



HPC

Hypnotherapy Prof College

BASIC HYPNOSIS

Created by: Hypnotherapy Professional College

ABSTRACT

Welcome to Basic Hypnosis; The essential work on yourself is done in Basic, this class is designed to teach you about hypnosis, while also giving you the opportunity to find and release your memories that have emotions attached through a variety of different hypnotic techniques you will be learning throughout our program. Do all the exercises, invest in yourself: The best therapists are the ones that have done the work they expect their clients to do, understand what you are asking them to work on. Under Hypnosis you share your energy with your subject, make sure your energy is clear. You will learn about the mind, stories, emotions, fight and flight; In this course you will find your hypnotic voice, patten, tone; practice on your friends, pets this is the foundation of the rest of the courses, it is the most important part of your journey toward becoming a Hypnotherapist

[Basic Hypnosis](#)

WELCOME

Course Information

There are three aspects to this course that you will need to complete in order to receive your certificate of completion in Basic Hypnosis.

1. Online Training

Upon registration you were given access to the online training site HPC.teachable.com. This site is easy-to-follow step-by-step structure. If you have questions about how to use the site, you can email HPC at info@hypnotherapyprocollege.com

In the online training platform, you are required to complete the reading, audio, and video assignments along with their quizzes and exercises toward your own personal development journey.

Online, you will be able to watch the video lessons to complete this manual. Fill-in the blanks as you go along and feel free to call or email any questions or concerns you have about the course. You can also write down your questions to share them on the Overview live questions and answers for each course. Basic Overview schedule will be emailed to you prior to the live teachings on Zoom.

2. Online Trainings and coaching

You are required to attend 3 online 'overview' classes. If you cannot attend, the recordings are available on the HPC site. This course is always being upgraded, new workshops and reading requirements are being added, wherever you enter into this program you will be grandfathered into that year's requirement. There is no time limit to complete this course, it is designed to work at your own pace.

Basic Hypnotherapy course does not require an in-person class. You will have access to a HPC coach at any time, contact via email or txt, you will be given all our coaches and instructors personal contact information. We encourage our students to contact their coach any time they have any questions or need help with anything in their course study.

3. Practicum

You will find step-by-step instructions for completing your practicum in the online training platform. You can begin your practicum after completing the lessons under Student Training Manual. You will have a Session Tally form you can use to keep track of your practicum under forms on the HPC learning site, this will also be completed by your HPC coach, you will not be able to move onto the Advanced course until you have completed the basic, once you are 85% complete, please email your coach to be enrolled in Advanced Hypnosis.

Table of Contents

AGREEMENTS	8
Keeping Commitments & Agreements	9
Confidentiality Agreement	11
Professional Code of Ethical Standards	13
Code of Conduct	14
Resolving Conflicts	18
SUGGESTIBILITY	19
The Science Behind Hypnosis	20
Fight/Flight Syndrome	20
The Nervous System	21
Autonomic Nervous System	21
Sympathetic Nervous System	21
Parasympathetic Nervous System	21
The Hypothalamus Gland	22
Message Units	23
Pain/Pleasure Syndrome	23
Reaction vs. Action	23
Repression vs. Depression	23
How the Mind & Body React to Destructive Emotions	24
The Vicious Circle	25
Putting an End to the Vicious Circle	26
Dreams, Wishes and Expectations vs. Declarations, Goals, Actions and Intentions	27
Dreams and Wishes	27
Expectations	28
Declarations	31
Types of Hypnosis	35
Depths of Hypnosis	36
Suggestibility	37
Suggestibility Questionnaire #1	38
Suggestibility Questionnaire #2	39
Types of Suggestibility	41
Suggestibility Traits	42
Emotional Suggestibility	42
Intellectual Suggestibility	43
Physical Suggestibility	43
Balanced Suggestibility	43
How Suggestibility is Learned	44
Suggestibility In Siblings	44
Types of Patter	45
Inferred vs. Direct Suggestions	46
Auto-Suggestion	49
Negative Suggestions	50
Words that Bring Negative Results	50
Eliciting Positive Responses	51

