

Medical Hypnosis

Monday 6 February 2023

Location: 21 Portland Place, London

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

Aimed at anaesthetists with an interest in medical hypnosis. You will learn how to experience and induce a light hypnotic trance.

- 09:00** **Registration / tea and coffee**
- 09:25** **Introduction**
Dr Jane Boissiere, President, British Society of Clinical and Academic Hypnosis (BSCAH)
- 09:30** **Hypnosis and communication for the anaesthetist**
Dr Simon Tunstill, Reading
- 10:00** **Hypnosis in Obstetrics**
Dr Paul Slater, Northampton
- 10:25** **Hypnosis in Paediatrics**
Dr Caron Moores, Liverpool
- 10:45** **Introduction of hypnotic techniques in elective theatre anaesthesia**
Dr Emily Cooper, Wrightington, Wigan & Leigh
- 11:00** **Tea and Coffee**
- 11:30** **How to induce a simple hypnotic trance and generate imagery**
Ms Jean Rogerson, Birmingham
- 12:15** **Hypnosis for pain management**
Dr Caron Moores, Liverpool
- 12:45** **Hypnosis and the MDT**
Ms Louise Foulsham-McFall, Northampton
- 13:00** **Lunch**
- 14:00** **Hypnosis in anaesthesia - Practical applications and current evidence**
Dr Paul Slater, Northampton
- 14:30** **Needle phobia**
Ms Jean Rogerson, Birmingham
- 15:00** **Starting out in hypnosis - Paediatric anaesthesia**
Dr Samantha Black, Gillingham
- 15:15** **Tea and Coffee**

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- 15:30** **Self Hypnosis, ego strengthening followed by practical session**
Ms Jean Rogerson, Birmingham
- 16:15** **Questions and feedback**
- 16:45** **Close of meeting**