

Missouri Institute of Hypnotherapy

HYPNOSIS 101

Introduction to Directive Hypnosis

Instructor: Linda Gentry R.N, BS, CHt.

Day #1 Program Outline * = Introductory Information

Time	Topic / Activity
7:45 - 8:00	Registration
8:00- 8:30	Introduction
8:30 - 9:00	Review of 2 textbooks and Volume I-II Training Manual
	Review of Independent Study/ Homework Packet Certification Requirement for successful completion of Hypnosis 101
9:00 - 10:00	What Hypnosis Is and What it is not <
	Mind Over Matter
	Day Dreaming
	Definition of Hypnosis
	History and Evolution of Hypnosis
	Difference between Sleep and Hypnosis
	Difference between Meditation and Hypnosis
10:00 - 10:15	Break
10:15 - 10:30	How to Recognize Hypnosis
	Physical Changes
10:30 - 11:45	Demonstration of Hypnosis
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Self Hypnosis
	How to do it
	How to use it
	How individuals can benefit from it
1:30 - 2:00	Demonstration Self Hypnosis with a Subject
2:00 - 2:45	Teaching Self Hypnosis to Group during group hypnosis
2:45 - 3:15	Practice: Student Hands On - Group to Self Hypnosis
3:15 - 3:45	Introduction -Positive, Power, Picture, Feeling Words
3:45 - 4:00	Discussion Q&A
4:00 - 4:15	Break <
4:15 - 5:00	Why a Hypnotist should Teaching Self Hypnosis
	Promote Health to the Public
	Empower the Public to utilize their own personal power Self Hypnosis
5:00 - 5:45	Component in Hypnosis Session
	Interview
	Pre-Talk
	Hypnosis
	Post-Talk
5:45 - 6:45	Sub Component of Hypnosis
	Induction vs Induction
	Relaxation
	Deepening
	Intervention / Suggestions Suggestion
	Arousal Arousal
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Two Activities
7:15 -7:30	Demonstration; Clinical Suggestions for the group " Empowerment"
	Total Clock Hours for the Day = 10hrs not including 1.5 hrs breaks or registration
	KSBN Contact Hour = 50 minute

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* = Introduction to Advance Training Topics

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Day # 2 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A
8:15 - 9:00	How the hypnotist can teach self hypnosis to groups and individuals
9:00 - 9:10	Discussion about Self Hypnosis the Subjects Practiced Over Night <
9:10 - 9:30	Instruction on How to Phrase Word in Positive and Powerful Way
9:30 - 10:00	Conscious vs Sub Conscious
	Metaphor Symbols Power of Imagination Analytical
10:00 - 10:15	Break
10:15 - 10:45	How to make your own Tape to play during self hypnosis
10:45 - 11:45	Creating an attitude of Change
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 2:15	Practice: Students Hands - on writing positive motivational phrases
2:15 - 2:30	The Power of Mind over Matter
2:30 - 3:30	How to use the imagination to create Mind over Matter
3:30 - 4:00	Practice: Students Hands On - with application of Personal Power Phrases during Self Hypnosis
4:00 - 4:15	Break <
4:15 - 5:00	Definition Directive Hypnosis In-Direct Hypnosis Non- Direct Hypnosis
5:00 - 5:30	Suggestibility Testers / Convincers importance of and proper use of
5:30 - 6:00	Demonstration or Testers / Convincers
6:00 - 6:30	Practice: Student Hands on - practice of Testers / Convincers
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Self Confidence,
	Total Clock Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute

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Day # 3 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent/Home Work Due - 20 point Essay exam on the 4 Articles assigned by instructor
8:15 - 9:00	Discussion and Question related to practice and home work between weekend
9:00 - 9:15	Learning Channel define Auditory Visual Kinesthetic
9:15 - 9:30	Group identifies their Personal Learning Channel through testing
9:30 - 10:00	Neuro Linguistic Program Identifying Learning Channel using subjects Eye Movements
10:00 - 10:15	Break
10:15 - 10:45	Developing Instant Report Body Language Parroting
10:45 - 11:45	How to Conduct an Interview Phone Office
11:45 - 12:00	What to cover during Pre-Talk
12:00 - 1:00	Lunch
1:00 - 2:15	Conducting a Progressive relaxation session Passive Progressive relaxation Active Progressive relaxation
2:15 - 3:30	Practice: Students Hands On, Progressive relaxation group sessions
3:30 - 4:00	Examples of Guide Imagery Creative Visualization
4:00 - 4:15	Break
4:15 - 5:00	Law of Compounding
5:00 - 5:30	Three Laws of Suggestion Law of Concentrated Attention Law of Reversed Effect Law of Dominate Effect
5:30- 6:30	Dangers of Hypnosis Subjects Literal Response False Memory Syndrome Physical Changes Related to the Suggestion Strange Trance Phenomena Abreaction's Physical Changes Emotional Changes
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, "Creativity",
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute

