



GUIDEANCE NOTES FOR ASSESSMENT OF SUITABILITY FOR HYPNOTHERAPY

The assessment process is an essential component of providing hypnotherapy, psychotherapy or a combination of Hypno-psychotherapy to people living with dementia.

As such, you must have competency in completing this assessment process.

Remember, everything you do with this client group needs to be done much slower, at a gentler pace and maybe repetitively, as opposed to people who do not live with a cognitive decline.

Included on your pack is a copy of two main assessment tools used in dementia. Firstly, you will find a Montreal Cognitive Assessment (MOCA). This is useful as a screening tool – it is also used for measuring the effectiveness of the acetylcholinesterase inhibiting medicines prescribed to many people with a formal diagnosis of Alzheimer's disease. Please look at the form and complete it with a friend or relative. The person can score a maximum of 30 points. A score of 27 or less is indicative that further investigation is needed – a referral to a consultant psychiatrist, neurologist or someone clinically trained to assess for dementia should result.

The second assessment tool is the Global Deterioration Scale. This is the one you will use to assess the suitability of hypnotherapy in a person living with dementia. As you will have learnt from the empirical research carried out by Duff and Nightingale, clients who are most responsive to hypnosis are those who score 5 or lower on the GDS. However, a score of 6 or 7 does not necessarily preclude an individual from therapy. The gentleman you see on the DVD had a score of 6. You must make your own judgment as to whether you should use hypnosis with your client following assessment. If you are a NDA Member, you will have access to Dr Nightingale should you wish to discuss a case before proceeding with therapy.

As dementia is neurodegenerative, it is essential that you assess your client prior to every session of hypnosis. Also, that you get full feedback of improvement since the last session.