



HYPNOTHERAPY TRAINING CURRICULUM

OF WELLNESS HYPNOTHERAPY INSTITUTE

www.hypnotherapytraining.ca

Part I

NEW NATIONAL GUILD OF HYPNOTIST'S BASIC HYPNOSIS COURSE CURRICULUM

- Lesson One - What is Hypnosis?
- Lesson Two - Suggestibility Test
- Lesson Three - Favorable and Unfavorable Influences
- Lesson Four - Cautions of Hypnosis
- Lesson Five - History of Hypnosis
- Lesson Six - How to Hypnotize
- Lesson Seven - Trance Depth
- Lesson Eight - Suggestion Management
- Lesson Nine - The Conscious and Unconscious
- Lesson Ten - Mechanical Aids
- Lesson Eleven - Additional Inductions
- Lesson Twelve - Deepening Techniques
- Lesson Thirteen - Hypnotic Miscellany

Lesson Fourteen - Amnesia Management
Lesson Fifteen - Smoking Cessation
Lesson Sixteen- Hypnosis for Weight Management
Lesson Seventeen - Stress Management
Lesson Eighteen - Ethics
Lesson Nineteen - Session Structure
Lesson Twenty - Behavioral Assessment
Lesson Twenty One - Goal Setting
Lesson Twenty Two - Image Psychology and Hypnosis
Lesson Twenty Three - Additional Scripts & Techniques
Lesson Twenty Four - How to Run a Six Hour Self-Hypnosis
Lesson Twenty Five - Age Regression (Uncovering Techniques)
Lesson Twenty Six - Your Practice

Part II

What is Hypnosis?
What is a Hypnotist?
The Most Common Misconceptions About Hypnosis
Facts About Hypnosis
The Background of Hypnosis
Signs of Hypnosis
Subjective Feelings of Hypnosis
Conscious, Subconscious and Superconscious
Conscious Mind
Subconscious Mind
Superconscious Mind
The Battle Between Will Power and Imagination
The Power of Thought
The Universe is Made of Thought

Matter and Energy

Memory

The Nature of Suggestion

Ideas

A Three Step Learning Pattern

Suggestible vs. Gullible

Responding to Suggestion

Instantly Accepting Suggestions

Gradually Accepting Suggestion

Taking Responsibility

Inner Lie Detector

Beliefs

Selective Thinking

How to Deliver Suggestions

Pre-Hypnotic Suggestion aka Pretalk

Being in the Moment

Post-Hypnotic Review

Compounding Suggestions

Post Hypnotic Suggestion

Waking Suggestion

Waking Trance

Rejecting Suggestions

The Hypnotic Seal

Five Ways to Program or Reprogram Your Subconscious

1. Repetition
2. Identification
3. Authority
4. Emotions
5. Self Hypnosis

Suggestibility Tests

Authoritarian

Permissive

Focus of Attention

Pretalk

3 Steps of Induction

1 - Future Pace

2 - Now

3 - Rapport

Eye Catalepsy

Wolberg Arm Levitation

Arm Levitation / Heaviness

The Bucket

Arm Catalepsy

Another Arm Catalepsy

Postural Sway Test

Hands Closing

Another Hand Clasp

Hand Clasp (Disguised Authoritarian)

Chevreur's Pendulum

Pendulum Diagram

Closure of Suggestibility Tests

Formulating Suggestions

Developing Effective Suggestions

1 - Use Positive Statements.

2 - Awareness is Crucial

3 - Use the Present Tense

4 - Be Specific

5 - Use "I Am"

How to Edit Affirmations

Sample Affirmations for Weight Reduction

One Word Key / Hypnotic Triggers

Post Hypnotic Suggestions

Things That Influence the Ability to Respond

Pretalk

Three Things Necessary for Hypnosis

Mental Expectancy

Ambiance

- Temperature

- Sound

- Light

- Color

- Smell

Physical Comfort

AA and NA

As a Hypnotist

109 - Depth vs. Quality of Response

B A T D

Beta (Waking State/Full Awareness)

Alpha (Light Trance, Physical Relaxation)

Theta (Deep Trance and Sleep, Physical and Mental Relaxation)

Delta - (Deep Sleep)

Signs of Depth

Dave Elman

Arron's Master Depth Rule

Carol Hadley and Josie Staudacher

Lecron-Bordeaux scoring system for indicating depth of hypnosis

Somnambulism

Amnesia Test #1

Amnesia Test #2

Amnesia Test #3

Amnesia Test #4

Coma State

Four Step Check for Coma State

Medical Application of Coma State

Inductions

The Contract

3 Steps of Induction

Future Pace

Rapport

Rapport is a collaborative state of mind.

