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# Post-graduate Diploma in Clinical Hypnosis

Prospectus: 2020 – 2021



Charotar Institute of Paramedical Sciences  
Charusat Campus, off Nadiad-Petlad Highway  
Gujarat – 388 421

## CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

CHARUSAT(<http://www.charusat.ac.in/>) has been established by promulgation of Gujarat Private University Act, 2009. It is empowered to confer degrees under Section 22 of UGC Act, 1956. Presently, CHARUSAT offers 64 programs ranging from UG, PG to Ph.D. under the tutelage of 8 Institutes, 6 Faculties, and a student enrolment of more than 7000. They are in the allied disciplines of Technology & Engineering, Pharmacy, Computer Applications, Management, Applied Sciences, Nursing, Physiotherapy, and Paramedical Sciences. With a thrust on socially relevant Research and Development, CHARUSAT strives to transform the society through creation, augmentation, dissemination and perpetuation of knowledge. For this purpose, a Research and Development Centre has also been established on the Campus. Uniquely, CHARUSAT has also established a Space Research and Technology Centre to initiate and foster research in Space Technology.



## CHAROTAR INSTITUTE OF PARAMEDICAL SCIENCES (CIPS)

Worldwide development in the field of medical therapy and diagnosis, it is necessary to generate skillful Allied Healthcare Professionals. Charotar University of Science and Technology (CHARUSAT, Changa) has started an Institute of Paramedical Sciences at the Education Campus Changa in 2013-14 with the Vision "To become lead organization in the field of paramedical education and research". CHARUSAT is also proud of its well established educational base and curriculum and standard of education together with the excellent training in its well established multispecialty CHARUSAT Hospital and Research Foundation. All the courses and their academic ambience are created by the guideline of Ministry of Healthcare and Family Welfare, Government of India and as per the regulations by the Government of Gujarat.



CIPS is running various programmes such as Medical Radiology & Imaging Technology, Operation Theatre & Anesthesia Technology, Bachelor of Optometry and post graduate programmes such as Post Graduate Diploma in Medical Laboratory Technology (PGDMLT), Master of Science (M.Sc.) in Medical Laboratory Technology, PG Diploma in Clinical Hypnosis (PGDCH).

## PG DIPLOMA IN CLINICAL HYPNOSIS (PGDCH)

Prospectus: 2020– 2021

**[Last date for Application: 28<sup>th</sup> July, 2020]**

Charotar University of Science and Technology – CHARUSAT and Dr. Palan (Samatvam: Institute for Mind-Body Healing, Vadodara) welcome prospective students to explore and participate in the online Teaching Programme on Clinical Hypnosis.

### CLINICAL HYPNOSIS

Hypnosis is used for Stress Management, Life Style Management and for improving Performance in Sports and Study.

Hypnosis is a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion. Clinical hypnosis (Hypnotherapy) refers to the use of hypnosis in the treatment of a medical or psychological disorder or concern.

Hypnosis has been recognized as a legitimate form of treatment method by the British Medical Council (1955), the American Medical Association (1958), and Medical Councils of many other countries like Canada, Australia, Sweden, Japan and others. Last four decades have seen development of serious interest in systematic research in the field of hypnosis all over the world.

Therapeutic use of hypnosis is becoming popular today in the Management of Psychosomatic Disorders, Habit Disorders, Neurotic Conditions, Psychosexual Problems, and Substance Abuse. Hypnosis is utilized for Pain Management also.

### OBJECTIVES OF THE PROGRAMME

- To provide students with high quality learning focusing on the development of clinical skills required in the practice of clinical hypnosis.
- To provide the relevant theoretical knowledge about hypnosis, normal human psychology and physiology, psycho-physiology interaction as well as common psychological and biological ailments (treatable through hypnosis).
- The programme includes knowledge about the basic Indian philosophical and spiritual concepts and their applications in physical, mental and social health.
- The programme provides all the theory materials online to enable students to study from anywhere and at any time. It also incorporates intensive practical training and ample opportunities for practicing the techniques, under supervision of expert faculty, during contact learning sessions.