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Day # 4 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 – 8:15	Review of day Activities and Q & A
8:15 - 9:00	Student review Case Study of practice clients they worked on between week one and week two.
9:00 – 9:30	Conducting a Group Hypnosis Session vs Private Session <
9:30 – 10:00	Importance of Voice Cadence Tone How to Care of your throat
10:00 – 10:15	Break
10:15 - 10:45	How to Conduct a Group Stress Management Session
10:45 - 11:15	How to Conduct a Group Stop Smoking Session
11:15 -11:45	How to Conduct a Group Weight Management Session
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Evaluation of a Script for Safety of words and positive effect
1:30 - 2:30	Group activity - make recommendation for changes in script assigned by Instr.
2:30 - 3:15	Define Medical vs Non Medical Hypnosis Importance of building an appropriate referral network for subject that hypnosis is not appropriate for.
3:15 - 3:30	Choosing the Correct Back Ground Music
3:30 - 4:00	Healthy Hypnotist Caring for the Caregiver Giving 100% Being 100% You Practice What You Preach
4:00 - 4:15	Break <
4:15 - 6:00	Defining Range of directive to in directive and non-directive hypnosis
6:00 - 6:30	Interview assigned student to plan an hypnosis session for Next Weekend
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities and home due and dates
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Self Confidence,
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute

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Day # 5 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Study/Home Work Activity Due Evaluation of 2 Scripts - topic assigned by instructor
8:15 - 9:00	Discussion and Question related to practice and homework between classes
9:00 - 9:30	Induction, Relaxation, Deepening Techniques
	Define most common Techniques
9:30 - 10:00	Demonstration
10:00 -10:30	Practice: Student Hands On Group Activity Induction Techniques
10:30 - 10:45	Discussion
10:45 - 11:00	Break
11:00 - 12:00	Suggestion Techniques
	Define Clinical Hypnotherapy Beyond Progressive Relaxation
	Review Types of Hypnotic Suggestion
12:00 - 1:00	Lunch
1:00 - 2:15	Suggestion Techniques Beyond Progressive Relaxation continues
2:15 - 2:30	Break
2:30 - 3:30	Student hands on practice with advanced Suggestion techniques Group Activity
3:30 - 3:45	Break
3:45 - 4:30	Practice: Students Hands On Conducting a Hypnotherapy Session with peer Interview, Pre-talk, Induction, Relaxation, Deepening, Suggestion, Arousal Student prepared as part of homework / independent study between weekends
4:30 - 5:00	Reviewing techniques from day one and adding advanced techniques
5:00 - 5:45	Discussion
5:45 - 6:45	Deepening tools & Positive, Appropriate Suggestion
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Three Activities
7:15 - 7:30	Demonstration Suggestions for the group "Empowerment"
	Total Hours for the Day = 10 hrs
	KSBN Contact Hour = 50 minute

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Day # 6 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A
8:15 - 8:25	Induction Fixations
8:25 - 8:35	Demonstration of Fixation Induction
8:35 - 8:45	Practice: Hands On Practice of Fixation Induction
8:45 - 9:00	Discussion
9:00 - 9:30	Induction, Deepening, Elman Fractional Technique
9:30 - 10:00	Demonstration of Elman Fractional Technique
10:00 - 10:30	Practice: Students Hands on Elman Technique as Induction or Deepening
10:30 - 10:15	Discussion
10:15 - 10:45	Break
10:45 - 11:00	Deepening count 100 backwards
11:00 - 11:15	Demonstration of Count 100 backwards
11:15 - 11:45	Practice: Hands On Practice of 100 backwards deepening technique
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Hypnosis to Create Anesthesia
1:30 - 1:45	Demonstration
1:45 - 2:15	Practice: Student Hands on Glove Anesthesia
2:15 - 2:30	Discussion
2:30 - 3:00	Individual Weight (Loss) Management planning 3 minimum session pattern
3:00 - 3:30	Demonstration Individual Weight Management
3:30 - 4:00	Practice: Students Hands on Individual Weight Management
4:00 - 4:15	Break
4:15 - 4:30	Discussion
4:30 - 5:00	Individual Stop Smoking planning 3 minimum session pattern
5:00 - 5:30	Demonstration
5:30 - 6:00	Practice: Student Hands on Individual Stop Smoking
6:00 - 6:15	Discussion
6:15 - 6:45	Components of Pre-Talk / Interview
6:45 - 7:00	Summary of Day Activities
7:00 - 7:15	Review of Day Four Activities
7:15 - 7:30	Demonstration, Suggestions for the group " "
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

