

## CNH23 Provide Hypnotherapy to Clients

### OVERVIEW

This standard covers the provision of hypnotherapy for individuals. It includes supporting the client throughout the intervention and evaluating the effectiveness of hypnotherapy with the client. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the principles of different approaches and their application
- 2.the links between case evaluation and selected approaches
- 3.appropriate planning for interventions
- 4.the importance of agreeing aims and staged goals with the client
- 5.the importance of building and maintaining a rapport with the client
- 6.the importance of building review, reflection and evaluation into the therapy planning
- 7.current methodologies, underpinning theories and codes of ethics
- 8.methodologies employed in interventions may include (but are not limited to):
  - 1.the use of formal and informal trance
  - 2.the use of different levels of consciousness
  - 3.the use of direct and indirect approaches
  - 4.the use of direct and indirect suggestions
  - 5.matching different approaches to different clients e.g. permissive or authoritarian
  - 6.relationships between different methodologies
- 9.possible contra-indications for particular presenting issues
- 10.the importance of observation of clients throughout the therapeutic process
- 11.the variety of content, structure and approach of different methodologies and the benefits and limitations of each
- 12.the processes for evaluating information as the selected interventions proceed and using this to inform future practice
- 13.the principles of selecting techniques – i.e. matching the intervention to client needs
- 14.the importance of taking a critical approach in relation to methodologies selection
- 15.the factors to consider when selecting methodology tailored to individual needs
- 16.the importance of being aware of actions, reactions and interactions of the client
- 17.the possible barriers to successful therapy
- 18.how to safely re-alert the client at the end of the session
- 19.how to negotiate the termination of therapy with the client

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.explain and clarify the use of hypnosis to the client
- 2.identify and select methodologies that are appropriate for the client which are consistent with the overall planned intervention/s
- 3.explain to the client the reasons for your choices of methodology at each stage of the therapy
- 4.explain to the client the choice and possible responses in an appropriate manner, level and pace to suit client's understanding
- 5.explain to the individual their role in cooperating and participating in the therapy
- 6.obtain the appropriate consent for hypnotherapy
- 7.explain the role which the client (and companion if relevant) must take for the hypnotherapy to be successful
- 8.encourage the client and explain how to:
  - 1.monitor their response to therapy and any self care exercises
  - 2.note any changes in their health and well-being
  - 3.contact the practitioner at an appropriate time if they have any concerns or queries in relation to their intervention therapy
- 9.provide clear and accurate advice with regard to any relevant aftercare
- 10.support the client to make informed choices
- 11.apply the appropriate interventions that are suited to the client's needs
- 12.evaluate, with the client, the outcomes and effectiveness of hypnotherapy to inform future plans and actions
- 13.accurately record information and reflect upon the rationale for the programme of hypnotherapy

## ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments. This standard has replaced CH H2 Related Functions Principles of Good Practice CNH1 Explore and establish the client's needs for complementary and natural healthcare CNH2 Develop and agree plans for complementary and natural healthcare with clients