



Teaching Guide

| Identifying Data | | | | | 2020/21 |
|----------------------------|--|---------------|-------------------|----------------|---------|
| Subject (*) | Hypnosis: techniques. physiological bases and clinical applications | | Code | 652438012 | |
| Study programme | Mestrado Universitario en Psicoloxía Aplicada | | | | |
| Descriptors | | | | | |
| Cycle | Period | Year | Type | Credits | |
| Official Master's Degree | 1st four-month period | First | Obligatory | 3 | |
| Language | Spanish | | | | |
| Teaching method | Face-to-face | | | | |
| Prerequisites | | | | | |
| Department | Psicoloxía | | | | |
| Coordinador | Lamas Gonzalez, Juan Ramon | E-mail | juan.lamas@udc.es | | |
| Lecturers | Lamas Gonzalez, Juan Ramon | E-mail | juan.lamas@udc.es | | |
| Web | | | | | |
| General description | | | | | |
| Contingency plan | 1. Modifications to the contents 2. Methodologies *Teaching methodologies that are maintained *Teaching methodologies that are modified 3. Mechanisms for personalized attention to students 4. Modifications in the evaluation *Evaluation observations: 5. Modifications to the bibliography or webgraphy | | | | |

Study programme competences

| Code | Study programme competences |
|------|--|
| A3 | Being able to elaborate a scientific report which involves defining a research problem, the hypotheses and variables, and defining the design, the sample and its method of selection, the tools for collecting data and their subsequent analysis and discussion. |
| A5 | Being able to perform a psychological evaluation in the context of a scientific investigation. |
| A13 | Knowing and being able to use the different models, theories, methods and assessment and intervention techniques that are specific of the different areas of research in Applied Psychology, and developing a critical attitude typical of the scientific spirit. |
| A15 | Being able to critically analyze the scientific literature. |
| A17 | Being able to communicate the results of an investigation. |
| B1 | Capacity for analysis and synthesis. |
| B2 | Capacity for organization and planning. |
| B3 | Teamwork. |
| B6 | Critical thinking. |
| B8 | Autonomous learning. |
| B10 | Motivation for quality. |
| C1 | To express oneself, both orally and in writing, in the official languages of the autonomous region. |



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|----|---|
| C3 | Using the basic tools of information and communication technologies (ICT) necessary for the exercise of the profession and for lifelong learning. |
| C4 | To develop for the exercise of an open, educated, critical, committed, democratic and supportive citizenship, capable of analyzing reality, diagnose problems, develop and deploy solutions based on knowledge and oriented to common good. |
| C6 | To critically assess the knowledge, technology and information available to solve the problems they face. |
| C7 | To assume as professionals and citizens the importance of lifelong learning. |
| C8 | Assessing the importance of research, innovation and technology development in the socio-economic and cultural progress of society. |

Learning outcomes

| Learning outcomes | Study programme competences | | |
|-------------------|-----------------------------|------|-----|
| | AR3 | BR1 | CC1 |
| | AR5 | BR2 | CC3 |
| | AR13 | BR3 | CC4 |
| | AR15 | BR6 | CC6 |
| | AR17 | BR8 | CC7 |
| | | BR10 | CC8 |

Contents

| Topic | Sub-topic |
|--|---|
| 1.- Historia de la hipnosis | Mesmer y el magnetismo animal Hipnosis y sugestión Hipnosis y metodología experimental Las escalas de hipnotizabilidad Panorama de la investigación actual |
| 2.- Teorías contemporáneas de la hipnosis | El debate sobre el estado de conciencia Teorías de la hipnosis como estado especial Teorías sociocognitivas |
| 3.- Diferencias individuales en hipnotizabilidad y su evaluación | Escalas de aplicación individual Escalas de aplicación colectiva Relación entre hipnotizabilidad y otras variables psicológicas |
| 4.- Mecanismos fisiológicos de la hipnosis | Medidas de activación autonómica Actividad en el SNC durante la hipnosis: EEG y potenciales evocados Técnicas de neuroimagen Teorías "fisiológicas" de la hipnosis |
| 5.- Aplicaciones clínicas de la hipnosis | Dolor Cirugía Adicciones Otros trastornos psicológicos |

Planning

| Methodologies / tests | Competencies | Ordinary class hours | Student's personal work hours | Total hours |
|--------------------------------|--------------------------------------|----------------------|-------------------------------|-------------|
| Guest lecture / keynote speech | A3 A13 A15 A17 B1 B2 | 11 | 25 | 36 |
| Oral presentation | A15 B6 B1 | 3 | 20 | 23 |
| Workbook | A5 B3 B6 B8 B10 C1 C3 C4 C6 C7 C8 | 3 | 9 | 12 |
| Personalized attention | | 4 | 0 | 4 |



(*)The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

| Methodologies | |
|--------------------------------|--|
| Methodologies | Description |
| Guest lecture / keynote speech | Presentación de los contenidos principales del temario con apoyo de medios audiovisuales |
| Oral presentation | Cada alumno escogerá un artículo que presente una investigación experimental sobre la hipnosis, realizará un análisis crítico del mismo y expondrá en público los resultados de su trabajo |
| Workbook | Los alumnos deberán leer y comentar artículos importantes en la historia de la hipnosis |

| Personalized attention | |
|---|--|
| Methodologies | Description |
| Guest lecture / keynote speech Oral presentation | El alumno, supervisado por el profesor, practicará el uso de escalas de evaluación de la hipnotizabilidad, así como algunos de los métodos estándar de inducción hipnótica |

| Assessment | | | |
|-------------------|--------------|---|---------------|
| Methodologies | Competencies | Description | Qualification |
| Oral presentation | A15 B6 B1 | Se valorará: Nivel de comprensión del artículo estudiado Organización y claridad en la información presentada en público Claridad y precisión en el debate y en la respuesta a las preguntas de la audiencia | 100 |

| Assessment comments |
|---------------------|
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| Sources of information | |
|------------------------|--|
| Basic | - Capafóns, A (2001). Hipnosis. Madrid: Síntesis - Capafóns, A., Lamas, J.R, y Lopes-Pires, C. (2008). Hipnosis. Madrid: Pirámide - Varios (1999). Psicología e Hipnosis. Anales de Psicología |
| Complementary | |

| Recommendations |
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| Subjects that it is recommended to have taken before |
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| Subjects that are recommended to be taken simultaneously |
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| Subjects that continue the syllabus |
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| Other comments |
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(*)The teaching guide is the document in which the URV publishes the information about all its courses. It is a public document and cannot be modified. Only in exceptional cases can it be revised by the competent agent or duly revised so that it is in line with current legislation.