I. Course Description

Hypnosis has had long and varied history, which in part has been characterized by a great deal of myth and misconception. The modern ethical practice of hypnosis is in accord with the social work value base and is a valuable intervention modality for clients in a number of settings and with a range of concerns. This course will examine major theoretical and practice applications of hypnosis in Social Work practice and develop a beginning level competency in the use of hypnosis.

Course material will include the history and theories of hypnosis, common myths and misconceptions, ethical uses of hypnosis, methods of hypnotic inductions, use of imagery and metaphors, and self-hypnosis. Specific practice applications will include the areas of: pain management (acute and chronic); anxiety management and phobias; habit changes such as smoking and eating; and ego supportive aspects of self-esteem, self-confidence, self-efficacy, and concentration and performance enhancement.

Beginning skills in hypnosis will be taught including trance induction, trance deepening, the use of direct and indirect therapeutic suggestion, ideomotor signaling, post hypnotic suggestion and re-alerting. Students will have supervised practice sessions in class to practice trance induction with each other.

II. Course Objectives

Upon completion of this course the student will:

1. Have an understanding of what hypnosis is as well as the myths and misconceptions about it.
2. Understand the ethical uses of hypnosis in social work practice.
3. Understand and be able to conduct basic trance inductions.
4. Have a basic understanding of the principles of formulating hypnotic suggestions, hypnotic susceptibility, stages and depth of hypnosis, post hypnotic suggestions, hypnotic imagery and abreactions.
5. Be familiar with the history of hypnosis and understand different theories of hypnosis.
6. Will understand and be able to perform trance deepening techniques.
7. Will understand and be able to use ideomotor signaling in hypnotic trances.
8. Will understand and be able to perform ego strengthening therapeutic suggestions in hypnotic trance.
9. Will have an understanding of applications of hypnosis to social work practice areas including acute and chronic pain management, post traumatic stress disorders (PTSD), work with children, anxiety, phobias, and habit control areas of tobacco cessation and weight management.
10. Understand issues of memory and false memory in relation to hypnosis.

III. Class Format

Classes will be small group seminars and will utilize a variety of teaching and learning methods. This will include formal lecture presentations, class discussion of assigned readings, demonstration and observation of hypnotic protocols, supervised experiential practice sessions, and discussion of hypnotic applications to clinical practice.

IV. Course Evaluation and Grading

Within the School of Social Work, grades are determined in each class based on the following standards which have been established by the faculty of the School: (1) Grades of A or A- are reserved for student work which not only demonstrates very good mastery of content but which also shows that the student has undertaken a complex task, has applied critical thinking skills to the assignment, and/or has demonstrated creativity in her or his approach to the assignment. The difference between these two grades would be determined by the degree to which these skills have demonstrated by the student. (2) A grade of B+ will be given to work which is judged to be very good. This grade denotes that a student has demonstrated a more-than-competent understanding of the material being tested in the assignment. (3) A grade of B will be given to student work which meets the basic requirements of the assignment. It denotes that the student has done adequate work on the assignment and meets basic course expectations. (4) A grade of B- will denote that a student’s performance was less than adequate on an assignment, reflecting only moderate grasp of content and/or expectations. (5) A grade of C would reflect a minimal grasp of the assignments, poor organization of ideas and/or several significant areas requiring improvement. (6) Grades between C- and F will be applied to denote a failure to meet minimum standards, reflecting serious deficiencies in all aspects of a student’s performance on the assignment.

All students are expected to regularly attend class and be on time. A student with more than two unexcused absences during the course of this class may receive a no credit. A student who is
tardy three or more times to class may receive a grade of no credit. If a student receives a no credit grade in this seminar, they will be required to repeat this class.

Class grades will be based on the following:

<table>
<thead>
<tr>
<th>Score</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.85 – 4</td>
<td>A</td>
</tr>
<tr>
<td>3.60 – 3.84</td>
<td>A-</td>
</tr>
<tr>
<td>3.25 – 3.59</td>
<td>B+</td>
</tr>
<tr>
<td>2.90 – 3.24</td>
<td>B</td>
</tr>
<tr>
<td>2.60 – 2.87</td>
<td>B-</td>
</tr>
<tr>
<td>2.25 – 2.50</td>
<td>C+</td>
</tr>
<tr>
<td>1.90 – 2.24</td>
<td>C</td>
</tr>
</tbody>
</table>

or if a percentage scale is used:

<table>
<thead>
<tr>
<th>Score</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>93 – 100</td>
<td>A</td>
</tr>
<tr>
<td>90 – 92</td>
<td>A-</td>
</tr>
<tr>
<td>87 – 89</td>
<td>B+</td>
</tr>
<tr>
<td>83 – 86</td>
<td>B</td>
</tr>
<tr>
<td>80 – 82</td>
<td>B-</td>
</tr>
<tr>
<td>77 – 79</td>
<td>C+</td>
</tr>
<tr>
<td>73 – 76</td>
<td>C</td>
</tr>
<tr>
<td>70 – 72</td>
<td>C-</td>
</tr>
</tbody>
</table>

(Note: Please refer to the Student Handbook and the University Catalogue for additional discussion of grades and grading procedures.)

