

# Hypnosis and Time Based Techniques

**Hypnosis** programme covers topics that are important for any successful hypnotist to know. From introduction to induction, it helps participants to understand the basics. This level is a hands on process where you will be working with each other putting each other into and out of the hypnotic state. You will leave this course with a thorough understanding of the Hypnotic States.

- 1) Training Goals
- 2) What is Hypnosis and what it is not
- 3) History of Hypnosis
- 4) Nature of Hypnosis
- 5) Types of hypnotic approaches
- 6) Hypnosis in Therapy
- 7) Semantics and positive suggestions
- 8) Role of conscious and unconscious mind
- 9) Developing Rapport
- 10) Pre – induction interview
- 11) Suggestibility and testing
- 12) Progressive relaxation technique
- 13) Hypnotic Scripts – How to use them
- 14) Induction of the hypnotic State
- 15) Deepening of the hypnotic State
- 16) Brining out of the Hypnotic State
- 17) Post Hypnosis suggestions

**Time Based Techniques** Take your therapy skills to a whole new level and get into deeper routed problems with more art, sorting them with greater ease and efficiency, leaving your client in a wonderfully great and happy state.

- 1) Timeline Elicitation
- 2) Relaxation Technique
- 3) Negative Emotions # 1 – Trauma, Anger release
- 4) Negative Emotions # 2
- 5) Dealing with Anxiety using Timeline