Ericksonian Hypnosis
Fundamental Training Course
(5 days)

Trainer:
Dr. Woltemade Hartman Ph.D

Ericksonian Psychotherapy has influenced and led to the development of various internationally known psychotherapeutic approaches. The scope of this training is comprehensive, yet the incremental structure of the workshops facilitates progressive acquisition of competence.

The Ericksonian fundamental training assumes no prior knowledge of or experience in hypnotherapy or in Ericksonian psychotherapy. In the fundamental workshop the primary emphasis is upon teaching professionals how to elicit therapeutic trances and ways to utilise trance during treatment. Trance is viewed and approached as a naturalistic phenomenon occurring in everyday life.

The fundamental workshop explores the nature of human experience and pathology through understanding the particular phenomena involved in human experience and how these phenomena are the same phenomena in hypnosis and in symptoms.

These phenomena can be understood and implemented to tailor unique therapeutic approaches for individuals. The fundamental training also focuses specifically on the observational process, the language of suggestion, induction approaches, self-hypnosis for therapeutic purposes, the utilization of linguistic patterns, metaphors, indirect methods and how to utilize trance in clinical work.

Professionals will be able to begin to integrate hypnosis into their practices at the conclusion of the fundamental training programme and there will be ample opportunity for attendees to practice the method under the personal supervision of Dr. Hartman and his professional assistants.
Course Objectives
Professionals will be able to begin to integrate hypnosis into their practices at the conclusion of the fundamental training programme.

Course Outline
- Fundamentals of Ericksonian hypnosis / Rapport building skills / Fundamentals of hypnotic induction / Ethical and cultural considerations
- The utilization of observational patterns in hypnotic induction; A-R-E Model / Fundamentals of induction / The utilization of truisms in hypnotic induction / Ideodynamic responses
- The language of suggestion / The utilization of linguistic patterns in hypnotic induction / Ego strengthening and self-hypnosis / Hypnotic phenomena
- The utilization of linguistic patterns / The utilization of metaphors and indirect methods

Medium Of Instruction : English

Training Format : The training workshop utilizes a lecture-demonstration-practices format. Professionals will spend the majority of time in direct experiences, deriving extensive familiarity with various techniques. Hence the training is a stimulating blend of theoretical, vicarious and experiential learning.

Date and Time : 6-10 Jan 2020 (Monday to Friday) 09:30-18:00

Venue : Jockey Club New Life Institute of Psychiatric Rehabilitation
332 Nam Cheong Street, Shek Kip Mei, Kowloon

Target Participants : Counsellors, Psychologists, Social workers and other helping professionals

Fee :
- HK$11,800
- HK$10,800 (Group price, per person/ Early Bird : Enroll on or before 30 Nov)
- HK$9,300 (Super Early Bird, On or before 10 Nov)

Accreditation : CPD (Social Worker) - 1 point per hour
CPD (CP/OT) – To be confirmed

Enrollment : Please click here

For Enquiry : Email : institute@nlpra.org.hk / Telephone : 3552 5204