

HYPNOTHERAPY TRAINING CURRICULUM OF WELLNESS HYPNOTHERAPY INSTITUTE

270 hours of training and two year mentorship by Padman Pillai, (Principal)

INTRODUCTION:

Oath

Foreword

Commitment

ACCREDITING BODIES:

- 1. IHF (International Hypnosis Federation)**
- 2. IMDHA (International Medical and Dental Hypnotherapy association)**

WHI Canada – Education Performance Criteria

Guidelines and Skill Development in Hypnotherapy

- **Standards of Practice**
- **Code of Ethics**

Recommended Book List

Biography of Padman Pillai

Letter from International Medical and Dental Hypnotherapy Association

Section 1:

A History of Hypnosis

Section 2:

Conscious and Subconscious Minds

- **The Limited Conscious Mind**
- **The Unlimited Subconscious Mind**
- **The Critical Divide**
- **How the Critical Factor Works**
- **The Truth About Willpower**
- **Imagination**
- **Habits**
- **Affirmations**
- **How feelings affect the subconscious mind**
- **Cognitive dissonance**

- Using the Wrong Part of Your Mind to Make Changes
- Understanding How the Subconscious Mind Makes Changes
- Changing Our Subconscious Blueprint Through Hypnosis
- Understanding the “Trance” State
- How Our Beliefs and the Trance State Work Together
- How Can We Change Our Trance?
- A Brief Description of Hypnosis and How It Works
- What is the Main Purpose of Using Self-Hypnosis?
- Is Self-Hypnosis Like Meditation?
- Difference between Hypnosis and Meditation
- Difference between Sleep and Hypnosis
- How To Handle Counter-Intentions
- Subconscious Suggestions and Instructions vs. Affirmations

Brain Waves

The Conscious Part of the Mind

Part of the Mind the Unconscious or Sub-Conscious

The Subconscious Mind

Energy Flows Where Attention Goes”

Muscle testing Kinesiology

Section 3:

Lifestyle Changes

Are You A Stress-Prone “Type A” Personality?

Are You Suffering From Stress Build-Up?

Air is the Currency of Life by Anne H. Spencer, Ph.D.

Relaxation Technique

Peace - An Induction and Prescription for Anxiety & Stress

Section 4:

Dominant Laws of Suggestibility

Introduction to Suggestibility Questionnaires

Suggestibility Questionnaire #1

Suggestibility Questionnaire #2

Scoring Instructions for Suggestibility Questionnaires

How Hypnotizable Are You?

Suggestibility Tests

Visualization Experiment

Rules for Formulating Suggestions
Guidelines to Writing Positive Suggestions
Laws of Suggestions
Characteristics of Direct and Indirect Suggestible Persons

Section 5 :

Introduction

- **What is Hypnosis?**
- **What is Hypnotherapy?**
- **The Value of An Intake**
- **Important Facts About Hypnosis**

Hypnosis Can Initiate Changes and Promote Growth in the Following Areas of Life

A-B-S Formula for Hypnosis

Bypassing the Critical Factor

Hypnotic Contract

Principles of Hypnosis

Levels of Hypnosis

Centering

Can Anyone Be Hypnotized

Progressive relaxation

How to Get Results in Hypnotherapy

Handshake Technique – Elman’s Rapid Induction

Deepening the Trance

The cleansing bath

Induction Methods

- **Types on Induction**
- **Eye Fixation Induction**
- **Visualization Induction**
- **Finger Spread Method**
- **Coin Drop**
- **Progressive Muscle Relaxation**
- **Confusion Induction**

Fun with Hypnosis

Testing

- **Testing Identifies Suggestibility**
- **Confidence is Key**
- **How to Start Out**
- **The “Hand Drop” Test**
- **The “Pendulum Swing” Test**
- **The “Hands Up” Test**
- **The “Hand Magic” Test**
- **The “Falling Forward – Falling Backwards” (Sway test)**
- **The “Hands Together” Test**

- **Some Concluding Thoughts**

Inducing a Trance:

- **The “Eye Fixation” Method**
- **The “Arm Levitation” Method**
- **Two Rapid Induction Techniques**
- **Pattern interrupt**
- **Ten Rules of Induction**
- **Milton Erickson Induction**
- **Rigid Arm**
- **The Staircase**
- **Head Down**
- **Awaken and Go Deeper**
- **Fractionation**
- **Forget Your Name**

Mistakes to avoid during inductions

Deepening Techniques

Signs of Hypnosis

Basic Induction

Psychophysical Reaction Checklist to the Induction of Hypnosis

Some Myths about Hypnosis

Dave Elman Induction-2

Handshake Technique – Elman’s Rapid Induction

Post Hypnotic Suggestions

Hypnotherapy Steps

Section 6

Creating Effective Sessions with Children

- **Using Children’s Things**
- **Building Rapport**
- **How Do I Know I’m Hypnotized?**
- **Hypnotic Methods & Tools For Working With Children**
- **Traditional and Not So Traditional Induction Methods**
- **Creating Effective Sessions**
- **Guidelines to Writing Positive Suggestions**
- **Using Visualizations**
- **Creating Visualizations**
- **Using Post-Hypnotic Signals**
- **These are a Few of my Favorite Things**

