

Postgraduate Certificate Clinical Hypnosis





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Course Modality: **Online**

Duration: **6 weeks**

Endorsed by: **TECH - Technological University**

8 ECTS

Hours **200 hours.**

Website: www.techtute.com/us/psychology/postgraduate-certificate/clinical-hypnosis

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01

Introduction

Clinical Hypnosis is an instrument with which we are able to connect with the subcortical structures to subsequently change the traumatic memories or affect planes far from the will, and from there to be able to affect pain, anxiety or an unbalanced mood.





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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 his patient hypnotized. Regarding the Selective Dissociation Focusing Techniques, everything we present to you is designed by the author who created the MCI technique and the psychological model that supports it.

In this Postgraduate Certificate the professional will learn the different modalities known, at this moment, to reach the hypnotic state of the patient. We can differentiate three ways to achieve hypnotizing:

- ♦ Classical techniques, similar to relaxation. It is 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 profound alteration of consciousness
- ♦ Conversational techniques where an apparent conversation is interspersed with a sophisticated technology in the use of language that allows the listener to enter a hypnotic state, even with open eyes and without the need to concentrate on the hypnotist's voice, as required by classical techniques. This type of techniques were developed mainly by H. Milton Erickson, and later multiple schools such as NLP or Palo Alto MRI added technology to carry it out. In this Postgraduate Certificate we present all the technology on conversational techniques those that were designed by other models, and those designed by ours
- ♦ Selective Dissociation Focusing Techniques, mainly the ICM (Induced Head Movements) is the therapy in which without talking to the subject is able to achieve a deep hypnotic state, also in very few minutes. This state of consciousness is achieved by stimulating the ascending reticular system. Achieving very deep hypnotic states without the need for conversation is fundamental in the intervention with young children, the elderly and all those individuals who have trouble concentrating or understanding the language they are being spoken to with.

This **Postgraduate Certificate in Clinical Hypnosis** is the most comprehensive and up-to-date scientific program on the market. The most important features of the Postgraduate Certificate are:

- ♦ Clinical cases presented by experts 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 and therapeutic developments in Clinical Hypnosis.
- ♦ 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



Update your knowledge through the Postgraduate Certificate in Clinical Hypnosis in a practical way and adapted to your needs"

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This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Clinical Hypnosis, you will obtain a Postgraduate Certificate from TECH - Technological University”

The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the program closer to the psychologist’s clinical practice

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 experts in the field of psychology and with great teaching experience.



02

Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master Clinical Hypnosis in a practical and rigorous way.



A hand holding a white card with a black ink drawing of a spider. The background is split into a white and a magenta section.

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This up-to-date program will provide you with the skills to act with confidence in the performance of the psychologist's praxis, which will help you grow personally and professionally"



General Objectives

- Explain the reality of clinical hypnosis
- Describe the use of clinical hypnosis in the practice of psychotherapy
- Describe the procedure for settling into brain structures far removed from will and cognitive awareness
- 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 Clinical Hypnosis”





Specific Objectives

- ♦ Place the professional in the scientific reality of clinical hypnosis
- ♦ Describe the phases to be able to hypnotize from the different levels of classical, conversational and selective dissociation focusing techniques
- ♦ Master the jargon and liturgy of hypnotic induction
- ♦ Control prosody and the laws that regulate hypnotic dialogues
- ♦ 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

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of psychology , and who pour into this program the experience of their work.

In addition involved, renowned specialists, members of prestigious national and international scientific communities, are in designing and preparing the program.





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Learn the latest advances in Clinical Hypnosis from leading professionals”

Management



Dr. 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

Arriero, Esther

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

Benito de Benito, Luis MD

- ♦ Medical Specialist of the digestive system.
- ♦ Physician Hospital San Chinarro and specialist in Endoscopy
- ♦ Professional Progression's Degree in Time-Limited Psychotherapy and Health Psychology.
- ♦ Lecturer at Navarra University

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

Espinoza, Oscar MD

- ♦ 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

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

Furelos, Maribel

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

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in the daily practice of the psychologist, aware of the relevance of the present time to be able to act before the patient with mental pathology or psychological needs with quality teaching through new educational technologies.





