



## The FARE Hypnosis Center Curriculum Guide for 2017

This guide provides you with the information you need about the classes and certifications offered by the FARE Hypnosis Center. There are four options to suit different goals for learning hypnosis. The first three categories are for *new* hypnotists, the fourth category is for *practicing/trained* hypnotists.

- 1) **NGH Certified FARE 1.0** - This course emphasizes hypnosis using Ericksonian (direct suggestion) techniques and includes the FARE Pain Management class
- For EMS & medical professionals in an office, hospital/emergency room
  - For those wanting an Ericksonian style hypnosis practice

- 100 hours over 4 weekends (10 days)
- Certification through the National Guild of Hypnotists as a Consulting Hypnotist
- Certification through The FARE Hypnosis Center
- Certification in pain management through The FARE Hypnosis Center
- One year membership in the NGH

**\$2,295**    \$2,095 if received by Feb 17 for March class or Sept 6th for Oct class

- 2) **NGH Certified 5-PATH® and 7th Path Self-Hypnosis®** - This class is designed for new hypnotists, and emphasizes hypnosis using regression techniques
- Psychotherapists, counselors
  - New hypnotists wanting a regression based hypnosis practice

- 100 hours over 2 weeks (10 days)
- Certification through the National Guild of Hypnotists as a Consulting Hypnotist
- The 7th Path® Teacher Certification
- One year membership in the NGH

**\$2,795**    \$2,595 if received by April 1 for May class

- 3) **FARE Comprehensive Hypnotism™** - This is the 'Cadillac' course for those who want to be as well rounded as possible in the profession. This course covers Ericksonian direct suggestion techniques, Elman hypnotic regression techniques, and an introduction to NLP. It includes these certifications and all courses offered by The FARE Hypnosis Center. (See details of each on the following pages)

- 100 hours over 2 10 days
- Certification through the National Guild of Hypnotists as a Consulting Hypnotist
- Certification through The FARE Hypnosis Center as a Consulting Hypnotist
- Pain Management
- Emotion Resolution Work™

- Emotion Resolution Work™ 2.0
- Past Life and Spirit Releasement
- The Predictive Index Assessment

**\$3,695**    \$3,495 if received by June 1st for July class, Sept 6th for Oct class

4) **Individual Courses for Continuing Education** - Individual topics allow practicing hypnotists the opportunity to improve their skills and receive continuing education credits

- Emotion Resolution Work™ - 5 days, \$1,295    \$1,195 by May 1 & Oct 1
- Emotion Resolution Work™ 2.0 - 2 days, \$395
- Past Life and Spirit Releasement - 1 day, \$195
- Pain Management - 1 day, \$195

**The Predictive Index** - The Predictive Index (PI) is a behavioral assessment that provides an accurate depiction of your core drivers to give insight into your needs and behaviors. It is appropriate for those already practicing, or those thinking of starting a career in hypnosis. Scientifically valid, EEOC compliant, and 60 years of reliable results support the results helping you be confident you have the right skills and temperament for the job. The Predictive Index helps you identify your natural behaviors and styles, how you engage with others, and how you respond to leadership dynamics. These insights allow you to work better with your clients and co-workers and develop the necessary skills to be a great hypnotist. The cost of the Predictive Index assessment is \$250.00.

The FARE Hypnosis Center offers certified, comprehensive training for new hypnotists in a professional atmosphere, with plenty of classroom and practice space. Class size is limited to 14 to ensure quality. Our courses are *rigorous*, with demonstrations and plenty of hands-on supervised practice. You will be prepared and confident to start your hypnosis business right away! You'll graduate with certification from the largest hypnosis organization in the world, The National Guild of Hypnotists, including a one year membership and it's benefits.

All materials are included in the tuition fees. You will be notified via email of your acceptance into the course. Payment must be received in full, no later than ten (10) days before the course commences in order to attend.

