

# Postgraduate Certificate Clinical Hypnosis Intervention



## Postgraduate Certificate

### Clinical Hypnosis Intervention

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH - Technological University**

10 ECTS

Teaching Hours: **250 hours.**

Website: [www.techtute.com/us/psychology/postgraduate-certificate/clinical-hypnosis-intervention](http://www.techtute.com/us/psychology/postgraduate-certificate/clinical-hypnosis-intervention)

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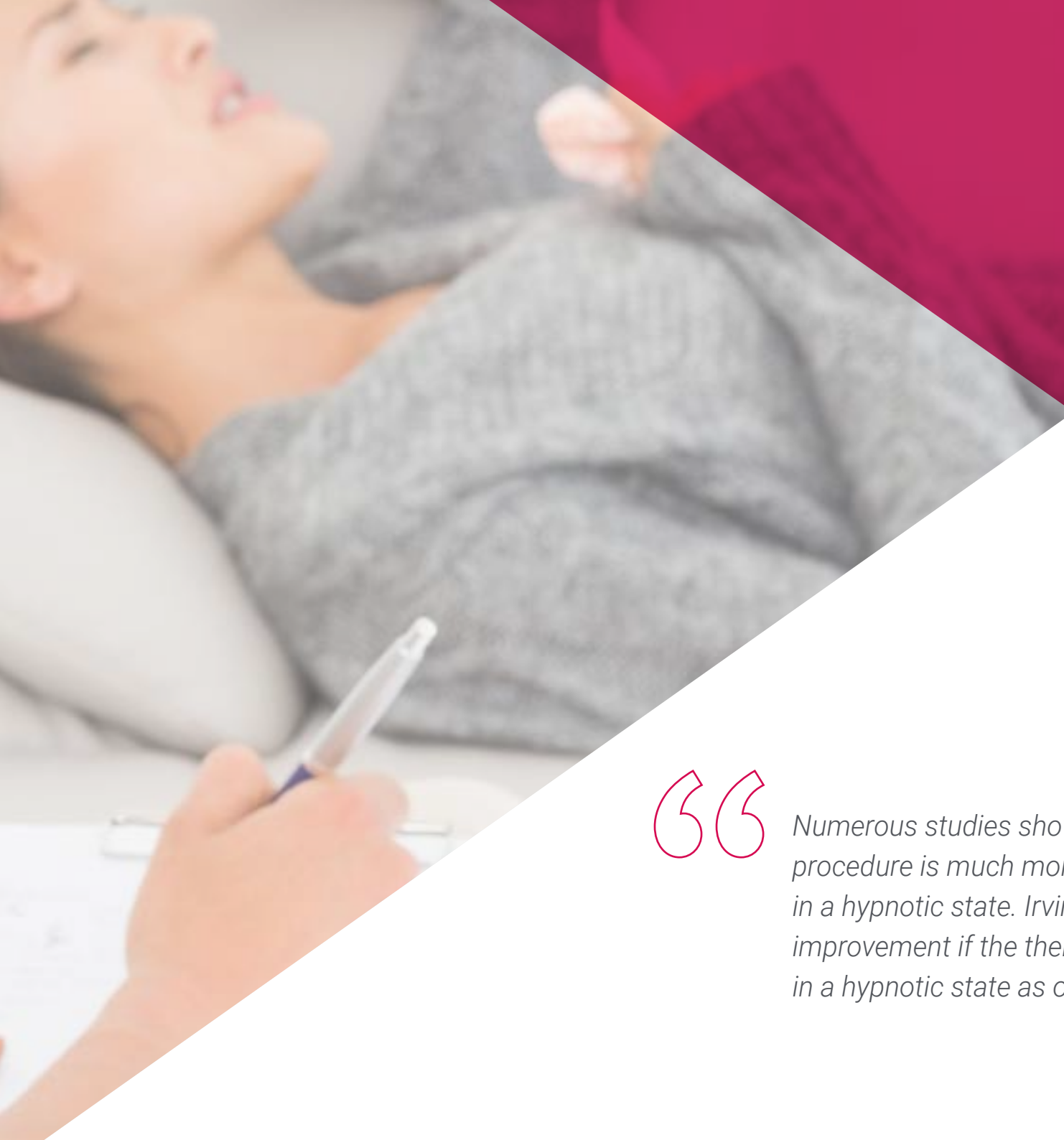
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# 01

# Introduction

Clinical Hypnosis is an instrument with which we are able to connect with the subcortical structures to subsequently change the traumatic memories or affect planes far from the will, and from there to be able to affect pain, anxiety or an unbalanced mood.





