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# PRACTICE SESSION

## **Week 3** –Module 1(Part 3)

Presented by Debbie Mahon & Heather Brown

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# Aims of Today

- Navigating **The Members Area –** (Heather).
- **Reflective Practice & Personal Learning Journals.**
- **Module 1** Assignment Surgery
- **Practical Exercise:** Practicing different types of Hypnotic inductions

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# Navigating the Members area

# Reflective Practice Journal

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- Record at least **40 hours** of client practice – demonstrating the use of **different inductions, deepeners, therapeutic processes** and **release methods**.
- A reflective practice journal (RPJ) helps you to reflect on experiences you have with subjects as you progress through the course, and also provides us with a record of those experiences.
- Whilst learning, you will have others practice on you too so you can experience what it feels like – so you **can include both** in your RPJ.

| Date | Time (mins) | Who I practiced with | What we practiced | Comments |
|---|---|---|---|---|
| 30/09/2016 | | *Julie* | Read through a Progressive Muscle Relaxation script out loud to get used to continuous talking, to hear my hypno voice. | It's quite hard to talk continuously and I need to slow down |
| | | | | |
| | | | | |

Ask yourself questions such as:

- Did it go well?
- Why?
- What did you learn?
- Why didn't it go to plan?
- What did you learn?
- How can you improve for next time

# A Reflective Framework for examining experiences

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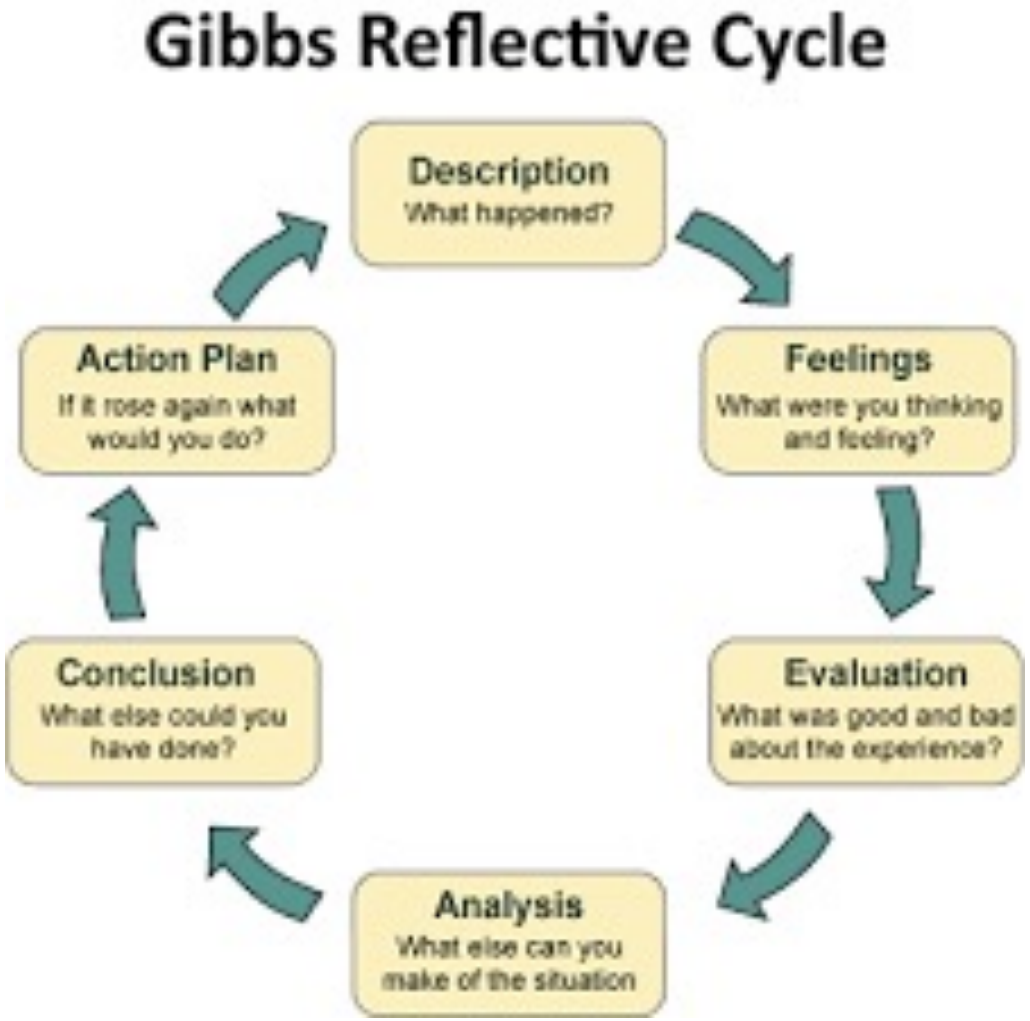
- **Gibbs's Learning Cycle** (1988) – An **Experiential Learning Model a,** famous cyclical models of reflection leading you through **6 stages** of exploring an experience

