

The FARE Hypnosis Center

NGH Hypnosis Super Certification Course Outline and Syllabus for 5-PATH ® and The 7th Path ® Self -Hypnosis

The following is a course outline of the National Guild of Hypnotists Approved Certification Training *as* provided by The FARE Hypnosis Center. The total hours for the course are: 100 over 10 days. Class time will consist of lecture and supervised practical work, which will constitute 80 hours of the course. Assignments outside of class will make up 20 hours of the training. Home assignments will be reviewed during class.

The **Week of Power Training** is Level II **only**.

Level I - Professional Hypnosis

It is the objective of Level I to train the student on the use of classical and modern hypnosis techniques, including hypnotic inductions, deepening techniques, depth testing procedures, delivering hypnotic suggestions, emerging the client, as well as educating the student in safety and ethical considerations of working with clients using hypnosis.

Level I Course Outline:

- **Introduction To Hypnosis**
Classical and modern principles of inducing hypnosis
Working model of the mind, including unconscious, subconscious, conscious and critical factors.

- **Preliminary Suggestibility Tests**
"Waking" suggestions
Hand Clasp Test
Pendulum Test
Hands Rising And Falling Test

- **Recognition and Classification of Subjects**
Permissive or authoritarian approaches to meet the needs of different clients
Age considerations
Vocational Considerations
Other background and historical considerations

- **Favorable and Unfavorable Influences and Dangers of Hypnosis**
How your clients beliefs and concerns about hypnosis affect your sessions
How to prepare clients for sessions
How to create trust and rapport with your clients

- **Establishing And Testing Trance Depth**
 Classical approaches to hypnosis such as progressive relaxation
 Modern inductions such as instant and rapid inductions (e.g., Dave Elman, etc.)
 Spontaneous Affect-Triggered Hypnotic Induction
 Testing hypnosis depth with overt and hidden tests

- **Suggestion Management and Techniques**
 Writing and delivering effective hypnotic suggestions
 How to make hypnotic suggestions more powerful than direct suggestion alone

- **Mechanical Aids**
 Chevreul's Pendulum, and other instruments
 Audio tapes and other electronic devices are discussed

- **Deepening Techniques**
 Classical deepening techniques
 Using depth tests to deepen hypnosis
 Self-deepening and causing the environment to deepen trance
 Waking suggestion, and more

- **Anesthesia Management**
 Creating analgesia and anesthesia
 Working with doctors and other medical professionals

- **Using Hypnosis Scripts and Outlines**
 Appropriate use of scripts and outlines
 Writing scripts and script delivery
 Obtaining scripts
 Working without a script

Level I is taught during the first three days of instruction. An exam will be given on this material at that time. If the student does not pass the test, he or she may take the exam again during the course. If additional testing is required, the student may take the examination after the course is completed.

Level II - Professional Application of Hypnosis and Setting Up Your Practice

(Week of Power Training)

It is the objective of Level II to train the student, including advanced hypnotic suggestion, advanced hypnotic induction, using hypnotic age regression, and other advanced work outlined below. Also, this section is designed to teach the student how to setup, organize and promote his or her practice.

Level II Course Outline:

- **Overview of Hypnosis**
 - How the mind responds to hypnosis
 - How to avoid the rejection of hypnotic suggestion and get lasting change
 - The role of emotional factors in hypnosis
 - The role of classical conditioning in hypnosis
- **How To Integrate Self-Hypnosis Into Hypnosis**
 - Classical approach to self-hypnosis
 - 7th Path Holistic Mind-Body-Spirit approach to self-hypnosis
 - Writing and delivering hypnotic suggestions for self-hypnosis
 - Role of visualization and fantasy in self-hypnosis
- **Using 5-PATH, A Systematic Approach To Hypnosis**
 - Use of 5-PATH (Five-Phase Abreactive Therapeutic Hypnosis) as a universal approach for changing habits, working with weight loss, smoking cessation, fears, and more (using hypnotic suggestion, age regression, forgiveness work and Parts Mediation work as a system).
- **Hypnotic Suggestion In Hypnosis**
 - Helping clients move toward health and positive personal change with hypnotic suggestion
 - When and how to deliver hypnotic suggestion
- **Hypnotic Age Regression As A Powerful Hypnosis**
 - How to reliably do hypnotic age regression
 - How to do revivification (have a client re-experience a past event)
 - How to uncover the source of the problem (Initial Sensitizing Event)
 - How to use age regression to remove the problem and help the client
 - How to use age regression and hypnotic suggestion together
 - How to avoid most common mistakes in age regression, such as causing false memories
 - How to do the Informed Child Technique and Informed Adult Technique
- **Hypnotic Work To Aid In Forgiveness and Emotional Healing**
 - How to do "Chair Work" in the hypnosis process
 - How to turn forgiveness into a powerful hypnotic tool
 - How to apply the necessary principles of forgiveness and hypnotic suggestion together
- **Hypnotic Work for Internal Conflict and Secondary Gain Issues**
 - How to do Parts Mediation Work

How to use Parts Mediation Work to overcome internal conflict and secondary gain issues

- **Demonstration and Practice**

View videos of actual application of the above principles (actual hypnosis sessions)

Live demonstration and supervised practice of hypnotic induction, deepening, testing, hypnotic and post-hypnotic suggestion

Live demonstration and supervised practice of hypnotic age regression (and other techniques as time permits)

Discussion and demonstration of Past Life Regression *if* time allows

- **Setting Up Your Practice and Organization**

Organizing your office (forms, procedures, shortcuts and systems for success)

Answering the telephone and making appointments

Use of videos to save time in your practice

Advertising, marketing and free promotion of your business

Letting other professionals know about your business or service, such as physicians and psychologists

Working with, and how to get referrals from medical, psychological and other professionals

Level II is conducted during the next consecutive six days of the course. An exam will be given on this material on the eighth day. The last day of the course is reserved for answering questions, additional practice, makeup examinations, review and going through materials related to membership and certification in the National Guild of Hypnotists. If the student does not pass the last test covering hypnosis, he or she may take the exam that day. If additional testing is required, the student may take the examination after the course is completed.

If you have any questions about our courses, please call our office and we will be happy to answer your questions - 952-934-1315.