

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

PSYC 525

**COURSE TITLE**

SELF-HYPNOSIS AND MEDITATION

**TYPE COURSE**

FEE

COMMUNITY SERVICE

**CATALOG COURSE DESCRIPTION**

A practical and experimental workshop designed to acquaint one with altered states of consciousness. A person will learn to use these states for stress reduction, self-healing, and personal growth. (FT)

**LECTURE HOURS**

1 hour per week  
(for 6 weeks)

**LABORATORY HOURS**

1 hour per week  
(for 6 weeks)

**ADVISORIES**

NONE

**RECOMMENDED SKILL LEVEL**

NONE

**INSTITUTIONAL STUDENT LEARNING OUTCOMES**

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication  
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking  
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development  
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will enable the student to:

1. Learn the techniques of utilizing the power of their own minds for self-improvement.

COURSE OBJECTIVES

Upon successful completion of the course the student will be able to:

1. Acquire a basic knowledge of:
  - 1.1. Hypnotic techniques.
  - 1.2. Subconscious.
2. Communicate with the "inner mind".
3. Utilize self hypnosis for individual needs such as weight loss, fears, phobias, sex life freedom and job efficiency.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Hypnosis and Hypnotic Induction
2. Hypnotic Communication and Weight Loss
3. Stress Reduction and Non Smoking
4. Phobias and Health Problems
5. Sex Life and Natural Childbirth
6. Improving Self-Esteem and Motivation

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

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OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

Student evaluation will be based on a weekly self-report of self-hypnotic experiences.

METHOD OF INSTRUCTION

The primary methods of instruction will include lectures, demonstrations, and labs.

TEXTS AND SUPPLIES

There is no required text.

The instructor will provide a course syllabus and relevant handouts.

Suggested Reading:

*Hypnosis for Change*, Josie Hadley

*Self Hypnotism*, Leslie LeCron

*Strategic Self-Hypnosis*, Roger Straus

PREPARED BY  R. Kropp Jr. (Clairemont)  DATE  July, 1985

REVISED BY  Instructional Services, SLOs added  DATE  March 10, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog