

**SANTA CLARA UNIVERSITY**  
**HYPNOSIS IN COUNSELING AND PSYCHOTHERAPY**  
**\*\*\* CPSY 391 \*\*\***  
**Summer 2002**

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Certified: Clinical Consultant, American Society of Clinical hypnosis

Senior TA's: Naomi Stoller & Olivia Heathcote  
TA's Kristin Callahan, Lynn Jensen, Susan Owicki

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*Course Meetings:* Fridays 8/2 & 8/9 6:00 - 10:00 pm  
Saturdays 8/3 & 8/10 9:am - 5:PM; Sundays 8/4 & 8/5 9:am - 5:pm

Bannan 238

*Texts:* Schefflin & Shapiro: *Trance on Trial*  
Gafner and Benson: *Handbook of Hypnotic Inductions*

*Additional Reading:* Handed out in class by Professor's "Reserve Desk"

*Course Requirements:* Attendance and participation in class.

Hand in two tapes:

- 1) Simple direct hypnotic induction with single suggestion,
- 2) Indirect or permissive hypnotic induction and suggestion.

**\*\*\* For tapes, a clip-on or lariat microphone is strongly recommended. You only need to record one voice - so if you don't use these, *place the recorder close to YOUR mouth.***

*Grade will be Credit/No Credit (If you need a note for employer indicating that a Pass in this course equals at least a 'B', Please let us know by the second weekend).*

CPSY 391 is a *skill course*. There will be ample time to learn and practice the skills during class time. We have the advantage of several TA's to facilitate your learning.

Hypnosis is a process that requires an altered state of consciousness. During the learning process, students will be experiencing various forms of these altered states. Under normal circumstances, these are completely safe. However, in the rare instance where a student's personal history requires a great deal of ignoring the past or avoiding the unconscious mind, this technique may open old wounds and place the student or classmates in psychological jeopardy. If you believe yourself to be in this danger, please talk to Dr. Shapiro on the first evening, prior to any practice trance inductions. The instructor and each TA are mental health professionals, they are required to use clinical judgment and to take appropriate administrative action if they believe anyone to be in imminent danger.

## Course Outline by Session

Aug. 2: Session 1. Introduction. Assessment of students current knowledge in the field. "Pot luck question and answer session. Film "Hypnosis: Medicine or Mind Control." Ethics. Clear discussion of course requirements and means of achieving these and grades. Assignment: read Diamond Article for Session 2.

Aug. 3: Session 2. Demonstration of several types of Trance induction by the professor and TA's in a role playing situation. Group and individual inductions. Introduction of the use of hypnosis in a therapeutic ( as opposed to legal, entertainment, or teaching ) context. (3 hours). Erickson/Zeig Video. Film

**Beginning in this session, students will be doing trance work in each class meeting.**

Aug. 4: Session 3, Discussion/ demonstration of application of hypnosis techniques for a variety of psychological and physical problems, within the therapeutic context. Hypnosis in pain control with implications for partners and other members of the family. Exploration of the use of hypnosis in family of origin work with cluster and migraine headaches; hypnosis and stuttering. Recommendations of specific techniques and approaches for a variety of classical and student requested problems. (videotapes of non-clinical hypnosis) Film of use of hypnosis in clinical setting (i.e. "Three Faces of Eve").

Aug 9 Session 4. Hypnosis for memory retrieval and amnesias, indications and counterindications. Extensive discussion of clinical and legal issues in amnesia recall with a rape victim. Case study and videotape material. The issue of resistance in psychotherapy and hypnotherapy. A sixfold classification of resistance styles and therapeutic approaches to these. "Bridey Murphy"

Aug. 10: Session 5. *Tapes due.* Hypnotherapeutic methods with resistance. The use of clients' natural resistance style to deepen trance. Use of resistance joining techniques in class examples. Descriptions of hypnosis for a variety of clinical populations. The ethical issues in hypnotherapy. Demonstrations of the use of hypnosis for various client problems. The timing of hypnosis sessions within the therapy context. Live or taped demonstrations of hypnosis for individual clients in divergent settings. Milton Erickson and his influence in modern hypnosis and Psychotherapy. Presentation of several tapes of Erickson working with clients. Extended discussion of professor's work with Erickson in 1979. Neurolinguistic Programming as tools within therapy and hypnosis. Ethical issues and safeguards. Guest Speaker on clinical use of hypnosis

Aug 11: Session 6. Hypnosis in special populations continued. Hypnosis and children demonstration. Conflicts in the field. Traditional and modern approaches to hypnosis. Direct and indirect hypnotic methods. Hypnosis as induced vs hypnosis as learned skills. The use of hypnosis in couples and family sessions.

Students should read texts to coordinate with the class material as scheduled. Class discussions and demonstrations will assume appropriate reading has been completed for each session. There will be additional handouts.

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There is no longer a State requirement of practice hours to qualify for use of hypnosis as a licensed MFCC. We recommend that students pursue supervised practice of at least 30 hours after this course and prior to using hypnosis on your own in the practice of therapy.