



Australian Institute of Clinical Hypnosis and Psychotherapy

*in collaboration
with*

ASH WA

Australian Society of Hypnosis WA Branch

Presented by EISA
The Ericksonian Institute of Sydney Australia

Introduction to Clinical Hypnosis & Strategic Psychotherapy An Ericksonian Approach

Perth, Western Australia
14-15 March 2020

“Each person is a unique individual.
Hence, psychotherapy should be formulated
to meet the uniqueness of the individual’s needs...”

MILTON H. ERICKSON MD

About the Training

It is said of Milton H. Erickson that he designed a new therapy with each client he worked with. During this two-day intensive training, participants will be taught the principles of an Ericksonian and utilisation approach to hypnosis and how this solutions and resource orientated approach differs from some of the traditional approaches.

Hypnosis is viewed as a natural phenomena occurring in everyday life. The principles of inducing hypnosis utilising various induction approaches will be taught. The application of hypnosis in psychotherapy will be taught and demonstrated and practised in this experiential training.

The principles of absorbing attention utilising various induction devices and the utilisation of specific language patterns will be taught, demonstrated and practised.

The training will also focus on teaching how to tailor unique therapies through utilising the personal resources and experiences of clients and how to elicit personal solutions through the use of language.

DAY 1:

- **Orientation to Hypnosis**
 - What is Hypnosis? (Neurology, Definitions and underlying principles)
 - Approaches in Hypnosis (Ericksonian Therapy)
 - Myths
 - Contexts and applications
- **Hypnotic Inductions**
 - Recognising hypnotic trance
 - Hypnotic and absorption techniques
 - Starting hypnosis with a client
 - ARE Model of hypnotic inductions
 - Principles of induction utilising fantasy, memory and sensory approaches
 - How to utilise different absorption techniques to induce hypnosis
 - Practise Sessions

DAY 2:

- **Hypnotic Approaches**
 - Direct and indirect induction approaches
 - Formal and informal induction approaches
 - Practise sessions
- **Overview of the Hypnotic phenomena**
- **Designing and planning a hypnotherapy session**

Presenter:

Carl Hattingh (Callie) is the President of the Australian Institute of Clinical Hypnosis and Psychotherapy (AICHP) (www.aichp.com.au). He is an AHPRA registered Clinical Psychologist and also the Director of the Ericksonian Institute of Sydney Australia (EISA).

He received the Fuma award in 2016 for his contribution to Promoting Clinical Hypnosis and Psychotherapy and is a past director of the Milton H. Erickson Institutes of South Africa (MEISA). He has been a trainer in Ericksonian Hypnosis and Psychotherapy since 2000 as a founding member MEISA and has organised various congresses and trainings on clinical hypnosis, trauma and psychotherapy.

He is also a registered supervisor and trainer with Ego State Therapy International (ESTI) and a registered Somatic Experiencing Practitioner (SEP).

He has been a keynote speaker and faculty member at various international congresses.

**This workshop is complimentary to members of the 2020 Post Graduate Training Course.
In addition a limited number of places are available
to other health care professionals at a cost of \$495**

For details and availability please contact Brian Allen 0449 798 909