



Teaching Guide

Identifying Data					2023/24
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					

Study programme competences / results

Code	Study programme competences / results
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.
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 / results



	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 / Results	Teaching hours (in-person & virtual)	Student's personal work hours	Total hours
Guest lecture / keynote speech	A3 A13 A15 A17 B1 B2	11	25	36
Oral presentation	A15 B1 B6	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 / Results	Description	Qualification
Oral presentation	A15 B1 B6	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

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
Subjects that it is recommended to have taken before
Subjects that are recommended to be taken simultaneously
Subjects that continue the syllabus
Other comments

(*)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.