

Post-graduate Diploma in Clinical Hypnosis - CHARUSAT :

Modules/Topics

Module	Topic	Topic Title	
		Introduction	O n l i n e
1	1	Human Life: A pilgrimage for growth.	
	2	The Human mind and its programming.	
	3	Beliefs: Believing is Seeing	
2	4	The history of hypnosis and related phenomena in the world.	
	5	History of hypnosis in India.	
3	6	The process of hypnotherapy.	
	7	Hypnosis and Hypnotherapy: Misconcepts, basic understanding & indications.	
4	8	Demonstration of hypnosis induction for understanding theories of hypnosis.	
	9	Physiological Theories of Hypnosis	
5	10	Psychological Theories of Hypnosis	
	11	The concept of hypnotic susceptibility - Theory	
6	12	Hypnosis induction techniques - I Breathing Awareness	C a m p u s
	13	Hypnosis induction techniques - II Progressive Muscular Relaxation	
	14	Hypnosis induction techniques - III Barnet's Induction Technique	
7	15	Phenomena of hypnosis.	
	16	Pre-induction tests	
	17	Hypnotic susceptibility assessment: Harvard Group Scale (HGSHS)	
	18	Self-hypnosis training.	
8	19	Hypnosis induction techniques - IV Eye Fixation and Mind Distraction	
	20	Hypnosis induction techniques - V Chison's Technique	
	21	Hypnosis induction techniques - VI Indirect/Ericksonian techniques.	
		Hypnotherapeutic strategy I: Ego enhancement / Ego purification:	O n l i n e
9	22	Id - Ego - Superego : Basic concept	
	23	Ego enhancement: Hartland's suggestions	
	24	Ego purification: Indian philosophical concept	
	25	Concept of Consciousness / Unified field of awareness / <i>Brahman</i>	
	26	Application of ego purification for physical, mental & social health	
10	27	Sturctured 8-steps self-hypnosis (with ego purification suggestions).	
	28	Problem identification and Goal setting for Hypnotherapy	
	29	Principles of direct hypnotic suggestions.	
	30	Principles of indirect/Ericksonian hypnotic suggestions.	
11	31	Introduction to normal human psychology and theories of personality	
	32	Psychological defense mechanisms.	
	33	Introduction to diagnosis of psychological disorders: DSM IV / DSM V	
12	34	Principles & techniques of counseling: Behaviour change communication.	
	35	Introduction to some psychotherapies: REBT, CBT, Humanistic, Psychoanalytic	
13	36	Applied physiology of Nervous system.	
	37	Applied physiology of Endocrine system.	
	38	Applied physiology of Digestive system.	
14	39	Applied physiology of Cardio-vascular system.	
	40	Applied physiology of Reproductive system - Female.	
15	41	Applied physiology of Reproductive system - Male.	
	42	Applied physiology of Respiratory system.	
	43	Applied physiology of Excretory system.	

16		Hypnotherapeutic strategy II: Behaviour modification approaches:	C a m p u s
	44	Sensory imagery conditioning	
	45	Stein's clinched fist technique - Anchoring.	
17		Hypnotherapeutic strategy III: Metaphors in hypnotherapy:	
	46	Personal symbols	
	47	Dynamic imageries - Butterfly / Arrow & Bow / Red balloon	
18		Hypnotherapeutic strategy IV: Hypnoanalytic approaches:	
	48	Age regression - Partial / Complete / (Past life)	
	49	Subconscious exploration - Dream induction technique	
	50	Ego state Therapy	
First Semester Examination (Paper 1 & 2)			O n l i n e
19	51	Psycho-physiological interface.	
	52	Stress and stress management.	
	53	Hypnosis in pain management	
20	54	Hypnosis in General Surgery.	
	55	Hypnosis in Oncology .	
	56	Hypnosis in Dentistry (Hypnodontics).	
21	57	Hypnosis in Physiotherapy and Occupational therapy.	
	58	Hypnosis in Psychological and Psychiatric ailments.	
	59	Hypnosis in Psychosomatic (Medical) diseases.	
22	60	Hypnosis in Sexual problems.	
	61	Hypnosis in Habit disorders - Stammering, Obesity.	
	62	Hypnosis in Substance-related and Addictive disorders.	
23	63	Hypnosis in Obstetrics & Gynecology - Child birth, PMS, Sterility.	
24	64	Hypnosis in Pediatrics - Enuresis and other problems.	
	65	Hypnosis in Adolescents	
	66	Hypnosis for Developing Study Skills.	
25	67	Hypnosis in Sports and Athletics.	
	68	Hypnosis in Management Training and Development.	
	69	Forensic hypnosis.	
26	70	Adverse reactions and precautions in hypnotherapy.	
	71	Ethical considerations and issues of tranceference - counter tranceference.	
	72	Professional societies and associations related to hypnosis.	
27	73	Practice sessions / Discussions	Campus
	74	Exploratory cognitive restructuring based on <i>Panch-kosha / Manan</i>	
	75	Affect Regulation: Psychological, Neurological and Spiritual perspectives	
	76	Concluding session: Life is a pilgrimage for growth	
	77	Feedback from students & faculty	
Second Semester Examination (Paper 3 & 4 and Practical - Viva exam)			