



Postgraduate Certificate

Classical Hypnotic Induction Procedures

Course Modality: Online

Duration: 6 weeks

Endorsed by: TECH - Technological University

6 ECTS

Hours 150 h.

We b site: www.techtitute.com/us/psychology/postgraduate-certficate/classical-hypnotic-induction-procedures

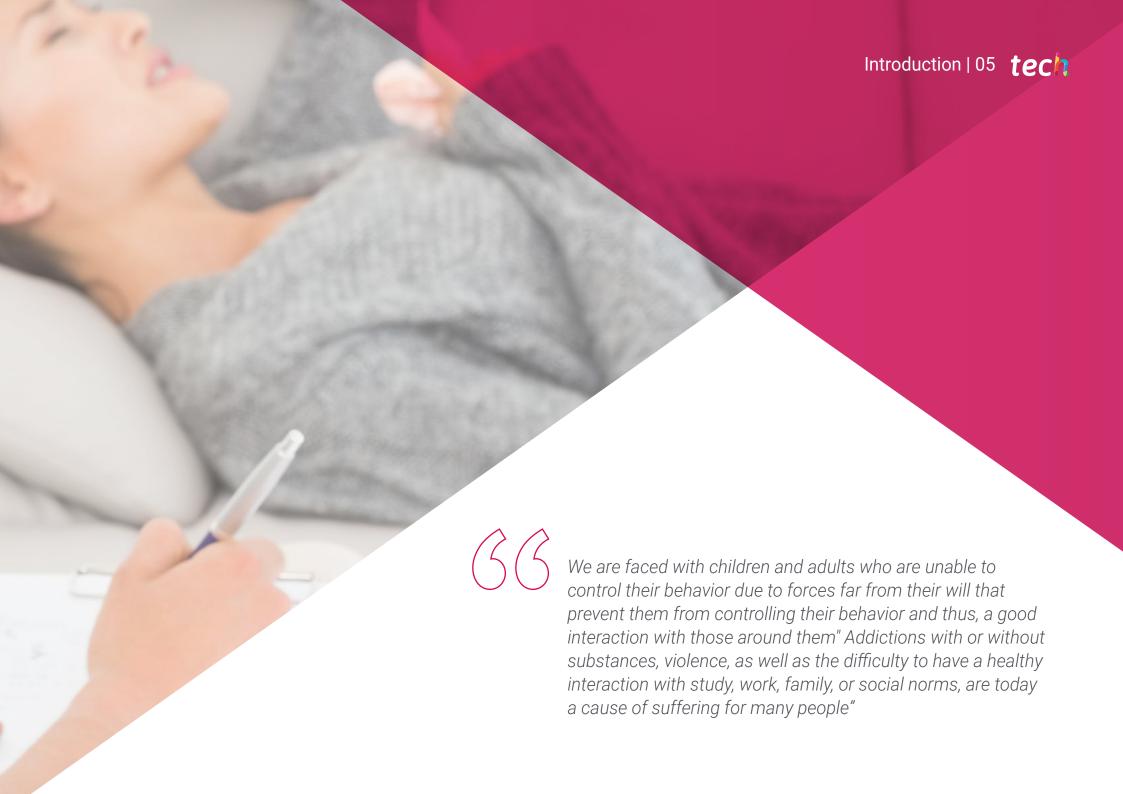
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In this Postgraduate Certificate the professional will review and practice the different modalities known, at this moment, to reach the hypnotic state of the patient. Classic techniques, similar to relaxation. They are a first way to achieve the hypnotic state because if, in addition to body relaxation, we are able to involve the subject in a mental dissociation, the consequence is a hypnotic state of medium or deep alteration of consciousness.



tech 06 | Introduction

Numerous studies show that any psychotherapy procedure is much more effective if performed in a hypnotic state. Irving Kirsch found an 80% improvement if the therapeutic activity is performed in a hypnotic state as opposed to wakefulness.

At the end of this Postgraduate Certificate, the psychologist will have mastered all the necessary technology to get their patient hypnotized.