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Day # 7 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Study/Home Work Activity Due 100 pt Essay Exam from 2 Textbooks provided by instructor Students Original Script/Patter - topic of students choice
8:15 - 8:45	Discussion and Question related to practice and home work between weekend
8:45 - 9:45	Presentation of case studies of hypnosis session student conducted between class
9:45 - 10:00	Break
10:00 - 10: 30	Anchor Setting
10:30 - 11:00	Demonstration Anchor Setting
11:00 - 11:45	Practice: Students Hands On - Anchor Setting
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Nail Biting
1:30 - 2:00	Demonstration of Nail Biting
2:00 - 2:30	Practice: Students Hands On - Nail Biting
2:30 - 2:45	Discussion
2:45 - 3:00	Chewing Tobacco
3:00 - 3:30	Demonstration
3:30 - 4:00	Practice: Students Hands On - Chewing Tobacco
4:00 - 4:15	Discussion
4:15 - 4:30	Break
4:30 - 5:30	Review the Weight Management Scripts the Students will use on Day 9 for practicum examination
5:30 - 6:45	Review the Stop Smoking Scripts the Students will use on Day 9 for practicum examination
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Eight Activities
7:15 - 7:30	Demonstration Suggestion for the group " "
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

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Day # 8 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Study/Homework Activity Due Conduct a full Hypnosis Session with assigned Student Class presentation 5min - Pre-Talk Information- topic determined by instructor
8:15 - 9:45	How to explain Hypnosis to a Client Pre-Talk Pre-Suppositions Demonstration How to Interview a Client Interview Techniques Interview Forms Goal for the Interview Identify Client Goals Develop a TX Plan with the Client
9:45 - 10:00	Break
10:00 - 12:00	Demonstration of and individual session on Weight Management with a volunteer from the community - Putting it all together - Interview, Pre-Talk, Induction, Personalized Suggestions, Arousal
12:00- 1:00	Lunch
1:00 - 1:45	Discussion related to Weight Management Demonstration as it relates Personalization of the session - choice of Induction and Suggestions used
1:45 - 2:00	Break
2:00 - 4:00	Demonstration of and individual session on Stop Smoking with a volunteer from the community - Putting it all together - Interview, Pre-Talk, Induction, Personalized Suggestions, Arousal
4:00 - 5:00	Class 5 minute Presentation on the topic assigned by instructor
5:00 - 6:00	Practice: Student Hands On conducting a Full session with a Student Interview, Pre-talk, Induction, Suggestions, Arousal, Post-Talk
6:00 - 6:15	* Athletic Hypnotherapy
6:15 - 6:20	* Hypnosis & Children
6:20 - 6:30	* Neuro-Linguistic Programming (NLP)
6:30 - 6:40	* Stage Hypnosis
6:40 - 6:50	* Over Coming Trauma – Fears / Phobias
6: 50 - 7:00	* Past Life Regression
7:00 - 7:15	Review of Next Days Activities
7:15 - 7:30	Demonstration - Suggestions for the group " "
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

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Day # 9 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 9:45	Review of day Activities for the Practicum Examination and Q & A
	Review focus issue that the volunteer they are assigned to work with
	Review script the student hypnotist is to use For
	Weight Volunteer
	Stop Smoking Volunteer
	Interviewing client - Pre-talk - Post-talk
9:45 - 10:00	Break
10:00 - 11:00	First Set of Volunteers Weight Management
11:00 - 12:00	Second Set of Volunteers Weight Management
12:00 - 1:00	Lunch
1:00 - 2:00	Discussion - Q&A - preparation for Practicum Examination continues
2:00 - 3:00	Third Set of Volunteers Stop Smoking
3:00 - 4:00	Fourth Set of Volunteers Stop Smoking
4:00 - 4:15	Break
4:15 - 6:30	Discussion review the process of the examination Q & A - Student Evaluation
	Each student will present to the group at least one case study of Volunteer experience for them.
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, "Sleep Peacefully"
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute

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Day # 10 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 – 8:15	Review of day Activities and Q & A
8:15 - 9:00	Demonstration of Group Hypnosis to increase "memory skill, relaxation, reduce test anxiety and fatigue"
9:00 – 9:30	How to Start Your Business
	Checking out State, City, County Regulation Business License
	Cost -Location - Equipment
9:30 – 10:00	Effective Advertising Practices
	Review Marketing Techniques
	Evaluate Your Location & the Adv. Tool available
10:00 – 10:45	Liability Insurance for Hypnotist
10:45 –11:45	Healthy Hypnotherapist
	Caring for the Caregiver
	Giving 100%
	Being 100% You
	Practice What You Preach
11:45 – 12:00	Importance of consulting a CPA regarding legal state of set up your business
12:00 – 1:00	Lunch
1:00 – 2:15	Confidentiality
2:15 – 3:00	Documentation recommend S O A P
3:00 – 3:30	Ethical Hypnosis - review IACT Standard of Practice
3:30 - 4:45	Review Study Guide and 2 Essay Examinations
4:45 - 5:00	Break
5:00 - 6:30	Written Closed book Final Exam.... 90% to receive certification
6:30 - 7:00	Review Certification Paper work - and how to use IACT, ABH, MIH, NGH Professional Organizations - validate certification
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Confidence as a Great Hypnotist,
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute