Ericksonian Hypnotherapy Certification

Assignments

1. Write approximately 1500 words about Milton H Erickson's place in the history and development of hypnotherapy.

2. Develop a metaphor for use with a client who is suffering from unspecified anxiety.

3. How would you utilise resistance? Explain fully

4. Develop an induction using at least 10 of the Milton Model patterns. Specify, in brackets, which pattern is being used through your script.

5. Explain the benefits of fractionalisation

6. Explain how sensory acuity is essential in the building of rapport and why rapport is necessary in therapy work

7. Give an example of the Tote model "in action"

8. Explain why the Milton Model is effective in inducing trance

9. When, where and how would you use the Meta Model?

10. What is the key component to making the Early Learning Set effective?

11. Why do Truisms and the Yes Set help compliance? Give examples of how to use these.

12. What is the relevance of the Reverse Set?

13. Write a fictional or anonymous case study where the Goal Orientation script is used. Explain why you use it and which induction you choose. What happens in your case?

14. What types of phobia might respond best to the Fast Phobia treatment, and when would you not use it?