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*Numerous studies show that any psychotherapy procedure is much more effective if performed in a hypnotic state. Irving Kirsch found an 80% improvement if the therapeutic activity is performed in a hypnotic state as opposed to wakefulness”*

The main objective of the design of this program is that the psychologist learns to hypnotize their patients in real time, that is to say, that they can include clinical hypnosis in their daily work, and in this way not only be more effective, but also achieve this effectiveness in less time"

In this program the professional will learn the different modalities known, at this moment, to reach the hypnotic state of the patient. We can differentiate three ways to achieve hypnotizing:

- ♦ Classical techniques, similar to relaxation. It is a first way to achieve the hypnotic state because if, in addition to body relaxation, we are able to involve the subject in a mental dissociation, the consequence is a hypnotic state of medium or profound alteration of consciousness.
- ♦ Conversational techniques where an apparent conversation is interspersed with a sophisticated technology in the use of language that allows the listener to enter a hypnotic state, even with open eyes and without the need to concentrate on the hypnotist's voice, as required by classical techniques. This type of techniques were developed mainly by H. Milton Erickson, and later multiple schools such as the P.N.L. or the M.R.I. of Palo Alto added technology to carry it out. In this Postgraduate Certificate we present all the technology on conversational techniques those that were designed by other models, and those designed by ours.
- ♦ Selective Dissociation Focusing Techniques, mainly the I.C.M. (Induced head movements) that without talking to the subject is able to achieve a deep hypnotic state, also in very few minutes. This state of consciousness is achieved by stimulating the ascending reticular system. Achieving very deep hypnotic states without the need for conversation is fundamental in the intervention with young children, the elderly and all those individuals who have trouble concentrating or understanding the language they are being spoken to with.

This **Postgraduate Certificate in Clinical Hypnosis Intervention** is the most comprehensive and up-to-date scientific program on the market. The most important features of the Postgraduate Certificate are:

- ♦ Clinical cases presented by experts in Psychology. The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional.
- ♦ Diagnostic and therapeutic developments on the performance of clinical hypnosis intervention.
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Update your knowledge through the Postgraduate Certificate in Clinical Hypnosis Intervention in a practical way and adapted to your needs"*

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*This Postgraduate Certificate may be the best investment you can make in the selection of an up-to-date program for two reasons: in addition to updating your knowledge in Clinical Hypnosis Intervention, you will obtain a Postgraduate Certificate from TECH - Technological University”*

Forming part of the teaching staff is a group of professionals from the world of psychology who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training program to train in real situations.

This program is designed around Problem Based Learning, whereby the doctor must try to solve the different professional practice situations that arise during the program. For this reason, you will be assisted by an innovative, interactive video system created by recognized experts in the field of psychology and with great teaching experience.

*The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the psychologist's clinical practice*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master in a practical and rigorous way Clinical Hypnosis Intervention.





A hand holding a white card with a black ink drawing of a rooster's head. The background is split into a white and a magenta section.

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*This up-to-date program will provide you with the skills to act with confidence in the performance of the psychologist's praxis, which will help you grow personally and professionally"*



## General Objectives

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- Explain the reality of clinical hypnosis
- Describe the use of clinical hypnosis in the practice of psychotherapy
- Describe the procedure for settling into brain structures far removed from will and cognitive awareness
- Describe how to establish an essential therapeutic link through the techniques of clinical hypnosis
- Develop intervention programs based on emotional change rather than cognitive change
- Describe the research implication of technology impacting biochemistry and neuroanatomy with psychic tools



*Take advantage of the opportunity and take the step to get up-to-date on the latest developments in Clinical Hypnosis Intervention"*





