



## The FARE Hypnosis Center Curriculum Guide for 2019

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

**1) NGH Certified FARE 1.0** - This rigorous basic course is essential for all new hypnotists. It's emphasis is on utilizing Ericksonian, direct suggestion and NLP techniques. There are a minimum of two hours per day of supervised practice time. It includes the FARE Pain Management class. Suggested for:

- EMS & medical professionals in an office, hospital/emergency room
- Those just starting their careers who want a solid foundation from which to build and specialize
- Those wanting an Ericksonian style hypnosis practice

- 9 days - offered in two different styles: three Friday-Sundays in a row, or contiguous (with 1 day break in the middle)
- 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** Save \$200 if received by the dates indicated below!

**2) 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, an introduction to NLP and 'spirit' related techniques. It includes all courses offered by the FARE Hypnosis Center. Certification is through the National Guild of Hypnotists as a Consulting Hypnotist and through the FARE Hypnosis Center.

- FARE 1.0
- Pain Management
- Emotion Resolution Work™
- Emotion Resolution Work™ 2.0
- Past Life and Spirit Releasement

**\$3,695** **SAVE \$735 by taking this full course offering!** 17 days

You must enroll and pay the \$500 deposit no later than one month before the FARE 1.0 date of your choice; enrollment for all courses must be made at that time to ensure your space in all classes. The National Guild of Hypnotists certification is issued upon successful completion FARE 1.0; FARE certification is issued upon successful completion of *all* courses in the FARE Comprehensive Hypnotism™ program. Enrollments are accepted up until the week before the course starts, then after that requires approval, as some courses require significant reading beforehand.

- 3) **Individual Courses for Continuing Education** - Individual course topics allow practicing hypnotists the opportunity to improve their skills and learn new processes and techniques.
- Emotion Resolution Work™ - **\$1,195** 4 days
  - Emotion Resolution Work™ 2.0 - **\$695** 3 days
  - Past Life and Spirit Releasement - **\$245** 1 day
  - Pain Management - **\$245** (this class is included in FARE 1.0 for new hypnotists) 1 day

**Wondering if hypnotism is the right career for you?** We suggest investing in The Predictive Index (a third party assessment).

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. 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 and oldest hypnosis organizations in the world, The National Guild of Hypnotists, including a one year membership and it's benefits.

Required books are **additional** expenses. As indicated, some may be purchased at cost through The FARE Hypnosis Center or found on [amazon.com](https://www.amazon.com) (used copies are fine, as they read just as well as new!) The reading list for each course is in each course description. All reading is expected to be done BEFORE attending that course, so plan ahead.

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

- **FARE 1.0** - \$2,295      9 days, includes the Pain Management class

Weekends: Jan 25, 26, 27; Feb 1, 2, 3; Feb 8, 9, 10

Consecutive days with 1 day break: April 2 - 6; 8-11

Weekends: June 28-30; July 12-14; July 19-21

October 11-13; 18-20; 25-27

**Save \$200 if you enroll 21 days before the course starts** (for individual courses only, not FARE Comprehensive)

- **NGH Certified FARE Comprehensive Hypnotism™** - \$3,695    17 days

Emotion Resolution Work™	1,195
Past Life/Spirit Releasement	245
Emotion Resolution Work™ 2.0	<u>695</u>
\$4,430 individual pricing total	

**SAVE \$735 by taking the full course offering, instead of separately! (\$3,695)**

You must enroll and submit a \$500 deposit 21 days before the FARE 1.0 of your choice; all course registrations must be made at this time. Full payment or payment plan must be in effect before starting FARE 1.0. National Guild of Hypnotists certification is issued upon successful completion of FARE 1.0; FARE certification is issued upon successful completion of all required courses.