## UNIQUENESS OF THE COURSE

This is the first and only online clinical hypnosis learning programme from an aspiring world class Indian University which gives an opportunity to study the theories, principles and practice of hypnosis in Indian psychological context. Uniquely, the course is a balanced blending of basic Indian spiritual concepts and contemporary Western therapeutic approaches. Today, modern scientific community is leaning towards exploring and utilizing these great concepts in the service of humanity.

## ELIGIBILITY CRITERIA

To apply for admission in the Online PG Diploma in Clinical Hypnosis, a candidate must possess any one of the following degrees:

- Bachelor Degree in Medicine (MBBS), Ayurveda (BAMS), Homeopathy (BHMS), Naturopathy (BNYS)
- Bachelor Degree in Dentistry (BDS)
- Bachelor Degree in Physiotherapy (B Physiotherapy)
- Bachelor Degree in Psychology (BA) with minimum two years of experience in Counseling or Health Services
- Bachelor Degree in Occupational Therapy (B.O.T.)
- Bachelor Degree in Optometry (BSc Optometry) with minimum two years of experience in Optometry Counseling Practice
- Master Degree in Psychology (MA, Psychology)
- Master Degree in Social Work (MSW)

## DELIVERY OF THE COURSE

The course will be delivered in the following format:

- It is a one year (two semesters) course with learning of two subjects in each semester. There will be about 100 hours of online delivered videos of lectures and demonstrations over the period of one year.
- About 200 pages of course notes with suggested extended reading material, wherever needed, will be provided online.
- Students can access the portal from their computers, laptops, tablets and smart- phones.
- The students will be required to come to Baroda for practical learning three times during the academic year:
  1. After 1 month of commencement of the course, after completing study of module 1 to 5, for four days for practical learning of modules 6 to 8. [Please see Attachment 1 - PGDCH List of Modules and Topics].
  2. After 4 months of commencement of the course, after completing study of module 9 to 15, for five days for practical learning of modules 16 to 18.

- After 9 months of commencement of the course, after completing study of module 19 to 26, for six days (4 days for practical learning of module 27 and 2 days for Practical – Viva exam examinations).

During these visits students will have intensive practical learning through live demonstrations of hypnosis induction and therapeutic techniques. They will have ample opportunity to practice these techniques with fellow students in a safe and supervised learning environment. **[Due to the unprecedented situation of Covid-19, this year we may require to do the first Practical Learning session virtually through Zoom meetings]**

Module 1-5	Module 6-8	Module 9-15	Module 16-18	Module 19-26	Module 27   Practical Exam
On line	Campus (Baroda)	On line	Campus (Baroda)	On line	Campus (Baroda)
Jul 30 to Aug 25, 2020	Aug 26 to 29, 2020*	Aug 30 to Dec 14, 2020	Dec 15 to 19, 2020*	Dec 20, 2020 to May 23, 2021	May 17 to 22, 2021*

\* These dates are tentative and final dated will be announced about 45 days prior to the event.

## FEE STRUCTURE

Semester	Semester Fees Rs.	Exam Fees Rs.	Form Fees Rs.	Registration Fees Rs.	Total Rs.
I	22,500	2,500	500	3,000	28,500
II	22,500	2,500			25,000

To be paid by cheque drawn in favor of **Charotar University of Science and Technology**.

**You may contact University on 9428028327 / 8780760704 (Mr Kinjal Shah)**

## LODGING AND BOARDING

The fees do not include travelling or lodging – boarding expenses and shall be borne by the students. Guidance and assistance will be provided to the students in managing the same.

## ASSESSMENT AND AWARD OF THE CERTIFICATE

Formative Evaluation will include: (1) MCQ test at the end of every topic; (2) Essay type of assignment; (3) Audio recording of a practically conducted hypnosis session and (4) A report on five case studies treated / helped through hypnosis.

Summative Evaluation will include: (1) Paper 1 and Paper 2 online theory exams to be conducted at the end of first academic term, a few days before the second practical learning session; (2) Paper 3 and Paper 4 online theory exams to be conducted at the end of second academic term, a few days before the third practical learning session and (3) Practical and viva exam to be conducted during the third practical learning session.