### Specific learning objectives of each module:

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- ♦ Place the professional in the scientific reality of clinical hypnosis
- ♦ Describe the phases to be able to hypnotize from the different levels of classical, conversational and selective dissociation focusing techniques
- ♦ Master the jargon and liturgy of hypnotic induction
- ♦ Succeed, through regression, in removing the patient from the emotional sequestration that has trapped him/her
- ♦ Working with traumatic emotional memory from a bonding and emotional anesthesia that allows the restructuring of the memory
- ♦ Manage the laws of energetic control that regulate the ascending reticular system
- ♦ Describe the therapeutic setting of psychological technology that influences brain activity and the individual's perception
- ♦ Describe how to adjust the induction to the patient's mind
- ♦ Establish a differential diagnosis before applying hypnotic induction, so as not to create iatrogenic reactions
- ♦ Identify the neurological axes and planes involved in performing IHM techniques.
- ♦ Substantiate, based a scientific knowledge, the dynamics that occur in induction and hypnotic state

03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of psychology, and who pour into this training the experience of their work.

In addition involved, renowned specialists, members of prestigious national and international scientific communities, are in designing and preparing the program.



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*Learn the latest advances in Clinical Hypnosis Intervention from leading professionals"*

## International Guest Director

Recognized with numerous awards and with an extensive list of publications, Dr. Daniel Tomasulo is one of the most prominent professionals in the field of Psychology. His outreach work has led him to be in the ranking of the top 10 influencers on depression, according to the Sharecare platform. As such, his main focus is on studying this mood disorder with positive psychology and hope. And, in addition to his roles as a scientific author and speaker, he holds the position of Academic Director of the Institute for Spirituality, Mind and Body, at Columbia University's Teachers College.

This professional has a broad background in specific areas such as Spirituality, Psychodrama and Intellectual Disabilities. For his work in these fields, he has been honored with the Gardner Award 2024, given by the START Service Center, which recognized his outstanding contributions to improving the lives of people with intellectual and developmental disabilities. In addition, on two occasions his lectures have received awards from the International Association of Positive Psychology. In this way, in his talks he has always spread the power of optimism and hope, of trusting in the strengths of each individual on the TEDx stage and at the Wholebeing Institute, among others.

Likewise, throughout his career he has published numerous articles in scientific journals, the most outstanding being his research on the effect of positivity. Likewise, Dr. Daniel Tomasulo has defended the idea that, while traditional psychology focuses on weaknesses, positive psychology is based on strengths, which allows people to lead meaningful and fulfilling lives.

Finally, in his field as a writer, Dr. Daniel Tomasulo has published books on psychology, which seek to contribute to the mental health of readers. In fact, his work *The Positivity Effect* reached number one in sales as a new release on Amazon. On the other hand, "*Esperanza Aprendida, el poder del positivismo para superar la depresión*" has been selected as best book on positivity for depression by Medical News Today.



## Dr. Tomasulo, Daniel

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- ♦ Director of the Institute for Spirituality, Mind and Body, Columbia University, New York, United States
- ♦ Director of the New York Open Center's Certification in Positive Psychology
- ♦ Clinical Psychologist
- ♦ Columnist for Psych Central
- ♦ Review Editor of the special section on Positive Psychology in Frontiers in Psychology
- ♦ Doctorate in Psychology from Yeshiva University
- ♦ Master's Degree in Writing from The New School
- ♦ Master's Degree in Applied Positive Psychology from the University of Pennsylvania
- ♦ Master's Degree in Child Development from Fairleigh Dickinson University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Aguado Romo, Roberto

- Psychologist specializing in clinical psychology at CEP centers in Madrid, Bilbao and Talavera
- Specialist in Forensic and Legal Psychology
- Psychologist of the Courts 1 and 2 of Toledo
- Coordinator in Toledo of the emergency intervention and psychological assistance plan
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Expert in Adult Psychotherapy.
- Director of the Expert in Psychodiagnosis and Legal Expertise by the European Institute of Time-Limited Psychotherapies
- Coordinator of the gender violence plan at the national level of the Society for Time Limited Psychotherapies



## Professors

### Arriero, Esther

- ♦ European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center of Talavera de la Reina.
- ♦ Health Psychologist
- ♦ Course in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Adult Therapy
- ♦ Specialist in interventions with chronic patients.

