

# Postgraduate Diploma

## Clinical Hypnosis and Relaxation in Psychotherapy





## Postgraduate Diploma Clinical Hypnosis and Relaxation in Psychotherapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 17 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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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. 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.





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*With this Postgraduate Diploma, the psychologist will have mastered the relational aspect in the therapist-patient intervention and, therefore, the rules that direct the interaction of the subject with the world in the here and now"*

These techniques differ in that they "do not need to talk to the patient", the patient "can keep their eyes open" and this state is reached in a few minutes, sometimes practically instantaneously. It is therefore unique in unifying clinical hypnosis and relaxation as tools in patient intervention.



*The Postgraduate Diploma in Clinical Hypnosis and Relaxation in Psychotherapy contains the most complete and up-to-date scientific program on the market"*

The **Postgraduate Diploma in Clinical Hypnosis and relaxation in in Psychotherapy** contains the scientific most complete and up-to-date scientific program on the market.

The most important features of the program include:

- ♦ Clinical cases presented by experts in the different specialties. 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 practice.
- ♦ Diagnostic and therapeutic developments in Clinical Hypnosis and Relaxation in the Psychotherapy
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology.
- ♦ All of this will be complemented by 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.



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

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma*

Forming part of the teaching staff is a group of professionals in 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 student will must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by recognized experts s in the field of psychology and with great teaching experience.



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 the approach of Clinical Hypnosis with patients.







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*This up-to-date program will generate a sense of security in the performance of the psychologist's praxis, which will help you grow personally and professionally"*



