



**Association
of Anaesthetists**

Medical hypnosis

Monday 03 February 2020

Location: 21 Portland Place, London

Organiser: Dr Jane Boissiere, British Society of Clinical and Academic Hypnosis (BSCAH)

- 09:00** **Registration / tea and coffee**
- 09:25** **Introduction**
- 09:30** **Hypnosis and communication for the anaesthetist**
Dr Simon Tunstill, Reading
- 10:15** **How to induce a simple hypnotic trance and generate imagery**
Mrs Jean Rogerson, Associate Lecturer (BSCAH), Birmingham City University
- 11:00** **Tea and coffee**
- 11:30** **Hypnosis in paediatrics and obstetrics**
Dr Allan Cyna, Adelaide, Australia
- 12.15** **Hypnosis in anaesthesia - practical applications and current evidence**
Dr Paul Slater, Northampton
- 13:00** **Lunch**
- 14:00** **Hypnosis for pain management**
Dr Caron Moores, Liverpool
- 14:30.** **Needle phobia**
Dr Allan Cyna, Adelaide, Australia
- 15:00** **Tea and coffee**
- 15:15** **Self hypnosis, ego strengthening, followed by practical session**
Mrs Jean Rogerson, Associate Lecturer (BSCAH), Birmingham City University
- 16:00** **Questions and feedback**
- 16:30** **Close meeting**



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Learning Objectives

- To experience and induce a light hypnotic trance **3A07**
- Basic understanding of modern definition and theories of hypnosis **2A10, 2A12**
- Consider the structure of hypnotic language and ways to incorporate it into daily practice **2A10, 2A12**
- An awareness of the potential applications of hypnosis in anaesthetic practice, including anxiety management, pain, obstetrics, paediatrics, phobias **2B01, 2D05, 2D06, 2E01, 1D02, 2B01, 3I00**

This seminar covers **Domain 3: Communication, partnership & teamwork**



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