

Clinical Hypnosis – Fall 2013

Credits: 3

Prerequisites: Introduction to Psychology

Instructor: Michele Amicarelli

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Office hours: by previous appointment

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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*, 4th 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.

Teaching methods

- 1) Frontal classes through power point presentations.
- 2) Class discussions and activities.

Course requirements

- 1) Attendance (10%).
- 2) Participation to class discussions and activities (15%).
- 3) Written essay (25%).
- 4) Mid-term exam in the form of multiple choice questions (25%).
- 5) Final exam in the form of multiple choice questions (25%).

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%

Academic dishonesty

Student performance is expected to conform to the AUCA guidelines on academic honesty. 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/). Violations of such regulations will result in course failure.

Policies

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

Cell phones and other mobile devices are not allowed during the class session.

Laptops and tablet computers should be used for taking notes only.

Missed or late work will be accepted only if a student provides an official note reasoning a substantive excuse for such a circumstance.

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 st part.
4	The hypnotic relationship and strategies for hypnotherapy – 2 nd part.
5	The hypnotic induction; management and utilisation of the patient's resistance – 1 st part.
6	The hypnotic induction; management and utilisation of the patient's resistance – 2 nd 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