

# Hypnovations Basic Hypnosis Workshop

## FRIDAY

- 1:30 - 2:00 Registration  
2-2:20 Welcome & Introductions  
2:20-3:20 Intro to Hypnosis, Definitions, history, myths, Hypnotizability  
3:20-4:30 Principles of Induction & Realerting with Demonstration & Video  
4:30-5:00 Group Experience

Dinner

- 6:00-6:45 Presenting Hypnosis to Patients and Informed Consent  
6:45-7:00 Intro to Small Group Practice Sessions  
7:00-9:00 Small Group # 1 Induction & Realerting -

Time: 6 hours

## SATURDAY

- 8:30-9:30 Deepening with Demonstration and Hypnotic Susceptibility Testing  
9:30-10:00 Utilization & Managing Resistance

Break

- 10:15-12:15 Small Group #2 Induction, Deepening and Realerting

Lunch

- 1:30- 2:00 Hypnotic Phenomenon  
2:00-3:00 Fundamentals of Hypnotic Language and Formulating Suggestions

Break

- 3:15- 5:15 Small Group # 3: Induction, Deepening, Hypnotic Phenomenon, Making Suggestions and Realerting

Time: 7 hrs

- 5:30 Wine and Cheese Reception

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## SUNDAY

8:00-8:30 Ego-Strengthening & Self- Hypnosis

8:30-9:15 Applications of Hypnosis: Pain

9:15 -10:00 Applications of Hypnosis: Pediatrics

Break

10:15-12:15 Small Group # 4: Induction, Deepening,  
Hypnotic Phenomenon, Language, Making  
Suggestions and Realerting -

Lunch

1:30-2:15 Applications of Hypnosis: Habit Disorders

2:15-3:00 Applications of Hypnosis: Anxiety

Break

3:15-4:15 Integrating into Practice: Psychology/Medicine

4:15-4:45 Ethics, Professional Development, Organ-  
izations, Certification & Evaluation

Time: 7 hrs

Total time: 20 hours