



Assertiveness Training

For Symptom Relief & Health

By Karine Solloway

(London College Of Clinical Hypnosis)

Cost Venue & Date

Cost Per Person: S\$80 Only

Venue: Aquarius Room, NUS Staff Club,
Lower Kent Ridge Road, Singapore

Date: 10 July 2009 (Friday)

Registration: 6.30 p.m.

Duration: 7 – 10 p.m.

For LCCH Students: S\$40 Only

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For many individuals, taking charge of their lives, making clear decisions, responding to others' needs in a mature adult way, can be challenging. By acquiring strategies for change through setting out a 'personal life plan' individuals can effect both physical and mental advances in behaviour.

This Workshop offers a range of communication skills to enhance your understanding of the components of assertive behaviour and to enable you to provide your patients with a practical structure for change.

These therapeutic techniques can be deployed either in a group setting or one-to-one. Through Hypnotherapy, Assertiveness Training becomes more rapid and efficacious.

What you will learn?

- Rights and self-beliefs: changing negative thinking
- Body language: body cues for enhanced therapeutic efficacy
- Active listening
- A comprehensive protocol for modelling assertive behaviour
- Assertive therapeutic interventions: dealing with passive, indirect or aggressive patients
- Negotiation and setting limits
- Future orientation: helping the patient to maintain assertive behaviour
- Therapeutic techniques using hypnosis

Who should attend?

- Anyone who wants to have a better understanding of hypnosis and assertiveness for well being.
- Doctors, Health Care Personnel and students.

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