- **Description,**
- **Feelings,**
- **Evaluation,**
- **Analysis,**
- **Conclusion**
- **Action plan**

This is a **GUIDE ONLY** to offer you a framework to **reflect in more depth.**



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# Personal Learning Journals

- This is a **personal record/ journal** which evidences your own learning and skills development.
- Don't worry, there's no 'right' or 'wrong' version of what to write as it's totally unique to you.
- A PLJ  helps you to record, structure, think about and reflect upon, plan, develop and evidence your own learning.
- Record of your experiences, thoughts, feelings and reflections.  Most important is it contains **your conclusions** on how **what you have learnt** is **relevant to you** and **how you will use** the new information/knowledge/skill/technique in the future.
- It may contain details of problems you have encountered and solved (or not solved), examples of where you have started to try out and **practice a new skill** and examples of your own **formal and informal learning**.
- **Formal learning** is 'taught' in a formal academic setting like a classroom.
- **Informal learning** is learning that takes place outside a formal academic setting, for example, through talking with peers or colleagues in a social setting.
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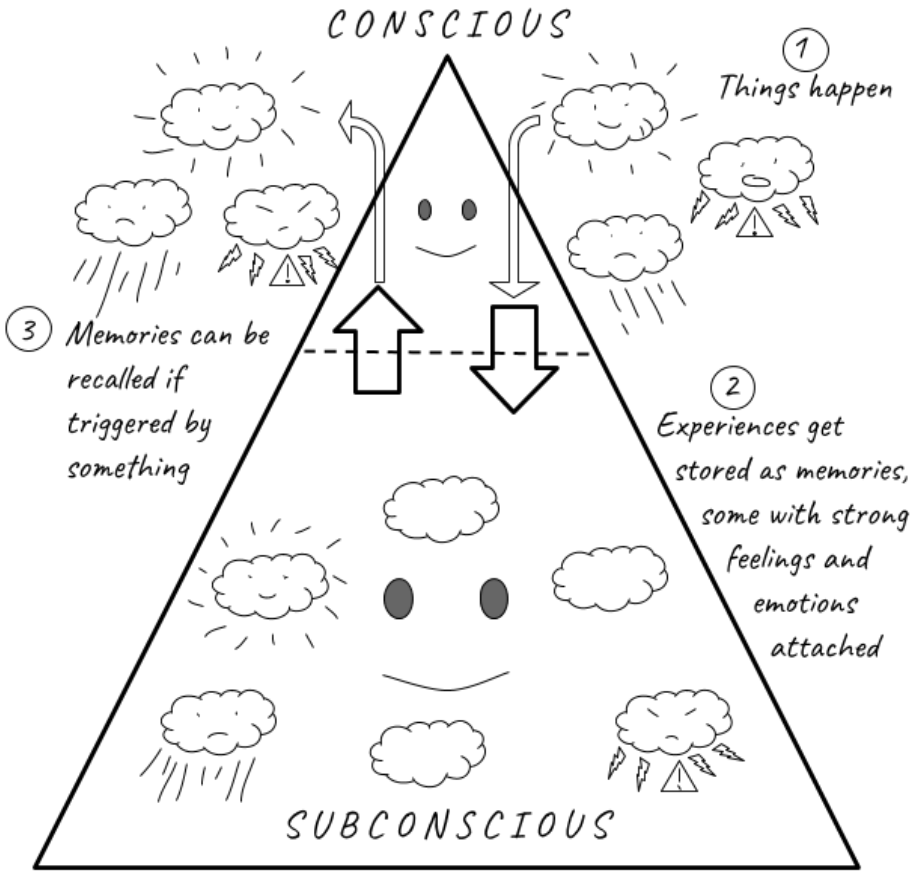
# Module 1 – Assignment Surgery

