

Learning Outcomes – Horizon Center Hypnotherapy training

Upon completion of this program the successful student will have reliably demonstrated the following learning outcomes:

Unit # 1 What is Hypnosis?

By the end of this unit, you will be able to:

- Understand the basic presuppositions and how they apply to working with clients
- Identify several uses of hypnosis.
- Define hypnosis using your own terms
- Use the correct semantics associated with hypnosis
- Explain natural trance states and identify some that you have experienced.
- Explain the model of the mind, be able to explain the model, making it relevant to a client's goal
- Provide an alternative explanation of the model of the mind for a spiritual client
- List qualities of the conscious and subconscious mind
- Explain how the belief system is formed
- Understand and explain when the "critical factor" is open and what happens when that occurs.
- Understand the qualities of and differences between right brain and left brain.
- Understand techniques for balancing the left and right brain
- Explain the differences between stage hypnosis and hypnotherapy.
- Discuss and debunk the common misconceptions around hypnosis.
- Explain the difference between meditation and hypnosis
- Understand intergenerational transmission of trauma
- Understand how epigenetics influences our belief system

Unit # 2 Understanding Trance

By the end of this unit, you will be able to:

- Define a trance state and be able to list features of the trance state
- Explain the benefits of a trance state and how trance can be induced
- Explain what cultural hypnosis is and give examples from your own life.
- Describe the four different trance types and give examples of each.

- Describe the four depths of trance and phenomena related to each.
- Describe the four brainwave levels, Beta, Alpha, Theta, Delta and the characteristics of each.
- Explain the connection between brainwave levels, suggestibility and depths of hypnosis.
- Describe several signs of hypnosis and be able to explain the cause of those signs.
- Be familiar with your own personal experience of hypnosis

Unit # 3 Understanding Suggestibility

By the end of this unit, you will be able to:

- Understand the difference between suggestibility and receptivity
- Explain the rationale behind suggestibility testing.
- Explain what makes a person more suggestible to hypnosis and how to improve receptivity
- Explain and be able to conduct several suggestibility tests, including the lemon test, hand clasp, arm levitation and others.
- Describe what “conversion” is and explain the controversy around conversion.
- Explain Kappas’ contribution to hypnosis.
- Explain the traits of a physical suggestible.
- Explain the traits of an emotional suggestible.
- Know how to adapt working with the client to their suggestibility.
- Understand how suggestibility can be different in siblings.
- Understand the other factors that contribute to the client’s experience in hypnosis (besides Kappas score)

Unit #4 Developing Rapport

By the end of this unit, you will:

- Understand what rapport is and why it is important to working with clients
- Be able to build rapport by developing the traits of an effective therapist
- Understand what empathy is and how to develop it
- Understand transference and countertransference
- Be able to develop rapport by being aware of how you perceive the client

- Be able to develop rapport by having good boundaries with clients
- Be able to develop rapport by involving the client in the therapeutic process
- Be able to develop rapport by being ethical when dealing with clients
- Be familiar with ethics as they apply to a therapeutic relationship
- Develop your listening skills
- Understand the 7 levels of listening and which we use when working with clients
- Be familiar with and able to avoid the roadblocks in communication
- Be familiar with and able to use paraphrasing, summarizing, accenting , interjections and questions
- Be familiar with and able to use mirroring and calibration

Unit #5 The Consultation and the ABC's

By the end of this unit, you will:

- Know how to prepare yourself and your space for working with clients
- Understand why we do a consultation
- Understand the circumstances under which you would NOT work with a client
- Be familiar with the intake form, policies and procedures
- Understand the difference between programming the mind and doing hypno-analysis
- Understand the ABC(DE) Model for working with clients and be able to create an ABC chart
- Know the intake questions and be able to do an effective intake
- Know the requirements for record keeping

Unit #6 The Tools of the hypnotist

By the end of this unit, you will:

- Be developing your Hypnotic Voice
- Be familiar with Hypnotic language
- Know the difference between a speaking voice, reading voice and hypnotic voice
- Know how to use emotion, inflection, embedded commands, pausing, pacing, and ambiguity to influence your client

