

Hypnotherapy Regulatory Forum Learning Outcomes 3:

Provide Hypnotherapy to Clients

This standard covers hypnotherapy treatment for individuals. Users of this standard will need to ensure that practice reflects up to date information and policies.

PERFORMANCE OUTCOMES

Practitioners must be able to do the following:

1. Select the methodologies that are appropriate for the client which are consistent with the overall treatment plan.

Discuss with the client the reasons for your choices of methodology at each stage of the treatment.

Explain the possible responses to treatment - in an appropriate manner, level and pace to suit client's understanding

- Explaining the principles of different approaches and their application taking into consideration their method of application and assessment of each individual client.
- Relating the links between case evaluation and selected approaches recognizing the connection between different presenting symptoms and appropriate application of a variety of approaches
- Demonstrating appropriate treatment planning and understand the importance of initial consultation and structure
- Identifying current methodologies, underpinning theories and codes of ethics
- Explaining different methodologies employed in treatment (these may include but are not limited to):
 - a) the use of formal and informal trance
 - b) the use of different levels of consciousness
 - c) the use of direct and indirect approaches
 - d) the use of direct and indirect suggestions
 - e) matching different approaches to different clients e.g. permissive or authoritarian
 - f) the use of mechanistic approaches
 - g) relationships between different methodologies
- Assessing possible contra-indications for particular presenting issues and understanding issues of safety and appropriateness for each individual client

- Demonstrating the principles of selecting techniques – i.e. matching treatment to client needs
- Recognizing the importance of taking a critical approach in relation to methodologies selection

2. Ensure the client is aware of their role in cooperating and participating in the therapy

Discuss the role the client (and companion if relevant) must take for the hypnotherapy treatment to be successful

Encourage them and explain how to:

a) monitor their response to therapy and any self care exercises

b) note any changes in their health and well-being

c) contact the practitioner at an appropriate time if they have any concerns or queries in relation to their treatment

- Identifying the importance of being aware of actions, reactions and interactions of the client by observation and discussion
- Identifying the possible barriers to successful therapy
- Explaining how to safely re-orientate the client at the end of the session

3. Give clear and accurate advice with regard to any relevant aftercare

Support the client to make informed choices.

- Restating the factors to consider when selecting methodology tailored to individual needs

4. Apply the appropriate interventions that are suited to the client's needs

- Relating the links between case evaluation and selected approaches recognizing the connection between different presenting symptoms and appropriate application of a variety of approaches
- Demonstrating appropriate treatment planning and understand the importance of initial consultation and structure
- Identifying current methodologies, underpinning theories and codes of ethics
- Demonstrating the variety of content, structure and approach of different methodologies and the benefits and limitations of each
- Demonstrating the principles of selecting techniques – i.e. matching treatment to client needs
- Restating the factors to consider when selecting methodology tailored to individual needs
- Describing the processes for evaluating information as treatment proceeds and using this to inform future practice

5. Evaluate the outcomes and effectiveness of Hypnotherapy to inform future plans and actions

- Recognizing the importance of building review, reflection and evaluation into treatment planning
- Recognizing the importance of taking a critical approach in relation to methodologies selection

6. Accurately record information and reflect upon the rationale for the treatment programme

- Identifying current methodologies, underpinning theories and codes of ethics
- Explaining the importance of observation of clients throughout the therapeutic process