



CERTIFIED HYPNOTHERAPY TRAINING

With National Guild of Hypnotists (USA)

and

National Council of Hypnotherapists (UK)



COURSE CONTENT

YOU WILL LEARN

Part one: Level 1: Basic Hypnosis Training.

- * Goals/directions of
- * Suggestibility tests
- * Classification of subjects
- * Hypnotic rapport.
- * A.S.H.: Accelerated Self-Hypnosis
- * Induction techniques
- * Deepening techniques & depth test
- * Emerging clients
- * Competent usage of hypnosis
- * Suggestion Management
- * Hypnotic devices & mechanical aids
- * Posthypnotic suggestions
- * Hypermnnesia/hyperesthesia
- * Instantaneous induction
- * Blackboard induction
- * Pre-talk methods
- * Anesthesia management
- * Smoking cessation
- * Weight management
- * Stress management

Level 2 Professional Hypnosis Training

- * Introduction to in-office hypnosis.
- * Starting the first hypnotic session
- * Hypnosis and relaxing training.
- * Imagery and hypnosis
- * Hyperempiria
- * Ego strengthening
- * Goal Image Focusing Technique (G.I.F.T.)
- * Teach a six-hours course in self-hypnosis
- * Age regression (uncovering; calendar, affect bridge; dissociation, automatic writing)
- * Counseling.
- * Hypnoanalysis.
- * Ideomotor responses.
- * Effective marketing & professional growth
- * One Practical Examination (8th day)
- * One Theoretical Examination (9th day)

YOU WILL BE ABLE TO

- * Determine the most effective induction for each client
- * Induce hypnosis in seconds
- * Covertly test your client's depth level
- * Achieve somnambulism, where profound change occurs
- * Immediately use your training with confidence to achieve rapid and lasting success
- * Utilize professional skills of a certified hypnotherapist to help someone in need
- * Be able to teach someone self-hypnosis

Be confident to pursue a full-time career as a Certified Hypnotherapist.

WHEN YOU GRADUATE ON THE TENTH DAY: YOU WILL HAVE

An exciting new stream of **INCOME** in your practice!

An **ARSENAL** of effective tools and techniques to produce rapid and lasting change!

And be a thorough **PROFESSIONAL** in your own rights!

And a support system (NGH, NCH & Hypnae Center) recognized the world over!

DAY 1 (may vary due to course dynamics)

Introduction/Overview

A Brief History of Hypnosis What is Hypnosis?

Myths & Misconceptions

A Natural State of Mind

A Model of the Mind

Suggestibility and Your Client

- * What your Client Brings to the Session
- * Preliminary Suggestibility Tests
- * Demonstrations/ Group practice

Mechanical Devices and Aids

Preparing for the Hypnotherapy Session

Evening Group Exercises

Wrap-up, Assignments, Q&A

DAY 2 (may vary due to course dynamics)

AM Group Exercises

Components of a Hypnotherapy Session

- * Pre-talk
- * Pre-hypnosis Interview
- * Transition to Trance
- * Inducing Hypnosis
- * Deepening Trance
- * Suggestion/Therapy
- * Emerging
- * Post-Hypnotic Interview

PM Group Exercises

Modern Hypnotic Inductions

- * Eye Fixation/Fixed Gaze Inductions
- * Relaxation Inductions
- * Mental Confusion Induction
- * Rapid/Instant Inductions

Dr Flower's Induction

- * Demonstration
- * Small Group Practice

Evening Group Exercises

Wrap-up, Assignments, Q&A

DAY 3 (may vary due to course dynamics)

AM Group Exercises

Depth Levels

Deepening Trance

- * Techniques
- * Demonstration
- * Small Group Practice

Testing Depth Levels

- * Covert vs. Overt Depth Testing
- * Convincers
- * Demonstration

DAY 4 (may vary due to course dynamics)

AM Group Exercises

Emerging

- * Techniques
- * Demonstration
- * Small Group Practice

Post Hypnotic Interview

Smoking Cessation

PM Group Exercises

<p>* Small Group Practice</p> <p>PM Group Exercises Fractionation</p> <p>* Demonstration * Small Group Practice</p> <p>Suggestion Management Direct Suggestion Indirect Suggestion Understanding and Using Scripts Writing Hypnotic Scripts Application of Hypnotic Suggestion</p> <p>Evening Group Exercises Wrap-up, Assignments, Q&A</p>	<p>Ethics Weight Management Stress Management</p> <p>Evening Group Exercises Wrap-up, Final Q&A Closing Remarks Evaluations</p>
<p>DAY 5 (may vary due to course dynamics)</p> <p>Introduction/Overview</p> <p>AM Group Exercises</p> <p>Review of the Basics Classical vs. Ericksonian Approaches Ericksonian Hypnosis An Abbreviated History of Hypnosis & NLP</p> <p>PM Group Exercises</p> <p>Building Rapport</p> <p>* Uptime * Calibration * Backtracking * Matching/Mirroring * Representational Systems</p> <p>Evening Group Exercises Demonstrations/Practice Wrap-up, Assignments, Q&A</p>	<p>DAY 6 (may vary due to course dynamics)</p> <p>AM Group Exercises</p> <p>Submodalities Pacing and Leading Indirect Suggestion</p> <p>PM Group Exercises</p> <p>Ericksonian Induction Strategies</p> <p>* Pacing Current Experience * Sensory Awareness * Conscious/subconscious Dissociation * Confusion Techniques</p> <p>Evening Group Exercises Demonstrations/Practice Wrap-up, Assignments, Q&A</p>
<p>DAY 7 (may vary due to course dynamics)</p> <p>AM Group Exercises</p> <p>Revivification Exercise Age Regression</p> <p>* Directive * Non Directive * Recreational * Past Life</p>	<p>DAY 8 (may vary due to course dynamics)</p> <p>AM Group Exercises</p> <p>Self Hypnosis (Accelerated Self-Hypnosis A.S.H.)</p> <p>* Techniques * Group Practice</p> <p>Teaching Self Hypnosis</p>

* Spontaneous

PM Group Practice

Affect Bridge Regression Informed Child Technique
Forgiveness Therapy

Evening Group Practice

Assignments, Q&A
Wrap-up

Pain Management

- * Techniques
- * Applications
- * Group Practice

PM Group Practice

Other Issues

- * Practice Management
- * Potential Problems
- * Putting It All Together

Evening Group Practice

National Council of Hypnotherapists' (approx 1100 hrs)
Theory Examinations

National Guild of Hypnotists'
Practical (approx 1400 hrs)
Examination (depending on size of class, will spill to Day 9)

DAY 9 (may vary due to course dynamics)

AM Group Exercises

National Guild of Hypnotists'
Theory (approx 1100 hrs) Examination

National Guild of Hypnotists'
Practical (approx 1400 hrs)
Examination (depending on size of class, will spill from Day 8)

Revivification Exercise & Age Regression

- * Directive
- * Non Directive
- * Recreational
- * Past Life
- * Spontaneous

PM Group Practice

Affect Bridge Regression
Informed Child Technique
Forgiveness Therapy
Assignments, Q&A
Wrap-up

DAY 10 (may vary due to course dynamics)

AM Group Exercises

Self Hypnosis (Accelerated Self-Hypnosis **A.S.H.**)

- * Techniques
- * Group Practice

Teaching Self Hypnosis
Pain Management

- * Techniques
- * Applications
- * Group Practice

Other Issues

- * Practice Management
- * Potential Problems
- * Putting It All Together

Closing Remarks
Presentation of N.G.H. and N.C.H
Certificates to qualifying **Certified Hypnotherapists** (approx 1500 hours)