

Basic Hypnosis Plan

\$1499/ Basic Hypnosis certification

OVERVIEW & PURPOSE

Basic Hypnosis is the foundation for HPC Master’s Certification Program. This course is approximately 120 hours of course instruction, required reading, quizzes, development exercises and workshops. R2R and Basic are designed to begin your journey; doing the work you will be asking your clients in the future to do. You need to understand the process and the benefits of having the knowledge to heal along with the tools to understand and release our emotions from our stories.

EDUCATION REQUIREMENTS approximate hours

1. Resistance to Results:	18	hrs
2. One on One coaching	5	hrs
3. Zoom Basic overview	3	hrs
4. Video/Manual/Quizzes	10	hrs
5. Workshops	3	hrs
6. Required Reading	30	hrs
7. Movie review	4.5	hrs
8. Hypnosis		
a. Self hypnosis	5	hrs
b. Personal sessions	3	hrs
c. Practicum	40	hrs

OBJECTIVES

1. Understand the stories in our minds, our beliefs
2. Find you Hypnotic pattern, voice, breath, manage your energy
3. Do the work to release, let go and manage your emotional triggers
4. Practice, Practice: Script reading, induction, deepeners:
5. Begin to think about your Practice in the Future or merging hypnosis techniques