



## Clinical Hypnosis Day Sample Agendas

### 15 Minute Tickler – “Surgery Using Hypnosis”

Time	Content
5 minutes	<ul style="list-style-type: none"> <li>Welcome, introduce yourself and your hypnosis credentials</li> <li>Introduce presentation objectives</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>Show surgery video using hypnosis found in the CHD Toolkit on the <a href="http://www.asch.net">www.asch.net</a> website</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>Briefly discuss how hypnosis can be used for many applications</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>Q&amp;A</li> </ul>

### 30-45 Minute Lunch-Time Talk – “What is Hypnosis and Why You Should Care”

Time	Content
5 minutes	<ul style="list-style-type: none"> <li>Welcome, introduce yourself and your hypnosis credentials</li> <li>Introduce presentation title and objectives</li> <li>Ask what they are wanting to learn (be sure to incorporate into talk as applicable)</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>Short history of hypnosis – select 3-5 historical figures/events (opt.)</li> <li>Definition of hypnosis – APA division 30</li> <li>Demystify hypnosis myths and misunderstandings</li> <li>Outline the components of hypnosis: induction, intervention, emerge (brief)</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>Review hypnosis research pertinent to the audience by focusing on 2-4 studies/articles (ex. pain management, OB, dental, IBS, etc.)</li> <li>Give case examples of your use of hypnosis with patients</li> <li>Relate the application of hypnosis to their patient population</li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>Discuss training opportunities – ASCH conference, Regionals, local component sections</li> <li>Q&amp;A</li> </ul>

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## 1- hour Presentation – “Recent Advances in the Neuroscience of Hypnosis”

Time	Content
5 minutes	<ul style="list-style-type: none"> <li>• Welcome, introduce yourself and your hypnosis credentials</li> <li>• Introduce presentation title and objectives</li> <li>• Ask what they are wanting to learn (be sure to incorporate into talk as applicable)</li> </ul>
45 minutes	<ul style="list-style-type: none"> <li>• Utilize PPT “Recent Advances in the Neuroscience of Hypnosis” found in the CHD Toolkit on the ASCH.net website</li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>• Q&amp;A</li> </ul>

## 3-hour Presentation – The Power of Words and Self-Hypnosis

Time	Content
10 minutes	<ul style="list-style-type: none"> <li>• Welcome, introduce yourself and your hypnosis credentials</li> <li>• Introduce presentation title and objectives</li> <li>• Ask what they are wanting to learn (be sure to incorporate into talk as applicable)</li> </ul>
45 minutes	Review how stress affects the body. Discuss how pain affects the body. (Reference Mark Jensen’s article)
30 minutes	Discuss examples of good and bad suggestions and how they affect the stress and pain response
5 minutes	Break
30 minutes	Describe the components of self-hypnosis (induction, intervention, emerge) <ul style="list-style-type: none"> <li>• Include 2-3 inductions</li> <li>• Guidelines for creating effective suggestions</li> <li>• Discuss re-alerting</li> </ul>
15 minutes	Have participants write their own suggestions and review for feedback
30 minutes	Group experiential – guided imagery for ego boosting, allow space for participants to insert their suggestions.
15 minutes	Q&A