**Call 952-934-1315 or email [roberta@FAREHypnosis.com](mailto:roberta@FAREHypnosis.com) for more information**

## Course Dates:

- NGH Certified FARE 1.0 (weekends)
  - March 17-19
  - March 24-26
  - April 1-2
  - April 8-9
- NGH Certified 5-PATH ® & The 7th Path ® Course
  - May 1-12 (Saturday & Sunday off)

- NGH Certified FARE Comprehensive Hypnotism™  
July 17-28 (Saturday & Sunday off) 2 weeks straight

Weekend course (4 in a row):

- Oct 6-8
- Oct 13-15
- Oct 21-22
- Oct 28-29

#### Continuing Education Classes

- Emotion Resolution Work™  
June 19-23  
November 8-12
- Emotion Resolution Work™ 2.0  
June 29-30  
November 16-17
- Pain Management  
June 2
- Past Life Regression and Spirit Releasement  
June 18  
Sept 22

## Individual Course Details

### 1) NGH Certified FARE 1.0

This class for new hypnotists emphasizes hypnosis using Ericksonian (direct suggestion) techniques

- Certification from the National Guild of Hypnotists
- Certification from The FARE Hypnosis Center
- Pain Management Certification from The FARE Hypnosis Center

#### Your Commitment

- Pre-Course Requirements:
  - Read *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*, Roberta Fernandez
  - Commit to memory a provided induction technique (provided upon registration)
- Course Certification Requirements:
  - Complete all hours of class time
  - Pass NGH exam
  - Demonstrate competency in conducting a hypnosis session
  - Write one hypnosis script on the issue of your choice
- Post Certification Benefits
  - One year membership in the NGH
  - You can retake the course at no charge within 18 months based on space availability

#### The Curriculum

- About Hypnosis
  - Definition
  - Comparison of hypnosis to other modalities
  - Model of the mind
  - Levels of consciousness

- Theoretical approaches to hypnosis
  - Elman
  - Erickson
  - Neuro-Linguistic Programming (NLP)
  - History and notable figures
- The Science Side
  - Development of the brain and its relationship to the hypnotic state
  - Autonomic Nervous System
    - Sympathetic Nervous System
    - Parasympathetic Nervous System
  - Mind /body dynamics
  - Importance of the breath
  - Research and ongoing learning
- Issues addressed with hypnosis
- The Process
 

<ul style="list-style-type: none"> <li>Before the interview</li> <li>Pretalk</li> <li>Pre-hypnosis interview</li> <li>Induction methods</li> <li>Deepening</li> <li>Scripts versus improvisation</li> </ul>	<ul style="list-style-type: none"> <li>Effective suggestions</li> <li>Basic NLP techniques</li> <li>Post hypnotic suggestions</li> <li>Compounding</li> <li>Abreactions</li> <li>Emerging and post session interview</li> </ul>
---	---
- Self Hypnosis Training
- Pain Management Course
- Your Successful Practice
- Legal and ethical issues

### **Course Dates and Career Investment**

9am-5pm daily  
 Weekend Training Dates:  
 March 17-19  
     March 24-26  
     April 1-2  
     April 8-9

Your investment is \$2,295, (\$2,095 if received by Feb 17 for March class or Sept 6th for Oct class) and includes all classroom materials and diploma. A \$500.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.

## **2) NGH Certified 5-PATH ® and 7th Path Self-Hypnosis ®**

This rigorous class is designed for new hypnotists, and emphasizes hypnosis using regression techniques

- For new hypnotists
- Certification from the National Guild of Hypnotists
- Certification from The Banyan Hypnosis Center
- Effective & professional instant and rapid hypnotic inductions.
- Regression, forgiveness and parts work
- Learn the powerful systematic techniques of 5-PATH ® and 7th Path Self-Hypnosis ®
- Intense, full days, with 2 hour practice sessions bookending each day

### **Your Commitment**

- Pre-Course Requirements:
  - Read *The Secret Language of Feelings* by Calvin Banyan
  - Watch online videos on the Secret Language of Feelings
  - Read *Hypnosis and Hypnotherapy* by Calvin Banyan and Gerald Kein

- Review training manuals
- Course Certification Requirements:
  - Complete all hours of class time
  - Pass exam
  - Demonstrate competency in conducting a hypnosis session
- Post Certification Benefits
  - One year membership in the NGH
  - You can retake the course at no charge within 12 months based on space availability

### **The Curriculum**

- Hypnosis basics
  - How the mind works
  - Pretalk
  - History and classical approaches
  - Inductions
  - Suggestions
- The Secret Language of Feelings
- The 5 Phases
  - Preparation, convincing and testing
  - Age regression
  - Forgiveness of others
  - Forgiveness of self
  - Parts mediation work
- 7 Path ® self-hypnosis

### **Course Dates and Career Investment**

8am-6:30pm daily

May 1-12 (Saturday & Sunday off)

The investment is \$2,795.00 for the class. (\$2,595 if received by April 1 for May class) All materials are included in the tuition. A \$500.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date. Ongoing training materials to take you from classroom to clients are available at the end of the course with a special discount for students.

