

# Postgraduate Diploma

## Clinical Hypnosis as a Tool of Time-Limited Psychotherapy



## Postgraduate Diploma

### Clinical Hypnosis as a Tool of Time-Limited Psychotherapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-clinical-hypnosis-tool-time-limited-psychotherapy](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-clinical-hypnosis-tool-time-limited-psychotherapy)

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# 01

# Introduction

Clinical Hypnosis has been gaining ground as an effective tool within Time-Limited Psychotherapy, showing promising results in the treatment of various psychological conditions. Therefore, the application of this modality is valued in cases of anxiety, phobias, pain management and sleep disorders, where hypnosis to access unconscious resources of the patient accelerates recovery and improves self-efficacy. In addition, hypnosis allows for a personalization of the treatment, adapting to the specific needs of the individual. In this environment, TECH has designed an online and highly flexible program, allowing students to access the educational resources through an Internet connection to access the educational resources. In addition, it benefits from the use of the Relearning methodology.



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*Thanks to this 100% online Postgraduate Diploma, you will delve into the theoretical and practical principles of Clinical Hypnosis, obtaining skills for its application within a therapeutic framework of limited time”*

Clinical Hypnosis has emerged as a powerful tool within Time Limited Psychotherapy, offering an effective approach to address a variety of emotional and mental problems in a shorter treatment period. In this regard, through trance and suggestion techniques, therapists can work with patients to access deeper levels of consciousness and facilitate significant therapeutic changes.

In this context, this Postgraduate Diploma in Clinical Hypnosis as a Tool of Time-Limited Psychotherapy has been implemented, focusing on the establishment of a solid and effective therapeutic bond. In this way, psychologists will develop a therapeutic relationship based on unconditional admiration and non-judgment, which is crucial to create a safe environment where the patient feels understood and respected.

Furthermore, the idea that the therapist acts as the main driver of the therapy, providing security and support throughout the treatment, will be explored. Therefore, professionals will delve into the importance of adopting a "mentor therapist" role, which is essential to foster an appropriate bond and facilitate the patient's progress. In addition, the management of dynamics in multidisciplinary interventions will be covered, highlighting the relevance of understanding and respecting the different roles within the therapeutic team.

Finally, graduates will be immersed in specific techniques to help patients disconnect from disruptive thoughts and focus on their bodily sensations, facilitating more direct access to their underlying emotions and needs. Likewise, the interpretation of diseases and disorders as expressions of maladaptive coping strategies will be addressed.

Therefore, TECH has created a comprehensive, fully online program that adjusts to the needs of students, eliminating the need to go to a physical center or follow fixed schedules. In addition, the program uses the revolutionary Relearning methodology, which emphasizes the repetition of key concepts for a better and more natural understanding of the material.

This **Postgraduate Diploma in Clinical Hypnosis as a Tool of Time-Limited Psychotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Clinical Hypnosis as a Tool of Time-Limited Psychotherapy
- ♦ The graphic, schematic and practical contents with which it is conceived provide scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will design brief, focused interventions, which can be especially useful in settings where time is a limited resource, such as primary health care or private practice”*

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*You will address the importance of containing from safety and craft, as well as identifying the therapist as the primary driver of therapy, through an extensive library of innovative multimedia resources”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing program, as well as renowned specialists from leading societies and prestigious universities.

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 education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Bet on TECH! You will analyze how to stay in the emotional sphere of the patient, without affecting your emotional balance as a therapist, a crucial aspect for the effectiveness and sustainability of clinical practice.*

*You will emphasize the importance of active listening and constant presence as fundamental vehicles for effective and empathic communication within therapy. With all TECH's quality guarantees!*



# 02

## Objectives

The main objective of the program will be to equip professionals with the necessary skills to integrate Clinical Hypnosis techniques into their therapeutic practices, maximizing treatment efficacy in a reduced time frame. Therefore, the course will focus on developing competence in establishing a strong and effective therapeutic bond, understanding and managing essential therapeutic roles, and applying hypnosis to facilitate rapid and lasting change in patients. Upon completion, psychologists will be able to apply these techniques in a safe and ethical manner.