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Update your knowledge through the Postgraduate Certificate in Classical Hypnotic Induction Procedures in a practical way and adapted to your needs" This **Postgraduate Certificate in Classical Hypnotic Induction Procedures** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- Clinical cases presented by courses in psychology. The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional.
- Diagnostic-therapeutic novelties on hypnotic induction performance by classical methods
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- With special emphasis on evidence-based psychology and research methodologies in psychology
- Content that is accessible from any fixed or portable device with an Internet connection



This Postgraduate Certificate may be the best investment you can make when choosing an updated program for two reasons: in addition to updating your knowledge in Classical Hypnotic Induction Procedures, you will obtain a Postgraduate Certificate from TECH - Technological University"

Forming part of the teaching staff is a group of professionals from the world of psychology who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training program to train in real situations.

This program is designed around Problem Based Learning, whereby the doctor must try to solve the different professional practice situations that arise during the course university. For this reason, you will be assisted by an innovative, interactive video system created by recognized professionals in the field of psychology and with great teaching experience.

The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the clinical doctor's practice







tech 10 | Objectives



General Objectives

- Describe how to establish an essential therapeutic link through the techniques of Classic Procedures of Hypnotic Induction.
- Develop intervention programs based on emotional change rather than cognitive change
- Describe the research implication of technology impacting biochemistry and neuroanatomy with psychic tools



Take advantage of the opportunity and take the step to get up-to-date on the latest developments in Classical Hypnotic Induction Procedures"







Specific learning objectives of each module:

- Working with traumatic emotional memory from a bonding and emotional anesthesia that allows the restructuring of the memory
- Manage the laws of energetic control that regulate the ascending reticular system
- Describe the therapeutic setting of psychological technology that influences brain activity and the individual's perception
- Describe how to adjust the induction to the patient's mind
- Establish a differential diagnosis before applying hypnotic induction, so as not to create iatrogenic reactions
- Identify the neurological axes and planes involved in performing IHM techniques.
- Substantiate, based a scientific knowledge, the dynamics that occur in induction and hypnotic state





tech 14 | Course Management

Management



Mr. Aguado Romo, Roberto

- Psychologist specializing in clinical psychology at CEP centers in Madrid, Bilbao and Talavera
- Specialist in Forensic and Legal Psychology
- Psychologist of the Courts 1 and 2 of Toledo
- Coordinator in Toledo of the emergency intervention and psychological assistance plan
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Expert in Adult Psychotherapy.
- Director of the Expert in Psychodiagnosis and Legal Expertise by the European Institute of Time-Limited Psychotherapies
- Coordinator of the gender violence plan at the national level of the Society for Time Limited Psychotherapies

Professors

Ms. Arriero, Esther

- European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center of Talavera de la Reina.
- Health Psychologist
- Course in Time-Limited Psychotherapy and Health Psychology
- Specialist in Adult Therapy
- Specialist in interventions with chronic patients.

Mr. Benito de Benito, Luis. M.D.

- Medical Specialist of the digestive system.
- Physician Hospital San Chinarro and specialist in Endoscopy
- Course in Time-Limited Psychotherapy and Health Psychology
- Lecturer at Navarra University

Mr. Cuesta, José María

- European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center in Talavera de la Reina.
- Course in psychological intervention of chronic illnesses.
- Psychologist of the Alzheimer's Association
- Course in Time-Limited Psychotherapy and Health Psychology

Mr. Peñuelas, Óscar. M.D.