## 1. Models of the Mind - The Pyramid Model

Practice 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 in your Personal Learning Journal.

***Guidance**: Use simple labels and simple descriptions. Please see the instructions on how to submit drawings, pictures and diagrams.*

- Brief explanation of the **Pyramid Model** with diagram either submitted or in RPJ.



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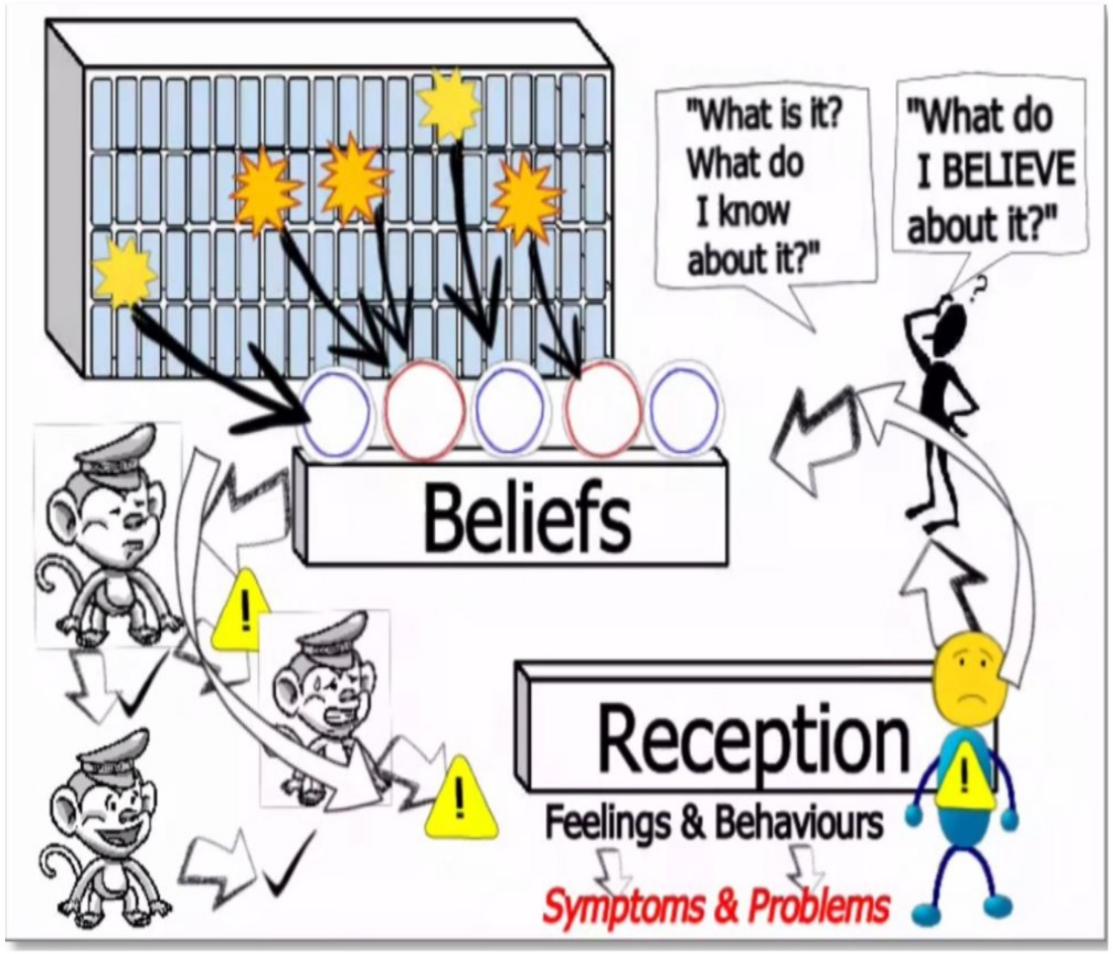
# 2.Models of the Mind – The Library Model

