



# Calgary Hypnosis Academy

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## I. Course Aims and Objectives:

The objective of this class will be to introduce the concepts and philosophies associated with hypnosis and guided imagery. Focal attention will be placed on Hypno-analysis, Hypnotherapy, the use of self hypnosis and the advanced imagery techniques for the varieties of physical and emotional and training issues for clients.

## II. Specific Learning Objectives:

By the end of this course, students will have a fundamental grasp of how and why hypnotic techniques work. They will also be able, from firsthand experience, be able to control and guide their clients to deal with the causes of their issues. Students will gain valuable insights as to how word selection and waking suggestion inundates the daily lives of their clients. Students will also be taught how to use guided imagery using direct drive and direct suggestion to help their clients in specific areas of their lives that need attention, for example sports or physical activities, study habits, test anxieties and sleep problems.

## III. Format and Procedures:

Classes will run from 8:00 AM to 5:00 PM daily. Note taking is recommended and video presentations will be provided as instructor deems necessary. Class demonstrations and group practice time will be allotted as needed.

## IV. Instructor's Assumptions:

It is my opinion that suggestion affects our lives in almost every way. Students will be able to build their knowledge of a variety of client circumstances and will acquire the skills to adapt to different situations.

## V. Course Requirements:

Continuous class attendance is recommended to avoid gaps in student knowledge.

- a) Course manuals will be provided along with CDs and DVD from the N.G.H.
- b) Note taking material is highly recommended.
- c) Digital recording device is optional but recommended.

## **Day 1 Introduction**

Syllabus, conversation of instructor's expectations  
Student participation, getting to know each other exercise  
Explanation and Discussion of what hypnosis is and is not  
Student expectations, (short verbal response)  
The National Guild of Hypnotists and .....  
The purpose of suggestibility testing  
Favorable and unfavorable influences  
Cautions of hypnosis  
Ethics and Code of Ethics N.G.H.  
Professional vs. lay hypnotists  
The history of hypnosis

## **Day 2 General knowledge**

How to hypnotize  
Class self hypnosis and how it can be used for others  
Imagery and visualization  
Direct suggestion and guided imagery  
Compounding  
Why self hypnosis and imagery works  
Benefits and practicalities of self hypnosis  
How to use self hypnosis for personal help  
How and why behavioral changes with hypnosis are successful  
Group participation self relaxation/hypnosis and how to teach it

## **Day 3 General knowledge**

Group participation teaching self relaxation/hypnosis (groups)  
Suggestion Management  
The conscious and unconscious (sub-conscious) mind  
Words in hypnosis have extra meaning (Miscellany = a collection of)  
Hypnosis mechanical aids pros and cons  
Session structure  
Behavioral assessment  
Objectives Vs. goals  
Image Psychology and Hypnosis  
Scripts

## **Day 4 Setting up and the mind**

Client information forms  
Pre and post session interviews and their pros and cons  
Subliminal suggestions  
Records and other forms CD on files  
Office set up  
Vocabulary appropriate and inappropriate words  
Mind model  
Rules of the mind  
Pre talk  
Hypnotic contract

The power of compounding  
Deepening techniques and somnambulism  
Discussion on regression (reliving)  
Abreaction - The scene fades focus on your breathing Touch or not

### **Day 5 Inductions**

Progressive relaxation inductions - pros and cons - practice  
Rapid inductions - pros and cons - practice  
Instant inductions - pros and cons - practice  
Elman induction and modifications  
Hand drop testing and its other uses  
Sounds around patter and Boinking  
Phobias and fears  
Use of NLP techniques  
Stop smoking  
Weight control  
Anxiety

### **Day 6 Practice day in groups**

Inductions  
Regression to a happy place practice  
Waking hypnosis the proverbial happy place  
Discomfort control Dial of discomfort  
Emergency hypnosis  
Pre and post surgery  
Ideomotor responses  
Grey room (ego building)  
Universal therapy (I forgive myself)  
Chair and death bed therapy for apology and forgiveness  
Abortion trauma

### **Day 7 Practice day in groups**

Inductions  
Regression to a happy place practice  
Waking hypnosis the proverbial happy place  
Esdail or coma state  
Hypnotic seal  
Bob's little trucks  
Parts therapy  
Kicking the can  
Magic Mirror  
Unconditional love  
Ultra height  
Past life regression  
Entity/spirit release  
Hypnosis with kids  
Child birth