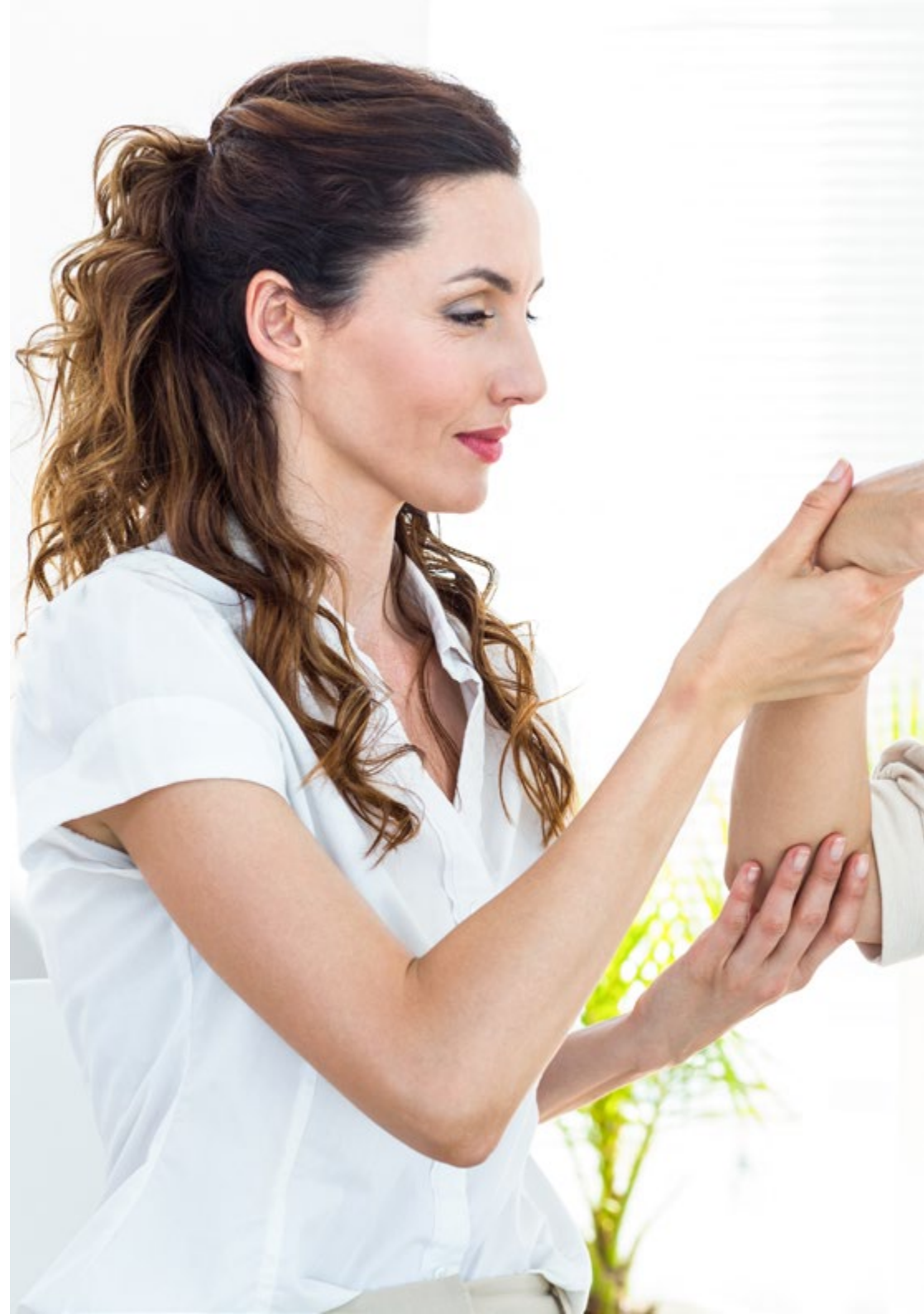
## General Objectives

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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.



*Make the most of the opportunity and take the step to get up to date on the latest developments in Clinical Hypnosis and Relaxation in Psychotherapy”*





## Specific Objectives

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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.
- Control prosody and the laws that regulate hypnotic dialogues.
- Develop control of silences in hypnotic induction.
- Establish a therapeutic alliance while the patient is hypnotized.
- Identify when hypnotic induction cannot be performed.
- Implement classic techniques to achieve the hypnotic state master the language of conversational techniques.
- Handle metaphor, analogy and syntactic mutation as central bases of conversational inductions.
- Implement techniques to give an induction back to the patient in his or her own words.



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 from reference professionals,  
the latest advances in the application  
of Clinical Hypnosis and Relaxation  
Procedures in psychotherapy”*

## 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
- ♦ Master 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
- ♦ Master 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.
- ♦ Expert in psychological intervention of chronic illnesses.
- ♦ Psychologist of the Alzheimer's Association
- ♦ Master 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.
- ♦ Master 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
- ♦ Master in Time-Limited Psychotherapy and Health Psychology



04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily psychological practice, aware of the current relevance of specialization training able to act before the patient with psychological problems and/or mental pathology, and committed to quality teaching through new educational technologies.





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*This Postgraduate Diploma in clinical hypnosis procedures and relaxation in psychotherapy contains the most complete and updated scientific program on the market"*

### Module 1. Latest Breakthroughs in Clinical Hypnosis

- 1.1. Theoretical Foundations of Clinical Hypnosis.
- 1.2. Knowledge of Hypnosis from Today's Psychologists.
- 1.3. The Insertion of Clinical Hypnosis in Psychotherapy.
- 1.4. Role of Clinical Hypnosis in the Therapeutic Link.

### Module 2. Mental Relaxation

- 2.1. Historical Keys in Relaxation Training.
- 2.2. Discoveries of the Stress & Muscle Tension Relationship.
- 2.3. Influence of Imagination on the Body.
- 2.4. Psychotherapeutic Intervention with Mental Relaxation: Systematic Desensitization (J. Wolpe, 1948).
- 2.5. Psychotherapeutic Intervention with Mental Relaxation: Covert Conditioning (Cautela).
- 2.6. Psychotherapeutic Intervention with Mental Relaxation: Sophrology (A. Caycedo, 1960).
- 2.7. Edmund Jacobson's Progressive Relaxation (1901).
- 2.8. Schultz's Autogenous Relaxation (1901).
- 2.9. Creative Relaxation by Dr. Eugenio Herrero (1950).
- 2.10. Chromatic Relaxation by R. Aguado (1990).
- 2.11. Differences and Similarities of Mental Relaxation and Clinical Hypnosis.
- 2.12. S.D.F. (Selective Dissociation Focusing).