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.*

Explanation including the library, librarian, security monkey. (200-250 words)



# 3. Models of the Mind – The Stress Response

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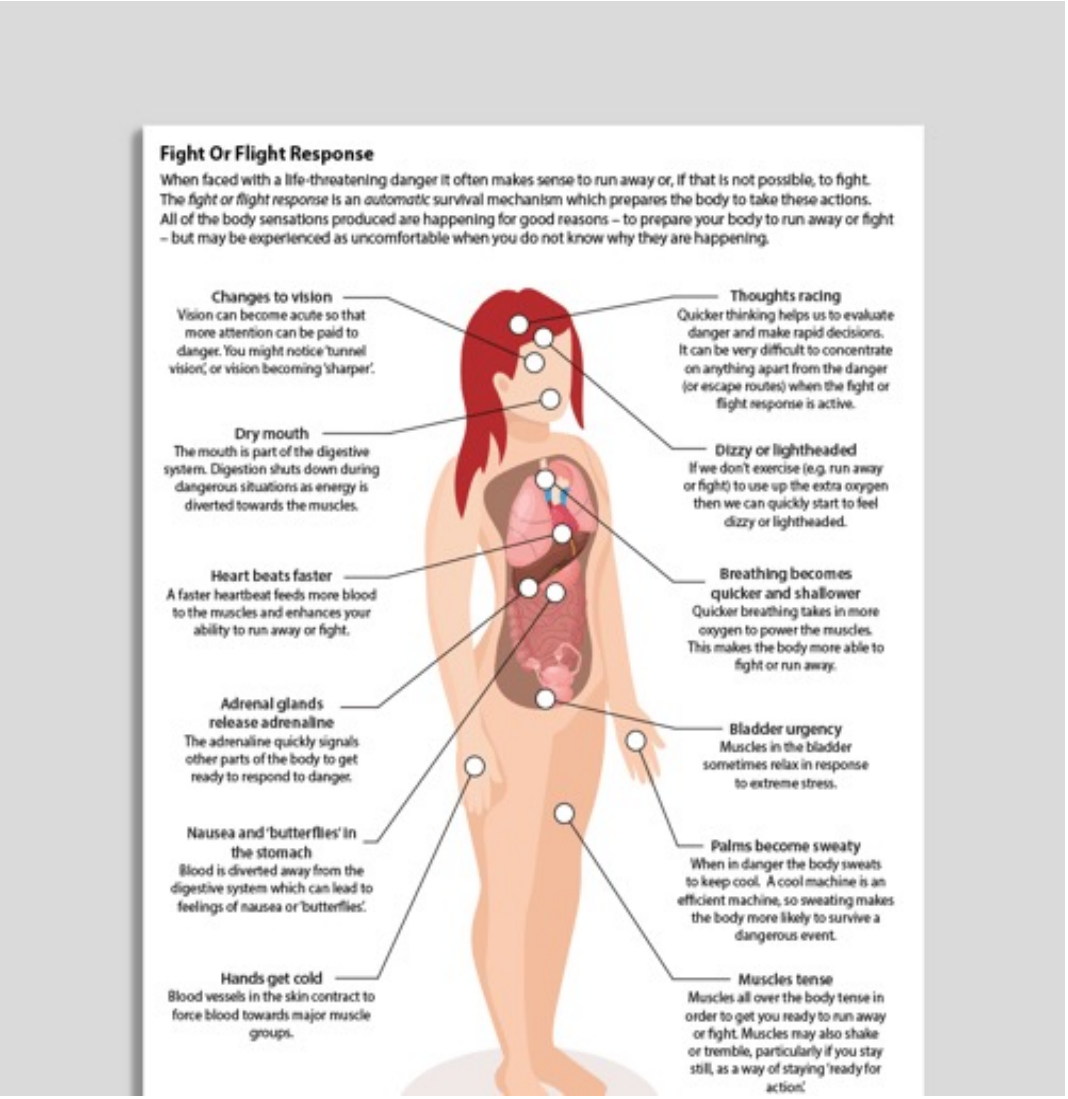
Briefly explain how you would go about describing the Stress Response to your client.

