

Brief psychological & hypnotic Interventions to deal with Life calmly

Lesgever: Ann Williamson: "I was a General Practitioner for thirty-two years and have used hypnosis for nearly thirty years to help my patients deal with stress and anxiety and to help them facilitate change in how they live their lives. I am an Accredited member of the British Society of Clinical & Academic Hypnosis, a certified NLP Master Practitioner and have had training in brief solution oriented therapy and other approaches. I have been involved for many years with teaching Health Professionals how to use hypnotic techniques both for themselves and within their own field of clinical expertise. I run stress management, personal development and brief psychological interventions workshops on request, as well as seeing private clients for therapy. I have also lectured at Manchester, Chester and Salford Universities as well as in Canada and Europe. I have written three books: on stress management, smoking cessation and on brief psychological interventions in clinical practice. I am also co-editor of A Handbook of Contemporary Hypnosis published by Wiley in 2012 and have contributed to several other books and journals. I am also a Reiki Master Trainer and have an interest in creativity and exploring one's emotions through the arts." For more details please visit www.annwilliamson.co.uk



Data: Donderdag 22 en vrijdag 23 november 2018. **Tijd:** 9:30-17:00

Locatie: UPC KU Leuven, Leuvensesteenweg 517 te Kortenberg, Congrescentrum

Taal: Engels met Nederlandstalige begeleiding bij de oefeningen

Doelgroep: Degenen die de VHYP-basisopleiding reeds voltooiden. Deze module is verplicht voor de curricula *Hypnose bij psychotherapie* en *Hypnose bij medische behandelingen* en facultatief voor andere curricula.

Inhoud: Many people think that work with emotional problems such as anxiety or depression is time consuming. I will demonstrate how working in a brief, solution oriented way using hypnosis and imagery can be fast and effective. Whether we label techniques hypnotic or not we can access a patient's unconscious resources through their imagination and use imagery to connect in a very powerful way to their ability to heal themselves. I will demonstrate, with the use of case examples, practical ways that a busy health professional can maximise the effectiveness of the time they have with a patient. I will focus mainly on stress, anxiety, panic disorder and phobias, but we can look at other conditions if time permits. I will also show how using the expressive arts can be integrated into these hypnotic and non-hypnotic approaches.



Deelnameprijs: Leden 120 euro, niet-leden 150 euro per dag. **Inschrijving:** via de website