

South Shore Hypnosis Center's Hypnotist Certification Course

100 classroom hours of Intensive Training Developed and Certified by the National Guild of Hypnotists. All classes are independently conducted by Certified Instructors using the N.G.H. developed core-curriculum and teaching materials. Each independent Certified Instructor has completed specialized training and is held to specific performance standards in presenting this material to students in their locale. Successful graduates of these classes are eligible to be designated as Certified Hypnotists by the National Guild of Hypnotists, the oldest and largest organization of its kind with members across the U.S. and in 18 countries.

Our curriculum is designed to provide a complete classical approach to hypnosis, which enables each student to immediately become a practicing hypnotist specializing in weight control, smoking cessation, and stress management for individuals and groups. Upon completion of this course of study, graduates will be eligible for certification by the National Guild of Hypnotists.

To thoroughly prepare you for this important advancement in your career, you will study . . .

- An overview of the field of Hypnosis, including Medical and Therapeutic uses, Personal Improvement, Educational uses, uses in Law Enforcement.
- The rationale for Hypnosis.
- The relationship between Hypnosis and Behavioral Therapy.
- The use of suggestibility testing to determine the best hypnotic subjects.
- The depth stages of hypnosis.
- How and when to use Authoritative and Permissive induction techniques.
- The method to formulate and use post-hypnotic suggestions.
- The simple 3-minute method of self-hypnosis for self-improvement.
- Specific applications for hypnosis and self-hypnosis including proven and tested programs for smoking cessation, weight control, and stress management.

The course of study is designed for those who want career advancement and who want to work with people in a private professional practice of their own. It is also suitable for mental health professionals, including therapists, counselors, social workers, nurses and teachers who want to enhance their skills.

Only a limited number of students are accepted in each class so that they may experience the personal attention and hands-on training that National Guild of Hypnotists Certified Instructors are noted for. All approved printed materials have been developed by the National Guild of Hypnotists' Educational Division for use only by authorized instructors.

South Shore Hypnosis Center
183 Whiting Street, Suite #5
Hingham, MA 02043-3845

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Fax: (781) 749-4657
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Course Outline

Introduction to Hypnosis and Overview of the Field

General orientation . . . popular myths and their sources . . . historical roots of hypnosis . . . how hypnosis has helped and is helping various professions in their healing work.

Use of Tests to Determine Which Types of Hypnotic Induction Will Be Most Effective for Each Client

Importance of preliminary suggestibility testing . . . gauging and enhancing individual responsiveness . . . self-hypnosis training . . . student practice.

How to Classify Clients and Make Them Comfortable With Hypnosis

Which people make the best subjects . . . when not to hypnotize someone . . . “dangers” in hypnosis . . . instantaneous hypnosis . . . awakening the client from hypnosis.

How to Use an Authoritative Induction Method

How to achieve “rapport” with a client . . . psychology for the Hypnotist . . . laws of suggestion . . . recognition of the depth of the hypnotic state . . . dehypnotization . . . preinduction talk . . . qualities of the hypnotic voice . . . practice using the authoritative induction method and depth tests . . . Dr. Flowers method.

Changing Behaviors Using Post-Hypnotic Suggestions

Learning to formulate positive suggestions . . . reinforcement and encouragement . . . practical exercises using suggestion formulation techniques . . . defining success . . . caring, empathizing, and creating rapport . . . non-therapeutic applications of hypnotherapy.

How To Use A Permissive Induction Method

Hypnosis for enhancing memory, including techniques for hyperamnesia and age regression . . . indirect suggestions . . . indirect hypnosis . . . distraction/confusion method . . . practice will include hypnotherapy techniques for smoking cessation, weight loss, and stress reduction. Scripts will be provided.

Deepening Techniques

Miscellaneous information including words to avoid . . . ethical considerations . . . medical and dental use of hypnosis . . . reinforcement of posthypnotic suggestions for self-hypnosis conditioning.

Hypnosis programs for Smoking Cessation, Weight Management and Stress Reduction

Complete programs already proven for dealing with these problems for the general public and industry . . . the use of imagery for these programs . . . practice using programs.

The Business Aspects of Your Hypnotherapy Practice

Records to keep for each client . . . precautions in the practice of hypnotherapy . . . how to establish your professional practice.

National Guild Of Hypnotists' Continuing Education

You will learn ---

Preliminary Suggestibility Tests The purpose and types (authoritarian & permissive) are discussed and demonstrated. Participants practice each test.

Recognition and Classification of Subjects An in-depth discussion of the qualification of subjects, including common fallacies we encounter, occupational susceptibility, age, and susceptibility of highly impressionable and emotional people.

Favorable & Unfavorable Influences & Dangers of Hypnosis In this lesson, we discuss the influences of light and color, of temperature, of odors, of music and sound, of quiet, of ease and comfort, of physical conditions and the influence of emotions and its effect on inducing hypnosis. In addition, the dangers of hypnosis are revealed.

How to Hypnotize A 3-step classical hypnotic induction procedure is introduced. Participants practice and are critiqued.

Methods of Awakening Ordinary and gradual awakening methods are shown. Participants practice a self-hypnosis induction and awaken themselves.

Depth Stages of Hypnosis Participants are introduced to the two general divisions (mnestic and amnesic) and the six depth stages of hypnosis. The criteria for judging trance depth and suggested sequence of tests to judge depth are discussed and illustrated.

