

**PG DIPLOMA IN CLINICAL HYPNOSIS – SYLLABUS**  
**CHARUSAT, Change and Samatvam, Vadodara**

**Paper 1: Fundamentals of Theory and Practice of Hypnosis**

[Formative assessment – 30 marks    Summative assessment – 70 marks]

**Objectives**

At the end of learning of Paper 1 modules the students will have ...

1. Basic knowledge about human mind and its programming / Beliefs.
2. Information about the history of hypnosis in India and in the world.
3. Understanding of major physiological and psychological theories of hypnosis, phenomena of hypnosis, concept of hypnotic susceptibility and the process of hypnotherapy.
4. Skills to practice different techniques of hypnosis induction, self-hypnosis and various types of suggestions.

**Topics**

1. - Human life: A pilgrimage for growth.
  - Human mind and its programming.
  - Beliefs: Believing is seeing.
2. - The history of hypnosis and related phenomena in the world and in India.
  - What hypnosis is and what it is not? (Phenomenon of hypnosis).
  - Indications of hypnosis in medical, dental and psychology practice.
  - Indications of hypnosis in sports, study, self-development and other areas.
3. - The Process of hypnotherapy.
  - Various psychological and physiological theories of hypnosis.
  - Phenomena (characteristics) and depth of hypnosis.
  - The concept of hypnotic susceptibility and its significance.
  - Hypnotizability scales and measurement of hypnotic susceptibility.
4. - Hypnosis induction techniques: Direct techniques.
  - Hypnosis induction techniques: Indirect/Ericksonian techniques.
  - Problem identification and goal setting for hypnotherapy
  - Principles of direct hypnotic suggestions / Post-hypnotic suggestions.
  - Principles of indirect/Ericksonian hypnotic suggestions.
  - Self-hypnosis training.

**Paper 2: Fundamentals of Human Psychology and Physiology**  
[Formative assessment – 30 marks Summative assessment – 70 marks]

**Objectives**

At the end of learning of Paper 2 modules the students will have ...

1. Knowledge about the gross anatomy and basic functions of brain.
2. Knowledge about functions of body systems and its relevance to hypnotherapy.
3. Understanding of normal human psychology, major psychological disorders and introduction to various psychotherapies like ego enhancement, behaviour modification and psychoanalytical approaches.
4. Knowledge of principles and basic skills for practice of counseling.

**Topics**

1. - Gross anatomy of brain.
  - Physiology of basic brain functions.
  - Higher functions of brain like thinking, memory, emotions, speech, sleep etc.
2. - Physiology of digestion, respiration, circulation, excretion, endocrines, and male / female reproduction.
  - Physiology of pain sensation and associated emotion of suffering.
3. - Normal human psychology: Freudian and other major theories.
  - Concept of id-ego-superego, ego defenses and personality.
  - Abnormal psychological functions: Neurotic, psychotic and other conditions.
4. - Principles and techniques of counseling.
  - Introduction to major psychotherapies: Ego enhancement (Ego Purification), cognitive-behaviour modification and analytical approaches.

## **Paper 3: Psycho-physiology Interface and Therapeutic Strategies in Hypnosis**

[Formative assessment – 30 marks Summative assessment – 70 marks]

### **Objectives**

At the end of learning of Paper 3 modules the students will have ...

- 1.** Understanding of psychobiological interface and its relevance to psychotherapy and hypnotherapy of common psycho-biological disorders.
- 2.** Skills for application of various psychotherapies with the use of hypnotic trance (Hypnotherapeutic strategies).
- 3.** Skills for application of hypnosis in sports, study, self-development, and stress management.
- 4.** Awareness about adverse reactions and precautions as well as ethical, legal and professional issues concerning practice of hypnosis.

### **Topics**

- 1.** - Psycho-physiological interface.
  - Information substances: Molecules of emotions and stress.
  - Common psycho-biological disorders.
- 2.** - Utilizing hypnotic phenomena for therapeutic interventions.
  - Hypnotherapeutic strategies I: Ego enhancement – Ego purification (*Ahankar shuddhi*) approaches.
  - Hypnotherapeutic strategies II: Behaviour modification approaches viz. Sensory Imagery Conditioning, Stein's Clinched Fist Technique etc.
  - Hypnotherapeutic strategies III: Metaphors in hypnotherapy – Personal symbols and Dynamic imaginations.
  - Hypnotherapeutic strategies IV: Hypnoanalytic approaches viz. Age Regression, Subconscious Exploration and Ego-state Therapy.
  - Designing a therapeutic session, progress assessment, follow-up and conclusion of the therapy.
- 3.** - Hypnosis in Sports and Athletics.
  - Hypnosis for better studying.
  - Hypnosis in Self-development and Stress Management.
- 4.** - Adverse reactions and precautions in hypnotherapy.
  - Ethical considerations and professional fees in practice of hypnosis.
  - Professional societies and associations related to hypnosis.

## **Paper 4: Application of Hypnosis in Medicine, Dentistry and Psychology**

[Formative assessment – 30 marks Summative assessment – 70 marks]

### **Objectives**

At the end of learning of Paper 4 modules the students will have ...

- 1.** Knowledge about indications of hypnosis in the treatment of various medical, dental and psychological ailments.
- 2.** Skills of applying hypnotic methods competently and safely in the areas relevant to different branches of professional practice.

### **Topics**

- 1.** - Overview of clinical and other applications of hypnosis including scientific studies and their general outcome etc.
- 2.** - Hypnosis in various specialties of medicine: viz. Internal medicine including cardiology, pulmonology, endocrinology, neurology, surgery, obstetrics & gynecology, pediatrics, orthopedics, dermatology, sexual medicine, anesthesiology and others.
- 3.** - Hypnosis in treatment of cancer and other terminal illness.
  - Hypnosis in burns and other injuries.
  - Hypnosis in PTSD.
  - Hypnosis in pain problems.
  - Hypno-anesthesia.
  - Hypnosis in Dentistry (Hypnodontics).
  - Hypnosis in Physiotherapy and Occupational therapy.
- 4.** - Hypnosis in Psychological and Psychiatric ailments: Anxiety, Phobia, Depression and other neurotic, borderline and psychotic conditions.
  - Hypnosis in Habit disorders: Thumb sucking, Nail biting, Enuresis, Stammering, Obesity, Sleep Disorders etc.
  - Hypnosis in Substance Abuse and Juvenile Delinquency.
  - Forensic (Investigative) Hypnosis.
  - Client-therapist relationship in hypnotherapy: Issues of transference and counter transference.

### **Practical and Viva examinations**

[Formative assessment: case study report – 30 marks    Summative assessment:  
Practical and Viva examination – 70 marks]

Practical and Viva examinations will be held at the end of second academic term during the third contact learning visit.