



Practitioner Course Syllabus

Module One: History of Hypnosis

4 Sections

1. What is Hypnosis?
2. History of Hypnosis
3. Misconceptions of Hypnosis
 - a. Responding to Misconceptions
 - b. Brainwashing
 - c. Stage Hypnosis
4. The Importance of NLP with Hypnosis

Module Two: Foundational Principles

8 Sections

1. Context of Hypnosis
2. Conceptualizing Hypnosis

3. Values & Beliefs

- a. The Pleasure & Pain Principle
- b. Towards & Away From Values

4. Human Suggestibility

- a. How we Take in Suggestion
- b. Law of Emotional Dominance

5. The Human Mind - Mind Matter

- a. Conscious & Unconscious Mind
- b. The Theory of Mind; a Hypnotic Perspective
- c. Prime Directives of the Unconscious Mind
- d. Unconscious Processing
- e. Treating the Mind
- f. Conditioned Response

6. Rapport & Hypnosis

- a. Pacing & Leading

7. Suggestibility to Hypnosis

- a. Suggestibility Test for Analytical Bias

8. The Experience of Trance

- a. Conditions for Trance Work
- b. Types of Clients; analytical, emotional and physical

Module Three: Practical Framework

10 Sections

1. Stages of Hypnosis

2. Structuring Suggestions

- a. Patterns of Hypnotic Communication

3. Suggestibility Testing

4. Inductions & Inducing the Trance State

- a. Traditional Hypnotic Inductions
- b. Intensifying & Deepening Trance State
- c. Naturalistic Trance Inductions
- d. Trance Depth or Hypnotic Work
- e. Testing Trance Depth
- f. Trance Phenomena & Their Inductions

5. Therapeutic Utilization of Trance State

- a. Symptom Structure & Trance Phenomena
- b. Patterns of Intervention
- c. Common Clinical Complaints

6. Hypnotic Scripts

- a. Themes of Therapy
- b. Milton Model
- c. Meta Model

7. Resting & Resistance

8. Hypnotic Case Studies; an In-depth Look

9. Hazards of Hypnosis & Ethical Guidelines

10. The Business of Hypnosis

- a. Before meeting the Patient
- b. On-Going Coaching & Follow-up Sessions

Module Four: The Practicum & Testing

2 Sections

1. Trance Induction, Deepening, Post Hypnotic Suggestion Testing

2. Written Exam