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This Postgraduate Certificate in Clinical Hypnosis is the most comprehensive and up-to-date scientific program on the market”

Module 1. Clinical Hypnosis

- 1.1. Historical Review of Hypnosis
 - 1.1.1. 18th Century From Demonology to Hypnotism
 - 1.1.2. 19th Century School of Salpêtrière Vs.School of Nancy
 - 1.1.3. 20th Century Birth of Clinical Hypnosis
- 1.2. History and Links of Clinical Hypnosis with Psychotherapy
 - 1.2.1. Freud: Hypnosis, Catharsis and Free Association What is the Difference?
 - 1.2.2. What is the Subconscious? The Hypnotic State as an "Explorer" of the Subconscious
- 1.3. New Technologies in 21st Century Psychotherapy and Clinical Hypnosis
- 1.4. What Does it Feel Like to be in a Hypnotic State?
- 1.5. Myths and Misconceptions About Hypnosis
- 1.6. Fields of Application of Clinical Hypnosis in Psychotherapy
- 1.7. Ingredients Needed to Reach the Hypnotic State
 - 1.7.1. Variables of the Hypnotizer
 - 1.7.2. Variables of the Hypnotized Person
 - 1.7.3. Context and Environmental Situation
- 1.8. Definitions of Clinical Hypnosis
 - 1.8.1. Barner (2000)
 - 1.8.2. Zeig (1999)
 - 1.8.3. R. Aguado (2001)
- 1.9. Types of Procedures to Reach the Hypnotic State
- 1.10. Selective Dissociation Focusing (SDF) © Aguado, R. 2005)
- 1.11. Induced Head Movements (IHM) (© Aguado, R. 2007)
 - 1.11.1. MCI Methodology
 - 1.11.2. Why in the Skull, from the Back, Silently and With Hands?
- 1.12. Differentiating Characteristics of IHM From Other Types of Hypnosis





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A unique, key, and decisive experience to boost your professional development”

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



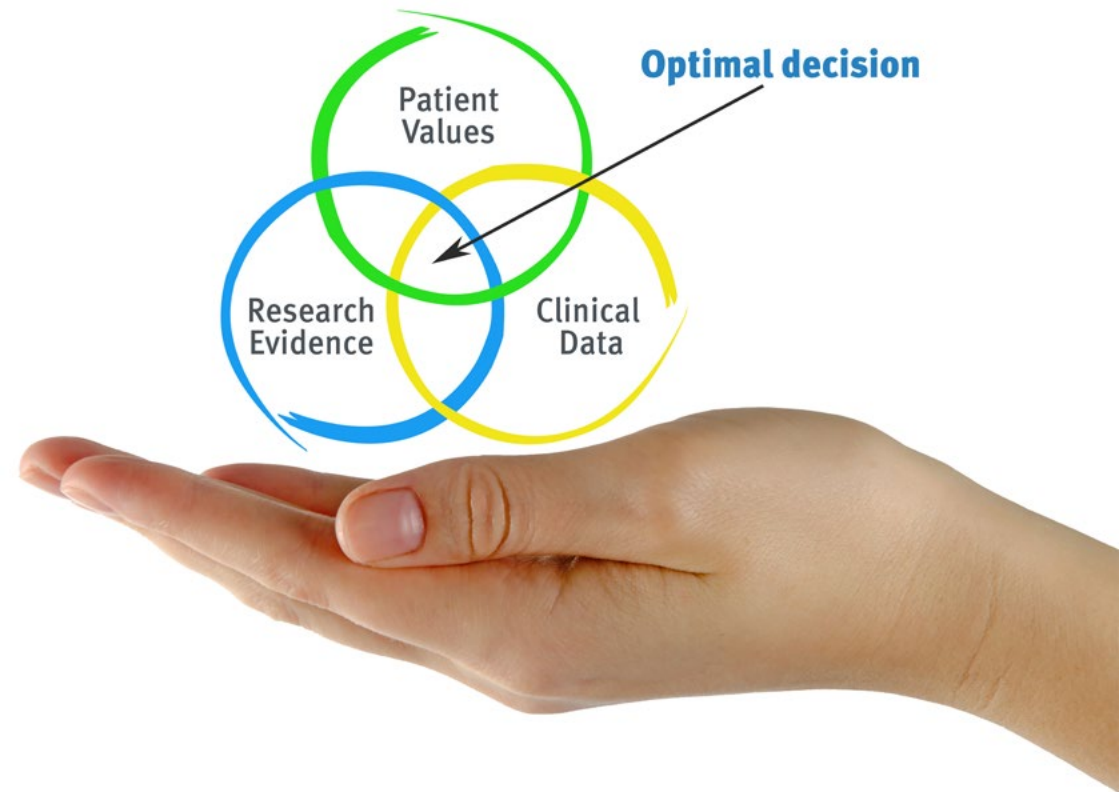
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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

