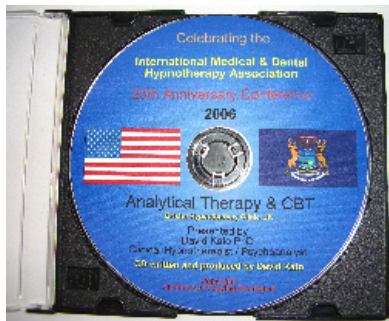


Analytical Therapy & CBT

Enhance your practice by improving your analytical and cognitive behavioral therapy skill mix, building rapport and reducing patient resistance. Methods that are known to work well, both for client and therapist. When something does not work, do something different.

This three hour presentation will provide you with many different techniques, including use of 'free association', and in some cases 'pinpoint analysis', enabling the client to find the originating psychological causes, and resolve them. In addition, utilizing clinical hypnosis for breaking up habits, providing cognitive behavioural and interpersonal skill therapy, which facilitates superior coping skills and mechanisms for the future. Conditions include hopelessness and despair, panic attacks, anxiety states, IBS, insomnia, fears, OCD, trichotillomania, bulimia, single session phobia, and psychosomatic disorders. Techniques used from the initial consultation to the end of therapy, including the use of cassette tapes / CD's and subliminals are all specified. These techniques are successfully used at the Bristol Hypnotherapy Clinic in the UK, and taught by David Kato PhD to UK hypnotherapists and clinicians. Approx, 70% projector, 20% history of clients and examples of therapeutic modality, 10% question time. Workshop will include a comprehensive interactive CD on these highly informative techniques, that will increase your skill mix.

3 Hours



David Kato PhD has worked in the medical and health care profession since 1972, and has worked in cardiac intensive care units for 22 years, also being a lecturer in advanced resuscitation and intensive care medicine. David is a clinical hypnotherapist and psychoanalyst at the Bristol Hypnotherapy Clinic and at Harley Street, London in the UK. Harley Street is known worldwide as a centre of medical excellence. David specialises in clinical depression, major depressive illness, ante and post natal depression. He also consults those with panic attacks, phobias, IBS, insomnia, OCD, trichotillomania, bulimia, primary tokophobia, childbirth and psychological disorders pre and post partum. Patients attend from all over the UK and other countries.

He also presents lectures on clinical depression, body language, and OCD to medical departments in universities, hospitals, doctors and varied clinicians. David is a member of the IMDHA (Fellow), International Association of Hypno-Analysts, UK Register of IBS Therapists, Association for Professional Hypnosis and Psychotherapy, General Hypnotherapy Register, and National Register of Advanced Hypnotherapists (Management Team).