

BASIC HYPNOSIS TRAINING (BAS01)

OBJECTIVE: Gain a thorough understanding of what hypnosis is and is not in order to furnish potential clients with factual information prior to the hypnosis session. Master suggestibility tests for screening and have the skills to induce and deepen the level of hypnosis and administer properly worded suggestions.

- The History of Hypnosis
- Defining Hypnosis: Theories about and the nature of hypnosis.
- Types of Hypnosis
- Misconceptions and Myths
- Dangers of Hypnosis
- Uses of Hypnosis
- Signs of Hypnosis
- Hypnotic Phenomena
- The Hypnotic Environment and Use of Specific Aids
- Qualifications of the Hypnotist
- The Hypnotic Process
- Determining Susceptibility & Suggestibility Testing
- Inducing Hypnosis: Various induction techniques
- Deepening Techniques & Depth Testing
- The Body of the Hypnosis Session: Preparing and giving suggestions, direct and indirect approaches, use of visualization and power drives, eliciting information and memory recall, post hypnotic suggestions.
- Preparing a Stop Smoking and Weight Loss Program
- De-Hypnotizing and Suggestion Removal
- How to Conduct an Actual Hypnosis Session: From A to Z
- Dealing with Resistance and Abreactions
- Hypnosis and the Law: Legalities and Ethics

INTERMEDIATE HYPNOSIS TRAINING (INT02)

OBJECTIVE: Gain a thorough understanding of suggestions and techniques to help clients overcome a variety of issues, achieve their goals or improve various areas of their lives.

- Ideomotor Responses
- Common Causes of Emotional Difficulty & Illness
- Questioning the Subconscious Mind
- Regression
- Anchoring
- Working with Groups
- Hypnosis for Habit Elimination: Smoking, Nail biting, Teeth grinding, Procrastination.
- Using Hypnosis for: Stress,, Self-confidence, Weight loss, Memory and concentration.
- Improving Sports Performance
- Overcoming Fears and Phobias
- Health, Healing, and Pain Control

ADVANCED HYPNOSIS TRAINING (ADV03)

OBJECTIVE: Gain a thorough understanding of advanced methods and techniques to help clients overcome mental blocks and issues, achieve their goals or improve various areas of their life.

- Progression and Projection Techniques
- Past Life Regressions
- Dream Therapy
- Working with Children
- Pregnancy and Childbirth
- Sexual Dysfunction
- Introduction to Ericksonian Hypnosis
- Parts Therapy

BUSINESS & MARKETING (MKT04)

OBJECTIVE: Gain knowledge in setting up and running a business. Marketing and advertising for best results.

- Advertising & Free Publicity
- Location and Space
- Referrals & Networking
- Marketing Yourself
- Running an Efficient & Effective Business

LAB & INDEPENDENT STUDY FOR BAS01, INT02 & ADV03 ONLY

LAB consists of hypnosis practice sessions conducted by students on each other during class hours.

INDEPENDENT STUDY consists of the same type of practice done outside of class with volunteers from the general public.