

P. G. Diploma in Clinical and Applied Hypnosis

Semester- I

Paper I: Fundamentals of Theory and Practice of Hypnosis-I (30 hours, 2 credits)

OBJECTIVE: To give basic knowledge of hypnosis, its history
To understand the misconceptions attached to it.
To gain knowledge about observable facts of hypnosis,

- I - Meaning of hypnosis and hypnotherapy, definitions, Basic concepts in hypnosis,- Terminology in hypnosis
 - General misconceptions, Resistance
 - The history of hypnosis.
 - History of hypnosis in India.
 - Phenomena of hypnosis: Ideomotor response, ideosensory activities, Catalepsy, positive hallucination, negative hallucination, Time distortion

- II - Various psychological, physiological and other theories of hypnosis.
 - The concept of hypnotic susceptibility and its significance.
 - Hypnotizability scales and measurement of hypnotic susceptibility.
 - Factors that influence suggestibility, objective and subjective trance recognition.

- III - Hypnosis induction techniques: Direct techniques.
 - Principles of direct suggestions
 - Deepening techniques, measuring depth in hypnosis.
 - The process/steps of hypnotherapy: Preparation of patient for hypnotherapy: Physical and mental, History taking, medical check up , rapport building, clarifications of doubts and misconceptions, Suggestibility Test, Hypnotic Induction, Deepening of Trance, Ego Strengthening, pleasant imagery, Reorientation, review/Discussion on session

- IV- Taking a Case History, Contraindications
 - Communication Skills: Attending and, Listening,
 - Creating therapeutic environment : empathy, unconditional love, non- being judgmental, genuineness
 - Adverse reactions and precautions in hypnotherapy.
 - Ethical considerations and professional fees in practice of hypnosis.

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- Alman, B. M. (1983). Self-Hypnosis: A complete Manual for Health and Self-Change.: International Health Publications, San Diego.
- Bowers, K. S. (1976). Hypnosis for the Seriously Curious., 1977. (Also Monterey, CA: Brooks-Cole, New York: Aaronson.
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Hilgard, J. R. (1979).Personality and Hypnosis: A study of Imaginative Involvement. (2nd Edition). Chicago: University of Chicago Press,

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Zeig, J. A. (Ed.) (1982).Ericksonian Approaches to Hypnosis and Psychotherapy.: Brunner/Mazel, New York.

Paper-II: Fundamentals of Psychology, Physiology, and Hypnotherapy- I (30 hours, 2 credits)

OBJECTIVE: To make students understand the basic anatomy, Physiology, Higher functions of brain and their functional relation with each other.

To gain knowledge in normal functioning of various biological systems

To understand Common psychopathological disorders.

I – Basic anatomy of brain: Various parts of brain and their functional relation with each other.

- Physiology of brain functions: Voluntary and autonomic control of body Systems, Higher functions of brain like thinking, memory, emotions, speech, Sleep etc.

II –Various biological systems (digestion, respiration, circulation, excretion, endocrines, blood, lymph and neuromuscular tissues) and their common abnormalities.

- Physiology of pain sensation and associated emotion of suffering.
- Psychobiology of genes and its relevance to hypnotherapy.
- Information substances: molecules of emotions and stress.

III - Definition of abnormal psychology, Causes of abnormality.

- Theories of personality: Freud, Adler, Jung.

IV –Common psychopathological disorders.

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Barber, J., & Adrian, C. (Eds.) (1982).Psychological Approaches to the Management of Pain: Brunner/Mazel, New York.

Chatterjee, C. C. (1987) Human Physiology. Vol. I & Vol. II. Published by Medical Allied Agency Calcutta.

Chaudhari, S. K. (1994). (2nd Ed.) Concise Medical Physiology. New Central Agency Pvt. Ltd. Calcutta- 700 009.

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Kroger, W. S. (1977).Clinical & Experimental Hypnosis. (2nd Edition).: J. B. Lippincott, Philadelphia.

Klemperer, E. (1968).Past Ego-States Emerging in Hypnoanalysis. Springfield, IL.

Kline, M. V. (1958) Freud and Hypnosis: The Interaction of Psychodynamics and Hypnosis: Matrix House(Julian Press), New York.

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Tinterow, M. A. ,(1984).Foundations of Hypnosis: From Mesmer to Freud: Guilford Press, New York.

Udolf, R. (1981).Handbook of Hypnosis for Professionals.: Van Nostrand, New York.

Wester, W. C., & Smith, A. H. (Eds.) (1984) Clinical Hypnosis: A Multidisciplinary Approach.: Lippincott, Philadelphia.

