

# Clinical Hypnosis – Spring 2014

Prerequisites: Introduction to Psychology

Instructor: Michele Amicarelli

Office: AUCA Main Building, room 209

Office hours: by previous appointment

E-mail: [amicarelli\\_m@mail.auca.kg](mailto:amicarelli_m@mail.auca.kg)

Class schedule: Tuesday, Thursday 15.35>16.50

## Course description

This course examines clinical hypnosis in its origins, nature, and utilisation in therapy. Clinical hypnosis is defined as the use of hypnosis in a clinical setting and is also known as hypnotherapy; this is a skilled communication, mainly conveyed verbally during hypnosis directing a subject's imagination in such a way as to elicit intended alterations in sensations, perceptions, feelings, thoughts and behaviours (adapted from Heap, M.&Aravind K. K., 2002, *Hartland's Medical and Dental Hypnosis*, 4<sup>th</sup> ed., Churchill Livingstone, Edinburgh).

## Learning outcomes

Upon successful completion of this course, students will be able to understand the basics of clinical hypnosis in its theoretical issues and clinical applications.

## Course organisation

The course is organised in two major streams:

- 1) Acquisition of theoretical principles of clinical hypnosis and psychotherapy.

2) Applications of theories and techniques of clinical hypnosis to psychological and medical issues.

### **Course materials**

- Burrows, G. D., Stanley, R. O., Bloom, P. B. (2001). *International Handbook of Clinical Hypnosis*. John Wiley & Sons, Ltd.
- Voit, R., Delaney, M. (2004). *Hypnosis in Clinical Practice: Steps for Mastering Hypnotherapy*. Routledge.
- Power point presentations.
- Video presentations.

### **Teaching methods**

- 1) Frontal classes through power point and video presentations.
- 2) Practical activities.

### **Course requirements**

- 1) Attendance (10%).
- 2) Mid-term exam (45%).
- 3) Final exam (45%).

Students are expected to come to class prepared on the topics explained in the previous classes, as questions concerning those will be asked during the current class. Inability to answer such questions will affect the final grade.

### **Grading scale**

A	91-100%
A-	86-90%

B+	80-85%
B	75-79%
B-	70-74%
C+	65-69%
C	61-64%
C-	56-60%
D+	51-55%
D	46-50%
D-	41-45%
F	0-40%

### **Student conduct**

The Code of Conduct of AUCA is regarded as the major set of requirements to student academic behaviour (available at [http://auca.kg/en/registrar\\_code\\_conduct/](http://auca.kg/en/registrar_code_conduct/)).

Violations of conduct rules will result in the instructor reporting about those and lowering the final grade.

### **Policies**

Late arrival/early leaving to and from class without a proper excuse will be regarded as missing the entire session. Please be in class on time.

Missing more than 5 classes will affect the attendance rate.

Food, cell phones, laptops, tablet computers, and other mobile devices are NOT allowed during the class session.

Chatting with classmates is forbidden during the class session.

N. B.: this syllabus is subject to change at discretion of the instructor in the view of unforeseen circumstances.

## Course programme

Week	Topic
1	Introduction to the course: what is hypnosis?; clinical hypnosis and hypnotic phenomena; the use of hypnosis in therapy settings; the history of hypnosis: from magic to clinical tool.
2	Theories, nature of hypnosis and scientific evidences: main theories; hypnosis and memory; neuro-psycho-physiology of hypnosis.
3	The hypnotic relationship and strategies for hypnotherapy – 1 <sup>st</sup> part.
4	The hypnotic relationship and strategies for hypnotherapy – 2 <sup>nd</sup> part.
5	The hypnotic induction; management and utilisation of the patient's resistance – 1 <sup>st</sup> part.
6	The hypnotic induction; management and utilisation of the patient's resistance – 2 <sup>nd</sup> part.
7	Clinical hypnosis and recovered memory; clinical hypnosis for stress and anxiety disorders.
8	Clinical hypnosis for depression; clinical hypnosis for dissociation and trauma.
9	MIDTERM EXAM  Clinical hypnosis for conversion disorders; clinical hypnosis for personality and psychotic disorders.
10	Clinical hypnosis for dissociative disorders; clinical hypnosis for appetitive (eating) disorders (bulimia and anorexia).
11	Clinical hypnosis for obesity (overweight) and addictions (smoking, drugs, sex, gambling, etc.); clinical hypnosis for sexual dysfunctions.
12	Clinical hypnosis for pain; clinical hypnosis for chronic pain.
13	Clinical hypnosis for dentistry: clinical hypnosis for anxiety disorders and phobia within a dentistry setting.
14	The use of clinical hypnosis with children.
15	The inappropriate or incorrect use of hypnosis and its likely consequences.
16	FINAL EXAM