

Masterclasses

Hypnosis for unexplained infertility

LECTURER: SJANIE HUGO

The HFEA (The Human Fertilisation and Embryology Authority) estimates that one in seven UK couples have difficulty conceiving – approximately 3.5 million people! Of these cases, more than 25% are diagnosed with 'unexplained infertility'.

A diagnosis of unexplained infertility can be devastating and may leave the couple feeling anxious and helpless. Hypnotherapy can help enhance fertility naturally and can also help couples to deal with the negative effects of infertility.

This Masterclass is an introduction to fertility problems and focuses specifically on working with unexplained infertility. You will be taught how to help couples to cope with this diagnosis and how to help enhance their fertility naturally. The day will include a demonstration as well as effective tools and techniques for working with unexplained infertility.

Syllabus:

- What is infertility?
- What are the effects of unexplained infertility?
- Goal setting for fertility
- How can we help couples cope?
 - reduce stress
 - lift depression
- How can fertility be enhanced?
- Techniques and scripts to enhance fertility
- Working with unresolved issues
 - Previous terminations
 - Miscarriages
 - Previous birth trauma
 - Ambivalence about parenthood etc
- Self Help tools for unexplained infertility

Therapeutic work with the process

LECTURER: CHRISTA MCKINNON

Clinical Hypnotherapists usually have a repertoire of effective techniques and approaches to help those clients, which present clearly defined clinical and non-clinical conditions. Insecurities can arise when the client's issues are more complex, when chosen treatment approaches fail to resolve the condition and/or when the therapeutic process, which is set in motion via techniques, gets 'stuck' and doesn't lead to a solution. The uniqueness of the great masters in the field (e.g. Erickson, Rossi, Yapko) seems not only to lay in their ability to therapeutically encourage and utilize the client's unique way of processing, but also to facilitate it, often through minimal verbal and non-verbal input, towards a transformational solution.

This Masterclass will look at the concept of therapeutic processes, defined as journeys of exploration, release and transformation, and their application in a clinical hypnotherapy practice. Process-orientated therapeutic work can be applied to any symptom or condition although within a clinical hypnotherapy setting processes are often set in motion by employing a certain concept or technique (e.g. parts-or ego state techniques, inner child, regression, visualization, mind-body approaches), or by focusing the client's attention on the presenting symptom, issue, memory etc. When working in a process-orientated way the therapist facilitates a space where the client can access an open, undefined field to explore the problem, symptom or condition (Ernest Rossi). During the process underlying aspects of the symptom in form of images, related memories, emotional states, thought patterns, behavioural responses, bodily sensations and especially dysfunctional beliefs are perceived, processed and brought to an adaptive solution.

This Masterclass is highly experiential. It will provide you with a general framework for assisting clients in their unique processes, which can be applied to any symptom, condition or issue. It will teach you how to stay in contact with your client's process, how to pick up verbal and non-verbal clues about the issue and how to ethically construct your responses and inputs so that they facilitate the process towards a positive and ecologically sound solution.

Syllabus:

- What is a process
- Pre-requirements for the therapist
- The therapist's role and state during process-orientated work
- Process communication: entering the client's world ethically sound, resourceful facilitating processing and transformation
- Process expressions: Images, Metaphors, Associations, Memories Emotional states, Beliefs, Physical sensations, Body language
- Process-orientated work with: Techniques (e.g. Parts, Ego-states, Inner Child, Dissociations Regressions).
- Physical / Psycho-somatic Symptoms: Mind/body processes
- Other issues: (e.g. emotional, trauma related, relationships).
- Following on: Implementing solutions and changes

Masterclasses

Hypnosis, Imagery and Meditation

LECTURER: IAN MARTIN

We all use guided visualisations and imagery in our hypnosis practise. But what are the most successful types of imagery, for which type of client, and for which presenting problem? How can we make better use of our own imagination to use these techniques effectively in order to help in the process of change?

Several meditation techniques that have their foundations in various eastern traditions have been finding favour in recent years. Mindfulness is a Buddhist meditation technique and has recently been found to be very affective with clients who suffer with recurrent depression. Recent research has shown that this kind of meditative approach is extremely successful in reducing the frequency, intensity and duration of depressive episodes. However, mindfulness can prove equally effective with a range of other emotional difficulties, such as anxiety disorders and anger management and the principles are relevant to broad range of presenting problems. By combining Mindfulness techniques and other meditation oriented approaches with the use of guided imagery, we as hypnotherapists can work very effectively with a range of clients with whom it was previously thought hypnosis and hypnotherapy would be of limited help.

