

Workshop on Self-hypnosis for Pain Management and Improving Sleep Quality

Patients with life-limiting illnesses experience symptoms such as pain and sleep disturbance. This two-day training workshop targeted at health and social care professionals with basic knowledge on counselling skills or health care. It will introduce an evidence-based and theory-driven self-hypnosis approach to address clients' needs on pain management and sleeping improvement. Participants will learn practical self-hypnosis skills and its application in the local context through experiential learning exercises.