



# Purpose Driven Hypnotherapy

## A METHOD FOR POSITIVE CHANGE

### **Schedule for Hypnotherapy Training Sessions July 13-14, 2013**

#### **DAY ONE: (July 13, 9 AM to 4PM)**

- Introductions.
- History and Overview of Hypnosis (Mesmer, Braid, Esdaile, Coue, Freud, Kappas, Erickson, Elman).
- Theory of Mind.
- Definition of Hypnosis
- Myths and Fallacies about Hypnosis/Benefits of Hypnosis.
- How Hypnosis Works.
  - Functions of the conscious mind and the subconscious.
  - Developing Rapport; Hypnotic voice.
  - Dangers of Hypnosis.
  - Maternal and Paternal Approach.
- About Inductions.
  - How a person enters Hypnosis.
- Various Induction Demonstrations.
  
- **LUNCH** (Not provided; many restaurants available).
  
- Demonstration of Waking Hypnosis as Suggestibility Test.
  - **Practice** Waking Hypnosis.
- Importance of Pre-talk.
- Progressive Relaxation Induction.
  - Practice Progressive Relaxation Induction.
  - Practice Elman Induction
  - Practice Eye Fixation Induction.
- Homework Assignment (Theory of the Mind)



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**DAY TWO: (July 14, 9 AM – 4 PM)**

- Review of Day One with demonstrations where appropriate.
- Basic Outline of Arm Raising Induction into hypnosis.
- **Practice** Arm Raising Induction.
- Demonstration: Auto Dual Induction.
- Use of Pendulum and use of idiomatic movements for information gathering.
- Origin and Applications of Physical and Emotional Suggestibility.
- Written Suggestibility and Sexuality Tests with appropriate concepts and applications.

**LUNCH** (Not provided; many restaurants available).

- Post Suggestion to Re-Hypnosis.
- Fractionation Demonstrations.
- Energy Therapy application with Hypnosis.
- Practice Lab (including all inductions and Theory of the Mind presentation).
- Successful hypnosis session outline.
- Preparation and application of “scripts” in hypnotherapy.
- Review of complete hypnotherapy session; structure and reasons for structure and content.
- Wrap-up Questions and Answers.
- Hypnosis Certificate of Completion Awards.