

<i>Session</i>	<i>Summary</i>
<i>Hypnosis Overview</i>	<ul style="list-style-type: none"> ▪ The Nature of Hypnosis ▪ Hypnosis terminology ▪ Misconceptions ▪ The hypnotist's role ▪ The Comprehensive Questionnaire ▪ How to Structure a Session ▪ Understanding Trance ▪ The "Left Brain – Right Brain" Model ▪ The "Conscious – Subconscious" Model
<i>Session</i>	<i>Summary</i>
<i>NLP Overview</i>	<ul style="list-style-type: none"> ▪ Modeling ▪ Sub Modalities ▪ Meta Model ▪ Milton Model ▪ TOTE
<i>Session</i>	<i>Summary</i>
<i>THE PRE-TALK</i>	<ul style="list-style-type: none"> ▪ Utilizing the Questionnaire ▪ The clinical pre-talk and information gathering ▪ Creating Expectancy ▪ Developing Leverage ▪ Conversational/Disguised Hypnosis ▪ Appropriate client assessment ▪ Formulating actionable recommendations ▪ Triggering/Utilizing internal searches ▪ Effectively working with groups ▪ Representational Systems ▪ Rapport building methods ▪ Pacing and leading ▪ Pre-Framing and Re-framing ▪ Empathic Environment ▪ Moving Toward Pleasure or Away from Pain ▪ Processes that promote successful first sessions ▪ Defining clear & positive client goals ▪ Making effective recommendations ▪ Identifying modalities & sub-

	<p>modalities</p> <ul style="list-style-type: none"> ▪ Anchoring methods ▪ Covert pacing & anchoring
<p>SUGGESTIBILITY EXERCISES SUPERVISED REHEARSAL</p>	<ul style="list-style-type: none"> ▪ Trance Depth vs. Suggestibility ▪ Suggestibility Exercises – discussions, demonstrations & explanations ▪ First session dynamics ▪ Assessing hypnotic personality types ▪ Comparison of Direct/Authoritarian and Indirect/Permissive methods ▪ Factors influencing suggestibility <p>We offer class participants the opportunity to Rehearse direct/authoritarian & indirect/permissive suggestibility exercises.</p>
<p>HYPNOTIC INDUCTION METHODS</p>	<ul style="list-style-type: none"> ▪ Standard ▪ Confusion ▪ Rapid Inductions ▪ Waking Hypnosis ▪ Speech techniques such as “Voice Marking/Anchoring” ▪ Physical movements/mannerisms ▪ Direct/authoritarian & Indirect/permissive approaches – explained & demonstrated ▪ “Deepening” Methods ▪ Identifying Hyper-suggestibility ▪ De-hypnotization Done Correctly ▪ Working “with” Resistance ▪ Recognizing depth in hypnosis ▪ Guided Imagery Do’s & Don’ts ▪ Client Specific Visualizations
<p>SUPERVISED STUDENT REHEARSAL</p>	<p>Class participants will rehearse various induction approaches. Although class participants will receive scripts, we encourage creativity.</p> <p>Exercises will include additional induction-deepening techniques, fractionation and de-hypnotization.</p>
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<p>Specialty Areas</p>	<ul style="list-style-type: none"> ▪ Rules of suggestion ▪ Effective suggestions (Direct & Indirect) ▪ Specific Techniques for <ul style="list-style-type: none"> ▪ Stop Smoking ▪ Weight Loss ▪ Phobias ▪ Ego Strengthening ▪ Self-Confidence ▪ Managing Stress ▪ Pain Relief
<p>SUPERVISED STUDENT REHEARSAL</p>	<p>Rehearsal includes basic clinical hypnosis methods for stress management, stop smoking, weight loss, self-improvement, and so on...</p>
<p>ADVANCED METHODS FOR FACILITATING CHANGE</p>	<ul style="list-style-type: none"> ▪ Parts Work ▪ Fast Phobia Method ▪ Disassociation Techniques ▪ Mapping Across ▪ SWISH Technique ▪ Guided Imagery and Healing Storytelling ▪ Collapsing Anchors ▪ Laughter and its role in change work ▪ Forgiveness Therapy Method ▪ EFT ▪ Circle Technique ▪ Gentle Desensitization ▪ Future Pacing ▪ Dickens Pattern
<p>REGRESSION TO CAUSE</p>	<ul style="list-style-type: none"> ▪ Identifying the Sensitizing Event ▪ Affect Bridge ▪ Calendar Method ▪ Conference Room ▪ Advanced Regression Techniques ▪ Emotional clearing ▪ Changing and removing the emotional charge from the Incident