

Oregon Society of Clinical Hypnosis: Level 1 Clinical Hypnosis Course February 4-6, 2022

Portland	
Friday, February 4, 2022 Day 1	
Time	Basic Topic
8:00-8:15	Check in, late registration, Welcome
8:15-8:45	Introduction to Level I clinical hypnosis-
8:45-9:15	What is hypnosis: Introduction to Clinical Hypnosis
9:15-10 am	Neurophysiology of Hypnosis
10-10:10	Break 10
10:10-10:55	Anatomy of a Hypnotic Session
10:55-11:25	Group hypnotic experience (15-20 exp and discussion)
11:25-12:25	Hypnosis Basics: Principles & Process of Rapport, Elicitation, & Reorienting
12:25-1:30	Lunch break (on your own)
1:30-2:15	Hypnosis Basics: Hypnotic phenomena
2:15-3:15	Intensification of hypnotic experience
3:15-3:30	Break 15 minutes
3:30-4:00	Introduction to Small Group Practice & Demonstration of Elicitation # 1: Diaphragmatic Breathing
4:00-6:00	Small Group Practice # 1: Rapport, Elicitation, Reorient (diaphragmatic breathing)
8.25 CE	Adjourn for the evening; 10 min faculty debrief, 480 minutes of instruction
Saturday February 5, 2022 Day 2	
Time	Basic Topic
8:15-8:30	Social and Networking, Q & A
8:30-9:00	Ethical Principles and Professional conduct
9:00-10:00	Fundamentals of Hypnotic Communication and Formulating Suggestions
10-10:15	Break 15 minutes
10:15-11:00	Self-hypnosis
11-11:50	Hypnosis Elicitation with Children
11:50-1:00	Lunch break
1:00-1:15	Teaching & Demo Induction # 2: eye fixation, intensification, reorient
1:15-3:00	Small Group Practice #2: eye fixation, intensification, reorient
3:00-3:10	Break 10 min

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3:10- 3:55	Resourcing and Ego Strengthening with hypnosis (15 min of demo)
3:55-4:10	Demo Elicitation # 3: Imagery relaxation:
4:10-6:10	Small Group Mentored Practice #3 Imagery – intensification- suggestion – orient
8 CE	Adjourn for the evening, 10 min faculty debrief

6 CEU hours	Sunday, February 6, 2021
Time	Basic topic
8:00-8:15	Networking, open Q & A
8:15-9:00	Presenting Hypnosis to the patient and informed consent:(Ethics)
9:00-9:45	Essentials for Recognizing and handling Resistance
9:45-10	15 min break
10:00-10:15	Teaching & Demo Induction # 4: Naturalistic/conversational
10:15-12	Small group practice #4
12-1:00 pm	Lunch (on your own)
1:00-2:00pm	Treatment Planning Strategies and technique selection for adults & children
2-2:45	Integrating Hypnosis into Practice Ethically (Ethics)
2:45-3:15	Memberships, Certification and Future Training
5.75 CE	Courses conclude, Faculty debrief 15 min
22 CE	Course total