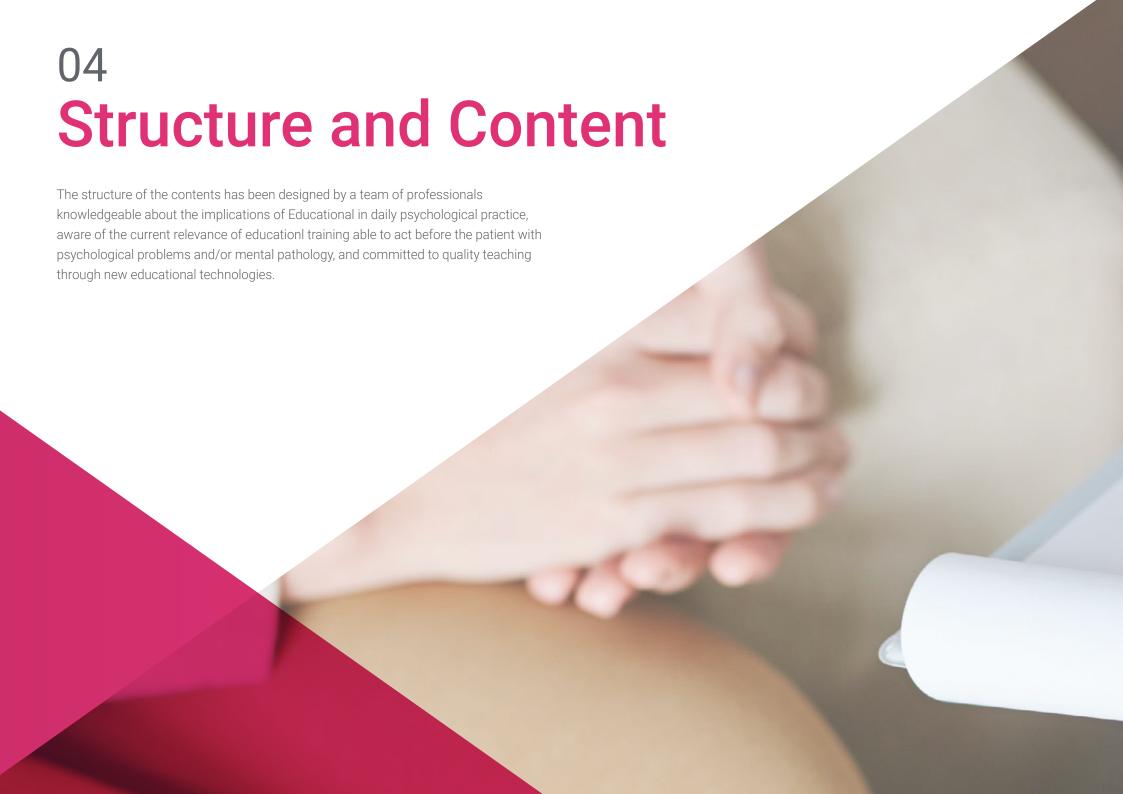
- Physician specializing in Psychiatry and Pediatrics
- Director of the Psychopharmacology Unit of the CEP.
- Head of the public health service in the southern district of Madrid.
- Course in Time-Limited Psychotherapy and Health Psychology

Ms. Fernandez, Inmaculada

- Doctorate in Psychology from Almeria University
- Psychology specializing in Clinical psychology
- Head of the Department of Neuropsychology of the University of Almeria.
- Mindfulness-based Cognitive Therapy Expert
- Expert of Time Limited Psychotherapy

Ms. Furelos, Maribel

- Psychology specializing in Clinical psychology
- Osakidetza sexologist at the Santurce outpatient clinic
- Course in Time-Limited Psychotherapy and Health Psychology





tech 18 | Structure and Content

Module 1. Classical Hypnotic Induction Procedures

- 1.1. Psychoeducational Phase
 - 1.1.1. Suggestibility Scale
 - 1.1.2. Each Backwards
 - 1.1.3. Brick and Sponge (R. Aguado, 1999)
 - 1.1.4. Arm Against the Wall (P. Abozzi, 1996)
 - 1.1.5. Thumb Twist
- 1.2. Hypnotic Induction Phase
 - 1.2.1. Techniques that Fix the Subject's Attention
 - 1.2.2. Fixing on a Light Spot (Braid Method)
 - 1.2.3. Coin Technique (William S. Kroger, 1963)
 - 1.2.4. Candle Procedure (J.P. Guyonnaud)
 - 1.2.5. Weight and Lightness Method with Triple Decoupling (R. Aguado 2002)
- 1.3. Techniques for Delving into the Hypnotic State
 - 1.3.1. Hand Levitation (Wolberg, 1948; Milton H. Erickson, 1959)
 - 1.3.2. Mountain Descent (H. Gonzalez Ordi)
 - 1.3.3. Staircase Procedure (various authors, version R. Aguado, 1998)
 - 1.3.4. Blackboard Technique
- 1.4. Stabilization Technique
 - 1.4.1. Boat Method (R. Aguado version, 1999)
 - 1.4.2. Mist Method
 - 1.4.3. Feedback Arm Technique (Thermostat Technique R. Aguado 2000)
 - 1.4.4. Cloud Technique (R. Aguado, 1998)
- 1.5. Therapeutic Phase
 - 1.5.1. Posthypnotic Phase
 - 1.5.2. Reactivation Phase
- 1.6. Tools with Classical Hypnosis to Solve Anxiety Disorders, Sleep and Pain