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*You will acquire theoretical knowledge and practical skills to establish solid therapeutic bonds, change limiting beliefs for verifiable facts, and work in multidisciplinary collaboration”*



## General Objectives

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- Describe and develop intervention models for Time Limited Psychotherapy
- Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- Describe the arsenal of technology that allows patients to change their traumatic memories into memories of remembrance
- Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)



*You will develop your ability to intervene effectively in the patient's emotional sphere, disconnecting them from negative thoughts and fostering a deeper connection with their bodily sensations"*





## Specific Objectives

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### Module 1. Establishment of the Therapeutic Bond

- ♦ Change the patient's beliefs for verifiable facts
- ♦ Admire unconditionally, without judgment, without criticism, just contemplating
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Make listening the bridge to build therapeutic relationships
- ♦ Know how to be always present

### Module 2. The Therapist Role

- ♦ Contain with safety and craft
- ♦ Identify the role of the therapist as the main engine of the therapy
- ♦ Implement the mentor therapist, indispensable to achieve the right bonding
- ♦ Describe the territory of the family therapist and of the mentor therapist
- ♦ Teach how to live together in an intervention where multidisciplinary work is totally normal

### Module 3. Role of Clinical Hypnosis in Time-Limited Psychotherapy

- ♦ Know how to disconnect patients from their thoughts and place them in their bodily sensations
- ♦ Identify the illness and the disorder as a way of expressing a poorly adapted form of survival
- ♦ Know how to settle in the emotional sphere of the patient without having a contamination that affects the therapist's balance
- ♦ Know the whole process with induced head movements

03

# Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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*TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”*

## International Guest Director

Dr. Robin Gay is a clinical psychologist specialized in the treatment of substance use disorders and co-occurring conditions. With a particular focus on the effects of these conditions on cognitive functioning, her work has sought to understand how these influences impact treatment outcomes. In addition, her interest in enhancing the recovery of her patients has led her to develop innovative programs in mental health and addiction care.

Throughout her professional career, she has held significant roles in prestigious institutions. As such, she has been the Director of Psychological Services at Fernside, an addiction recovery program unique to McLean Hospital, which specializes in the treatment of substance use disorders and co-occurring conditions, where she has led diverse teams to provide comprehensive and personalized treatment. Likewise, her research work has been presented at numerous congresses and conferences, having received the prestigious Sidney Orgel Award, given by the New York State Psychological Association, where she has also been elected Secretary and served on the board of directors, demonstrating her commitment to the development and promotion of mental health.

In turn, she has published several articles in peer-reviewed journals, exploring the relationship between substance use and cognitive functioning. In fact, her research has brought new approaches to addiction treatment and has significantly influenced clinical practice nationally and internationally. On the other hand, her academic career has included a doctorate in Clinical Psychology from the New School for Social Research in New York, as well as a pre-doctoral internship at Mount Sinai Hospital in Manhattan, where she acquired valuable skills in the management of complex disorders.



## Dr. Gay, Robin

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- Director of Psychological Services at the Fernside Program at McLean Hospital, Boston, United States
- Secretary of the New York State Psychological Association
- Doctorate in Clinical Psychology from the New School for Social Research
- Bachelor's Degree in Psychology from Marlboro College
- Sidney Orgel Award of the New York State Psychological Association
- Member of: Commonwealth of Massachusetts Board of Registration of Psychologists

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

03

# Structure and Content

The content of this academic program will cover the establishment of an effective therapeutic bond, focusing on techniques to change beliefs to verifiable facts and promote an empathic and non-judgmental relationship. In addition, therapists will be able to play their role as a coach and prime mover in the therapeutic process, including strategies for managing effective multidisciplinary interventions. They will also delve into the specific use of hypnosis to facilitate the patient's connection with their bodily and emotional sensations, utilizing advanced techniques such as induced head movements to promote recovery and wellness.







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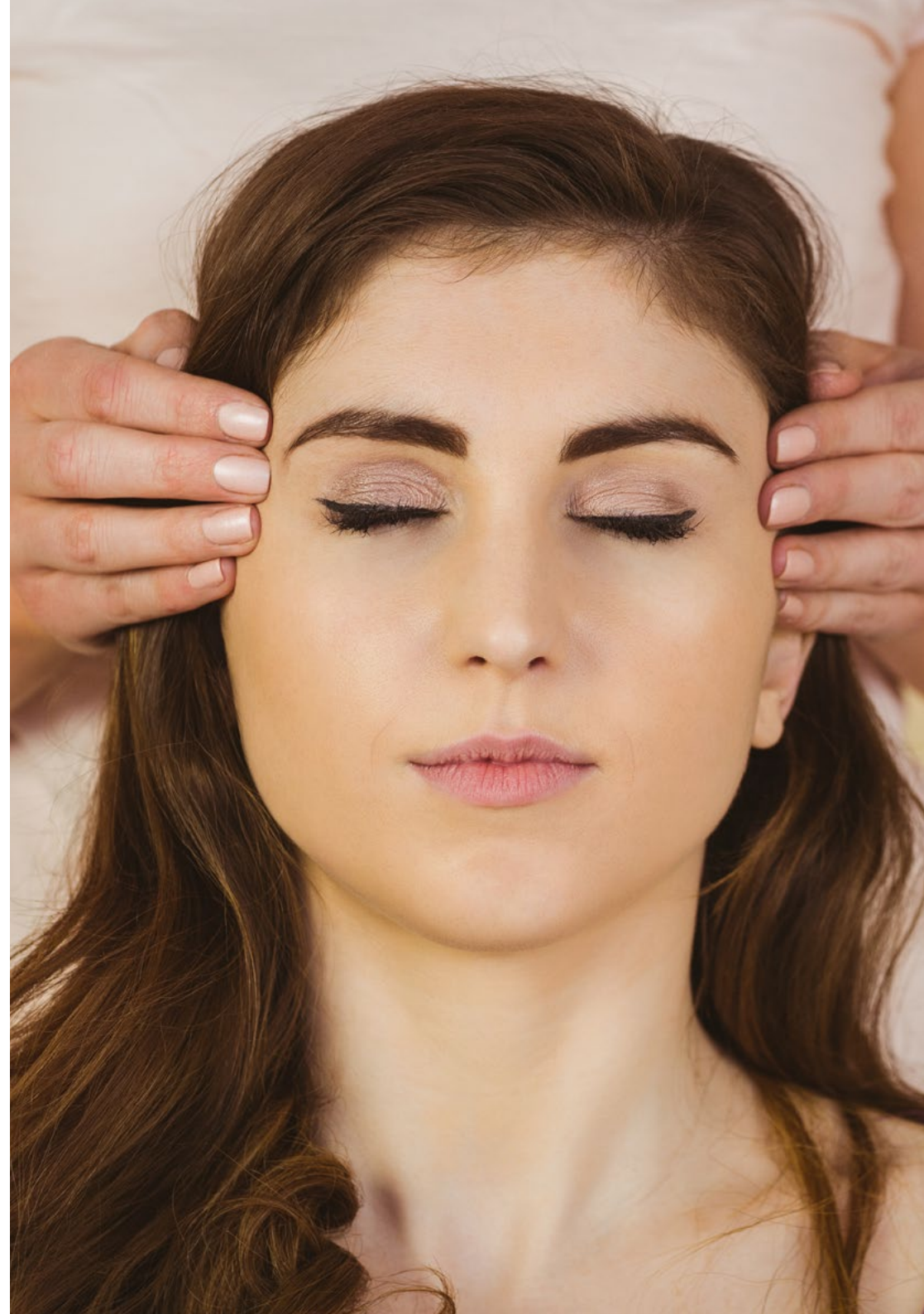
*The contents will provide you with a solid foundation for the successful application of Clinical Hypnosis in a time-limited therapeutic setting, maximizing the potential for positive therapeutic results”*

## Module 1. Establishment of the Therapeutic Bond

- 1.1. Accompaniment
- 1.2. Containment
- 1.3. Escort
- 1.4. The Impossibility Not to Influence
- 1.5. Influencing Only the Problem
- 1.6. Not Influencing Personality Structure
- 1.7. Getting Patients to Influence Change
- 1.8. Influence Not So Much What Happens As What the Patient Does with What Happens to Them
- 1.9. Integrate Emotions and Affective Experiences within Current Reality
- 1.10. Focus on Solutions and Healthy Aspects in Subjects
- 1.11. Address the Cause for Consultation and for Basic Conflicts
- 1.12. Use the Cause for Consultation as a Guide for Therapy
- 1.13. Get the Model itself to Place the Basic Conflict in Front of the Patient and the Therapist

## Module 2. The Therapist Role

- 2.1. Therapists as Referential Figures
- 2.2. Asymmetrical Relationships
- 2.3. Detecting Basic Conflicts
- 2.4. Tutor Therapist
- 2.5. Family Therapists
- 2.6. Interdisciplinary Interventions
- 2.7. Therapeutic Styles
- 2.8. Experience What Patients Have Experienced as Much as Possible
- 2.9. Commitment to Patients
- 2.10. Therapist Presence Even When Not Present: Therapist Introjection



### Module 3. Role of Clinical Hypnosis in Time-Limited Psychotherapy

- 3.1. Clinical Hypnosis as an Exploratory Tool
- 3.2. Neurological Resemblance of Clinical Hypnosis and Trauma
- 3.3. Axes of Clinical Hypnosis in TLP
- 3.4. What Does it Feel Like to be in a Hypnotic State?
- 3.5. Psychoeducational Phase
- 3.6. Hypnotic Induction Phase
- 3.7. Techniques for Delving into the Hypnotic State
- 3.8. Stabilization Technique
- 3.9. Therapeutic Phase

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*The comprehensive approach of this Postgraduate Diploma will equip you to apply hypnosis effectively and ethically in your clinical practices, thanks to the best teaching materials, at the forefront of technology and education”*

04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, 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 Relearning, 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

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences 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 master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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 is a real revolution compared to the simple study and analysis of 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.*





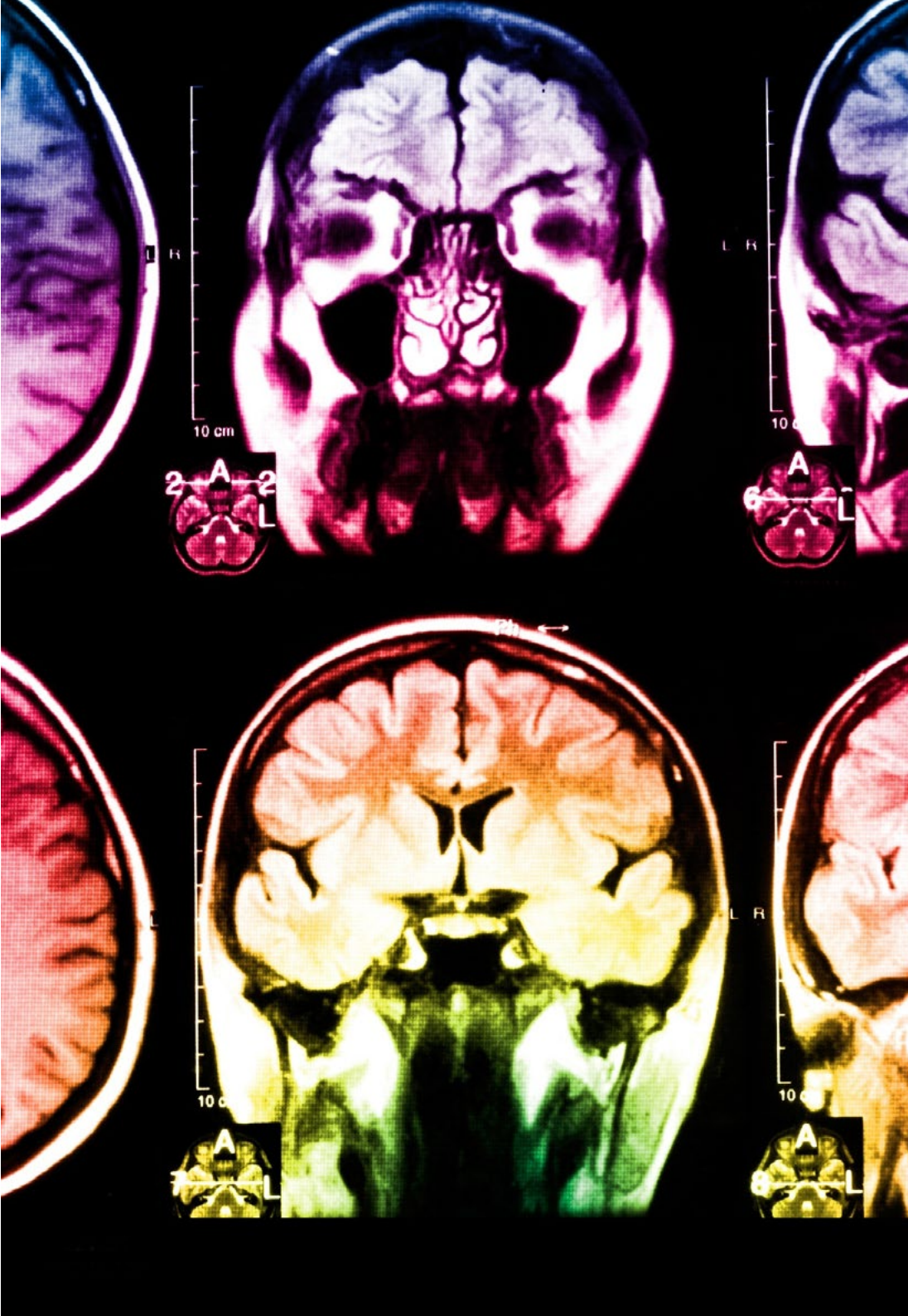
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning 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 for success.*

In our program, learning is not a linear process, but rather a spiral (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.



This program offers the best educational material, prepared with professionals 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 highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their 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 future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



05

# Certificate

The Postgraduate Diploma in Clinical Hypnosis as a Tool of Time-Limited Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education program, access to a Postgraduate Diploma issued by TECH Global University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The background is split diagonally into a white lower-right section and a magenta upper-right section. The quote is positioned in the white section.

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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Clinical Hypnosis as a Tool of Time-Limited Psychotherapy** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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