Paper III: Application of Hypnosis in Medicine, Dentistry and Psychology I (30 hours, 2 credits)

OBJECTIVE: To learn Script writing
Applications of hypnosis in Sports and Athletics
Applications of hypnosis in Self-development

- I– Overview of clinical and other applications of hypnosis including scientific studies and their general outcome etc.
-Script writing for:
 - Induction of trance
 - Deepening of trance
 - Elicitation of Phenomena of Hypnosis

- II - Script writing for:
 - Ego strengthening
 - Pleasant Imagery
 - Types of suggestions

- III - Hypnosis in Sports and Athletics.
 - Hypnosis in Self-development, self regulation, self growth (Positive emotions)
 - Personality development and Character Building.

- IV -Application of hypnosis in:
 - pain problems (in general)
 - Stress Management

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- Araoz, D. (1982).Hypnosis and Sex Therapy: Brunner’Mazel, , New York.
- Barnett, E. A. (1981). Analytical Hypnotherapy: Principles and Practice., Ont., CANADA: Junica Publishing Kingston.
- Barber, T. X. (1969).Hypnosis: A Scientific Approach.: Van Nostrand Reinhold, New York.
- Beahrs, J. O. (1982).Unity and Multiplicity: Multilevel consciousness of Self in Hypnosis, Psychiartric disorder and Mental Health.: Brunner/Mazel, New York.
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- Edmoston, W. E. (Ed.). (1977)Conceptual and Investigative approaches to Hypnosis and Hypnotic Phenomena. Academy of Sciences, Vol. 196,. New York.

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Salter, A. (1944) What is Hypnosis: Studies in conditioning.: Farrar, Strauss, and Co., New York.

Uldolf, R. (1983).Forensic Hypnosis: Psychological and Legal Aspects., MA: lexington Books, Lexington.

Paper IV: BASICS OF PSYCHOLOGY (30 hours, 2 credits)

OBJECTIVE: To provide an introduction into the field of psychology and methods and applications

To make the student understand the psychological processes involved in sensation, perception, learning and memory.

To help the student understand their own experience and also the social world by the application of their knowledge on sensation, perception, learning and memory.

I Introduction and Methods of Psychology

Definition of Psychology, Popular notion of the discipline, Psychology as a Natural and Social Science.

Methods in Psychology : Observation Method, Experimental method, Survey method, Psychological tests, Case study method, correlation method

II Attention and Perception: Nature and definition of attention, Kinds of attention, Selective and sustained attention

Perception : Organizing Principles : Figure-Ground grouping; perceptual constancies : shape, size, brightness, factors affecting perception.

III Learning: Definition of Learning, Principles of Learning : Classical Conditioning and Operant Conditioning, basic processes : extinction, spontaneous recovery, generalization, discrimination, transfer of training, reinforcement schedules

IV Emotion and Motivation: Emotion: Definition of Emotion, Theories of Emotion, Facial feedback hypothesis, Three elements of emotions: Physiology, Behavioural and Subjective experience.

Motivation: Nature and definition; Motivational cycle; Frustration of motives and conflict; Primary and Social Motives

REFERENCES

Baron, R .A. (2005). Psychology. Delhi : Pearson Education Pvt. Ltd.

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Morgan, C. T. (1977). A Brief Introduction to Psychology. New Delhi : Tata McGraw Hill Publishing Company Ltd.

Mishra B. K. (2008), Psychology: The study of Human Behaviour, New Delhi PHI learning pvt ltd.

Ciccarelli, S. K. & Meyer, G. E. (2008), Psychology, South Asian Edition, Pearson Education

Paper V: Clinical Practice (practicum) I

The aim of this module is for students to become sufficiently confident and skilled in the application of hypnosis within their professional work.

Students have 90 hours of practice distributed during the semester. During this paper students will have few demonstration sessions on different techniques and process of hypnotherapy. Students are then required to carry out therapeutic practice on minimum five clients/subjects in the field of their work, outside of classroom. These 90 hours include preparation, practice and report writing. Report on these cases will be considered for internal assessment carrying 50% of the total paper credit.

The following content will be covered under Clinical Practice

1. Induction of Hypnosis by direct techniques
2. Deepening of Hypnosis
3. Ego strengthening
4. Pleasant Imagery
5. Phenomena of Hypnosis
6. Suggestibility Tests
7. Awakening/ Alerting/ Termination of Trance

REFERENCES

Beigel, H., & Johnson, W. R. (1980). Application of Hypnosis in Sex Therapy. IL: Thomas, Springfield.

