

## POEMS COURSE

Times	Course content
0830-0900	Registration
0900-0915	Introduction
0915-1015	<b>The Nature of Anxiety:</b> <ul style="list-style-type: none"><li>- Understanding the nature and origin of anxiety,</li><li>- Who gets anxious and why?</li><li>- What influences the prevalence, development and management of anxiety?</li></ul>
1015-1030	Coffee
1030-1215	<b>Communication:</b> <ul style="list-style-type: none"><li>- Basic Communication,</li><li>- Non-verbal communication,</li><li>- Verbal Communication,</li><li>- Advanced Communication and techniques,</li><li>- Metaphor, Distraction, Guided imagery, Magic, Hypnotherapy, and Technology</li></ul>
1215-1315	Lunch
1315-1445	<b>Anxiety Management in Practice:</b> <ul style="list-style-type: none"><li>- Teamwork,</li><li>- How our workspace influences anxiety,</li><li>- A detailed look at how the 4Ps and 4Ts can influence anxiety,</li><li>- Putting it all together – a when, what and why step-by-step guide to managing anxiety</li></ul>
1445-1500	Coffee
1500-1545	<b>Autistic Spectrum Disorders:</b> <ul style="list-style-type: none"><li>- Autism, ADHD and Developmental Delay,</li><li>- Parents</li></ul>
1545-1615	<b>Open Forum and Discussion</b>
1615-1645	<b>Hypnosis and Hypnotherapy:</b> <ul style="list-style-type: none"><li>- What is hypnosis?</li><li>- Why are trance theory, covert/conversational hypnosis and suggestion important in the management of anxious children?</li></ul>
1645-1700	<b>Experiential Hypnosis Session</b>