V. Attendance Policy

Students are expected to attend all classes. **Students with more than two unexcused absences (or 6 hours absence from alternative class schedule) may risk failure.** This policy exists because the social work program is one of professional preparation. In addition to acquiring theoretical knowledge, students are expected to acquire professional values, to integrate knowledge from a range of courses, to develop professional skills and be socialized into the profession. Members of the faculty of the School of Social Work are convinced that this cannot be accomplished through independent study alone. Thus, attendance at classes is required unless legitimate and special reasons exist for absences or tardiness. Any such absences or tardiness should be discussed directly with the course instructor.

University of Southern California policy permits students to be excused from class, without penalty, for the observance of religious holy days. This policy also covers scheduled final examinations which conflict with students’ observance of a holy day. Students must make arrangements in advance to complete class work which will be missed, or to reschedule an examination, due to holy days observance.

VI. Course Expectations and Guidelines

**Assignments**

Midterm. The Midterm will be a Practical Competency Demonstration. This will be an in-class demonstration of an original trance induction/deepening protocol, which will include ego
strengthening suggestions and an appropriate posthypnotic suggestion. The protocol must be written and will be turned in at the conclusion of the demonstration. Additional guidelines will be given out in class. A signup schedule of dates for the demonstration will be circulated during class.

**Final Assignment.** The final assignment will be a written paper. This will be a formal, referenced paper of approximately 12 pages on any topic of clinical application of hypnosis to social work practice. The paper will explore therapeutic strategies in relation to the chosen topic or client. Additional guidelines will be given out in class. Final Paper Due April 30, 2006.

**Class Participation.** Attendance and active class participation in class is essential for learning the material in this course. All students will have considerable class time to have supervised practice as the hypnotic facilitator as well as hypnotic subjects. Students are expected to come prepared, to give thoughtful consideration to the reading assignments, and to be willing to participate in practice sessions (students are not required to act as hypnotic subjects if they do not wish to). Each student will be responsible for leading class discussion about one assigned reading during the course. Class participation constitutes a part of the course grade.

**Grade Allocation**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Term Assignment</td>
<td>45%</td>
</tr>
<tr>
<td>Final Assignment</td>
<td>45%</td>
</tr>
<tr>
<td>Class Participation</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Late Assignments**

Papers are due on the day and time specified. Extensions will be granted only for extenuating circumstances. If the paper is late without permission, the grade will be affected.

**Incompletes**

A final grade of incomplete can only be given under extreme circumstances (as stated by university policy).

**VII. Required Texts**


**Course Outline and Reading Assignments**

Session 1  Introduction; Myths & Misconceptions; Definitions; Ethical Practice of Hypnosis; Demonstration


**Session 2**  
Methods of Hypnotic Induction; Demonstration; Practice


**Session 3**  
Principles of Hypnotic Induction and Suggestion; Post Hypnotic Suggestion; Practice


**Session 4**  
History and Theory of Hypnosis; Hypnotic Phenomenon; Practice


**Session 5**  
Susceptibility; Deepening; Stages & Depth of Hypnosis; Abreaction; Practice

Tentative syllabus as of Nov. 15, 2007. Textbooks will remain the same. Other readings may not.


**Session 6**  
**Hypnotic Imagery; Self-Hypnosis; Practice**


**Session 7**  
**Ego Supportive and Ego Strengthening; Concentration and Performance Enhancement**


**Session 8**  
**Ideomotor Signaling and Investigation; Resistance; Demonstration**

In Class Midterm Practical Competency


**Session 9**  
**Ideomotor Signaling (Con’t); In Class Midterm Practical Competencies**
Session 10  
Eriksonian and Indirect Methods; Utilization; Demonstration  
In Class Midterm Practical Competency


Session 11  
Use of Hypnosis with Children


Session 12  
Hypnosis and Anxiety and Phobias


Session 13  
Hypnosis and PTSD; Hypnosis and Memory/False Memory


Session 14  Hypnosis and Pain Management; Acute & Chronic Pain


Session 15  Hypnosis and Habit Control: Tobacco Cessation and Weight Management


