



Think Pain Away Learning Outcomes

Level 3

At the completion of Level 3 the Student should be able to:

1. Explain the role of hypnotic suggestion in chronic pain. Lesson 1
2. Define hypnotic induction. Lesson 2a
3. Produce a hypnotic state using utilization, breath, and fixation. Lesson 2A, 2B, 2C
4. Prepare pacing and leading statements for induction. Lesson 3
5. Devise a countdown and body scan process for inducing a hypnotic state. Lesson 3
6. Use progressive relaxation for inducing a hypnotic state. Lesson 3
7. Complete the process of bringing a client out of a hypnotic state. Lesson 4
8. Develop hypnotic suggestion that will reframe the client's problem. Lesson 5
9. Construct stylized individualized suggestion to communicate to the client using our senses (auditory, visual, kinesthetic, olfactory and gustatory. Lesson 6
10. Recognize and generate indirect suggestions both pre and post hypnotic. Lesson 7
11. Recognize negative suggestions and use them correctly to inform a client. Lesson 7
12. Determine how to test a client for suggestibility. Lesson 8
13. Identify and design the steps to create a successful hypnotic pattern. Lesson 9
14. Plan the client's goals by using future pacing prior to reframing pain during the client's hypnosis process. Lesson 10
15. Develop a hypnosis process that allows the body to fully release and relax both body and mind. Lesson 11
16. Identify that you the hypnotist must also manage your behavior and believe in the hypnotic process. Lesson 11