

# CBH Assessment Questions

## Essential Guidance.

**Word Count:** All answers must be within the limit of 400-600 words per question. Any answers that aren't within the word limit won't be marked.

**Submitting.** Do not submit answers for units 2-5 until you have completed those stages of classroom training. Answers must be sent in a MS-Word document by email to [assessments@ukhypnosis.com](mailto:assessments@ukhypnosis.com). You can submit answers to Unit 1 as soon as you are ready. We will attempt to mark these quickly in order that you can receive feedback which will assist you in completing Units 2-5.

**Sources.** It is not appropriate to reference the course manuals or handouts in your answers, all references should be to published books, journal articles, etc. The main recommended course textbook is *Hartland's Medical and Dental Hypnosis* by Heap and Aravind.

**Plagiarism.** All plagiarism is cheating and will result in an instant fail. See the College policies in the course handbook for more information.

**Quotations.** Keep quotations from other sources to an absolute minimum for these short questions. You will not receive any marks for material quoted directly from another source, so try to put things in your own words where possible.

**Format.** Include a copy of the relevant question before each of your answers. Include a header with your name and submission date on each page.

26 questions in total. Word count: 400-600 words per question.  
10500 – 15,600 words in total.

## Assessment Questions – mapped to National Occupational Standards (NOS)

### Assessment Questions mapped to NOS Unit 1: Assess Client's Needs

1.1 Evaluate the factors that determine whether a client is suitable for hypnotherapy in terms of their goals, personal circumstances, etc. Provide three examples of unsuitable clients or requests (*other* than common contra-indications).

1.2 What did you learn about interviewing and assessing clients from the initial consultation classroom exercise? Reviewing your documentation, identify and evaluate five key aspects of the initial consultation.

1.3 Evaluate the role of rapport and the working alliance in therapy, factors that contribute to its development and factors that might undermine or interfere with the working alliance. Evaluate your own ability to cultivate a therapeutic alliance and outline how you might handle any ruptures or problems?

1.4 Evaluate the pros and cons of using different scales and tests to assess your client's hypnotic responsiveness in a therapy session. Identify and discuss at least one scale and three different suggestion tests.

1.5 Hypnotic Skills Training, to teach clients about hypnosis and to teach them self-hypnosis is an important aspect of CBH. Summarise your understanding of Hypnotic Skills Training approaches and methods and discuss how you intend to use these to facilitate client's responsiveness to hypnotic suggestion.

1.6 Evaluate the respective roles and responsibilities of therapist and client in successful hypnotherapy. Provide an example of how you would describe these roles to the client and explain the rationale for hypnosis and suggestion to them.

### **Assessment Questions mapped to NOS Unit 2: Conduct Hypnotherapy Treatment**

2.1 Reviewing your feedback forms from classroom practical sessions, evaluate the role of hypnotic induction, deepening and emerging techniques and describe three different induction techniques and three deepening techniques used in hypnotherapy.

2.2 Reviewing your classroom practical forms, summarise and evaluate what you have learned about the range of techniques and strategies used to address different client presenting problems in hypnotherapy. Give examples of three distinctly different client presenting problems and the methods you would use to treat them.

### **Questions mapped to NOS Unit 3: Teach Clients Self-Help**

3.1 As part of your treatment plan you elect to teach your client self-hypnosis. How would you approach this and evaluate which techniques you could use? What might be some common challenges the client has with learning self-hypnosis? How would you address these?

3.2 What did you learn about assigning behavioural tasks to clients? Provide at least three examples of situations where you would assign different types of behavioural homework to clients between sessions?

3.3 What did you learn about assigning cognitive ("thinking") tasks to clients? Provide at least three examples of situations where you would assign different types of cognitive homework to clients between sessions.

### **Assessment Questions mapped to NOS Unit 4: Professional and Ethical Issues**

4.1 Read the GHR code of ethics. What relevance does this document have for your practice of hypnotherapy? Evaluate clause 2 and two further clauses which you think are most interesting or significant.

4.2 Describe those issues which fall within the basic sphere of competence of a hypnotherapist and evaluate at least three exceptions or borderline (problematic) cases (commonly recognised contra-indications should not be used as examples)

4.3 Evaluate the role of reflective practice in hypnotherapy. How would you evaluate the effectiveness of your approach with individual clients? Describe a "critical incident" (an event in your practice which requires careful evaluation) and the specific steps you would take in reflecting on the incident.

4.4 What is clinical supervision? What are the pros and cons of the different forms it can take? Explain exactly what obligations you have to a professional body, such as GHR, in terms of supervision.

4.5 Evaluate the role of client confidentiality in hypnotherapy. What limitations or exceptions apply to confidentiality? What problems might maintaining confidentiality present?

4.6 Evaluate the implications of the main laws which affect the practice of hypnotherapy. Explain and evaluate your duty of care and the role of informed consent in treatment.

4.7 Evaluate the risks associated with false memory syndrome and spontaneous or deliberate abreaction in hypnotherapy. How would you reduce those risks or manage their consequences. What further risks and contra- indications are associated with hypnotherapy in general?

### **Assessment Questions mapped to NOS Unit 5: Apply Theory to Hypnotherapy**

5.1 Evaluate the similarities and differences between these four approaches to hypnotherapy; cognitive, behavioural, Ericksonian and hypno-analytic. Describe three specific therapeutic techniques used in cognitive-behavioural hypnotherapy, evaluating the pros and cons of each.

5.2 Explain the difference between neurosis and psychosis and why this is relevant to hypnotherapy. Describe the major categories of anxiety disorder and how they may be treated differently in hypnotherapy.

5.3 Explain the difference between state and nonstate theories of hypnosis and evaluate the practical implications for effective hypnotherapy. Provide an account of the factors emphasised in nonstate models.

5.4 Evaluate the role of evidence-based practice in hypnotherapy. How do you propose to stay up to date with this evidence? What sources of evidence do you plan to draw upon in your practice and why?

5.5 Summarise and evaluate the typical “rules of suggestion” and other factors contributing the effective use of suggestion. Explain the different forms which suggestion can take.

5.6 Evaluate the rationale, function, and application of the traditional hypnotic eye-fixation induction.

5.8 Discuss and evaluate the historical relationship between hypnotism and mesmerism. How does this relate to modern hypnotherapy?

5.8 Critically evaluate the relationship between stage hypnosis and modern hypnotherapy. What strategies and techniques are used in stage hypnosis to create the stage show for the audience? What can hypnotherapists usefully learn from stage hypnosis?