Part I

NEW NATIONAL GUILD OF HYPNOTIST'S BASIC HYPNOSIS COURSE CURRICULUM

Lesson One - What is Hypnosis?
Lesson Two - Suggestibility Test
Lesson Three - Favorable and Unfavorable Influences
Lesson Four - Cautions of Hypnosis
Lesson Five - History of Hypnosis
Lesson Six - How to Hypnotize
Lesson Seven - Trance Depth
Lesson Eight - Suggestion Management
Lesson Nine - The Conscious and Unconscious
Lesson Ten - Mechanical Aids
Lesson Eleven - Additional Inductions
Lesson Twelve - Deepening Techniques
Lesson Thirteen - Hypnotic Miscellany
Lesson Fourteen - Amnesthesia Management
Lesson Fifteen - Smoking Cessation
Lesson Sixteen - Hypnosis for Weight Management
Lesson Seventeen - Stress Management
Lesson Eighteen - Ethics
Lesson Nineteen - Session Structure
Lesson Twenty - Behavioral Assessment
Lesson Twenty One - Goal Setting
Lesson Twenty Two - Image Psychology and Hypnosis
Lesson Twenty Three - Additional Scripts & Techniques
Lesson Twenty Four - How to Run a Six Hour Self-Hypnosis
Lesson Twenty Five - Age Regression (Uncovering Techniques)
Lesson Twenty Six - Your Practice

Part II

What is Hypnosis?
What is a Hypnotist?
The Most Common Misconceptions About Hypnosis
Facts About Hypnosis
The Background of Hypnosis
Signs of Hypnosis
Subjective Feelings of Hypnosis
Conscious, Subconscious and Superconscious
Conscious Mind
Subconscious Mind
Superconscious Mind
The Battle Between Will Power and Imagination
The Power of Thought
The Universe is Made of Thought
Matter and Energy
Memory
The Nature of Suggestion
Ideas
A Three Step Learning Pattern
Suggestible vs. Gullible
Responding to Suggestion
Instantly Accepting Suggestions
Gradually Accepting Suggestion
Taking Responsibility
Inner Lie Detector
Beliefs
Selective Thinking
How to Deliver Suggestions
Pre-Hypnotic Suggestion aka Pretalk
Being in the Moment
Post-Hypnotic Review
Compounding Suggestions
Post Hypnotic Suggestion
Waking Suggestion
Waking Trance
Rejecting Suggestions
The Hypnotic Seal

Five Ways to Program or Reprogram Your Subconscious
1. Repetition
2. Identification
3. Authority
4. Emotions
5. Self Hypnosis

Suggestibility Tests
Authoritarian
Permissive
Focus of Attention
Pretalk

3 Steps of Induction
1 - Future Pace
2 - Now
3 – Rapport

Eye Catalepsy
Wolberg Arm Levitation
Arm Levitation / Heaviness
The Bucket
Arm Catalepsy
Another Arm Catalepsy
Postural Sway Test
Hands Closing
Another Hand Clasp
Hand Clasp (Disguised Authoritarian)
Chevreul's Pendulum
Pendulum Diagram
Closure of Suggestibility Tests
Formulating Suggestions

Developing Effective Suggestions
1 - Use Positive Statements.
2 - Awareness is Crucial
3 - Use the Present Tense
4 - Be Specific
5 - Use "I Am"

How to Edit Affirmations
Sample Affirmations for Weight Reduction
One Word Key / Hypnotic Triggers
Post Hypnotic Suggestions
Things That Influence the Ability to Respond
Pretalk
Three Things Necessary for Hypnosis
Mental Expectancy

Ambiance
- Temperature
- Sound
- Light
- Color
- Smell

Physical Comfort
AA and NA
As a Hypnotist
109 - Depth vs. Quality of Response
B A T D
Beta (Waking State/Full Awareness)
Alpha (Light Trance, Physical Relaxation)
Theta (Deep Trance and Sleep, Physical and Mental Relaxation)
Delta - (Deep Sleep)
Signs of Depth
Dave Elman
Arron's Master Depth Rule
Carol Hadley and Josie Staudacher
Lecron-Bordeaux scoring system for indicating depth of hypnosis
Somnambulism

Amnesia Test #1
Amnesia Test #2
Amnesia Test #3
Amnesia Test #4

Coma State
Four Step Check for Coma State
Medical Application of Coma State
Inductions
The Contract
3 Steps of Induction
Future Pace
Rapport
Rapport is a collaborative state of mind.
Induction Techniques
Progressive Relaxation – Toes Up
Sensory Motor
Eye Fixation
Mrs. Milton Erickson Technique
Breathing
Belly Breathing