- **Individual Courses for Continuing Education Classes and FARE Comprehensive Hypnotism™**

- **Emotion Resolution Work™** - \$1,195      4 days  
 Feb 21- 24                                  June 6-9    Nov 7-10  
**Save \$100 if you enroll 21 days before the course starts:** (for individual courses, not FARE Comprehensive)

- **Past Life Regression and Spirit Releasement** - \$245      1 day  
 Feb 25    June 10    Nov 11

- **Emotion Resolution Work™ 2.0** - \$695      3 days  
 Mar 7 - 9    July 25 - 27    Dec 5 - 7

- **Pain Management** - \$245      1 day (a stand alone Continuing Education course)  
 Feb 8    Apr 9    July 19    Oct 18

## Individual Course Details

**1) NGH Certified FARE 1.0** - This rigorous basic course is essential for all new hypnotists. It's emphasis is on utilizing Ericksonian, direct suggestion and NLP techniques. There are a minimum of two hours per day of supervised practice time. It includes the FARE Pain Management course.

- For EMS & medical professionals in an office, hospital/emergency room
  - For those just starting their careers who want a solid foundation from which to build and specialize
  - For those wanting an Ericksonian style hypnosis practice
- 9 days - offered in two different styles: three Friday-Sundays in a row, or contiguous (with 1 day break in the middle)
  - 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

### Your Commitment

- Pre-Course Requirements:

Reading list - Approximately 20 - 25 hours:

*Trancework, An Introduction to the Practice of Clinical Hypnosis.* Yapko, Michael D.

*Guide to Trance-formation,* Bandler, Richard

*Magic Words and Language Patterns,* Hand, Karen

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

*Why Do I Hurt,* Louw, Adriaan, PhD, International Spine & Pain Institute, 2013

*How to Open or Improve a Successful Alternative Health Care Practice,* Robinson, Theodore W.

(Optional; meant for those starting a practice)

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 12 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
    - Before the interview
    - Pretalk
    - Pre-hypnosis interview
    - Induction methods
    - Deepening
    - Scripts versus improvisation
  - Scripts and Script writing
  - Self Hypnosis Training
  - Your Successful Practice
  - Legal and ethical issues
  - Pain Management Course
- Effective suggestions
  - Basic NLP techniques
  - Post hypnotic suggestions
  - Compounding
  - Abreactions
  - Emerging and post session interview

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

9am-6pm daily

Weekends: Jan 25, 26, 27; Feb 1, 2, 3; Feb 8, 9, 10  
 Consecutive days with 1 day break: April 2 - 6; 8-11  
 Weekends: June 28-30; July 12-14; July 19-21  
 October 11-13; 18-20; 25-27

**Save \$200 if you enroll 21 days before the course starts** (for individual courses only, not FARE Comprehensive)

Your investment is \$2,295. A \$500.00 deposit is required to reserve your space, and full tuition or financing arrangements are due no later than 10 days before the start date.

Some books are available at the the FARE Hypnosis Center or all through amazon.com

**2) 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. Certification is through the National Guild of Hypnotists as a Consulting Hypnotist and through the FARE Hypnosis Center.

It includes all courses currently offered by the FARE Hypnosis Center and is a way to have the tools you need most in your toolkit, while saving money.

- FARE 1.0 with Pain Management
- Emotion Resolution Work™
- Emotion Resolution Work™ 2.0
- Past Life and Spirit Releasement

### **Your Commitment**

- Pre-Course Requirements:
  - All required readings for each individual courses
- 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 12 months based on space availability

## The Curriculum

See the details for each specific course

## Course Dates and Career Investment

9am-6:00pm daily

See individual courses for dates. The Emotion Resolution Work™ 2.0 may be taken later than the next class offered but within 1 year of completing the Emotion Resolution Work™, as there is a mandatory prerequisite of having completed the process with 15 clients before attending this session.

The investment for this course provides you with the best savings (\$735) when taken as the Comprehensive package

FARE 1.0 with pain management	\$2,295
Emotion Resolution Work™	1,195
Past Life/Spirit	245
Emotion Resolution Work™ 2.0	695
	\$4,430 individual pricing total

### **SAVE \$735 by taking this full course offering! \$3,695**

You must enroll and submit a \$500 deposit no later than 21 days before the FARE 1.0 of your choice; enrollment for all courses must be made at that time to ensure your space. The National Guild of Hypnotists certification is issued upon successful completion of FARE 1.0; FARE certification is issued upon successful completion of all courses in the FARE Comprehensive Hypnotism™ program. Enrollments are accepted up until 2 weeks before the course starts, then after that will require approval, as some courses require significant reading beforehand.

## • Individual Courses for Continuing Education Classes and FARE Comprehensive Hypnotism™

### - Emotion Resolution Work™

The Emotion Resolution Work™ is a four day course for certified hypnotists who want to add a new range of professional hypnotic techniques to their skill set to improve their client's outcomes.

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

- Rigorous, full days, with actual client videos and review sessions
- Professional certification through The FARE Hypnosis Center

## Your Commitment

- Pre-Course Requirements:
  - Read *The Secret Language of Feelings* by Calvin Banyan (\$15 at the FARE Hypnosis Center)
  - Read either *Hypnosis and Hypnotherapy* by Calvin Banyan and Gerald Kein (\$30 at the FARE Hypnosis Center) **OR** *The Art of Hypnotic Regression Therapy*, Roy C. Hunter
- Course Certification Requirements:
  - Complete all course reading
  - Complete all hours of class time
  - Pass exam
- Post Certification Benefits
  - 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

9am - 6:00pm

Feb 21- 24

June 6-9

Nov 7-10

**Save \$100 if you enroll 21 days before the course starts**

Your investment is \$1,195. A \$100.00 deposit (unless part of FARE Comprehensive Hypnotism™) is required to reserve your space, and full tuition is due no later than 10 days before the start date.

Some books are available at the FARE Hypnosis Center or on amazon.com

## - 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 energies

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

Ethics and leading

### Course Dates and Career Investment

9am - 4pm

Feb 25

June 10

Nov 11

Your investment is \$245. A \$100.00 deposit (unless part of FARE Comprehensive Hypnotism™) is required to reserve your space, and full tuition is due no later than 10 days before the start date.

Required Reading : *Spirit Releasement Therapy*, Baldwin, William

Recommended but not required reading - *Healing Lost Souls*, William Baldwin

### - Emotion Resolution Work™ 2.0

Emotion Resolution Work™ 2.0 is an advanced three-day training course for certified hypnotists trained in hypnotic regression techniques. Students **must** have used regression techniques with at least 15 clients 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 - 3 case outlines and summaries for critique and class discussion
- Course Certification Requirements
  - Complete all hours of class time
  - Demonstrate competency in understanding hypnotic regression work

### The Curriculum

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

Discussion and critique of two-three 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

Mar 7 - 9

July 25 - 27

Dec 5 - 7

Your investment is \$695. A \$100.00 deposit (unless part of FARE Comprehensive Hypnotism™) 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 certified hypnotists. If you have taken the FARE 1.0, you do not need to take this course.

### Your Commitment

- Pre-Course Requirement:
  - Read *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*, Roberta Fernandez (\$10 at the FARE Hypnosis Center)



## **The Curriculum**

How the body and brain process pain  
Ethics and physician referrals  
Hypnotic techniques for  
    Pain perception  
    Pain levels and control  
Teaching Self-hypnosis to clients

## **Course Dates and Career Investment**

9am - 4pm

Feb 8

Apr 9

July 19

Oct 18

Your investment is \$245. 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. 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. Refunds are made within 30 business days of receiving cancellation 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 any 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 finishing and 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**

Roberta is a Board Certified Hypnotist and Certified Instructor through the National Guild of Hypnotists. With nearly 1,000 hours of training, she is certified or trained

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

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 Kemps, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and DNR, and many government and educational institutions.

She is the author of two books and two journals for use with clients:

Breaking Free from Pain and Opioids: Discovering the Hypnosis Option  
Your Compass for a Balanced Life  
My Journey  
My Comfort Journey

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 a same time), used hypnosis instead of pain medication to manage her post-op and rehabilitation pain.

Her experiences 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.

Payment plans can be arranged for students in need of special arrangements. Please call the office for options.