Quiz	52
THE HYPNOSIS SESSION	54
Qualities of a Good Hypnotherapist	55
Golden Rule of Hypnosis	55
How to Handle Nay-Sayers!	56
A Complete Hypnosis Session	57
Setting Up the Room	57
Clearing The Room	61
Preparing Yourself	61
Help Your Client, Help Yourself	61
Setting Your Intentions	62
Grounding Yourself	62
Detaching From the Outcome	62
Protecting Yourself	63
Keep Healthy And Remain Detached	63
Scheduling Clients	63
Length of Sessions	64
Preparation Summary and Checklist	65
How to Conduct an Effective Interview	66
Interview Step #1: Confirm Appointment	66
Interview Step #2: Complete the Client Intake Form	67
Interview Step #3: Review the Client Intake Form	69
Reasons You'd Refer Your Client to Another Professional	71
Contradictions and Precautions In the Use of Hypnosis	72
Physical Considerations To Be Concerned With	72
Emotional Considerations To Be Concerned With	73
Thank You Cards	73
Number of Sessions	74
How to Determine What to Charge	75
Interview Step #5: Explain Hypnosis	76
Interview Step #6: Discuss the Client's Goals	82
Recipe for Success	83
Interview Step #7: Confidentiality, Comfort & Control	93
Interview Step #8: Proper Record Keeping	95
Interview Step #9: Review and Sign the Disclosure & Consent Form	98
Disclosure and Consent Form for Hypnosis/Hypnotherapy	99
Interview Step #10: Questions	100
Interview Step #11: Pre-Induction Convincers	101
Pre-Induction #1: Lemon Technique	102
Pre-Induction #2: Book and Balloon Technique	104
Pre-Induction #3: Magnetic Fingers	106
Interview Summary and Checklist	108
The Hypnosis Session	110
Important Things To Know About A Hypnosis Session	110
Ten Elements of Hypnosis	112
Facilitating the Hypnotic Trance	112

Hypnosis Step #1: Permission	113
Hypnosis Step #2: Breathing.....	114
Breathing Script.....	114
Hypnosis Step #3: Desensitize	115
Desensitization Script #1: General Suggestions	116
Desensitization Script #2: For Family Members	116
Hypnosis Step #4: Centering/Grounding.....	117
Grounding Script #1: Room of Solidity	117
Grounding Script #2: Field of Relaxation.....	118
Hypnosis Step #5: Induction Techniques.....	119
Induction Script: 5 Down to 1.....	120
Hypnosis Step #6: Progressive Relaxation	121
Six Elements of a Progressive Relaxation.....	121
Progressive Relaxation Script #1: For Physical Suggestible (short version)	122
Progressive Relaxation Script #2: For Emotional Suggestible (short version) ..	123
Progressive Relaxation Script #3: For Physical Suggestible (long version)	124
Progressive Relaxation Script #4: For Emotional Suggestible (long version) ...	126
Hypnosis Step #7: Deepening Techniques	128
Stair Case Script.....	128
Hypnosis Step #8: Challenges/Tests/Convincers	130
Eye Challenge Script #1: For Physical Suggestible	130
Eye Challenge Script #2: For Emotional Suggestible	130
Hypnosis Step #9: Therapy/Scripts	131
Hypnosis Step #10: Post-Hypnotic Suggestions	132
Hypnosis Step #11: Exit.....	133
Exit Script: 1 Up To 5.....	134
Hypnosis Step #12: Positive Reinforcement	135
Using Reward as An Effective Tool	135
Hypnosis Step #13: Closing the Session	136
Example Testimonial Form.....	138
What You Can Do If Your Client Wasn't Hypnotized!	139
Hypnosis Step #14: Follow-Up.....	140
Short Term Follow-Up	140
Long Term Follow Up	141
Hypnosis Summary and Checklist.....	142
Practice Hypnosis Session.....	143
Quiz.....	151
MY NOTES	153
From Resistance to Results: The Principles For Living a Great Life & Becoming the	
Master of My Reality	154
Feelings of Love	157
Feelings of Fear	177
My To-Do List.....	179
My Questions	180
Additional Resources	181
Ah-Ha Moments, Insights About Myself, Others and Life.....	182

My Homework/Assignments.....	183
Quotes.....	184
My Declarations.....	185

Copyright Notices
© Copyright College of Professional Hypnotherapy
All rights reserved

No part of this training manual may be reproduced or transmitted in any form or by any means mechanical or electronic, including photocopying and recording, or by any information and retrieval system.

The purchaser is authorized to use any of the information in this training manual for his or her own use only.

Legal Notice

While all attempts have been made to verify information provided in this training manual Hypnotherapy Professional College, LLC. assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter given in this training manual.

Hypnotherapy Professional College, LLC. wants to stress that the information contained in this training manual may be subject to varying country and professional organizations' laws and regulations. The purchaser must accept full responsibility for determining the legality and/or ethical character of any and all business transactions and/or practices adopted and enacted in his or her particular field and geographic location, whether or not those transactions and/or practices are suggested, either directly or indirectly, in this training manual.

NOTE: No guarantee of income or profits is intended by this training manual. Many variables affect each individual's results. Your results will vary from the examples given. Hypnotherapy Professional College, LLC. cannot and will not promise your personal success. That is up to you. Hypnotherapy Professional College, LLC. has no control over what you may do or not do with this training manual, and therefore cannot accept the responsibility for your results. You are the only one who can initiate the action, in order to reap your own rewards!