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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:

1. 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.
4. 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.



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

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.



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

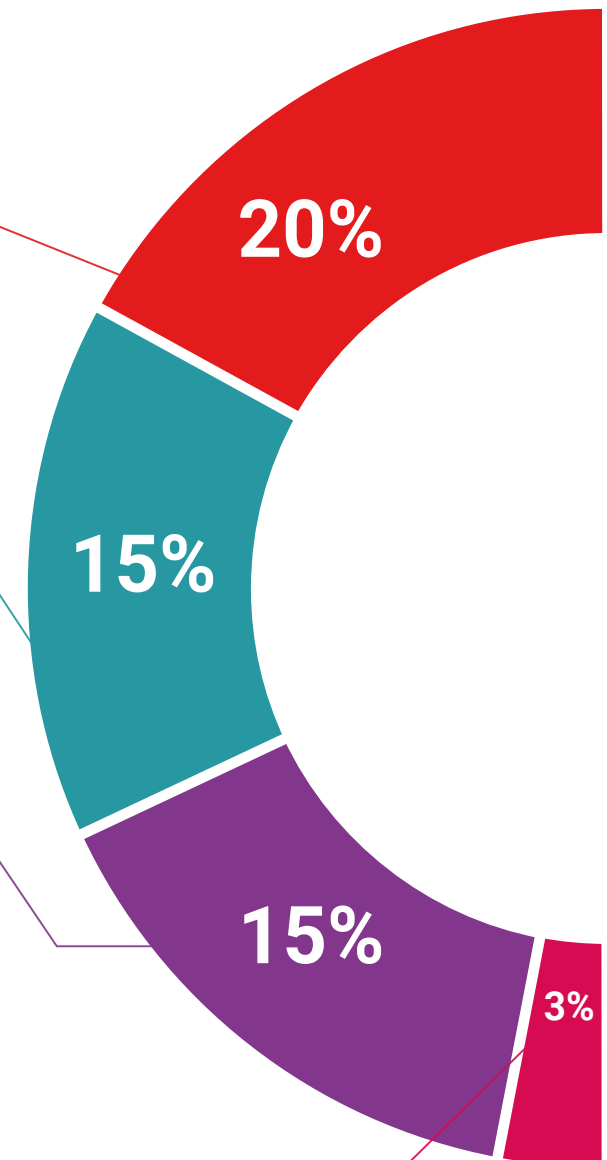
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.



06

Certificate

The Postgraduate Certificate in Clinical Hypnosis guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Technological University.





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Successfully complete this program and receive your diploma without travel or laborious paperwork”

This **Postgraduate Certificate in Clinical Hypnosis** is the most comprehensive and up-to-date scientific program on the market.

After students have passed the evaluations, they will receive their **Postgraduate Certificate** issued **TECH - Technological University**.

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

Diploma: **Postgraduate Certificate in Clinical Hypnosis**

ECTS: 8

Nº Hours: 200



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
virtual classroom



Postgraduate Certificate Clinical Hypnosis

Course Modality: Online

Duration: 6 weeks

Endorsed by: TECH - Technological University

8 ECTS

Hours 200 hours.

Postgraduate Certificate Clinical Hypnosis