Inductions and Stuff

- **Deepening:**
 - **Relaxation Method 1**
 - **Relaxation Method 2**
 - **Mental relaxation**
 - **Staircase Method**
 - **Stiff Arm Method**
 - **Counting**
 - **Hand drop deepening**
 - **Touching**
 - **Role of hypnotic music**
 - **Visualization**
 - **Induction continued:**
 - **Arm Drop Method**
 - **Arm Levitation Method 1**
 - **Association Method**
 - **Confusion Method**
 - **Dave Elman Method – Gil Boyne Version (Two Finger Technique)**
 - **Direct Gaze Method**
 - **Drop Object Method**
 - **Eye Fixation With Imagery Method (For Children)**
 - **Fixation Object Method**
 - **Favorite Place Method (For Children Ages 7-11)**
 - **Forest and Stream Method**
 - **Gil Boyne Method of Conditioning**
 - **Hands Pressing Down Method**
 - **Instantaneous Method**
 - **Magic Shape Method (for Children Ages 5 to 10)**
 - **Magic Television Method (for Children 5 to 10)**
 - **Make Believe Friend Method (for Children Ages 5 to 10)**
 - **Misdirection Method**
 - **Mountain Trip Method**
 - **Non-Verbal Method 1**
 - **Non-Verbal Method 2**
 - **Rapid Method**
 - **Rapid Method (for children)**
 - **Television Imagination Method (for Children Ages 7-11)**

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- **Testing:**
 - **Eye Catalepsy**
- **Trance:**
 - **Creating Mental Nothingness/Amnesia**

- Re-induction
- Signs of Trance
- Termination

Hypnosis and Its Many Uses – edited and compiled by Dr. Anne Spencer, Ph.D.

Section 7:

Hypnosis and its Many Uses

Hypnosis: What it is and How it Works

- Imagination: Mind, Heart, Hand
- Athletic Performance
- Career Advancement
- Children: The Best Subjects
- Fears and Phobias
- Insomnia – Sleep Well
- Learning Enhancement and Memory
- Release Weight
- Pain Management
- Personal Development
- Physicians and Dentists
- Regression: This life/Past Life
- Relax: Learn to Let Go!
- Sales Power
- Stop Smoking
- Stress Management
- Sex Problems

Hypnosis for Pain Relief/Medical Procedures: (this is not a heading in the manual but defines the following subjects)

- Steps to Hypnosis
- Handshake Technique: Easy and Quick
- Auto-Suggestion & Auto-Hypnosis
- 3 year old Uses Auto-Suggestion to Relieve Itching
- Negative Suggestion/Negative Auto-Hypnosis
- Make Statements
- Waking Hypnosis
- Hypno-Sleep
- Important Phrases
- 4 States of Hypnosis
- Anesthesia Induction
- Making Numbers Disappear
- Post Hypnotic Suggestions
- Anchoring
- Collapsing the Anchors
- Mental Role Playing
- Guided Imagery

- Painless Childbirth
- Pre-op Suggestion, Post-op Discharge
- Mental Control of Immune Function
- Hypnosis as a Motivational and Pre-Surgical Tool
- Accidental Hypnosis

Moving Hands: An Ideomotor Phenomenon for Trance Ratification

New Biology: Where Mind & Matter Meet

Transference and counter transference

Empathy

KRASNER METHOD OF HYPNOTHERAPY

Elements of a typical Hypnotherapy Session

SELF HYPNOSIS

BREATHING EXERCISES

Section 8 :

Sensitizing Events

- Initial Sensitizing Event (ISE)
- Secondary Sensitizing Event (SSE)
- Symptom Producing Event (SPE)
- How Does ISE Become a SPE
- Circle Therapy
- Circle of Excellence

Section 9:

SMOKING CONCERNS TO ADDRESS BEFORE THERAPY BEGINS

Stop Smoking Instructions – Amazing Padman Seminars

Smoke Free Forever – My Plan

Smoking facts

Benefits You Get When You Stop Smoking

How to Become a Former Smoker

Why Do You Smoke

EFT for craving removal

Calming Tool – Client in Somnambulism
Instructions for Craving Removal
Brick Wall Construction for Smoking Cessation
Smoking – A Self-Hypnosis Exercise
Addictions Script for Smoking (one page)
Heavy backpack and the castle
A Visual Imagery Exercise (DR. Ansari Script)
Addictions Script for Smoking (7 pages)

Commitment contract
Craving eraser technique
Affirmations
Wellness Hypnotherapy Clinic – One session Stop Smoking Program
Smoke free questionnaire
Stop smoking instructions

Section 10:

Weight Reduction Program
Life style changes
Control room metaphor
Hypno Script for Weight release
A Visualization Exercise for Weight Release
Why Diets Don't Work
Health Corner: Releasing Weight and Keeping It Off
Wellness Hypnotherapy Clinic – Weight release Questionnaire

Virtual Gastric band

Thin and Slender Me instructions

Healthy food choices

New body design questionnaire

Affirmations

Creative visualization

Changing beliefs about your body

ANXIETY RELIEF

Anxiety disorder self-test

Anxiety Script

Stop it by Bob Newhart- Youtube Video.