## **3) NGH Certified FARE Comprehensive Hypnotism™**

This is the 'Cadillac' course for those who want to be as well rounded as possible in the profession. This course covers Ericksonian direct suggestion techniques, Elman hypnotic regression techniques, and an introduction to NLP. It includes these certifications and all courses offered by The FARE Hypnosis Center. (See details of each on the following pages)

- 100 hours over 2 weeks (10 days)
- Certification through the National Guild of Hypnotists as a Consulting Hypnotist
- Certification through The FARE Hypnosis Center
- Pain Management
- Emotion Resolution Work™
- Emotion Resolution Work™ 2.0 (at a later time after practicing with clients, see schedule, can be done online)
- Past Life and Spirit Releasement
- The Predictive Index Assessment - before classes begin

### **Your Commitment**

- Pre-Course Requirements:
  - Read *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*, Roberta Fernandez
  - Commit to memory a provided induction technique (provided upon registration)

Read *The Secret Language of Feelings* by Calvin Banyan  
Read *Hypnosis and Hypnotherapy* by Calvin Banyan and Gerald Kein

- Course Certification Requirements:
  - Complete all hours of class time
  - Pass NGH exam
  - Demonstrate competency in conducting a hypnosis session
- Post Certification Benefits
  - One year membership in the NGH
  - You can retake the course at no charge within 18 months based on space availability

### **The Curriculum**

- Primary course sources: NGH Certified training, William Baldwin, Charles Tebbetts, Dr. Fritz Perls - Chair Therapy, Gerald Kein - Universal Therapy, Calvin Banyan - 5 Path, C. Roy Hunter, Basic mediation theory
- See the details from the FARE 1.0 above
- Emotion Resolution Work™ addresses the emotional attachment involved in a variety of issues through the use of techniques that:
  - identify the emotion
  - examine the belief that underlies that emotion
  - explore forgiveness and the ability to let go of that emotion, and
  - provide positive, productive alternatives
- Also covered -
  - The who, what, when of regression
  - Causes, beliefs and emotions
  - Hypnotic regression techniques
  - Resolution processes
  - Forgiveness and letting go
  - Parts negotiation theory
  - Secondary gain
  - Ideomotor responses
  - Ethics and leading issues
- See the details for the classes below under continuing education
  - Past Life and Spirit Releasement
  - Emotion Resolution Work™ 2.0

### **Course Dates and Career Investment**

8am-6:30pm daily

July 17-28 (Saturday & Sunday off)

Weekend course:

Oct 6-8

Oct 13-15

Oct 21-22

Oct 28-29

Your investment is \$3,695, (\$3,495 if received by June 1st for July course, Sep6 for the Oct course) and includes all classroom materials and diploma. A \$500.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.

## 4) Continuing Education

### - Emotion Resolution Work™

The Emotion Resolution Work™ course is for those who are already certified who want to add a new level of professional hypnotic techniques to their skill set in order to help their clients be more successful.

Emotion Resolution Work™ addresses the emotional attachment involved in a variety of issues through the use of techniques that:

- identify the emotion
  - examine the belief that underlies that emotion
  - explore forgiveness and the ability to let go of that emotion, and
  - provide positive, productive alternatives
- 
- Intense, full days, with practice and review sessions each day
  - Professional certification through The FARE Hypnosis Center

#### **Your Commitment**

- Pre-Course Requirements:
  - Read *The Secret Language of Feelings* by Calvin Banyan
  - Read *Hypnosis and Hypnotherapy* by Calvin Banyan and Gerald Kein
- Course Certification Requirements:
  - Complete all hours of class time
  - Pass exam
  - Demonstrate competency in conducting hypnosis sessions
- Post Certification Benefits
  - One year membership in the NGH
  - You can retake the course at no charge within 12 months based on space availability

#### **The Curriculum**

- The who, what, when of regression
- Causes, beliefs and emotions
- Hypnotic regression techniques
- Resolution processes
- Forgiveness and letting go
- Parts negotiation theory
- Secondary gain
- Ideomotor responses
- Ethics and leading issues

#### **Course Dates and Career Investment**

8am - 6:30pm

June 19-23

November 8-12

Your investment is \$1,295, (\$1,195 if received by May 1st for June class or Oct 1st for Nov class) and includes all classroom materials and diploma. A \$500.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.

