BEST PRACTICE IN THE USE OF HYPNOTHERAPY FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER (ALZHEIMER'S AND OTHER DEMENTIAS)

Hypnotherapy in Dementia Diploma Course

Developed and Facilitated by:

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Revised in 2020

INTRODUCTION

This course has been designed as a 2-day CPD course.

It is facilitated over two full days and is aimed at existing clinicians wishing to further develop their existing clinical skills, knowledge and competence in the field of dementia, or those wishing to develop a new clinical interest.

The course has been designed, and is taught by, Dr Daniel Nightingale, a UK and US based Dementia Specialist and Consultant Hypno-Psychotherapist specializing in Dementia.

Dr Daniel Nightingale and Dr Simon Duff collaborated on researching the use of hypnotherapy for people living with a neurocognitive disorder (dementia). This research led to 3 major publications, worldwide interest and the development of this course.

The first day focuses solely on neurocognitive disorders (dementias) and present person-centered care approaches within the UK and US. This will be an interactive workshop with group activities and feedback sessions taking place. Areas covered will include types of neurocognitive disorders, brain pathology and risk factors, empathy, environmental factors, appropriate memory aid strategies and activities. Much of this course is taken from Dr Nightingale's book A Clinician's Guide to Non-Pharmacological Dementia Therapies.

Day two focuses on evidence from the published work in this field by Duff and Nightingale; the assessment process; ethical issues and use of hypnotherapy and psychotherapy in clinical practice.

RATIONALE FOR THIS TRAINING

The provision of complimentary therapy for people living with a neurocognitive disorder (dementia) is in its infancy. However, it is becoming more widely known and used.

Pharmacological interventions are constantly being researched – however, with over 800,000 people in the UK with a diagnosis of a neurocognitive disorder, and 5.4 million in the US with a diagnosis of Alzheimer's disease alone, a non-pharmacological, psycho-social intervention program is essential.

However, supporting people living with a neurocognitive disorder is a very complex area of care. To this end, the use of Hypnosis and Hypno-Psychotherapy must only be offered by those who have the clinical skill, knowledge and competence to practice safely.

The published work carried out by Dr Nightingale and Dr Duff is evidence that hypnotherapy can have therapeutic benefit for some people living with a neurocognitive disorder. The publications are:

1. **Duff, S.C & Nightingale, D.J (2005). The Efficacy of Hypnosis in changing the quality of life in patients with dementia: A pilot study evaluation. European Journal of Clinical Hypnosis, 6(2), 20 - 29**

2. **Duff, S.C & Nightingale, D.J (2006); Long Term Outcomes of Hypnosis in Changing the Quality of life in Patients with Dementia. European Journal of Clinical Hypnosis, 7 (1), 2 – 8**

3. **Duff, S.C and Nightingale, D.J (2007). Alternative approaches to supporting people with dementia: Enhancing quality of life through hypnosis. Alzheimer's Care Today.8. (4): 321-331).**

Additionally, Simon Duff's own work was also published:

- **Duff, S.C (2006). An ICS Account of Hypnosis. European Journal of Clinical Hypnosis, 6(4), 28 – 40**

Dr Nightingale's book, commissioned and published by Jessica Kingsley Publishers, has a whole chapter dedicated to this area of practice.

During this study, we demonstrated improvements in 7 key areas with weekly one-hour sessions of hypnotherapy. These areas are concentration, relaxation, motivation, activities of daily living, immediate memory, memory for significant events and socialization skills.

The European community has expressed great interest in this work and the opportunity to equip professional therapists with the clinical knowledge, skills and competence to practice in this area is something we must take with positive enthusiasm. Other countries around the world have also noted our work.

This course will not only equip professionals with the skills required to offer such therapy but will also further extend the choice of therapy and treatment available to people living with a neurocognitive disorder.

TRAINING OUTCOMES

There are 3 main outcomes for this course:

1. To equip qualified therapists with the most up-to-date knowledge of present-day philosophies of care for people living with a neurocognitive disorder and their loved ones.

2. To equip qualified therapists with the skills, knowledge and clinical competence that will ensure the most up to date and best practice in this area is offered to people with a neurocognitive disorder.

3. To provide qualified therapists with appropriate and relevant support and guidance in the provision of hypnotherapy to this client group.

Only if the facilitators are satisfied that the student is competent to practice in this area will Dr Nightingale sign the issued certificate.

Each student will be expected to demonstrate clinical competency in:

- **Communication and Consultation and assessment, including confidentiality and consensual issues**

- **The development of an appropriate treatment plan which takes into consideration a person-centered care approach and the implementation of the treatment plan**

- **Record keeping and documentation**

In addition, each student will be expected to demonstrate a working and clinical knowledge of:

- **The various types of neurocognitive disorders and the risk factors implicated in this disease**

- **Present day philosophies of care based on person centered care approaches**

- **Conventional treatments available, including both pharmacological and non-pharmacological**

- **A knowledge of the ethics and principles of professional practice involved in therapeutic practice, especially in the area of neurocognitive care and understand the need for specialist supervision in this area**

TRAINING PLAN

- **General introductions**
- **Course aims and objectives**
- Facilitators' presentation – to include **what is dementia? Types and risk factors implicated in dementia; Person centered care and person focused care approaches; the Nightingale Model of Enriched Care**
- **DVD – Hypnotherapy with a Person Living with Dementia**
- **Group work and feedback sessions**
- **Re-cap of workshop and any issues relating to this**
- **Discussion based around current and ongoing research in the field of hypnosis and dementia**
- **Appropriate assessment procedures**
- **Consensual and ethical issues**
- **Suitability based on holistic assessment via the Global Deterioration Scale**
- **Assessing for evidence of depression**
- **Design of treatment plans and observed practicals**
- **Evaluations and feedback**
- **Q and A's**

The style of teaching will be a combination of tutor presentation, continuous support and student participation.