### Benito de Benito, Luis. M.D.

- ♦ Medical Specialist of the digestive system.
- ♦ Physician Hospital San Chinarro and specialist in Endoscopy
- ♦ Course in Time-Limited Psychotherapy and Health Psychology
- ♦ Lecturer at Navarra University

### Cuesta, José María

- ♦ European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center in Talavera de la Reina.
- ♦ Course in psychological intervention of chronic illnesses.
- ♦ Psychologist of the Alzheimer's Association
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

### Peñuelas, Óscar. M.D.

- ♦ Physician specializing in Psychiatry and Pediatrics
- ♦ Director of the Psychopharmacology Unit of the CEP.
- ♦ Head of the public health service in the southern district of Madrid.
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

### Fernandez, Inmaculada

- ♦ Doctorate in Psychology from Almeria University
- ♦ Psychology specializing in Clinical psychology
- ♦ Head of the Department of Neuropsychology of the University of Almeria.
- ♦ Mindfulness-based Cognitive Therapy Expert
- ♦ Expert of Time Limited Psychotherapy

### Furelos, Maribel

- ♦ Psychology specializing in Clinical psychology
- ♦ Osakidetza sexologist at the Santurce outpatient clinic
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

04

# Structure and Content

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of psychology, and who pour into this training the experience of their work.

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*This Postgraduate Certificate in Clinical Hypnosis Intervention is the most comprehensive and up-to-date scientific program on the market”*

**Module 1. Basic Emotional Universes as an Intervention Protocol with Clinical Hypnosis in Mental Disorders**

- 1.1. Introduction and Framing of the Emotional World in Disease
- 1.2. Let's Speak with Authority
- 1.3. Basic Emotional Universes as an Intervention Protocol in Hypnosis
  - 1.3.1. Fear
  - 1.3.2. Rabies
  - 1.3.3. Blame
  - 1.3.4. Disgust
  - 1.3.5. Sadness
  - 1.3.6. Surprise
  - 1.3.7. Curiosity
  - 1.3.8. Security/safety
  - 1.3.9. Admiration
  - 1.3.10. Joy
- 1.4. Fear Intervention in Paroxysmal Anxiety Disorders
- 1.5. Anger Disruptive Behavior and Social Aggressiveness
- 1.6. Guilt Obsessive-Compulsive Disorder and Endogenous Depressions
- 1.7. Disgust Eating Disorders
- 1.8. Sadness Depressive Disorders and Dysthymia
- 1.9. Surprise Generalized Anxiety Disorder
- 1.10. Curiosity Histrionic Personality Disorder





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*A unique, key, and decisive training experience to boost your professional development”*

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# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Psychologists learn better, faster, and more sustainably over time.

*With TECH, psychologists can experience a way of learning that is shaking the foundations of traditional universities around the world*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.



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*Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only grasp concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. The learning is solidly focused on practical skills that allow the psychologist to better integrate the knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 150,000 psychologists with unprecedented success, in all clinical specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, with the latest educational advances, and to the forefront of psychology. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The Postgraduate Certificate in Clinical Hypnosis Intervention guarantees in addition to the most rigorous training, access to a Postgraduate Certificate issued by TECH - Technological University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it, also tilted upwards. The caps are dark grey or black. The background is a bright blue sky with soft, white clouds. The image is partially overlaid by a large, diagonal, magenta-colored shape that cuts across the bottom right corner.

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*Successfully complete this training and receive your diploma without the hassle of travel or paperwork”*

This Postgraduate Certificate in Clinical Hypnosis Intervention is the most comprehensive and up-to-date scientific program on the market.

After the student has passed the evaluations, they will receive by mail their corresponding Postgraduate Certificate issued TECH - Technological University via tracked delivery.

The diploma issued by TECH-Technological University will express the qualification obtained in the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: Postgraduate Certificate in Clinical Hypnosis Intervention

ECTS: 10

Nº Hours: 250





future

health confidence people

education information tutors

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institutions technology learning

community commitment

personalized service innovation **tech** technological university

knowledge present quality

online training

development languages

virtual classroom

# Postgraduate Certificate

## Clinical Hypnosis Intervention