### - Emotion Resolution Work™ 2.0

Emotion Resolution Work™ 2.0 is an advanced two-day training course for those already trained and using hypnotic regression work. Students must have used age regression with at least 15 clients using regression hypnosis techniques before attending this class. If you have not been trained at the FARE Hypnosis Center, a phone interview is required before acceptance.

### **Your Commitment**

- Pre-Course Requirements
  - Must have completed Emotion Resolution Work™ training with The FARE Hypnosis Center or been approved with a phone interview
  - Must have used and documented hypnotic regression with at least 15 clients before attendance
  - Bring 2 cases for class review
- Course Certification Requirements
  - Complete all hours of class time
  - Demonstrate competency in understanding hypnotic regression work

### **The Curriculum**

Exploration in greater depth and detail each area of information learned that has now been put into practice

Discussion and critique of two actual client cases per student (depending on class size)

This will be a very hands on and discussion oriented class!

### **Course Dates and Career Investment**

9am - 4pm

June 29-30

November 16-17

Your investment is \$395, and includes all classroom materials and diploma. A \$100.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.

## **- Past Life Regression and Spirit Releasement**

This class is for those trained in hypnotic regression work. Those who have not been trained at the FARE Hypnosis Center must have a phone interview before admittance, as proper regression training is required. Emotion Resolution Work™ 2.0 is NOT a prerequisite for attending this class.

### **The Curriculum**

Past life regression

- Techniques for individuals and groups

- Lessons for learning and application to current life

Soul and between lives work

The identification and strategies for releasing various entities

- Attachments

- DFE's

- ET's

- Thought Forms and other misc energies

Differentiation of entities and Multiple Personality Disorder - when to refer to a therapist

Ethics and leading

### **Course Dates and Career Investment**

9am - 4pm

June 18

Sept 22

Your investment is \$195, and includes all classroom materials and diploma. A \$100.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.



## - Pain Management

This class is only for existing hypnotists.

### Your Commitment

- Pre-Course Requirement:

Read *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*, Roberta Fernandez

### The Curriculum

How the body and brain process pain

Ethics and physician referrals

Hypnotic techniques for

Pain perception

Pain levels and control

Self hypnosis

### Course Dates and Career Investment

9am - 4pm

June 2

Sept 17

Your investment is \$195, and includes all classroom materials and diploma. A \$100.00 deposit is required to reserve your space, and full tuition is due no later than 10 days before the start date.

## - The Predictive Index

The Predictive Index (PI) is a behavioral assessment that provides an accurate depiction of your core drivers to give insight into your needs and behaviors. It is appropriate for those already practicing, or those thinking of starting a career in hypnotism. Scientifically valid, EEOC compliant, and 60 years of reliable results support the results helping you be confident you have the right skills and temperament for the job. The Predictive Index helps you identify your natural behaviors and styles, how you engage with others, and how you respond to leadership dynamics. These insights allow you to work better with your clients and co-workers and develop the necessary skills to be a great hypnotist. The cost of the Predictive Index assessment is \$250.00.

## Cancellations, Refunds And Certification

Applicants not accepted into the program receive a full refund. **All withdrawals or cancellation by the student, MUST be made in writing for any refunds to be given.** Notice of receipt of cancellation will be made in writing within 10 days of receipt and refunds are made within 30 business days of receiving written notification.

- Applicants who cancel within 5 business days of enrollment receive a full refund, regardless if the course has started
- After 5 days, but before the start of the program, the student is assessed 15% of the fees, not to exceed \$50.00
- If a student withdraws after the program has started, but before completion of 75% of the course the student is assessed pro rata portion of all fees based on the number of days in the term, plus 25% of the total costs, (25% not to exceed \$100.00) After 75% of the course is completed you are not entitled to any refund at all

- If a student is not satisfied with the FARE 1.0, Advanced Week of Power, or the Super Course, a full refund will be given at anytime during the first two days, upon return of all class materials and notes
- Once a program that is less than 40 hours in length has commenced, refunds are only given for the remaining hours not attended; full refunds are given only before the scheduled start date

**Certification is only given to those completing the entire course and examinations, and completely submitting** all pre and post work. Our goal is to ensure that our students are fully trained. Every effort will be made to accommodate a student who falls ill or has an emergency, but please understand that class time involves discussion, participation, practice, and demonstration, some of which is not easily duplicated outside of the classroom situation. If the student is absent for more than 2 hours of the course, certification cannot be given unless make up work is completed per terms determined by the instructor. Records, exam grades and certificates will be held and available upon request for all students.

