

Hypnotherapy Palliative Care

Using Hypnotherapy within the Palliative Care of Patients

The aims of this 'Intensive' are to enable participants to gain a thorough understanding of how hypnosis can be utilised effectively within palliative care and to gain confidence and competence identifying and using appropriate techniques with patients. The 2-days will include a balance of theoretical and practical sessions with useful case studies.

This 2-day 'Intensive' will be facilitated by Christine Blessing (Course Director, Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Specialist Hypnotherapist working with children and families and using hypnosis within cancer care at the Marie Curie Hospice, Bradford, on a sessional basis). Christine and Jackie are currently involved with developing and running courses in using hypnosis within palliative care at both Newcastle and Bradford Marie Curie Hospices.

Benefits of Hypnosis:

There are many ways in which hypnosis can benefit a patient particularly when 'tailored' to meet the needs of the individual. In our experience we have found hypnosis to be very effective with the following issues / problems that cancer patients present:

- Anxiety, fear, depression, mood swings – in relation to their diagnosis and treatment
- Confidence, self-esteem and body image – surgery can be perceived as 'mutilation' and the loss of a woman's hair through treatment can be just as profoundly upsetting
- Nausea, breathlessness, fatigue and insomnia – some of the common problems experienced during treatment
- Pain – which can be emotional and spiritual as well as physical
- Quality of life – balancing life with treatments – patients no longer feel they are in control of their life and/or treatment

Cost: £160 (2-days inc.vat) includes notes,tea/coffee & biscuits

Book your place now

Other Courses include:-

Using Hypnotherapy within the palliative care of cancer patients

Using Hypnotherapy for stress management

Using Hypnotherapy within the treatment of eating disorders



Using Hypnotherapy for smoking cessation

Using Hypnotherapy for pain management