This Masterclass will adopt a cognitive and behavioural empha-

sis in presenting the current thinking and up to date research in the areas of guided imagery, meditation techniques, and their use in hypnotherapy. The material will be presented without an assumption of previous knowledge or training. Practitioners with experience of using various imaginal and visual techniques will learn how to fine-tune their skills and to engage with their own imaginations to develop an improved and more effective way of working with their clients.

The aim of the Masterclass is to provide practitioners with a range of techniques and an understanding of the current thinking and research in this area so that therapists can take on clients with increased confidence and efficacy.

The masterclass will include material on:

- The cognitive and behavioural model of psychotherapy
- Irrational beliefs and their effect on behaviour
- Guided Imagery and its use in the process of change
- Guided Visualisation – how to design your own
- Mindfulness as a technique to treat recurrent depression, and other emotional disturbances.
- Meditation and its commonalities with hypnotic trance.

Psychosexual dysfunction

LECTURER: MAGGIE CHAPMAN

Psychosexual dysfunction is a class of disorders all of which reveal an inhibition of some aspect of the appetite and or physiological changes that normally characterize the complete sexual response cycle in which the dysfunction is not due to known organic factors

When symptoms are experienced they affect many other areas in our lives. Sexual responses are natural and innate, the sexual response cycle has distinct phases any of which can be affected by various external and internal factors. Recognizing the phase where the dysfunction occurs and identifying the factors affecting that phase of the cycle is an important part of informing the therapeutic process.

This masterclass will explore effective ways of working with these issues, whether they are based in cognitive factors or more primal imagery, enabling you to use your hypnotherapy skills to naturally enhance an individual's sexual experience and increase self esteem in other parts of their life.

Many therapists can find working within this area presents boundary issues, by gaining greater understanding of the sexual response cycle and how to work with the circumstances surrounding its mediation will enable you to work more effectively in other areas too.

Syllabus:

- Classification of Dysfunctions
- Sexual Response Cycle
- Sexual Case History Taking
- Sensate Focus Exercises
- Inhibited Sexual Desire
- Erectile Dysfunction
- Premature Ejaculation
- Male Orgasmic Disorder
- Female Sexual Arousal Disorder
- Vaginismus
- Dyspareunia

Masterclasses

Weight Control LECTURER: PETER MABBUTT

Whether it is through image or health concerns, for many people control of their weight becomes a major issue within their life. They invest a great deal of time and money riding the dieting merry-go-round first losing and then gaining weight in a repetitive cycle without an effective outcome. Consequently dieting becomes a dirty word which the unconscious mind equates with starvation. On completion of the diet the mind and body will often respond by overindulging in the previously prohibited food with the result that any weight lost is immediately put back on again.

Effective and permanent weight loss will not occur through prohibition and restriction of certain foods, but comes about through effective lifestyle change. As therapists it is important for us to acknowledge this and to include appropriate suggestions that will lead the patient towards a healthy change in their lifestyle with the concurrent desired loss in weight.

This Masterclass aims to provide therapists with a thorough understanding of the process involved in hypnotic weight management. We will be looking at the underlying psychology of weight control and at effective strategies that can be employed by the therapist to help the patient achieve permanent weight

loss. Even though a majority of weight loss can be regarded as 'simple' it is important for therapists to be able to recognise and treat weight control problems for which there is an underlying psychological foundation. With this in mind analytical approaches to weight control will be presented.

- Setting achievable goals
- Case history taking
- Physiology of weight loss
- Assessing life style
- Life style change
- Simple weight loss
- Analytical approaches
- Bingeing
- Binge eating disorder
- The use of aversion
- Working with body image
- Improving metabolic rate
- The use of direct and indirect suggestion
- The use of imagery
- Scripts will be given

Treating Panic LECTURER: AVY JOSEPH

Imagine you've just stepped into a lift and suddenly your heart races, your chest aches, you break out in a cold sweat and feel as if the lift is about to crash to the ground. Imagine you are driving home and suddenly things seem to be out of control, you feel hot flashes, things around you blur, you can't tell where you are, and you feel as if you're dying. This is a classic panic attack.

People with panic disorders are more likely to seek help with their problem than those with any other psychiatric diagnosis. It is estimated that least 2 million people in the UK alone suffer from panic attacks.

This masterclass will provide up to date information on the nature, symptoms, causes, theories and treatment of both routine and challenging cases of panic disorder. It reviews indications and contraindications for various treatment procedures.