Complaints: The Student has a right to file a complaint with the practitioner. To file a complaint, please contact Roberta Fernandez, at 952-934-1315 or Roberta@FAREHypnosis.com. Your concerns will be immediately responded to. Additionally, the student has a right to file a complaint with the Roberta's certifying body, the National Guild of Hypnotists (NGH) at: Office Phone: (603)429-9438 / Fax (603)424-8066. Or you can write to them at: National Guild of Hypnotists, P.O. Box 308, Merrimack, NH 03054-0308. The student may also contact the Minnesota Office of Higher Education at 1450 Energy Park Dr. #350, St. Paul, MN 55108 or 651-259-3976.

## **About Roberta Fernandez, BCH, CI, CPHI**

Roberta is a Board Certified Hypnotist and Certified Instructor through the National Guild of Hypnotists. In addition, she is

- a Certified Professional Hypnosis Instructor and a 5-Path Consulting Hypnotist by the Banyan Hypnosis Center in Texas
- an NLP Master Practitioner certification from the Minnesota Institute of Advanced Communication Skills
- certified as a Consulting Hypnotist by the Minnesota Institute of Advanced Communications Skills
- certified by National Guild of Hypnotists Complementary Medical Certification
- certified in Pain Management from the American School of Clinical Hypnosis, International
- certified as a Hypnotic Gastric Band Surgery Specialist, by Anthony F. DeMarco, Ph.D
- certified as a Golf Specialist by Laura Boynton King, under the auspices of the NGH
- trained by the Weiss Institute in Past Life Regression
- trained by the NGH in Pain Management and Pediatric Hypnosis

Roberta has more than 30 years experience as an entrepreneur, having successfully founded, managed and sold businesses in education, training, sustainability, and finance, and has worked across public and private sectors. Past clients include Kemp's, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and DNR, and many government and educational institutions.

Like many others, Roberta didn't grow up to be a hypnotist - hypnotism found her. She is her own 'walking' testimonial to the power of the mind, having used hypnosis to successfully manage severe knee pain pre-surgery, and after a bilateral knee replacement (both knees at the same time), used hypnosis instead of pain medication to manage her post-op and rehabilitation pain.

Her experiences have convinced her that in order to make meaningful change in peoples lives, they must connect with the deeper part of themselves that enable them to change the way they think.

Guided visualization, NLP (neurolinguistic programming), and hypnosis are a few of the tools available to make those changes. Having used these tools successfully in so many ways for herself, she feels compelled to help others become more positive, productive and purposeful in achieving their life goals. Her vast work and training experiences equip her to assist others in becoming exceptional hypnotists and creating successful and meaningful careers.

## **About the FARE Hypnosis Center**

8353 Crystal View Suite 201 Eden Prairie, MN 55344  
952-934-1315

The FARE Hypnosis Center is a convenient 15-20 minute drive from the St.Paul-Minneapolis airport, in Eden Prairie, a suburb of the SW Metro area of the Twin Cities. Located in a lively area of the community near Eden Prairie Mall, with movies, restaurants, hotels, and plenty of shopping, FARE Hypnosis provides visibility and integrity for the profession of Hypnotism. With four offices for hypnotists and a comfortable, well-equipped classroom for workshops and training, the 2,700 sq. Ft facility provides the perfect atmosphere for working, collaborating and learning.

The FARE Hypnosis Center is a private career school licensed with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at The FARE Hypnosis Center may not be transferable to other institutions.

Licensure protects your rights. As a licensed institution, we have regulations regarding enrollment, quality of programs, and maintenance of records. Our programs and course descriptions have been reviewed by the State of Minnesota Office of Higher Education. While this is not the same as accreditation and the state does not offer a guarantee of quality instruction for licensed institutions, our investment in this process illustrates our dedication to providing the most comprehensive instruction and follow up support to enable your success.

The FARE Hypnosis Center supports, and all it's hypnotists are certified by the National Guild of Hypnotists, the largest and oldest organization that promotes quality and integrity of our profession.

For help with arrangements for accommodations and a preferred rate at a local hotel, call our office at 952-934-1315.