Induction Techniques

Progressive Relaxation – Toes Up

Sensory Motor

Eye Fixation

Mrs. Milton Erickson Technique

Breathing

Belly Breathing

Deepening

1 - Counting (Up or down are equally valuable.)

2 - Number Loss / Number Drop

3 - Silence

4 - Fractionation

5 - Truisms

6 - Verbal Feedback

7 - Non-verbal Feedback / Mirroring

8 - Compounding

9 - Pyramiding

10 - Hallucinations

11 - Ideomotor and ideosensory suggestions

12 - Indirect Suggestion

13 - Placebo

14 – Breathing

(Exhaling)

(The Wings of Your Nose)

(Alternate Nostril Breathing)

A Disguised Test

Emerging

Resistance to Return to Waking State

Identifying Your Subjects

Who Cannot Be Hypnotized?

All Hypnosis is Self Hypnosis

Choosing Your Subjects

Using Pretalk

Good Subjects

Refractory Subjects

Bad Subjects

Skeptics

Four Types of Response to Hypnosis

1. Immediate responders
2. Slower responders usually take two to six sessions
3. Very slow responders take a very long time , a year or more
4. No response indicates a subject unwilling or unable to change

Hysteria

When the Subject Fails to Respond

Practice Improves the Experience

Mental Exercise #1

Mental Exercise #2

Mental Exercise #3

Emergence

Abreactions

Identifying Abreaction and Hysteria

Artificial Trauma

Responding to Abreaction

Relaxation as an Emotional Outlet

Lethargy

Red Flags

The Greatest Dangers to Hypnotists are:

Transference: Emotions are transferred, projected, from the client=s mind, onto the hypnotist (love, anger, fear, etc), so you may want to ask:

Rape fantasy: This can happen due to what is perceived of as the intimacy of the moment

The Greatest Dangers to Subjects are:

Simple Ethics as a Hypnotherapist

Do No Harm!

Be Benevolent.

DO NOT:

Hypnosis and the Law

How to Find the Laws About Hypnosis in Your State

Vocabulary

Reading List

Required Reading for Fifty (50) Hour Hypnotherapy 100: Basic Hypnosis

Independent Study

Potential Applications

Part III: Advanced Techniques

Conscious and Sub-conscious Minds

Many uses of Hypnosis

Deepening the Hypnosis

Barriers to Hypnosis

How to create context in Hypnosis

Five magic touches in Hypnosis

Biggest Mistakes Hypnotists Make & How To Avoid Them
Hallucinations (positive And Negative)
Fractionation
Awakening From Hypnosis
Suggestibility Tests
Rules for formulating suggestions
Laws of Suggestion
Types of Suggestion
Characteristics of direct and indirect suggestions
Myths, misconceptions and fears about Hypnosis
Rapport
The Clinical Interview
Resistance and it's causes
How to convince a skeptical client
Representational Systems
ABS Formula
Methods of bypassing the critical factor
Instant Inductions
Deepening Trance
Guided Imagery
Signs of Hypnosis
Desensitizing and centering
Safe Place
Client records
Waking Hypnosis
Reframing
Trance Logic
Esdaile State
Spontaneous Amnesia
Dissociation
Catalepsy
Aphasia
Absolute positive regard

Abreaction
Condition Reflex Response
Post Hypnotic Suggestion
Elements of a typical Hypnotherapy session
Healing the inner child
Transference and counter transference
Empathy
Initial Sensitizing Event
Secondary sensitizing events
Symptom Producing Event
Therapeutic Metaphor
Hypnotic Paradox
Mental problem, Mental disorder, Mental illness
Suicidal Ideation
Suicide contract
Pain management
Secondary gain
Hypno – Anesthesia
Control panel metaphor
Glove anesthesia
One session Smoking Cessation
Weight Release Program
Anxiety Relief, stress reduction
Addictions
Regression, Past life regression, Akashic records, affect bridge technique
Phobias and fears
Insomnia
Athletic performance
Conversational Hypnosis
Children's Hypnosis
Subliminal messaging
Quartet Symphony
EFT (Emotional Freedom Technique)

Profound Somnambulism
Ultra Depth
Memory training techniques
Pyramiding Hypnotic Suggestions For Maximum Impact
Creative Visualization
Neuroplasticity
Kinesiology
Anchor Collapsing
Simple Techniques For Emotional Release
Pacing & Leading
Group presentation format
Marketing your profession
Glossary of Hypnotic terms

Live Hypnosis Demonstrations And Practice Daily

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