Sponsored by: the North Texas Society of Clinical Hypnosis

TITLE Hypnosis Skills Practice

BY Alejandra Diaz LPC and Roxanna Erickson-Klein LPC

WHEN Friday August 9, 2019 6-7:30 pm

WHERE Kleins Training room 3516 Euclid Ave Dallas Texas 75205

WHO This training is open to health professionals with a minimum of a master's degree or students enrolled in masters programs.

It is useful for professionals wishing to learn more about strategic communicattion regardless of your previous training in hypnosis.

CEUs applied for 1.5 CEUs Offered by Green Oaks Hospital

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Hypnosis Skills Practice

This 90 minute experiential session offers individuals interested in hypnotic and strategic communication an opportunity to participate in exercises designed to hone skills at direct and indirect suggestion.

Objectives

1. To practice direct and indirect techniques of offering therapeutic suggestion.
2. To describe three indicators that a subject is ready to accept therapeutic suggestion
3. To compare and contrast five different approaches to the construction of therapeutic directives

True / False

1. There is no difference between ordinary casual conversation and therapeutic hypnotic conversation
   FALSE

2. A hypnotherapist is trained to assess the readiness of a client to accept suggestion
   TRUE

3. Direct suggestions and indirect suggestions can both be accepted, and both be rejected by the client
TRUE

4. An indirect suggestion is less likely to stimulate defenses in a subject than a direct suggestion TRUE

5. Traditional hypnosis is based on direct suggestions
   TRUE

6 Ericksonian hypnosis focuses entirely on indirect suggestions
   FALSE

7. Hypnotic conversation engages direct suggestion
   FALSE

8. Often salespeople engage learn hypnotic conversation to enhance sales
   TRUE

9. The NLP Milton Model is distinctly different from Hypnotic conversation and indirect suggestion
   FALSE

10 Hypnosis is always the most important factor on whether a subject accepts a suggestion
   FALSE

Reference Materials

Walter, J. & Peller J. 2000 *Recreating Brief Therapy* Norton NY

Zeig, J. *The Anatomy of Experiential Impact Through Ericksonian Psychotherapy* 2018 The Milton Erickson Foundation Press Phoenix AZ

Zeig, J. *Psychoaerobics* 2015 The Milton Erickson Foundation Press Phoenix AZ