Self-Hypnosis Training Participants will learn the rationale for using self-hypnosis and how it can influence all phases of their lives. In addition, they will be introduced to the world of "suggestion," and learn six important criteria for formulating action suggestions.

Hypnotic Miscellany Mechanical aids, Post hypnotic suggestion, Hypermnnesia phenomena, Sensory hyperaesthesia, Deepening techniques. Topics such as negative word traps, unethical post-hypnotic suggestions are discussed. An introduction to anesthesia management takes place in this lesson.

Advanced Induction Techniques The eight criteria necessary to perform an effective progressive relaxation induction. Instantaneous, indirect and waking hypnosis techniques are shown and practiced.

Your Hypnosis Practice – How Should It Be Structured The varied possibilities and options open to create a profitable hypnosis practice are explored. This includes how to start, expand and market one's private clinical practice. The methodology and structure of developing a teaching practice, and marketing one's hypnosis programs to the corporate world.

This Hypnotherapy Certification Course is for career-minded individuals interested in helping themselves and others.

The program is designed to give participants a working understanding of hypnosis. All classes are practical and down-to-earth, concentrating heavily on the *how-to-do-it* aspects. Students are not simply taught *all about* hypnosis.

By means of supervised practice sessions, you will be trained to actually produce the hypnotic state and use it skillfully and effectively. Well thought out, tested-and-true, this course will help you to master your hypnotherapy skills and improve your results.

Upon completion of one hundred classroom hours, and assignments, participants will be eligible for examination leading to graduation as a Certified Hypnotist. Our Certified Instructors teach you the proven success techniques necessary for today's stressful environment in this hands-on, intensive training. Enroll today!

Your Tuition includes:

Student Workbook. Audio & Video Tapes. Business Start-up Portfolio. Scripts. Chevreul's Pendulum & Chart. PLUS on completion of your studies you will receive your personalized 11 x 14 Certificate. Embossed Membership Card. 12 Months Membership in The National Guild of Hypnotists. THE JOURNAL OF HYPNOTISM and HYPNO-GRAM subscriptions plus a complete set of new member materials --

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Additional Information

Continuing-Educational credits: Hour-for-hour credits are given for this course. All attendees will be prepared and tested to be qualified as a Certified Hypnotist by the National Guild of Hypnotists on completion of classes, and examination.

Tuition: The tuition for this course is \$1,895. A non-refundable deposit of \$295 is required to reserve your place in the class. If the tuition is paid in full by Tuesday, March 6, 2018, the cost is \$1,745, a savings of \$150.

Tax Deductible Tuition: Treasury regulation 1.1625 normally permits an income tax deduction for educational expenses – including registration fees, travel, meals, lodging – for courses taken to improve or maintain skills required in employment or business. Check your eligibility with an accountant.

Time Schedule: 100 hours of intensive classroom instruction plus homework assignments. Please check the enclosed schedule for dates, times, locations and tuition information. All classes start promptly and there will be sufficient breaks.

Hypnosis is rapidly becoming the most sought after modality of therapy today and its growth over the past decade has resulted in a legal definition in the U.S. Department of Labor Directory of Occupational Titles (D.O.T. 079.157.010) Hypnotist.

“Hypnotist – Induces hypnotic state in client to increase motivation or alter behavior pattern through hypnosis. Consults with client to determine the nature of problem. Prepares client to enter hypnotic states by explaining how hypnosis works and what client will experience. Tests subject to determine degrees of physical and emotional suggestibility. Induces hypnotic state in client using individualized methods and techniques of hypnosis based on interpretation of test result and analysis of client’s problem. May train client in self hypnosis conditioning.”

Tuition includes: Student Workbook. Audio & Video Tapes. Business Start-up Portfolio. Scripts. Chevreul’s Pendulum & Chart. PLUS on completion of your studies you will receive your personalized 11 x 14 Certificate. Embossed Membership Card. 12 Months Membership in The National Guild of Hypnotists. THE JOURNAL OF HYPNOTISM and HYPNO-GRAM subscriptions plus complete new member material and all benefits.

Course Schedule:

	Saturday, March 10, 2018	Sunday, March 11, 2018
Friday, March 16, 2018	Saturday, March 17, 2018	Sunday, March 18, 2018
	Saturday, March 24, 2018	Sunday, March 25, 2018
Friday, April 6, 2018	Saturday, April 7, 2018	Sunday, April 8, 2018

All classes start at 9:00 a.m. and end at approximately 5:30 p.m.

Your Instructor

Patricia E. MacIsaac is a NGH Certified Instructor. She is the founder and director of the South Shore Hypnosis Center, and has been in full-time private practice for twenty years. Patricia was named Certified Instructor of the Year in 1995, and appeared on the cover of *Hypnotism*, the quarterly publication of the National Guild of Hypnotists, in December 1993 and March 2007, and was featured in interviews in those editions. She has several awards from the NGH, and has been featured in numerous newspaper articles and has appeared on several radio and television shows.

Registration Form

Please register me for the Hypnotist Certification Course beginning Saturday, March 10, 2018.

Enclosed is my check or money order in the amount of \$ _____ . Balance before the commencement of the first class.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone: Home () _____ Work () _____

E-mail: _____ Fax: () _____

First name or nickname for name badge: _____

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