Explanation of the stress response – what it is including fight or flight, physical symptoms, easy to use language which clients would understand. (200-250 words)



# The Stress Response simplified

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**PERCEIVED THREAT**

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**SENSES** PERCEIVE **DANGER** & SENDS DISTRESS SIGNAL VIA **AMYGDALA** (Part of Limbic system)
SENDS DISTRESS SIGNAL (LIKE MORSE CODE) **TO** **HYPOTHALAMUS**

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**HYPOTHALAMUS** **(CONTROL CENTRE)**
SENDS SIGNALS TO THE WHOLE BODY THROUGH **AUTONOMIC NERVOUS SYSTEM** (2 parts) **Sympathetic & Parasympathetic system**

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**AUTONOMIC NERVOUS SYSTEM** ACTIVATES **SYMPATHETIC NERVOUS SYSTEM**
IN ORDER TO ACTIVATE SHORT-TERM RESPONSE TO **PERCEIVED DANGER**
IT ACTS LIKE AN **ACCELARATOR**, IT'S MAIN FUNCTION TO ACTIVATE PHYSIOLOGICAL CHANGES THAT NEED TO TAKE PLACE IN THE BODY DURING THE **STRESS RESPONSE** TO **ENSURE SAFETY**!

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**THE PARA-SYMPATHETIC NERVOUS SYSTEM**
ACTS LIKE **THE BRAKE** & ASSISTS THE BODY TO RETURN TO NORMAL WHEN CONSIDERED **SAFE** AGAIN.

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## 4. What is Hypnosis and Hypnotherapy?

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

Definition of what hypnosis is, you can use other people's quotations as long as the person is referenced. (100-150 words)

## 5. History of Hypnosis.

Summary including the key figures with a paragraph on each / few sentences explaining which theories they developed or any specialisms. (500-1000 words)

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## 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.

One or two sentences on each stage (induction, deepener, therapy, release. (150-200 words total)

## 6. Different types of Hypnotic Induction

a. What is an induction and what is it used for?

b. List 10 different inductions and very briefly explain each.

c. How do you think you would decide on which induction to use?

- Briefly explain what an induction is and why it is used – two or three sentences.
- List the 10 different inductions with two or three sentences explaining what they are.
- Do you have a preference for an induction or how would you decide which one to use – two or three sentences.

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## 7. Contraindications of Hypnosis and Hypnot

a. What do we mean when we talk about the contraindications for Hypnotherapy?

b. Give 5 examples of when Hypnosis and Hypnotherapy might be ineffectual and so might be contraindicated.

What does it mean? Two or three sentences, with 5 examples

## 8. What is Solution Focused Therapy?

Brief explanation of what this is and what it is useful for. (100-150 words)

## 9. Progressive Muscle Relaxation Induction and release

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

- Example induction. (400-500 words)

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# Practice Inductions

- Either, choose another induction, or maybe adlib more and make it your own.
- Or, if you're feeling brave, try without a script at all! ☺