### Module 3. Clinical Hypnosis

- 3.1. Historical Review of Hypnosis.
  - 3.1.1. 18th Century From Demonology to Hypnotism.
  - 3.1.2. 19th Century School of Salpêtrière Vs. School of Nancy.
  - 3.1.3. 20th Century Birth of Clinical Hypnosis.
- 3.2. History and Links of Clinical Hypnosis with Psychotherapy.
  - 3.2.1. Freud: Hypnosis, Catharsis and Free Association What is the Difference?
  - 3.2.2. What is the Subconscious? The Hypnotic State as an "Explorer" of the Subconscious.
- 3.3. New Technologies in 21st Century Psychotherapy and Clinical Hypnosis.
- 3.4. What Does it Feel Like to be in a Hypnotic State?
- 3.5. Myths and Misconceptions About Hypnosis.
- 3.6. Fields of Application of Clinical Hypnosis in Psychotherapy.
- 3.7. Ingredients Needed to Reach the Hypnotic State.
  - 3.7.1. Variables of the Hypnotizer.
  - 3.7.2. Variables of the Hypnotized Person.
  - 3.7.3. Context and Environmental Situation.
- 3.8. Definitions of Clinical Hypnosis.
  - 3.8.1. Barner (2000).
  - 3.8.2. Zeig (1999).
  - 3.8.3. R. Aguado (2001).
- 3.9. Types of Procedures to Reach the Hypnotic State.
- 3.10. Selective Dissociation Focusing (SDF) (© Aguado, R. 2005).
- 3.11. Induced Head Movements (I.C.M.)(© Aguado, R. 2007).
  - 3.11.1. I.C.M. Methodology
  - 3.11.2. Why in the Skull, from the Back, Silently and With Hands?
- 3.12. Differentiating Characteristics of IHM From Other Types of Hypnosis.





05

# 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. Gervas, 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 Diploma in Clinical Hypnosis and Relaxation in Psychoth guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this Postgraduate Diploma and receive your diploma without travel or laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Clinical Hypnosis and Relaxation in Psychoth** 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.

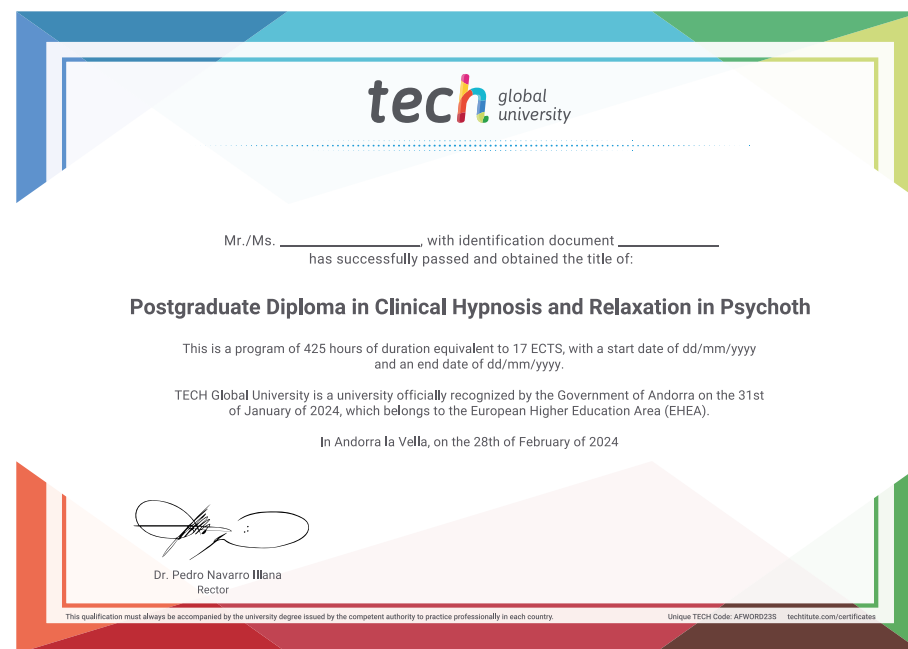
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Clinical Hypnosis and Relaxation in Psychoth**

Modality: **online**

Duration: **6 months**

Accreditation: **17 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
classroom



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