- Know the various elements that are essential to consider when creating a hypnotic environment
- Have given some consideration to where you will conduct hypnosis sessions
- Understand the controversy around touching a client in hypnosis
- Be able to use the appropriate approach when asking permission to touch a client
- Be able to use the “Golden rule” in hypnosis

Unit #7 the hypnosis session

By the end of the session you will be able to:

- Describe the structure of a session for the first session and subsequent sessions.
- Describe the rationale behind desensitizing a client.
- Be able to effectively desensitize the client.
- Describe the rationale behind centering the client.
- Be able to effectively center the client.
- Describe what an induction is and give examples of several inductions.
- Explain what puts the client into hypnosis.
- Be able to use three separate inductions to hypnotize the client including progressive relaxation [3 versions] , utilization and a 10 to 1 count down
- Be familiar with and able to utilize a simple session planning strategy which includes defining the underlying problem, Creating goals with the client and choosing appropriate interventions
- Recognize signs that your client is in a light, medium or deep trance
- Recognize the signs that a client needs to be deepened
- Be aware of and able to utilize several deepeners
- Understand what makes a deepener work
- Recognize the signs that the client needs to be lightened
- Be able to utilize a lightening technique
- Know what to do if a client appears to be asleep
- know what to do to prevent the client from falling asleep
- Understand the rationale behind doing a convincer
- Be able to deliver an effective eye test

- Know what to do if the client fails the test
- Be able to utilize time distortion
- Be able to deliver post hypnotic suggestion

Unit #8 Reprogramming, Metaphor and Visualization

By the end of this unit, you will know:

- How to reprogram by giving suggestions
- The 12 rules of giving suggestion and how to utilize them
- The important elements to take into consideration when writing direct suggestions.
- The various types of indirect suggestion and how to utilize them.
- The various types of metaphor and how to deliver them.
- The different types of visualizations and how to deliver them
- How to do “repeats”

Unit #9 Hypnotic Argument

By the end of this unit, you will know:

- What hypnotic argument is and how it differs from programming
- The rationale behind using hypnotic argument
- How to create hypnotic argument
- The various types of faulty thinking and how to address them
- The common themes that arise when working with clients and how to address them

Unit #10 Creating Effective Sessions

By the end of this unit, you will know:

- The steps for creating effective sessions
- How to write a session using the session planning template
- How to gauge a client’s results
- The consciousness and competency model and how it applies to working with clients
- How to plan for the second and subsequent sessions

Unit #11 The Challenging Client

By the end of this unit, you will know:

- What an abreaction is, what causes it and how to address it
- Know how to handle a spontaneous regression by the client
- How to create a safe place
- The rules for creating safe place imagery
- the sources of resistance
- How to recognize resistance when it shows up
- Know what to do to handle several different circumstances of resistance
- What Hidden Agenda and Secondary Gain are
- How to uncover hidden agenda and secondary gain.
- How to apply the steps to assessing and advising in the case of a suicidal client
- The identifiers of a client that is at a high risk for suicide
- When to make a referral in the case of a suicidal client
- How to create a suicide contract

Unit #12 Addressing Techniques

By the end of this unit students will:

- Know how to give instructions to a client in hypnosis
- Know how to get a client to speak in hypnosis
- Know the various forms of progression and how to use them with the client
- Know the rationale behind using Split Screen and be able to do an effective Split Screen session
- Know the rationale behind using Transformation Therapy and be able to do a Transformation therapy session
- Know the rationale behind using Anchors and be able to effectively set up Anchors with clients
- Know the rationale behind using Accessing Positive Resources and be able to do an Accessing Positive Resources session
- Know the rationale behind using Addressing Others and be able to do an Addressing Others session

- Know the rationale behind using Informed Adult and be able to do an Informed Adult session

Unit #13 Hypno-analysis and Uncovering Cause

By the end of this unit students will:

