

Hospital Hypnotherapist Job Description



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Used at Methodist Hospital New Orleans, closed since Katrina 2005. Now Job Description for Methodist Health System Foundation, Slidell, LA) JOB TITLE: Clinical Hypnotherapist

REPORTS TO: CEO of the Hospital

APPROVED: CEO of the Hospital

DATE:

SUMMARY OF FUNCTIONS: To assist the CEO in providing hypnotherapy for patients of the Hospital and others in the community. To provide hypnotherapy and hypnosis, guided imagery, relaxation education to the community.

DESCRIPTION OF REQUIRED DUTIES:

1. Provide hypnotherapy to patient, families, staff and others. (Note patient/client are used interchangeable)
2. Provide relaxation therapy, guided imagery and the use of the imagination for enhancement of healing for patient family and staff.
3. Provide hypnosis for pain management. (The hypnotherapy should provide pain management only upon referral from a physician.)
4. Provide hypnosis for overcoming habits, fears and phobias.
5. Provide hypnotherapy and hypnosis, guided imagery and relaxation education to the community.
6. Participate with physicians and members of the health care team in providing total patient care.
7. Participate in classes on appropriate subjects for in-service education.
8. Speak, present seminars and workshops for civic organizations, churches, institutions and businesses.
9. Serve on hospital committee as assigned.

SUMMARY OF QUALIFICATIONS:

1. Certification from one or more of the following organizations:
 - a. International Medical and Dental Hypnotherapy Association
 - b. American Council of Hypnotist Examiner
 - c. American Board of Hypnotherapist
 - d. International Association of Counselors and Therapist
 - g. International Hypnosis Federation
 - f. National Guild of Hypnotists
 - h. National Society of Clinical Hypnotherapy
2. Proficient in the use of hypnosis, relaxation techniques, visualization and guided imagery.
3. Ability to interact with all levels of the health care team for the welfare of the patient.
4. Respect for confidential material and confidentiality concerning patient information is required in line with the physicians' referral.
5. Ability to talk with patients, explain procedure, establish rapport. Determine if patient is receptive and agrees to the procedure. (Note: As all inpatient hypnotherapy is by physician's referral, should the patient refuses procedure, note in patient's chart)
6. Ability to solicit information from patient that will be helpful in developing and using hypnosis, relaxation procedures and/or guided imagery.

EXPERIENCE REQUIRED:

1. College Degree or above with special training in hypnosis, relaxation procedures, guided imagery and visualization.
2. A minimum of 120 hours of training specific to hypnosis, relaxation, guided imagery and visualization.
3. A minimum of 25 hours of instruction specific to hypnotic pain management.

EXPERIENCE PREFERRED:

1. Ability to make independent judgment.
2. Must be accurate in reporting information to other health care professionals.
3. Must be able to work with other health care professionals for the well-being of patients, families and staff.

POSITION KNOWLEDGE AND PERSONAL ATTRIBUTES REQUIRED:

1. Must have knowledge of hypnosis, relaxation procedures guided imagery and visualization.
2. Must be able to work with people of different religions and cultural backgrounds.
3. Must be able to work with other health care professionals for the well-being of patient, families and staff.
4. Ability to help patients and clients:
 - a. Reduce patient's tension, anxiety and fear.
 - b. To help reduce pain and discomfort.
 - c. To enhance healing.
 - d. To prepare patient for surgery be relieving anxiety and creating confidence.
 - e. To help patient following surgery by reduction of pain and by proper suggestion enhancing healing.

- f. To reduce pain and anxiety during childbirth.
- g. To reduce nausea and other side effects of chemotherapy.
- h. To reduce the harmful effects of stress.
- i. To help patient overcome unwanted habits: stop smoking, nail biting, hair pulling, etc.
- j. To use for weight control.
- k. To help patient improve memory, concentration, and study habits.
- l. To help enhance athletic ability.
- m. To increase self-confidence and ego strengthening.
- n. To overcome insomnia.

AREAS OF USE:

1. Use hypnosis and guided imagery for pain reduction and teach self-hypnosis, relaxation and visualization for pain management.
2. Use hypnosis and guided imagery for reducing the side effects of cancer treatments and teach self-hypnosis, relaxation, visualization and stress management.
3. Facilitate the reduction of anxiety, fear, nausea and other side effects of chemotherapy.
4. Teach pain management and the reduction of anxiety and stress for those in rehabilitation.
5. Stress management and teach techniques to facilitate relaxation, blood pressure regulation, weight control, and medication support.
6. Facilitate the reduction of fear, anxiety and pain.
7. Use hypnosis to reduce pain, anxiety, fear, bleeding and stress in emergency room.
8. Facilitate the reduction of time the patient requires ICU care through pain management, stress management, providing positive mental expectation to encourage healing and stabilizing vital signs.
9. Teach techniques for pain management, anxiety and nausea during pregnancy, labor and delivery and giving positive suggestions to reduce or eliminate post-partum blues.
10. Use hypnosis and guided imagery to reduce anxiety and fear before surgery with suggestion for the success of the surgery and healing. After surgery use hypnosis and guided imagery to reduce pain and enhance healing.
11. Use hypnosis and guided imagery and teach self-hypnosis, relaxation and visualization to help patient deal with medical procedures such as receiving injections, physical therapy, MRI, respiratory therapy and other procedures.
12. Teach staff relaxation techniques, self-hypnosis, and visualization for stress management to help them cope with their jobs and reduce burnout.
13. Use hypnosis to overcome unwanted habits