Thought Stopping Technique_1 &2

Section 11:

Pain

- Common Characteristics
- Categories of Pain
- Perception of Pain
- Methods of Pain Relief
- Summing Up

Using Your Mind to Control Pain

- Principles/Tips
- Relaxation
- Imagery
- Hypnosis
- A Self-Hypnosis Exercise – Pain Relief
- A Visual Imagery Exercise – Eliminate Chronic Pain
- Glove Anesthesia – for pain limited to a small area of the body
 - A Self-Hypnosis Exercise
 - Wording for (Glove) Anesthesia
 - Glove Anesthesia
 - Glove Anesthesia for Pain Control
 - Natural Control Panel Pain Relief
 - Pain Symbols
 - Using Hypnosis with Cancer Patients

For Those Who Doubt the Value of Hypnosis

Alcoholism

- A Self-Hypnosis Exercise
- Dr. Ansari's Script
- WHI script for alcohol addiction.

Section 12:

Suicide Contract

Steps to be taken should a client exhibit "Suicidal Ideation" during a session

Mental problem, Mental disorder, mental illness

Healing the inner child

Section 13:

REGRESSION

Age regression

Past Life: A Self-Hypnosis Exercise

Affect Bridge – Regression for Clients who are Unable to Feel the Feeling

**Past Life Regression - Ultra Depth Hypnosis
Akashic Record Regression Script**

Section 14:

Starting Your Own Business

More Tips for Entrepreneurs: The Eight “D’s” for a Successful Venture

Advertising Pays If...

Marketing Your Business

Client Records

Sample of Business Letter

Sample of Personal Data Record (Disclaimer)

Sample of letter directed to Dentists

Sample of letter directed to Doctors

Section 15:

DEFINITIONS & GLOSSARY OF TERMS

Section 16:

Stage Hypnosis

- **The Opening Lecture**
- **Waking Suggestions: The Lemon Test**
- **Hand Magic**
- **Invitation on Stage**
- **Eyes Open Test**
- **The Arm Stretch Test**
- **The Main Performance**
- **The Deepening Phase**
- **An Alternate: Instant Hypnosis**
- **The Routine**
- **The Domino Effect**
- **The More the Merrier**
- **X-Ray Vision**
- **Saturday Matinee**

- Fountain of Youth
- Attach of Amnesia
- Trip to Pluto
- Three Ring Circus

Two Great Finales: The Human Bridge and the Ring of Fire

The Finish

A Couple of After Thoughts

Ten More Stage Routines:

- Madonna
- Give Me a Hug
- Male Stripper
- The Waiter
- Who Wears the Pants in the Family?
- Make Up Your Mind
- First Date
- Roses are Red
- Catch Any Fish Lately?
- The Hindu Rope Trick

Stage Preparation

Five Rules of Stage Hypnotism

Hypnotic Routines You Can Perform

- Stuck Like Glue
- Magic X-Ray Vision
- A Half Dozen More Hypnotic Routines
 - Fingers Stuck
 - Shaky Hands
 - Fingers in the Ears
 - So you want to be in *Shoe* Business?
 - You Think You're Strong, Huh?
 - A Penny for Your Thoughts?

Other Sensational Stuff You Can Do

- The "Lemonade" Illusion

- Water to Whiskey
- The Invisible Man
- Bunny Love
- Age Regression

Ten More Sensational Routines

- The Virgin and the Tramp
- Rock-a-by-Baby
- Magnetic Powers
- You Can't Do It
- You're Getting Sleepy!
- Rubber Nose
- Is Anything Wrong?
- A Hot Date Tonight
- Shower Power
- Tennis Anyone?

Section 17

EFT (Emotional Freedom Technique)

EFT'S surprising physical healings

Basics of EFT

What to expect from this course

The science behind EFT

Dr. Callahan's first experience

The discovery statement

How a negative emotion is caused

The 100% overhaul concept

The basic Recipe

Intensity meter

Tips on how to apply EFT

EFT in a nut shell

Section 18

STANFORD UNIVERSITY HYPNOTIC SUSCEPTIBILITY SCALE

Flow sheet of establishing RAPPORT
Induction by eye closure
Hand Lowering
Moving hands apart
Mosquito Hallucination
Taste Hallucination
Arm Rigidity
Dream
Arm Immobilization
Hallucinated Voice
Negative Visual Hallucination
Subjective rating of Hypnotic Depth
Post Hypnotic Suggestion and Amnesia
Post Experimental interview

Section 19

Memory training techniques

Section-20

Meditation

Section-21

RESEARCH PROJECTS: Total 20 hours

Submit two page report of each of the following research topics

1. Client with Psychotic disorders:

- A. Describe the profile of a client with high suicide risk**
- B. Outline the steps to be taken should a client exhibit "suicidal ideation" during the session**
- C. What is suicide contract and provide the wording for one**

2. In the therapeutic process there are professionals that have concluded one should never do "Past- Life Regression on purpose". Discuss this position.

END