Upon successful completion (the minimum passing marks will be 50% of the total marks in each paper and practical – viva exams) of all the formative and summative evaluations, the candidates will be awarded the Post-graduate Diploma in Clinical Hypnosis (PGDCH) by Charotar University of Science and Technology.

The entire programme is designed to support and assist students in gaining knowledge and developing skills so that at the end of successful completion of the course, they can confidently practice clinical hypnosis in a safe, ethical and professional manner.

## LEAD OF THE PROGRAMME

Dr. B. M. Palan, MD, D. Clinical Hypnosis (USA) has been learning, teaching and practicing hypnotherapy since 1982. He has been one of the



core faculties for the Basic and Advanced Courses in Hypnotherapy offered by Indian Society for Clinical and Experimental Hypnosis (ISCEH) since 1983. Dr. Palan is the first doctor in India to have obtained, in 1988, Diploma in Clinical Hypnosis from the American Board of Medical Hypnosis (ABMH). He is one of the key persons in creating (in 2000) and conducting the one year P. G. Diploma Course in Clinical and

Applied Hypnosis (PGDCAH) by the M. S. University of Baroda. Dr. Palan has been teaching Neurophysiology to medical students for the past three decades. He has been conducting self-development and stress management workshops for various corporate (“tranceformation”) and academic (“Towards Success and Excellence”) organizations since 1986. During his Yoga Teachers' Training in 1990, Dr. Palan studied Patanjali's *Yogadarshan* and started learning *Bhagvad Gita* and *Upanishadas*. Since then, he has been utilizing the spiritual concepts in his dealing with patients and training programmes which he found to be more effective in larger number of people. He has been teaching the subject, “Mental Health and Yoga” at *Yoganiketan*, Vadodara since 1991. Apart from Dr. Palan, a team of qualified and experienced teachers is involved in creation and delivery of this course.

## TESTIMONIALS: WHAT THE PREVIOUS BATCH STUDENTS SAY?

*"The PGDCH course is designed in an excellent manner where we can learn at our own pace with help of online videos and notes along with adequate exposure and training during the three practical learning sessions. The neurophysiology aspects and the spiritual aspects of hypnotherapy have been explained very nicely.*

*It was an enlightening journey for me for self-development and I found it extremely helpful as an add-on to the therapies I am using in my clinical practice."* Dr.AnushaPrabhakaran, MD (Psychiatry) [PGDCH 2018-19], Associate Professor in Psychiatry, Pramukhswami Medical College, Karamsad [anusha.anika11@gmail.com]

*"Being a Physiotherapist always came across with several pain related cases. In some the physiological pain was treated well with the physiotherapeutic means, but in some cases, the pain was psychological. In such cases, hypnotherapy worked wonders."* Arpita Shah [PGDCH 2018-19], Physiotherapist, Ahmedabad [pt.arpita@gmail.com]

*The online Post Graduate Diploma in Clinical Hypnosis by Samatvam &Charusat course content meets all international standards and the course is designed in a professional manner with appropriate spaces for contact learning classes. The major attraction towards this PG Diploma is that not only it scientifically deals with Clinical Hypnosis as a part of Psychology but also it is linked aptly with ancient Indian scriptures.* K M Nandan [PGDCH 2018-19], Managing Director, Vaikom Hospital & Healthcare, Kerala [http://www.vaikomhealthcare.com/]

*"Online program of Post-Graduate Diploma in Clinical Hypnosis (PGDCH) is a beautiful and enriching learning experience. PGDCH course has many unique concepts, especially, the way the Indian Philosophy is linked with Clinical Hypnotherapy which is magical in itself. Initially I was apprehensive of the practical exposure in Clinical Hypnotherapy. However, after first contact learning, all my doubts just disappeared. Each Clinical Hypnotherapy technique was theoretically explained, demonstrated and practiced during our contact learning sessions."* Ms Bidisha Mitra [PGDCH 2017-18], Clinical Psychologist, Kolkata [bidishamitra3@gmail.com]

