

Medical Hypnosis Practical Workshop

Monday 22 May 2023

Location: 21 Portland Place, London

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

Faculty: Drs Allan Cyna, Jean Rogerson, Paul Slater and Caron Moores

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** **Welcome & introduction**
Dr Jane Boissiere, Trustee, British Society of Clinical and Academic Hypnosis (BSCAH)
- 09:30** **Integrating hypnotic communication into practice**
What do we mean by hypnosis
Building rapport using LAURS
Structuring a hypnotic interaction using GREAT
Nocebo language and how to avoid it
Dr Allan Cyna
- 09:50** *Principles of using hypnotic communications in anaesthetic practice (to include initial patient introduction, use of truisms, creating positive suggestions and other techniques)*
Dr Paul Slater
- 10:10** *Small group exercises of 3*
Hypnotic language scenarios
Groups will spend 25 minutes working through 4 scenarios in common anaesthetic practice and consider effective communication on labour ward, ICU)
Final 25 minutes feedback as a full group
- 11:00** **Tea & coffee break**
- 11:30** **Hypnotic techniques utilising imagination**
“Lived in Imagination” demo and instructions for practice
Dr Allan Cyna
- 12:00** *“Lived in imagination” practice – groups of 2*
- 12:30** *Lived in imagination in clinical practice*
Dr Allan Cyna
- 13:00** **Lunch**
- 14:00** **A “user-friendly” induction technique applicable to multiple situations in anaesthesia practice (and for the anaesthetist!)**
Short script Jean and Paul recorded for RCOA
Quick demo on a subject
Practice in groups of 2
Drs Allan Cyna, Jean Rogerson, Paul Slater and Caron Moores
- 14:45** *Arm Anaesthesia*
Scripted demonstration of arm anaesthesia technique
Practice in groups of 2

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15:30	Tea & coffee break
16:00	Needle phobia – A few top topics Drs Allan Cyna and Paul Slater
16:30	FAQs and final discussion <i>Consent and hypnosis</i> <i>Indemnity and hypnosis</i> <i>Side effects of hypnosis</i> Drs Allan Cyna, Jean Rogerson, Paul Slater and Caron Moores
16:45	Close

Learning Objectives

- To learn and practice a simple hypnotic induction
- To learn how to use hypnotic techniques focused on utilising the patient's inner resources
- To learn a simple hypnotic technique to reduce pain "for cannulation"
- To consider and develop informal hypnotic language structures for use in routine anaesthetic practice