



Teaching Guide

Teaching Guide				
Identifying Data				2019/20
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

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.
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
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	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
Clinical practice placement	A5	10	10	20
Objective test	A5 A15 A17 B1 B2 C7 C8	2	6	8
Workbook	B3 B6 B8 B10 C1 C3 C4 C6	3	8	11
Personalized attention		0	0	0
(*)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
Clinical practice placement	Los alumnos practicarán el uso de escalas de evaluación de la hipnotizabilidad y varios métodos estándar de inducción hipnótica
Objective test	Prueba de 30 preguntas con 3 alternativas de respuesta



Workbook	Los alumnos deberán leer y comentar artículos importantes en la historia de la hipnosis
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Personalized attention	
Methodologies	Description
Guest lecture / keynote speech Clinical practice placement	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
Objective test	A5 A15 A17 B1 B2 C7 C8	30 preguntas sobre los contenidos principales de la bibliografía básica y las clases magistrales	70
Workbook	B3 B6 B8 B10 C1 C3 C4 C6	Los alumnos participarán en debates críticos acerca de algunos artículos clásicos en la investigación de la hipnosis	10
Guest lecture / keynote speech	A3 A13 A15 A17 B1 B2		0
Clinical practice placement	A5	Se evaluará el manejo de las escalas de hipnotizabilidad por parte del alumno	20

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.