

# *Clinical Hypnotherapy & It's Relationship to Psychotherapy*

**A Two-Day Workshop by Richard Whitehurst**

*DipCH DipAH MPCHA EHAA (Past President)*

## **Day One:**

- \* Introduction to hypnosis and the utilisation of trance in mind-body therapy
- \* Aspects of the therapeutic setting
- \* Pre-induction interviews and idiosyncratic considerations
- \* Trance ratification via the direct experience of hypnotic phenomena - demonstration
- \* The power of belief and its relationship to hypnotic induction and phenomena
- \* Trances people live – dissociation and the state-bound encoding of trauma
- \* The origin of personas, parts, and multiple personalities
- \* Trance Induction Techniques – an overview
- \* The Eye-roll Induction – demonstration and group practice
- \* The nature and language of direct and indirect suggestions - demonstration
- \* Implied Directive induction methods – theory and demonstration
- \* The Post-hypnotic Predetermination Process
- \* Post-hypnotic conditioning and anchoring

## **Day Two:**

- \* Idiodynamic Methods – fail-safe approaches to mind-body therapy and healing
- \* Idiodynamic Methods – demonstration and group practice of 2 useful techniques
- \* The Sacred Unconscious – subconscious, unconscious, the underworld, the higher self
- \* The Mythic template of hypnotic experiences – group trance work
- \* Hetero-hypnotic development of self-hypnosis
- \* Anchoring self-induced trance experiences – demonstration and group practice.
- \* Moving beyond the constructs of persona and belief – transpersonal considerations
- \* The structure of suggestions via the General Accessing Formula - continued
- \* Hetero-hypnotic amplification of subjective experiences in meditation and in nature
- \* Toward Awakening -the power of epiphanies & elements of peak experiences
- \* Conclusion and final group trance experience

Please call us on 07 5494 2900 for more details.