The masterclass will give an account of psychological therapy together with a protocol for a session by session hypnotherapy treatment. It will also discuss the available drug treatment. It is aimed at hypnotherapists, psychotherapists and health workers who have to deal with this problem. It will also be of interest to sufferers.

Syllabus:

- Psychopathology and natural history of panic disorder.
- Major theories
- Review of treatments
- Case formulation
- Hypnotherapy protocol – session by session treatment
- Guidelines and strategies with challenging cases

Masterclass Lecturers



AVY JOSEPH

An experienced hypnotherapist, Avy's approach to personal development and symptom treatment is action oriented working in harmony with a person's own resources. Specialising in self-image psychology he is passionate about inspiring people to make the changes they seek in their lives. After earning a degree in Mathematics, Avy then qualified as a counsellor working for many years in training and development. As Development Director for the LCCH he then gained his Masters in Rational Emotive Behaviour Therapy (REBT), one of the two main models of cognitive behaviour therapy. Avy is a Fellow of the British Society of Clinical Hypnosis, a Fellow of the British Association of Medical Hypnosis and is accredited by the British Association for Behavioural and Cognitive Psychotherapies.



IAN MARTIN

Ian is a Clinical and Cognitive Behaviour Hypnotherapist with practices in Central and South West London. He also practises in the therapy department of the Priory Hospital in Roehampton where he has worked for four years. Ian has studied Cognitive Behaviour Psychotherapies gaining a diploma from the University of London. He has completed his MSc in Rational Emotive and Cognitive Behaviour Therapy. Ian is a lecturer for the LCCH and a Full Member of the British Society of Clinical Hypnosis



CHRISTA MCKINNON MSc. (Psych), DFCouns., PDCHyp, DipITEC, FBSCH, FBAMH

Christa is a Social Psychologist, Family Counsellor, Group facilitator and Hypnotherapist. She took her Masters degree in Psychology at Berlin University, where she also trained in Family Counselling and therapeutic work with groups. Christa functions as the South West course director for the London College of Clinical Hypnosis and is one of their senior lecturers and trainers. She lectures and trains internationally for different organisations on child abuse, trauma and PTSD and serves as an expert witness for the CPS. She furthermore is an Honorary Fellow and lecturer in Special Study Units at Peninsula Medical School, Plymouth and Exeter University and an Honorary Fellow of the Royal Society of Medicine.



MAGGIE CHAPMAN BSCH, FBAMH. Head of Academic Assessments for the LCCH, Maggie started working in the therapeutic world 28 years ago, studying Clinical Hypnosis with the LCCH, is currently a senior lecturer and clinical supervisor for the College and member of the executive committee for the BSCH. Maggie has worked within the voluntary sector as a victim support and rape counsellor and mentoring young adults with addictions and specialises in working with trauma. Maggie has private practices based in Central London and South West London. Currently she is running a longitudinal research study into the effects of relaxation on teacher stress and is involved in bringing the governments "Every Child Matters" White Paper into the educational environment working with teachers, parents and children.



PETER MABBUTT FBSCH, FBAMH. Director of Studies. Originally trained in Psychopharmacology, he has spent over 20 years undertaking research in the field of anxiety-based conditions and their treatment. As well as heading the team responsible for updating the LCCH courses to incorporate new techniques and research, Peter lectures on the therapeutic applications of Clinical Hypnosis to the medical profession both nationally and internationally. He has used clinical hypnosis in the treatment of hypertension in the hospital environment. Peter is the Literary Editor of the European Journal of Clinical Hypnosis. He is a Fellow of the British Society of Clinical Hypnosis and is a Founder Fellow of the British Association of Medical Hypnosis. Peter is co-author of Hypnotherapy for Dummies.



SJANIE HUGO B.A, D.Hyp, PGD.Hyp is an international lecturer at the London College of Clinical Hypnosis. She specialises in fertility and related problems. Alongside her general hypnotherapy practice she works with a team of integrated health practitioners at the Zita West Fertility Clinic. Sjanie is the author of the first fertility textbook for hypnotherapists available in 2009.

Masterclass Booking Form

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Hypnosis, Imagery and Meditation

1735 London 14 September 2008

Treating Panic

1734 London 13 September 2008

Hypnosis for unexplained infertility

1736 London 15 November 2008
 1738 Glasgow 18 October 2008

Psychosexual dysfunction

1733 London 24 August 2008
 1742 Birmingham 11 October 2008

Weight Control

1732 London 23 August 2008
 1742 Birmingham 18 October 2008

Therapeutic work with the process

1737 London 13 December 2008
 1739 Exeter 06 December 2008

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