

CLINICAL AND COUNSELING PSYCHOLOGY

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Hypnosis: Basics and beyond

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We have all heard so much from many sources about the potential and power of the mind and about the success of hypnosis in working with the mind, especially our unconscious mind. Validation through scientific experiments has led to clinical hypnotherapy being recognized as an independent, effective, evidence based treatment modality by the WHO, the British and American Medical Associations and the American Psychological Association. Books that speak of the power of the unconscious mind and the unlimited potential of the unconscious can now be seen more commonly at book stores these days. Hypnotherapy has currently evolved as an effective therapy and self enhancement skill. All this makes us curious about hypnotherapy and its applications in counseling and psychotherapy. Unfortunately, teaching hypnosis is still in infancy today. We do not have qualified professionals who offer training and teach hypnosis in a systematic way. Also many of the courses currently available are not authentic, updated or based on current clinical research. This workshop includes history of hypnosis and its contemporary relevance, hypnotic phenomena, theorizing hypnosis, hypnotisability clinical research, mind-body interaction, meditation and hypnosis, cognitive behavioral hypnosis. This workshop is open for practitioners of psychotherapy, counseling, psychiatrists, clinical psychologists, psychiatric social workers, psychiatric nurses and students of mental health. This one-day intensive workshop equips you to apply hypnosis on self and also to initiate hetero hypnotic process. This is a basic course which will sensitize you to the process of hypnotherapy.

Biography

Jini K Gopinath is a Consultant Clinical Psychologist and a certified Clinical Hypnotherapist. He has completed his Post-graduation in Psychology from Kerala University and MPhil in Clinical Psychology from Kasturba Medical College, Manipal. He has completed Master level programs in Yoga, Astrology and Linguistics from various universities in India. His PhD is in the area of application of Vedic Mathematics in Specific Learning Difficulty in Arithmetic. He had completed his training in hypnosis from Europe under Assen Aladdin, Michael Yapko, Mark Jenson and other master trainers in hypnosis. Currently he is the Chief Consultant at Mind Matters Clinic, Bangalore and a Director of Psychology at YourDost Online Consultancy Pvt. Ltd. He is also the Editor of the *International Journal of Transformation of Consciousness* and the President of *Indian Association of Clinical and Academic Hypnosis*. In the past, he had worked as the Head of Clinical Operations at United Health Group and Director at the Insight Mental Health Services Pvt. Ltd. He has conducted workshops in Nepal, Sri Lanka, Germany and Middle East. He has presented papers and conducted workshops in national and international forums of mental health, authored four books and dozen research papers in national and international journals.

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