- know the difference between ISE, SPE and SI E
- be able to identify the Initial Sensitizing Event
- understand the necessity of identifying the ISE
- know the difference between uncovering and addressing techniques and be able to give examples of each
- know when hypnoanalysis should be used
- Understand the rationale behind Age regression and be able to do effective Age regression
- Understand the correlation between results with regression and depth
- Understand how to address the material that comes up in a regression
- Know how to identify and work with a client who has gone to the womb or life between lives during a regression
- Know what false memories are and how to prevent them
- Know what to do if the client does not get anything from a regression
- Know the rationale behind using Affect bridge and be able to do an effective Affect Bridge session
- Know the rationale behind using Parts Therapy and be able to do an effective Parts Therapy session
- Know the rationale behind using Free flowing Hypnosis and be able to do an effective Free flowing Hypnosis session
- Know the rationale behind using Remove the Impact and be able to do an effective Remove the Impact session
- Know the rationale behind using Automatic Writing and be able to do an effective Automatic Writing session

Unit #14 Dream facilitation and analysis

By the end of this unit students will:

- understand the rationale behind using dream facilitation and dream analysis
- be able to effectively set up a dream facilitation
- be able to effectively guide a client through a dream analysis session
- understand the three types of dreams the client may have as a part of their healing process; wishful thinking dreams, precognitive dreams, venting dreams
- know how to work with a client who has nightmares

Unit #15 Past Life regression

By the end of this unit students will:

- be familiar with the two types of regression; age regression and past life regression
- understand the uses of age regression
- be familiar with several theories behind past life regression
- understand why people like to revisit past lives
- understand how to do an effective intake for a past life regression
- know the difference between goal directed and exploratory regression
- know how to utilize a conditioning session to prepare a client for a regression
- be familiar with several regression techniques, including 5 to 1 countdown, the remote, book regression, title, regression, Corridor regression, and using the client's timeline to regress
- know how to complete a past life regression

Unit #16 Weight Reduction

By the end of this unit students will:

- Be able to utilize an effective weight loss protocol
- Understand common subconscious causes for hanging onto weight
- Be able to conduct an effective interview for the weight loss client
- Be familiar with a variety of topics that may need to be addressed when working with weight loss clients
- Be familiar with the weight loss questionnaire as well as the weight loss scripts

Unit #17 Smoking Cessation

By the end of this unit students will:

- Be able to conduct an effective interview for a smoking cessation client
- Know and be able to follow the protocol for a smoking cessation client
- Understand the common subconscious causes for smoking
- Be familiar with the smoking cessation questionnaire as well as the smoking scripts
- Be aware of the additional areas that may need to be addressed with a smoking client

Unit # 18 Pain management introduction

By the end of this unit students will:

- Be able to identify and define psychosomatic, psychogenic and psychosuggestive pain
- Understand the difference between chronic and acute pain
- Be able to list under what conditions we do not remove pain
- Be able to list the conditions under which we can remove pain
- Understand the physical considerations and contraindications to working on pain
- Understand how to do a basic pain management interview
- Know different approaches to working with physical versus psychological pain
- Be able to recognize the symbolism between language and symptoms
- Understand and be able to give examples of the placebo effect
- be able to utilize the placebo effect in hypnosis
- Understand and be able to give examples of the nocebo effect
- Know techniques to create analgesia or anesthesia with a client
- Know techniques for substituting a painful sensation
- Know techniques for displacing the locus of pain
- Know techniques for dissociating a client from pain
- Know how to create amnesia for pain
- Be able to utilize the magic spot technique for pain
- Be able to utilize the magic marker technique for pain
- Be able to create their own pain reduction script

- Be able to utilize the color technique for pain
- Be able to use the anesthetic glove technique
- Be able to identify the 7 chakras, as well as the body areas , emotional issues and symptoms associated with each
- Be aware of healing activities for each of the 7 chakras
- Know how to use information regarding chakras with the client

Unit #19 Birthing

By the end of this unit students will:

- Understand and be able to explain the uses of hypnosis for birthing
- Know how to use the Childbirth questionnaire
- Know the Semantics of birthing
- Know how to get in touch with birthing professionals
- Understand The Mind/Body effects on birthing
- Be familiar with and able to utilize a 6 session birthing protocol with scripts
- Be familiar with Natural birthing Inducers
- Know how to use a Fear release script with an anxious client
- Know how to use a Breech turn script
- Know how to use Birthing affirmations
- Know how to encourage more rapid healing and recovery