Deepening
1 - Counting (Up or down are equally valuable.)
2 - Number Loss / Number Drop
3 - Silence
4 - Fractionation
5 - Truisms
6 - Verbal Feedback
7 - Non-verbal Feedback / Mirroring
8 - Compounding
9 - Pyramiding
10 - Hallucinations
11 - Ideomotor and ideosensory suggestions
12 - Indirect Suggestion
13 - Placebo
14 – Breathing

(Exhaling)
(The Wings of Your Nose)
(Alternate Nostril Breathing)
A Disguised Test
Emerging
Resistance to Return to Waking State
Identifying Your Subjects
Who Cannot Be Hypnotized?
All Hypnosis is Self Hypnosis
Choosing Your Subjects
Using Pretalk
Good Subjects
Refractory Subjects
Bad Subjects
Skeptics

Four Types of Response to Hypnosis
1. Immediate responders
2. Slower responders usually take two to six sessions
3. Very slow responders take a very long time, a year or more
4. No response indicates a subject unwilling or unable to change

Hysteria
When the Subject Fails to Respond
Practice Improves the Experience
Mental Exercise #1
Mental Exercise #2
Mental Exercise #3
Emergence
Abreactions
Identifying Abreaction and Hysteria
Artificial Trauma
Responding to Abreaction
Relaxation as an Emotional Outlet
Lethargy
Red Flags
The Greatest Dangers to Hypnotists are:
Transference: Emotions are transferred, projected, from the client=s mind, onto the hypnotist (love, anger, fear, etc), so you may want to ask:
Rape fantasy: This can happen due to what is perceived of as the intimacy of the moment
The Greatest Dangers to Subjects are:
Simple Ethics as a Hypnotherapist
Do No Harm!
Be Benevolent.
DO NOT:
Hypnosis and the Law
How to Find the Laws About Hypnosis in Your State
Vocabulary
Reading List
Required Reading for Fifty (50) Hour Hypnotherapy 100: Basic Hypnosis
Independent Study
Potential Applications

Part III: Advanced Techniques

Conscious and Sub-conscious Minds
Many uses of Hypnosis
Deepening the Hypnosis
Barriers to Hypnosis
How to create context in Hypnosis
Five magic touches in Hypnosis
Biggest Mistakes Hypnotists Make & How To Avoid Them
Hallucinations (positive And Negative)
Fractionation
Awakening From Hypnosis
Suggestibility Tests
Rules for formulating suggestions
Laws of Suggestion
Types of Suggestion
Characteristics of direct and indirect suggestions
Myths, misconceptions and fears about Hypnosis
Rapport
The Clinical Interview
Resistance and it’s causes
How to convince a skeptical client
Representational Systems
ABS Formula
Methods of bypassing the critical factor
Instant Inductions
Deepening Trance
Guided Imagery
Signs of Hypnosis
Desensitizing and centering
Safe Place
Client records
Waking Hypnosis
Reframing
Trance Logic
Esdaile State
Spontaneous Amnesia
Dissociation
Catalepsy
Aphasia
Absolute positive regard
Abreaction
Condition Reflex Response
Post Hypnotic Suggestion
Elements of a typical Hypnotherapy session
Healing the inner child
Transference and counter transference
Empathy
Initial Sensitizing Event
Secondary sensitizing events
Symptom Producing Event
Therapeutic Metaphor
Hypnotic Paradox
Mental problem, Mental disorder, Mental illness
Suicidal Ideation
Suicide contract
Pain management
Secondary gain
Hypno – Anesthesia
Control panel metaphor
Glove anesthesia
One session Smoking Cessation
Weight Release Program
Anxiety Relief, stress reduction
Addictions
Regression, Past life regression, Akashic records, affect bridge technique
Phobias and fears
Insomnia
Athletic performance
Conversational Hypnosis
Children's Hypnosis
Subliminal messaging
Quartet Symphony
EFT (Emotional Freedom Technique)
Profound Somnambulism
Ultra Depth
Memory training techniques
Pyramiding Hypnotic Suggestions For Maximum Impact
Creative Visualization
Neuroplasticity
Kinesiology
Anchor Collapsing
Simple Techniques For Emotional Release
Pacing & Leading
Group presentation format
Marketing your profession
Glossary of Hypnotic terms

Live Hypnosis Demonstrations And Practice Daily

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