

# Ericksonian and Elman Style Hypnotherapy Diploma Course Outline

## **DAY 1**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

- Outline the day
- Introductions
- Entrancing questions
- Questions about hypnosis
- Myths and misconceptions about hypnosis

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

- The 10 step change model
- 10 step hypnosis model
- Think of hypnosis as the deepest level of rapport
- Ericksonian hypnotherapy simplified:
- There are 3 main components that allow hypnosis to take place...
- Pre-induction talk

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

- What is hypnosis?
- Everyday trances
- How does hypnosis feel
- How does hypnosis work
- Brain waves
- Brain wave frequencies
- Four states of mind
- Four levels of trance

### **Part 4, 16.00 to 17.30 finishes 17.30**

- Stage hypnosis for entertainment
- The mind model
- Bypassing the "critical factor"
- The four ways to respond to suggestion
- Imagination
- The conscious & un-conscious mind
- Metaphors for the unconscious mind
- What to expect after the session (discuss)
- Termination of trance
- The uses of hypnosis
- The hypnotic contract
- The positive reinforcement hypnosis Demonstration
- The positive reinforcement hypnosis practice
- Summary

## **DAY 2**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

- Metaphoric story
- Pre-induction talk practice
- Pre-hypnosis information pack

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

- Table: 6 stages of hypnosis
- 1<sup>st</sup> Demonstration 6 stages
- Breakdown of hypnotherapy session
- Putting the story together (discussion & exercise)

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

- Pacing exercises
- Self hypnosis induction
- Analogue marking
- Embedded commands
- Suggestion exercises

### **Part 4, 16.00 to 17.30 finishes 17.30**

- Zebu card game
- The power of suggestion
- Pacing and leading exercises
- Summary

## **DAY 3**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

- Convincer concentration tests
- Indirect progressive induction
- The positive reinforcement hypnosis practice

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

#### **Communication Model**

- Metaphoric story
- Communication Enhancement.
- Communication model

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

#### **The Secrets of Rapport Building**

- Present state of rapport
- Rapport mirroring and matching
- The art of pacing
- Pacing and Leading
- Rapport matters
- Rapport Exercises

### **Part 4, 16.00 to 17.30 finishes 17.30**

- Rapport Exercises continued
- Pacing and Leading Difficult People..
- Pre – Consultation Talk
- Pre – Consultation Talk practice
- Summary

## **DAY 4**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

#### **Chapter 15 Precision Language Patterns**

- Metaphoric story
- Intake (pre-induction interview)
- Meta Model – Precision Language.
- Meta Modelling For a Change.

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

- Meta Model Challenges and Responses.
- Deletion/Distortion/Generalisation Examples.

- Meta Model Recap.

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

- Taking detailed personal history and meta model questions
- Gathering Information
- Questions To Help Elicit Present State
- Chunking Up
- Chunking Down Into Detail

### **Part 4, 16.00 to 17.30 finishes 17.30**

#### **Well Formed Outcomes**

- Outcome Direction. (towards/away from demo)
- My Diploma Outcomes
- The POWER V8 Well-Formed Outcome Strategy
- Well-Formed Outcomes Work Sheet exercise.
- Eliciting Your Hierarchy of Values
- Congruency check (Cartesian & SOMPs) questions
- Hindsight - Solution Frame
- Summary

## **DAY 5**

**Part 1, 9.00 to 10.45**

**Morning break 10.45 to 11.00**

**Chapter 2 Presuppositions**

- The Power Of Presuppositions

**Part 2, 11.00 to 12.45**

**Lunch break 12.45 to 14.00**

**Chapter 14 Language reframing and chunking**

Part 2, 11.30 to 13.15

Lunch Break 13.15 to 14.00

- Language for a change
- Chunking & Hierarchy of Ideas
- Reframing
- Reframing Examples
- Those 3 Letter words

**Part 3, 14.00 to 15.45**

**A/noon breaks 15.45 to 16.00**

**Chapter 12 Perceptual Positions**

Part 4, 15.45 to 17.30 Finishes

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Perceptual Positions
- Meta mirror dealing with difficult people

**Part 4, 16.00 to 17.30 finishes 17.30**

**Chapter 10 Anchoring**

- Associated/Dissociated States.
- Managing those states
- Anchoring to Managing Your State
- How To Change Your State?
- Anchoring Types.
- Skills of Anchoring.
- Self-Anchoring.
- Anchoring Others.
- Circle of Excellence
- Anchoring good feelings
- Summary

## **DAY 6**

**Part 1, 9.00 to 10.45**

**Morning break 10.45 to 11.00**

- Reframing process
- Review/suggestions
- Know your limits (discuss)
- Pre-induction talk (done)
- Setting realistic, positive goals
- A simple trance induction

**Part 2, 11.00 to 12.45**

**Lunch break 12.45 to 14.00**

- Using the Milton model
- There are three phases of the Milton model:
- Milton model language patterns
- Milton model exercise

**Part 3, 14.00 to 15.45**

**A/noon breaks 15.45 to 16.00**

- Meta-model language pattern reversals
- Creating metaphoric stories
- Metaphor exercises
- Metaphor construction

**Part 4, 16.00 to 17.30 finishes 17.30**

- Delivery & voice (discussion)
- Mental rehearsal
- Suggestibility tests
- Ericksonian question set induction 1
- Summary

## **DAY 7**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

- Ericksonian arm levitation induction 2
- General conversational induction
- (deepening, re-alerting, debriefing,
- Notes for practice.

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

- Embedded-meaning inductions
- deepening, re-alerting, debriefing,
- Notes for practice.

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

- Ericksonian interventions
- Deepener techniques
- Post hypnotic suggestions

### **Part 4, 16.00 to 17.30 finishes 17.30**

- Ab reactions
- Ideo-motor responses
- Hypnosis in sleep
- Deep progressive relaxation and deepener induction
- Summary

## **DAY 8**

### **Part 1, 9.00 to 10.45**

#### **Morning break 10.45 to 11.00**

Practice, Practice, Practice

### **Part 2, 11.00 to 12.45**

#### **Lunch break 12.45 to 14.00**

Practice, Practice, Practice

### **Part 3, 14.00 to 15.45**

#### **A/noon breaks 15.45 to 16.00**

- Hypnotherapist: being a professional
- Quick trance induction strategy
- Rapid induction methods & Demonstration
- Rapid induction practice

### **Part 4, 16.00 to 17.30 finishes 17.30**

- Rapid induction practice
- Summary
- Future pacing
- Graduation

#### **Extras**

- Therapeutic metaphors & clinical hypnosis
- Ideo-motor responses
- 1, professional liability insurance
- 2, professionalism
- 3, safety of hypnotherapy
- 4, code of ethics
- 5, complaints & disciplinary procedure
- Recommended study materials:
- Hypnosis glossary
- Marketing yourself
- Priceitis
- Selling
- Building your business