*"PGDCH is an excellent course to understand about the powers of subconscious mind with a nice blend of eastern and western philosophy. The topics from eastern philosophy make the course more applicable and holistic. The knowledge gained in the course has deepened my understanding about human mind and has made me better equipped to work with my holistic health care practice apart from helping in my own personal development. I recommend this course for every health professional."* Dr. Bharat Shah [PGDCH 2017-18], M.B., B.S. Director, Nisargopchar Kendra, Vinoba Ashram, Vadodra [drbjshah@gmail.com]

*"Really a wonderful well designed course and should be done to enrich our journey of life. I got an opportunity to interact with such a knowledgeable and experienced faculty from national and international platforms."* Dr. Falguni Sureja [PGDCH 2017-18], MD (Anesthesiology), Rajkot [drfdsureja23@gmail.com]

*The online PGDCH course designed by Dr. Palan and CHARUSAT is indeed a breakthrough in the field of modern psychology and medicine. The contents of the course are a wonderful amalgamation of western psychology and Indian scriptures. Since the course is online, it gives one a free hand as to when and how much to study. The highlight of the course is the beautifully planned contact learning sessions which give*

*complete hands on experience of practicing hypnotherapy.* Dr. Pooja Shah [PGDCH 2017-18], B.D.S.Vadodara [poojashah28@yahoo.co.in]

*The PGDCH course has taught me about Hypnotherapy comprehensively. It has helped me gain insight about myself in various aspects. This course has no doubt, contributed majorly to my personal & professional development. Thanks to Dr. Palan Sir and his team's efforts that I have been able to dig deeper into the many nuances of Hypnotherapy."* Anuj Yadav [PGDCH 2017-18], Clinical Psychologist, Mumbai [manojanuj4u@gmail.com]

*"The journey of learning was so enriching and pleasant, we never felt hurry to reach the destination. It was a wonderful life changing experience of upgrading our personal and professional life by the expert faculties online and offline! ... so meticulously planned PGDCH course!"* Dr. Neema Patel [PGDCH 2016-17], MD Pediatrics, PG Dip Adolescent Pediatrics, Rajkot [sitapara.neema@gmail.com]

*"PGDCH is a very good course of Clinical Hypnotherapy one of its kind which is helping & will help me a lot while treating my pediatric & adolescent patients. Also it is helping me for self-relaxation & increasing self-confidence."* Dr. SuchetaPatil [PGDCH 2016-17], MD Pediatrics, PG Dip Adolescent Pediatrics, Nashik [sucha4patil@gmail.com]

*"... It's a complete course giving facility to work through your own time, interwoven with different expertise of various faculties and well balanced with academic materials. Practical exposure of sessions of different clinical conditions would add more feathers."* Anal Mehta [PGDCH 2016-17], Homeopathy Consultant, Vadodara [drabs2110@gmail.com]

*"The curriculum and selection of topics in PGDCH course offers much more than one can ask for in terms of gaining insightful knowledge about hypnotherapy. As the course dwells in the human psychological aspects, its syllabus varies from spirituality to physiology which provides an opportunity to administer hypnotherapy in efficient and fruitful manner. The lectures delivered by the specialist and renowned practitioners of hypnotherapy add to the value of this wonderful course."* Sudhir Shethi [PGDCH 2016-17], M.S.W. [sudhirsethi2007@rediffmail.com]

*PGDCH is a wonderful and useful course which provides an excellent platform to learn hypnosis / hypnotherapy scientifically in authentic way. The syllabus is well structured and meticulously planned and presented in easy to understand way. Notes, PPTs and quiz are very helpful. Video lectures by all well-versed scholar faculties is a blessing ... I could repeatedly see it, learn it and revise it. Thank you so*

*much to all faculties and Charusat for this wonderful learning experience!* Jignasa Karelia [PGDCH 2016-17], M.Sc. (psychotherapy and counselling), Special Educator for learning disabilities, Rajkot [jignasaparikh27@gmail.com]

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