

Kathleen LONG (MD) – Scotland, UK
ESH President

Use of Language and Hypnosis in Emergency Situations

Faced with an urgent situation, even a life threatening one, can you use rapport building, language and hypnosis to alter the outcomes? I will give a couple of examples of patients where simple but effective hypnosis techniques have, I believe, improved the outcome for patients. Also a Disney Princess who helped my granddaughter go to the dentist and a simple reframe that kept her calm when the dentist used negative language!

Studying Techniques with Hypnosis

How to identify your preferred modality for learning and studying and a simple hypnosis technique to allow you to store what you have learned and recall it at any time you want. Take the stress out of recall during examinations. I only wish I had known this when I was at medical school!