosis session

Give a brief description of the 4 main stages of a hypnotic session and explain the aim of each. Please highlight some of the key points you must consider for each stage.

6. Different types of Hypnotic Induction

- What is an induction and what is it used for?
- List 10 different inductions and very briefly explain each.
- How do you think you would decide on which induction to use?

7. Contraindications of Hypnosis and Hypnotherapy

- What do we mean when we talk about the contraindications for Hypnotherapy?
- Give 5 examples of when Hypnosis and Hypnotherapy might be ineffectual and so might be contraindicated.

8. What is Solution Focused Therapy?

PRACTICAL WORK

9. Progressive muscle relaxation induction and release

- Create a progressive muscle relaxation (PMR) induction script of your own, lasting 5-10 minutes maximum.

Feel free to write from scratch, or simply cut and paste bits you like from the scripts you have been given or any other source you find in a book or on the internet, but make sure it feels natural, and in your own language as you read it.

Please reference where you take bits from.

- Practise reading the Progressive Muscle Relaxation script to yourself out loud. If you feel confident in your ability you could even try practising it for a volunteer. Remember to record your experience in your Reflective Practise Journal.

*Guidance: Practise talking/reading quite slowly. Get used to spacing the words out, as if you are the one feeling sleepy or lazy whilst talking. Try to practise this each day.

Please remember this is not a test and these assignments are for you, not me. The aim is to help you feel knowledgeable and competent.

If you don't know an answer, I need to explain it to you again either in a different or better way. Part of your job as a student, is to tell me when I need to do that!

DO USE THE FACEBOOK GROUP TO ASK FOR HELP OR SHARE YOUR THOUGHTS

When completed please submit to loweryyvette@gmail.com.