Drowd, E. T., & Healy, J. M. (Ed.) Case Studies in Hypnotherapy.

Erickson, M. H., & Rossi, E. L. (1979). Hypnotherapy: An Exploratory Casebook.: Irvington, New York.

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Freytag, F. F. (1959).The Hypnoanalysis of an Anxiety Hysteria.: Julian Press, New York.

Haley, J. (Ed.) ,(1967). Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton H. Erickson, M. D.: Grune & Stratton New York.

Ritterman, M. (1983).Using Hypnosis in Family Therapy.: Jossey-Bass, New York.

Wolberg, L. R. (1963).Hypnoanalysis: Grune & Stratton, New York.

Paper VI: Viva Voce

Viva voce will be conducted at the end of the semester I, by a panel of examiners appointed by the Head of the Department. Viva voce will be based on the entire course covered during the semester and will focus on students' grasp of core courses and insights that they have developed in the subject, and application of theory in their profession.

SEMESTER II

Paper VII: Fundamentals of Theory and Practice of Hypnosis-II (30 hours, 2 credits)

OBJECTIVE: To introduce the Hypnosis induction techniques

Framing of indirect suggestion

The process of hypnotherapy

- I
 - Hypnosis induction techniques: Indirect/Ericksonian techniques.
 - Principles of indirect/Ericksonian hypnotic suggestions, framing of indirect suggestion
 - **Waking Hypnosis**, pediatric hypnosis
 - Phenomena of hypnosis: Analgesia, Anesthesia, Amnesia, hypermnesia, dissociation, Depersonalization, Revivification, Age regression, age progression, Hyperesthesia, Posthypnotic hallucinations, Somnambulism, Automatic writing.
- II
 - The process of hypnotherapy: - Problem identification and goal setting, Therapeutic Scripts
 - Therapeutically utilization of trance- suggestions, visualizations, metaphor.
 - Post-hypnotic suggestions, Self-hypnosis.
- III
 - Indications of hypnosis in medical, dental and psychological ailments in adults and children, Indications of hypnosis in sports, study, Self-development and other areas.
 - Transference, counter-transference, **handling abreactions**, issues dealing with pediatric hypnosis.
- IV
 - Basic ingredients of hypnotherapy
 - Physical surroundings of hypnotherapy
 - Structuring the therapeutic situation
 - Professional societies and associations related to hypnosis.

REFERENCES

Alman, B. M. (1983). Self-Hypnosis: A complete Manual for Health and Self-Change.: International Health Publications, San Diego.

Bowers, K. S. (1976). Hypnosis for the Seriously Curious., 1977. (Also Monterey, CA: Brooks-Cole, New York: Aaronson.

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Zeig, J. A. (Ed.) (1982). Ericksonian Approaches to Hypnosis and Psychotherapy.: Brunner/Mazel, New York.

PAPER-VIII: Fundamentals of Psychology, Physiology, and Hypnotherapy- II (30 hours, 2 credits)

OBJECTIVES: To understand major psychotherapy
Utilize hypnotic phenomena and techniques
Designing therapeutic session

- I - Major psychotherapies: Psychoanalytic (Freudian) therapy
- REBT, behavior modification and non-directive (Rogers) approaches.
- **Psycho-physiological Interface: Psycho-neuro immunology, psycho-neuro endocrinology.**
- II – Utilizing hypnotic phenomena for therapeutic intervention.
-Hypnotherapeutic techniques I: Ego enhancement- Western and Eastern(Ahankar shuddhi)approaches.
-Hypnotherapeutic techniques II: Sensory Imagery Conditioning, Stein’s Clinched Fist Techniques, Chiasson's Technique etc.
- III -Hypnotherapeutic technique III: Hypnoalytic approaches viz. Age Regression, Subconscious Exploration, **Dream Indication** etc.
- Inner Child healing, Gestalt approaches, The Affect Bridge Technique
- IV -Designing a therapeutic session, **Assessment in Ericksonian hypnotherapy,** Progress assessment, follow-up and Evaluation, and conclusion of the therapy.

REFERENCES

- Barber, J., & Adrian, C. (Eds.) (1982).Psychological Approaches to the Management of Pain: Brunner/Mazel, New York.
- Chatterjee, C. C. (1987) Human Physiology. Vol. I & Vol. II. Published by Medical Allied Agency Calcutta.
- Chaudhari, S. K. (1994). (2nd Ed.) Concise Medical Physiology. New Central Agency Pvt. Ltd. Calcutta- 700 009.
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- Klempner, E. (1968).Past Ego-States Emerging in Hypnoanalysis. Springfield, IL.
- Klin
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Wester, W. C., & Smith, A. H. (Eds.) (1984) Clinical Hypnosis: A Multidisciplinary Approach.: Lippincott,
Philadelphia.

