

## How to Use Hypnosis & NLP for Calmer Patients... and a Calmer You!

**Date and Venue:**

Thursday 3<sup>rd</sup> March 2011  
Education Centre Level 5  
Salisbury District Hospital

**Course Tutor:**

Andrew Cain  
Bright Ideas Training

**Course Organiser:**

Miss Victoria Beale  
Consultant Cleft / Maxillofacial Surgeon and Postgraduate Tutor

### **Description**

A lecture and workshop based course introducing hypnosis and NLP techniques to the dental team. Much of the day will be spent practicing the techniques.

### **Aims**

To introduce the use of hypnosis and NLP to calm anxious patients and reduce stress

### **Objectives**

By the end of this course the delegate will:

1. Understand hypnosis, trance, anxiety and phobias
2. Use simple visualisation & breathing to calm anxious patients
3. Use questions to redirect a patient's focus towards improvement
4. Use CBT & self hypnosis to keep life in balance & avoid burnout
5. Know how to refer anxious patients for effective help



## How to Use Hypnosis & NLP for Calmer Patients... and a Calmer You!

- 9:00 Arrivals, tea and coffee
- 9:30 Trance states in everyday life – *an introduction to common trance states*  
What is a phobia? – *normalising problems*  
Non-verbal communication – *your unnoticed power*  
Three things technique – *great for patients, and you!*
- 11:15 Break – Tea / Coffee
- 11:30 Solution focussed questions – *helping people break out of states of mind*  
Preferred Senses – *improving communication or*  
Anxiety reliever – *a simple, empowering technique to teach anxious patients*
- 1:00 Lunch
- 1:45 Stress reactions in you and patients – *helping patients and yourselves*  
Conquering emotional thinking – *how to get your head straight at a tangled time*  
5:7 breathing – *promoting physical calm*  
Rehearsal – *practice makes perfect!*  
Building positive associations – *how to create an emotional oasis*  
Using a life map to increase your resilience – *become immune to stress (almost!)*
- 3:20 Break – Tea / Coffee
- 3:40 Short film – *hypnosis being used for pain relief during an implant operation*  
The fast phobia cure – *how it works so you can explain it*  
Working with a hypnotherapist – *finding a good hypnotherapist to refer to*  
Recall – *promoting recollection*  
Mind body interactions – *how body language not only reflects but also creates your state of mind*
- 4:30 End