

PEDIATRIC HYPNOSIS INTENSIVE
Intermediate Workshop:

Special focus on Hypnotic Suggestion, the Development of Metaphor & Rapid Induction for Anxiety and Pain relief.

Dr. Leora Kuttner

Clinical Psychologist & Clinical Professor of Pediatrics,
BC Children's Hospital & University of British Columbia,
Vancouver, Canada

www.drleorakuttner.com leora_kuttner@sfu.ca

Thursday: 20th August 2015

- 7.00 pm** **Evening Gathering**
Welcome & Dinner – informally meeting friends and reconnecting
- 8.30 - 9.00** Group experience using Suggestion and Metaphor
Personally experiencing the themes of this session
- 9.00 - 9.30** Discussion and Exploration
Set-up for tomorrow and -- night -night!
-

Friday: 21st August 2015

- 9.00 Hypnosis: Rapid Inductions
Demonstrations of two methods and discussion
- 10.00 How to Give and Develop Suggestions
Applied to Pain, Fear and Anxiety
- 10.45 *Break*
- 11.15 Demonstration of giving and developing suggestions
- Practice Session 1** in a Group of 3
Creating suggestions for anxiety relief & developing them in
the session using a Rapid Induction
- 12.15 Discussion and learning points.

- 12.30 *Lunch*
- 1.30 DVD Cases of Hypnosis from Pediatric Practices and the Purpose and development of Metaphor –creating the ‘Right Fit’
- 2.45 *Break*
- 3.15 Developing your Metaphor that supports your Suggestions
- Practice Session 2** in the same Group of 3
Using the same suggestions for anxiety relief develop these further into Metaphor that can enhance the hypnotic outcome.
- 4.15 Discussion, Learning Points & Summary
How can you use Suggestions in your practice?
What are the common Metaphors that can be used in your Practice?
- Summary:** Pulling it all together for your Monday morning!
- 5.00 Wrap-up
-