

The Stirling Highland Hotel
Julie Linden

Saturday 28th September 2013
Hypnosis and Functional Symptoms

9:00-9:30	Registration
9:30-11:00	Definitions, History, Epidemiology, Case examples
11:00-11:30	Refreshment Break
11:30-1:00	Applying Skills: Rapport, Solution-focused Language, Age Regression and Progression
1:00-2:00	Lunch
2:-3:30	Trauma and Functional Symptoms- Demonstration
3:30-4:00	Refreshment Break
4:00-5:45	Seven Common Causes of Psychosomatic Symptoms/Ideomotor Practice
6.30	Pre-dinner drinks in the library
7:00	Dinner

Sunday 29th September 2013
Facilitating Creativity and Intuition in Hypnosis

9:00-9:30	Registration
9:30-11:00	What are Creativity and Intuition? Exercise
11:00-11:30	Refreshment Break
11:30-12:45	The Science Behind the Trance Exercise
12:45-1:45	Lunch
1:45- 3:00	Transforming Trauma –Softening the Senses Exercise
3:00-3:15	Refreshment Break
3:15-4:00	Creativity with Metaphors. Research and Balance
4:00	CONCLUSION