

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES
Jockey Club End-of-Life Community Care Project

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

Date: Wednesday and Thursday, September 20 and 21, 2017
Time: September 20 (9:30am - 5:30pm)
September 21 (9:30am - 5:30pm)
Venue: Room1103-04, 11/F, The Jockey Club Tower, Centennial Campus
The University of Hong Kong

Day 1 (September 20, 2017)

	TENTATIVE PROGRAMME
9:30am	Brief Introduction : What is self-hypnosis? Basic assumption and principles of self-hypnosis
11:00am	Break
11:15am	Group exercise: Conscious and Unconscious Pain/ Sleep disturbance : presenting problem or underlying problem
12:30pm	Lunch break
2:00pm	Group exercise and small group exercise: Self-hypnosis practice (1) Hypnotic Induction and Trance Utilization of deep breathing as Induction
3:15pm	Break
3:30pm	Group exercise and small group exercise: Self-hypnosis practice (2) Hypnotic Induction and Trance Utilization of deep breathing as Induction
5:00pm	End of day one

Day 2 (September 21, 2017)

	TENTATIVE PROGRAMME
9:30am	Reflection and Clarification: Self-hypnosis for better sleep
10:00am	Group exercise and small group practice: Self-hypnosis for pain management practice (1) Utilization of hypnotic phenomenon as induction
11:00am	Break
11:15pm	Group exercise: Self-hypnosis for pain management practice (2) Utilization of hypnotic phenomenon as induction
12:30pm	Lunch break
2:00pm	Group exercise and small group practice: Self-hypnosis for pain management practice (3) Utilization of hypnotic phenomenon as induction
3:15pm	Break
3:30pm	Group exercise and small group practice: Self-hypnosis for pain management practice (3) Utilization of hypnotic phenomenon as induction
4:45pm	Q & A session
5:15pm	Feedback
5:30pm	End of the programme