

Introduction to Clinical Hypnosis

Charles Holton, LCSW and Mary S. Burns, LCSW

Friday 1 April 2005 at HRC in Chapel Hill, NC

9:00 – 9:30 am

History
Myths and Misconceptions

9:30 – 10:00 am

Conceptualizing Hypnosis
Psychological Characteristics of
Hypnosis

10:00 – 10:30 am

Structuring Suggestions
Helpful Hints for Eliciting Hypnosis

10:30 – 10:45 am

Break

10:45 – 11:15 am

Formal Strategies of
Hypnotic Induction

11:15 – noon

Demonstration and Discussion:
Group Induction

Noon – 1:00 pm

Lunch (on your own)

1:00 – 1:30 pm

Demonstration and Discussion:
Individual Induction 1

1:30 – 2:30 pm

*Small Group Practice as both operator
and subject*

2:30 – 2:45 pm

Break

2:45 – 3:15 pm

Informal, Conversational Strategies
of Hypnotic Induction
Eliciting and Utilizing Hypnotic
Phenomena

3:15 – 3:45 pm

Demonstration and Discussion:
Individual Induction 2

3:45 – 4:45 pm

*Small Group Practice as both operator
and subject*

4:45 – 5:15 pm

Hypnosis in Treatment
Hypnosis in Psychotherapy
Ethics and Cautions

5:15 – 5:30 pm

Questions, Discussion, Wrap-up