**Basic Hypnosis Training** – How to induce trance, formulate and deliver post-hypnotic suggestions, and effectively return from trance state.

**101: Introduction to Hypnotherapy - 40 units**

Definition and functions of hypnosis; breaking the myths and misconceptions about hypnosis; characteristics of the subconscious and conscious mind; levels of trance; benefits of hypnosis; legal and ethical considerations; three basic styles of induction; methods of trance induction; deepening techniques; delivery of trance, signs of trance – minimal cues; return from trance; keys to effective suggestions and hypnotic languaging; anchoring post hypnotic suggestions; self-script; demonstration of hypnosis; anatomy of a hypnotherapy session; suggestibility vs. gullibility; suggestibility testing.

This class teaches what you need to know in order to hypnotize using scripts. It is considered hypnosis, not hypnotherapy. Please refer to the hypnotherapy training curriculum for the classes that teach techniques of interactive hypnotherapy.

**Hypnotherapist Certification Program** – The following classes make up this comprehensive training that leads to professional Hypnotherapist certification.
Curriculum

101: Introduction to Hypnotherapy - 40 units
- Definition and functions of hypnosis; breaking the myths and misconceptions about hypnosis;
- Characteristics of the subconscious and conscious mind; levels of trance; benefits of hypnosis;
- Legal and ethical considerations; three basic styles of induction; methods of trance induction;
- Deepening techniques; delivery of trance, signs of trance – minimal cues; return from trance;
- Keys to effective suggestions and hypnotic languaging; anchoring post hypnotic suggestions;
- Self-script; demonstration of hypnosis; anatomy of a hypnotherapy session; suggestibility vs. gullibility; suggestibility testing.

201: Gestalt Hypnotherapy - 16 units
- Modes of therapeutic strategies; techniques for clearing emotional charge around relationships and unfinished business; transforming relationships without confrontation; step-by-step gestalt hypnotherapy process; demonstration of gestalt hypnotherapy process.

205: Inner Guides - 16 units
- Step-by-step process of technique that assists clients in accessing their inner wisdom and

301: Regression Therapy I (Inner Child) - 16 units
- Cause and effects of core beliefs; metaphor of inner child; benefits of rescuing and nurturing inner child; step-by-step regression process to release trauma and emotional conflict of a wounded childhood, and to nurture the innate qualities of the authentic nature of the child within; extreme abreaction protocol; dealing with resistance; the wall and the guard technique; dealing with shame.

305: Regression Therapy II (Past Life Regression) - 16 units
- Whether they are actual past lives or simply metaphors, past life regression is a very powerful technique for resolving issues.

310: Parts Therapy I & II - 32 units
- Uniting and integrating all the aspects of the personality such as the inner judge, critic, cynic, rebel, child, victim, etc. into a powerful force for personal growth and empowerment.
- Meeting your parts; various parts and their characteristics; the codependency cycle; when to use parts therapy, benefits of parts therapy, student exercise to work on issue with parts; step-by-step process of "open-eye" parts therapy technique.
- Inviting and pacing parts; eliciting shadow parts and hidden resources; step-by-step "closed-eye" parts therapy hypnosis technique.
Curriculum

401: Addictions Therapy I - 16 units
Defining addictions, denial, and recovery; addiction models; pain vs. pleasure; addiction cycles; family of origin "rules" that underlie addictions; eight step-by-step quit-smoking hypnosis processes.

415: Addictions Therapy II - Weight Mastery - 16 units
Physiological and psychological factors contributing to weight; the black hole exercise; food addiction cycle; subconscious payoffs for staying overweight; functions of the subconscious mind that deal with weight mastery; fourteen step-by-step weight-loss hypnosis processes.

450: Establishing a Practice - 32 units
Certification process; continuing education requirements; disclosure statement; recordkeeping; advantages and disadvantages of a private practice; self-image exercise; mission statement; setting realistic goals; start-up costs; business cards; appointment book; security of client records; setting fee schedule; marketing vs. advertising; networking; workshops; presentations; writing; exercise in facing the future; sample forms.

Clinical Hypnotherapist Certification Program (Pre-requisite = Hypnotherapist Training).
One hundred (100) additional units of training chosen from the Electives Classes lead to professional Clinical Hypnotherapist certification.

Individual Customized Hypnotherapy Training for Professionals
Hypnotherapy training will be customized for professionals already in the field of counseling, therapy, and/or hypnotherapy. This program will be arranged with the instructor to meet the needs of the individual.