

Calgary Hypnosis Academy

Instructor Wally Muller

Certified Hypnotherapist and Hypnosis

306 Arbour Cliff Close N.W. Calgary AB. T3G 3W8

Phone 403-816-2671 e-mail adhycal@telus.net

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 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:

Suggestions affect 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 manual will be provided along including memory device with video example sessions and information files.
 - b) Note taking material is highly recommended.
 - c) Digital recording device is optional but recommended.
-