Unit # 20 Dentistry and Pre and Post Operative hypnosis, Working with the Cancer patient

By the end of this unit students will:

- Understand the Applications for using hypnosis in dentistry
- Know how to address the cause of dental fear
- Know how to address reaming comfortable during long dental procedures, getting accustomed t orthodontic devices, how to eliminate bruxism, TMJ and thumb sucking, how to address an overactive gag reflex
- understand how they can help a pre or post operative client

- Understand how they can help a client with cancer

Unit # 21 Anxiety Disorders

By the end of this unit students will:

- be familiar with the classifications of anxiety disorders; generalized anxiety, panic disorder, phobias, posttraumatic stress disorder, obsessive-compulsive disorder
- understand the traditional treatments for dealing with anxiety disorders, as well as their limitations and contraindications
- understand how hypnotherapy can be used to address these disorders
- be familiar with several techniques for addressing anxiety disorders, including the rate and breathe technique, the control room, swish, sub modalities, movie theater technique, hypnotic argument, challenging irrational thinking in hypnosis, affect bridge
- understand how phobias are developed within a client
- understand the difference between a fear and a phobia
- be familiar with the symptoms of a panic attack
- Understand how to treat panic disorder
- Understand techniques for working with a client who is dysregulated
- understand how and why clients may become multi-phobic
- understand the different types of phobias
- understand how phobias are classified
- be able to effectively utilize a phobia questionnaire
- understand the three commonly recognized approaches to dealing with phobias, including the contraindications and limitations (symptomatic approach, circle therapy, systematic desensitization)
- be able to utilize the neurolinguistic programming approach to fears and phobias [the NLP movie theater]
- understand and be able to utilize the hypnoanalysis phobia protocol
- Be familiar with the common types of OCD
- Be familiar with working with OCD

Unit # 22 Working on Trauma

by the end of this unit, the student will:

- Be familiar with the symptoms of PTSD
- Know how to treat a client with PTSD
- Understand the difference between simple and complex trauma
- Understand the circumstances which lead to complex trauma
- Understand the symptoms that may result from complex trauma
- Know how to address complex trauma

Unit # 23 Depression

by the end of this unit, the student will:

- be familiar with the emotional and physical symptoms of depression
- understand how to treat depression

Unit # 24 Self Improvement

by the end of this unit, the student will:

- be familiar with how hypnotherapy can help a student with study skills, memory and exam prep
- Be familiar with common ISE's linked to poor academic performance
- Understand the correlation between complex trauma and academic performance
- Know how to help a client with the above
- Understand common subconscious causes for poor sleep
- Know how to improve sleep in hypnosis
- Be familiar with good sleep hygiene
- Understand the common subconscious causes for sexual dysfunction
- Know how to do an effective consultation for a client with sexual dysfunction
- Now how to address sexual dysfunction
- Know how to help a client with athletic performance

Unit# 25 working with groups

by the end of this unit, the student will:

- Be familiar with a possible format for doing group sessions
- understand how to modify the pre-talk for working with groups
- understand how to modify sessions for working with groups
- understand the trance management modifications required for working with groups

Unit # 26 Working with kids

by the end of this unit, the student will:

- Be familiar with the applications for working with children
- Understand how to do an effective pre-talk with children
- Know how to modify sessions for working with children
- Know which inductions to choose based on the child's age and interests
- Understand that working with children often involves working with other family members and know how to have that conversation

Unit # 27 Self Hypnosis

by the end of this unit, the student will:

- Know how to give post hypnotic suggestions to help a client use self hypnosis more easily and safely
- Know how to get themselves into hypnosis

Unit # 28 Launching Your Practice

by the end of this unit, the student will:

- Know the 30 steps necessary to get their practices running (including business name, license, business banking, website, domain, etc)
- Have identified a niche they would like to work with
- Have a business plan for how to make contact with their niche
- Know what must be included on their website
- Have created the copy for their website home page

- Know how to find clients online and in the real world