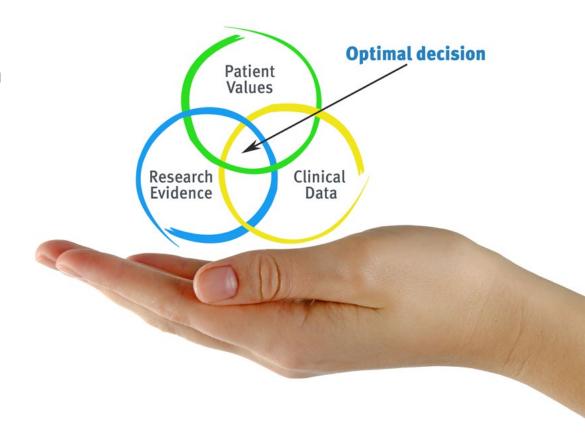


tech 22 | Methodology

At TECH we use the Case Method

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Psychologists learn better, faster, and more sustainably over time.

With TECH, psychologists can experience a way of learning that is shaking the foundations of traditional universities around the world



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.



Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

- Psychologists who follow this method not only grasp concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
- 2. The learning is solidly focused on practical skills that allow the psychologist to better integrate the knowledge into clinical practice.
- 3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
- Students like to feel that the effort they put into their studies is worthwhile.
 This then translates into a greater interest in learning and more time dedicated to working on the course.



tech 24 | Methodology

Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

The psychologist will learn through real cases and by solving complex situations in simulated learning environments.

These simulations are developed using state-of-the-art software to facilitate immersive learning



Methodology | 25 tech

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 150,000 psychologists with unprecedented success, in all clinical specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

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In this program you will have access to the best educational material, prepared with you in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

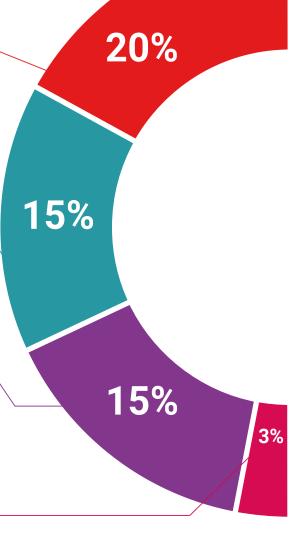
We introduce you to the latest techniques, with the latest educational advances, and to the forefront of psychology. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

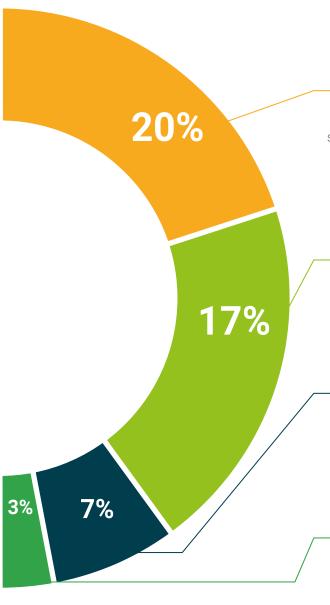
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".





Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.



Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.



Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.

Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.





tech 30 | Certificate

This **Postgraduate Certificate in Classical Hypnotic Induction Procedures** contains the most complete and up-to-date scientific program on the market.

Once the student has passed the evaluations, they will receive their corresponding **Postgraduate Certificate** issued by **TECH - Technological University** via tracked delivery. .

The diploma issued by **TECH - Technological University**will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Certificate in Classical Hypnotic Induction Procedures ECTS:6

Nº Hours: 150



POSTGRADUATE CERTIFICATE

in

Classical Hypnotic Induction Procedures

This is a qualification awarded by this University, with 6 ECTS credits and equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

ere Guevara Navarro

Unique TECH Code: AFWORD23S techtitute.com/certificate

^{*}Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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