MSc in Clinical and Academic Hypnosis

A Preliminary Prospects

The purpose of this Preliminary Prospects is to seek interest in the above named course; a course that is currently in development. This course has not yet been validated by the conferring body.

Who can apply? This course aims to teach best practice in the application of hypnosis in a clinical and research setting. It will also provide training in rigorous experimental and neuroscientific techniques used in the study of hypnosis. By bringing together existing and future clinicians and future academic researchers the course aims to bridge a gap between applied and more theoretical applications of hypnosis. It is designed for postgraduate health professions and any regulated health professional is welcome and encouraged to apply. It will also be ideal for recent graduates of Psychology considering a research career or any psychologists who are chartered members of the divisions of Clinical, Educational, Counselling, Occupational Psychology, or those engaged in research involving altered states of consciousness and hypnosis.

How is the course taught? The course is structured to allow students to opt for a PG Cert, or PG Dip or MSc; each additional taught section following on sequentially.

Post Graduate Certificate 60 credits will be taught at the Royal Society of Medicine (RSM) in London and will lead to a Post Graduate Certificate (and accredited for CPD). The 60 credits will consist of: 1) 3 weekends to acquire general foundation skills and principles underpinning the use of hypnosis in a clinical context; 2) Attendance at lectures and seminars on the current science underpinning the application and efficacy of hypnosis; 3) Attendance at an annual international conference in London at the RSM. Students will be assessed via essays, short-answer tests, a poster at the conference and on their logbook relating to their experiences with the application of hypnosis.

Post Graduate Diploma Teaching will also take place at Bournemouth University. This part of the course will cover Research Methodology, Advanced Statistics and Key Transferable Skills; all essential components for understanding the clinical efficacy of hypnosis and for undertaking your own research in the area of hypnosis. Academic progress will be assessed
by course work, and assessment of case studies and research papers, with clinical experience continuing to be monitored by supervision. Completion of both the clinical and academic requirements will lead to a Diploma in Clinical Hypnosis.

MSc Applied Clinical Hypnosis Following the completion of the first components, students will have acquired the core clinical and academic competencies in preparation for their MSc project. Students intending to be awarded an MSc will either:

1) develop a research question and apply for iRAS or HRA ethical approval to conduct a pilot study and write up the results or:

2) undertake a systematic review of the literature on published evidence for the efficacy of hypnosis in their clinical specialty or in a selected research area.

Academic supervision will be available to inform the research project/literature review. On an academic and clinical level supervision meetings will continue to be provided. Some of these supervision meetings will include workshops relevant to student’s professional specialties.

Skills acquired include:

- The ability to lead, promote and participate in scientifically robust clinical research to effectively promote hypnosis to health service management;

- The ability to initiate and generate research that has relevance for clinical practice;

- The ability to integrate hypnotic techniques into a range of medical, dental and psychotherapeutic settings, to enhance outcomes;

- The ability to critically assess relevant research papers.

Conferring bodies

The PG Cert, the PG Dip. and the M.Sc. will be conferred by Bournemouth University (please see the information below about the Department of Psychology at Bournemouth University where a portion of the course will be run).

The clinical teaching will be given by senior fellows of the Royal Society of Medicine (RSM) and the annual international conference is organized by the Section of Hypnosis and Psychosomatic Medicine at the RSM.
Graduates will have their qualification recognised by the European Society of Hypnosis, and with suitable experience will qualify them for the European Certificate of Hypnosis.

Once the final syllabus is approved The British Society of Clinical and Academic Hypnosis (BSCAH) will allow these credits to go forward for Foundation Training, and with an additional viva voce for Accreditation.

Cost

In the region of £5,500

What Next?

To register an expression of interest and to receive further details please in the first instance contact:

Either

Dr. Martin Wall  Chair Training Committee Hypnosis & Psychosomatic Medicine Section Royal Society of Medicine  martinwall1@mac.com

Or

Dr. Ben Parris  Head of Research and Principal Lecturer in Psychology  Department of Psychology  Faculty of Science and Technology  University of Bournemouth  Poole  Dorset  BH12 5BB  bparris@bournemouth.ac.uk

Department of Psychology at Bournemouth University

Research activities

With over 35 research active staff, the Department of Psychology is a thriving research community. Our research staff maintains strong collaborations with leading national and international research institutions including Cambridge, Southampton, and Harvard University. Access to state-of-the art eye trackers facilitates research into, amongst other things, reading, dyslexia, face recognition, and social cognition. Close connections with local hospitals permits access to neuropsychological and clinical patients, and neuroimaging facilities. Our research into eating behavior, and behavioral change more generally, exemplifies our expertise in Health Psychology. With topic- and method- based journal groups, a weekly external speaker seminar series, regular advanced statistics workshops, and
a very successful undergraduate research assistantship scheme, the Department of Psychology at Bournemouth University prides itself on its research ethos.

**Research facilities**

Research in the Department of Psychology is supported by laboratories with state of the art equipment, including one perambulatory eye tracker (Dikablis, Wireless), four static eye trackers (SR Research, Eyelink), a virtual reality environment, EEG, tDCS and access to a 3T MRI scanner at Poole Hospital.

**Expertise**

The Department of Psychology is a thriving research community with two main strengths reflected in our two Research Centers. The Centre for Cognition and Cognitive Neuroscience comprises research staff with expertise in Visual Cognition, Face Recognition and Attention & Memory. The Centre for Behaviour Change comprises research staff with expertise in Eating Behaviour and other aspects of Health Psychology, Social Psychology and Clinical Psychology.

**Academic, government, industry recognition, etc.**

The Department of Psychology was ranked 38 in the last REF in terms of the number of 3* and 4* papers. Staff publish in top tier journals and have editorial roles / are active reviewers for prestigious journals in their fields. Research in the Department is funded by the Economic and Social Research Council, the National Institute for Mental Health and the Wellcome Trust.