

## Level I. Hypnotherapist- NGH certified

- What hypnosis is – common misconceptions and facts about hypnosis.
- The history of hypnosis
- An overview of hypnotism as a profession
- Differences between using hypnosis as a hypnotist or a hypnotherapist.
- Qualities of an effective hypnotherapist
- Self hypnosis including methods for taping and induction techniques.
- Practice self hypnosis
- Practice of basic inductions including progressive relaxation and eye fixation
- Suggestibility tests and their uses
- Client safety and cautions of hypnosis
- Modes of the Mind-Brainwaves and levels of the subconscious
- Mental processes found in the specific brainwaves.
- Deepening techniques
- Conditioning
- Emerging from hypnosis
- Trance depth
- Testing for trance depth
- Video of demonstrations/Positive and negative hallucinations
- Suggestion management
- Using post hypnotic suggestions
- Discussion and use of scripts
- Use of language
- Practice hypnosis to improve confidence
- Metaphors and imagination
- Script writing practice
- Student practice with written scripts
- More inductions, Elman, Erickson, Boyne etc
- How to take a history
- Developing credibility
- Understanding body language and asking effective questions
- Practice with new inductions
- The pre-talk
- Structure of a session
- Ego Strengthening-Hartland
- Goal setting with client
- Smoking Cessation
- Three non-smoking sessions in detail
- How to educate client
- Behavioral Assessment
- Practice pre-talk
- Weight Loss Hypnosis program
- The science of weight loss
- The emotional aspects
- The first 6 sessions for weight loss
- Basic counseling techniques
- Dealing with clients with morbid obesity and other health concerns related to excessive weight
- In class practice session
- Psychology overview

- Schools of psychology and types of therapeutic techniques
- The distinctions between hypnotherapy and psychotherapy
- Overview of stress and its symptoms
- What creates stress and the physical and psychological impact.
- How to work with clients presenting with stress.
- Ethics and rules of conduct for the hypnotherapist
- Observed practice with Elman induction for trance depth
- Test and graduation for level 1 -100 hours