

Comparison of the Old Beginning Workshop Standards of Training and the New Level 1 Workshop Standards of Training

Original Beginning Workshop Standards of Training	New Level 1 Workshop Standards of Training
Definition, History & Theories of Hypnosis (40 min) Myths and Misperceptions; Hypnosis & Memory (30 min)	Introduction to Clinical Hypnosis (30 min) includes definitions, history and misperceptions. Theories of Hypnosis was replaced by segment on Neurophysiology. Neurophysiology of Hypnosis (45 min) replaces Theories of Hypnosis. This new segment will include the positive effects of hypnosis on neuroplasticity, psychoneuroimmunology and epigenetics, along with how hypnosis affects the autonomic nervous system, mitigating the stress response by stimulating the relaxation response. The differences and similarities between hypnosis, meditation and guided imagery will also be included. Our understanding of the neuroscience of hypnosis is evolving and ever-changing. As research is expanding our knowledge of the neurophysiology of hypnosis, this section will need to be revised regularly. Anatomy of the Hypnotic Experience (45 min) The participants will observe a formal hypnotic experience either live or on video in order to identify the steps in a formal hypnotic encounter and note characteristics of the trance state. Demonstrating the anatomy of a hypnotic session early in the course of the workshop serves to engage the participants, drives home the value of the process, and outlines what they will learn over the session during the workshop. This session also provides the faculty and participants clear and concise examples to which they may refer throughout the workshop. Group Hypnotic Experience (30 min) Participants have the opportunity to experience hypnosis facilitated by faculty prior to their first small group experience.
Principles & Process of Induction & Realerting; Principles in Formulating Hypnotic Suggestions (150 min)	Principles and Process of Rapport, Attunement, Trance Elicitation (Elicitation) and Reorientation (75 min) Principles in Formulating Hypnotic Suggestions comes later in the workshop.
Demonstration of Hypnotic Inductions (60 min)	Introduction to Small Group Practice (30 min) Demonstration of Elicitation #1 (15 min) Demonstration of Elicitation #2 (15 min) Demonstration of Elicitation #3 (15 min) Demonstration of Elicitation #4 (15 min)
Supervised Small Group Practice of Hypnotic Inductions (240 min)	Small Group Practice of Hypnotic Process (435 minutes total over 4 sessions interspersed through the schedule and following faculty demonstration of new elicitation and skill) Small group skill practice has increased from three sessions totaling four hours in the 1994 SoT to four sessions totaling seven and one quarter hours. The skill practice sessions are highly structured with specific objectives for each session. Instead of learning multiple elicitations/inductions early in the course of the workshop, participants will be taught the specific elicitation that they will use in the small group practice that immediately follows the demonstration.
Hypnotic Phenomena and Their Applications (60 min) Demonstration or Video Demonstration of Eliciting Hypnotic Phenomena (60 min)	Hypnotic Phenomena (45 min)
Concepts of Hypnotic Susceptibility, Stages of Hypnosis & Methods of Deepening Hypnotic Involvement (60 min)	Intensification of Hypnotic Experience (60 minutes including at least 15 cumulative minutes of demonstration) Fundamentals of Hypnotic Communication and Formulation of Suggestions (45 min) Ego strengthening (45 min including 15 min of demo) The important role of ego strengthening and integration of anchors in patient/client interactions in medical/dental and behavioral health settings is an integral part of the Level 1 workshop and was added to the SOT
Self-Hypnosis: How & What to teach patients (45 min)	Self-Hypnosis: How & What to teach patients (45 min)
Strategies for Managing Resistance to Hypnosis (45 min)	Strategies for Managing Resistance (45 Min) Title was changed as resistance may also be to treatment and to change as well as to hypnosis
Assessment, Presenting to Patient, & Informed Consent (20 min)	Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (45 min) This segment includes Informed Consent and the neurophysiology of memory and the hypnotic implications. Hypnosis with Children (45 min) Hypnosis is a valuable therapeutic tool to use with children.
Treatment Planning, Strategy & Technique Selection in Hypnotherapy (60 min)	Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (60 min) In the new treatment planning session, a faculty member will guide the entire group through the development of a treatment plan specific to hypnosis and the treatment of anxiety after which the participants will complete the form for a second anxiety case. This gives the participant experience and a take away specifically related to hypnotic treatment planning.
Introduction to Hypnotic Susceptibility Scales (30 min)	Susceptibility Scales have been eliminated as they are seldom used in clinical settings. Understanding and use of such scales are not a fundamental skill of clinical hypnosis.
Integrating Hypnosis into Clinical Practice (270 min) (Use of Ideomotor Signaling; Stress Management; Pain Management; Integrating Hypnosis & Psychotherapy; Ericksonian Approaches; Habit Control; Integrating Hypnosis into Medical or Dental Practice)	Integrating Hypnosis into Clinical Practice (45 min) In the new SOT we have attempted to ensure that the Level 1 participants have a solid foundation to begin incorporating clinical hypnosis into their practice. Faculty and participants will review important foundational information, concepts, and learned skills from the training experience. The topics listed in Integrating Hypnosis into Clinical Practice in the old SOTs are better learned after clinicians have had the opportunity to effectively utilize the new skills acquired in Level 1.
Ethical Principles, Professional Conduct & Certification (30 min)	Ethical Principles and Professional Conduct (30 min) ASCH Membership and Certification (15 min) Opportunities for further training will be presented.