

# **The 12 Day, 84 Hour Training Program in Clinical Hypnosis and Strategic Psychotherapy with Michael D. Yapko, Ph.D.:**

## ***A Tentative Daily Syllabus\****

*\* Note: This is a fluid, spontaneous program and so may not follow the schedule exactly as specified below; expect and allow for some flexible adaptation! There will also be exercises, concepts and processes provided beyond those mentioned below.*

### **Part 1: The Foundations of Hypnosis: Concepts and Basic Methods**

In this first phase of the training, you will learn the principles and terminology of hypnosis as well as general ways hypnosis can be applied clinically.

**Day 1:** Introduction and overview; Group member introduction; Group hypnosis experience, de-construction and feedback; The generic structure of clinical hypnosis sessions; Models of hypnosis and innate assumptions; Mythology of hypnosis; Suggestion structures and styles; Exercises in 1) observation and 2) guiding experience.

**Day 2:** Factors (personal, interpersonal, and contextual) shaping hypnotic responsiveness; Models of hypnosis and differing views of hypnotic experience; Phases of hypnotic interaction; focus on inductions; structured/traditional and conversational inductions; Exercises in performing inductions.

**Day 3:** Hypnotic phenomena and their applications in treatment; Focus on age regression and issues of working with memory; The suggestibility of memory and the possibility of false memories; Erickson and The Case of Monde; Accessing resources hypnotically – an applied positive psychology; Exercises: 1) Conducting simple age regression and, 2) Resource accessing.

## **Part 2: Applying Hypnosis in Psychotherapy:**

### **Developing a Goal-Orientation**

In this second phase of the training, the foundational skills acquired in the first phase will be guided in the direction of evolving artistry in performing hypnosis in goal-oriented psychotherapy.

**Day 4:** Building response sets; Exercise: Hypnotically accessing and contextualizing resources; Interviewing clients for resources as well as experiential deficits; “How” questions and discrimination strategies; Video demonstration: The Case of Consuelo; Hypnosis for Feeling Stuck in Writing

**Day 5:** Patterns of self-organization and implications for treatment with hypnosis; Tailoring hypnosis to the individual; Dynamics for designing and delivering goal-oriented hypnosis sessions strategically; Practice sessions 1 and 2 of 3; discussion and debriefing, further strategizing.

**Day 6:** Practice session 3 of 3 and debriefing; Strategy: Hypnotically facilitating flexibility deconstruction; Video demonstration: The Case of Bob- Hypnosis for Excessive Approval Seeking; Exercise: Process-Oriented Hypnosis Practice session. Q & A, summary, adjourn

## **Part 3: Applying Hypnosis in Strategic Psychotherapy**

In this third phase of the training, we will explore the ability to use hypnosis to build client receptivity to new ideas and possibilities in order to begin to transform his or her experience in some meaningful way.

**Day 7:** Overview of next phase; Process feedback and experiences of group members during the interim practice time; group hypnosis experience, feedback and deconstruction; LIVE clinical demonstration: interview, design and delivery as a collaborative process; feedback, deconstruction.

**Day 8:** Discussion of session dynamics; Exercise: Process oriented suggestion, debrief. Metaphors in treatment; Group exercise: Metaphor and meaning; dynamics of metaphor construction, delivery, practice sessions.

**Day 9:** Practice sessions: Rounds 1, 2, and 3 of 3 round design and delivery of goal-oriented therapy, debriefing each in turn. Seeding and assigning homework; employing tasks as experiential metaphors.

## **Part 4: Applying Hypnosis in Treatment:**

### **Specialized Applications**

In this fourth and final phase of the program, the skill level will move to an advanced one of designing and delivering hypnotic interventions for depression, pain and other common problems.

**Day 10:** Focus is on *Treating Depression*, the most common mood disorder in the world; the roles of behavioral activation and homework using hypnosis; Video demonstration: *The Case of Mike- Treating Comorbid Depression and Anxiety with Hypnosis*; Exercise: Building Expectancy with Hypnosis.

**Day 11:** Focus is on *Treating Pain Conditions*, an advanced and specialized application of hypnosis; hypnosis in behavioral medicine; dynamics of interviewing and treating the pain patient; video demonstrations of glove anesthesia (Hilgard, Levitan), thyroidectomy with hypnosis (Kroger); Exercises: 1) Sensory alteration; 2) Glove anesthesia

**Day 12:** Further considerations in doing hypnosis; Anxiety; Trauma; Video: The Case of Susan- Treating Someone with a Reported History of Ritual Abuse in Childhood; Group member “wish list”; Practice session: Tolerating ambiguity; Common themes of therapy; Continuing to evolve skills; Group hypnosis; Q & A; Closure

By the time this final phase ends, you’ll have evolved into a knowledgeable and experienced practitioner of clinical hypnosis!