Paper IX: Application of Hypnosis in Medicine, Dentistry and Psychology- II (30 hours, 2 credits)

OBJECTIVES: To understand hypnosis in various medical specialties
Treating terminal illnesses and psychiatric ailments

- I Hypnosis in various specialties of medicine: viz. Internal medicine
Including cardiology, pulmonology, **endocrinology, neurology** etc.,
General Surgery, obstetrics & gynecology, **Orthopedics**, Dermatology, Sexual
Medicine, Anesthesiology and others.
- II – Hypnosis in treatment of cancer and other terminal illness.
 - Hypnosis in burns and other injuries.
 - Hypnosis in Dentistry (Hypnodontics).
 - Hypnosis in Pediatrics: Habit disorders: Thumb sucking, Nail biting,
Enuresis, Stammering, **Juvenile Delinquency**
- III - Hypnosis in **Physiotherapy**, Obesity, Sleep Disorders etc.
 - Hypnosis in Substance Abuse.
 - Forensic (Investigative) Hypnosis.
- IV - Hypnosis in Psychological and Psychiatric ailments: Anxiety, Phobia,
Depression, Obsessive – compulsive disorder, Sexual disorders,
Somatoform PTSD, & borderline and psychotic conditions, child-birthing,

REFERENCES

- Araoz, D. (1982).Hypnosis and Sex Therapy: Brunner’Mazel, , New York.
- Barnett, E. A. (1981). Analytical Hypnotherapy: Principles and Practice., Ont., CANADA: Junica Publishing
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Paper X: Clinical Practice (Practicum) II

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Students have 90 hours of practice distributed during the semester. During this paper students will have few demonstration sessions on different techniques and process of hypnotherapy. Students are then required to carry out therapeutic practice on minimum 5 subjects in the field of their work, outside of classroom. Report on these cases will be considered for internal assessment carrying 50% of the total paper credit.

The following content will be covered under Clinical Practice

1. Induction of Trance by Indirect techniques
2. Suggestions through Metaphor
3. Demonstration and practice of different framing of Suggestions
4. Demonstration and practice of Techniques:
 - i. Clinch fist
 - ii. **Cision Technique**
 - iii. Empty Chair
 - iv. Age Regression
 - v. Age Progression
 - vi. CBT Techniques
 - vii. Sensory imagery conditioning
 - viii. Behavioral Modification Techniques

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Beigel, H., & Johnson, W. R. (1980). Application of Hypnosis in Sex Therapy, IL: Thomas, Springfield.

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Ritterman, M. (1983).Using Hypnosis in Family Therapy.: Jossey-Bass, New York.

Wolberg, L. R. (1963).Hypnoanalysis: Grune & Stratton, New York.

Paper XI: Health and well-being

Objectives:

To help the student understand how the effect of people's thoughts, emotions, motivations, and actions affect their health

To help students understand, predict, control, and ultimately change health related behaviour

To help candidates use concepts of Positive Psychology in Promotion of Mental health

I Stress and Health : Stress and Stressors; General Adaptation Syndrome; Personality and Stress; Social factors in Stress;

Coping Mechanisms: problem focused coping; emotion focused coping; defense mechanisms; meditation as coping; cultural and religious factors in coping; Cognitive coping styles, Causal Attributions, Sense of Control, Learned Helplessness, Hardiness, Social resources and social support, Emotional disclosure

II Health Recommendations and behavior change: Prevention of health problems; Adherence to medical regimens; Sources of health information; Persuasion; Changing beliefs and attitudes; Social Cognitive theory; Self-regulative theories; Subjective social norms; What other people think, intentions and commitments; Turning commitment into behavior

III Psychology of Well-being: Subjective well-being; happiness; positive emotions and well-being-The Broaden-and-Build theory of positive emotions

IV Positive Traits, Virtues and Character Strengths.

Positive beliefs, self- esteem, self-regulation, optimism; virtue and strengths of character

SUGGESTED REFERENCES

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Baumgardner, S. R. (2009). Positive Psychology.Pearson Education(LPE), India

Snyder C. R. & Lopez S. J. (2009). SAGE Publications, New Delhi India

Paper XII: Viva Voce II

Viva voce will be conducted at the end of the semester II, by a panel of examiners appointed by the Head of the Department. Viva voce will be based on the entire course covered during semester and will focus on students' grasp of core courses and insights that they have developed in the subject, and application of theory in their profession.