

Hypnotherapy and Psychotherapy Institute

MODULE ONE

INTRODUCTION

Discover the origins of this course, its objectives, and the essential reading materials.

LESSON ONE

Explore the hypnotherapy business and the role of a professional practitioner. Learn how to start and succeed in this field. Understand the basics of hypnosis, its capabilities, limitations, and effectiveness. Debunk common myths and gain insights into client acquisition and management.

LESSON TWO

Delve into the essence of hypnotherapy and its benefits. Gain a deeper understanding of hypnosis and the critical role of therapy. Address common misconceptions and explore the workings of the subconscious mind. Learn techniques to create, enter, utilize, and exit a 'pre-hypnotic' state.

INTRODUCTION

We launched our courses before 2000, providing training in America, the UK, Europe, and Asia. Now, we're offering one of these courses on the Teachable platform. This course is specifically designed for Teachable and isn't available on our institute's website <http://www.hkich.com/en/>.

This course gives you a foundational understanding of hypnosis, offering a first step towards becoming a professional. You'll get a taste of everything covered in our full diploma course.

The Hypnosis Course was created for a distinct purpose. Many individuals are eager to learn more about the art and practice of hypnotherapy, hoping to discover if they “have a knack for it,” without the need to commit to a full-scale study program.

It isn't only the financial commitment that can be daunting—numerous colleges and hypnosis schools require mandatory “in-house” training sessions as part of the curriculum, which can pose a challenge for many people. I developed this course, drawing from my experience as a successful practitioner, lecturer, and teacher, to provide you, the student, with practical knowledge that will not only allow you to assist others but also significantly enhance your own life. Moreover, you can learn at your own pace with no pressures—there's no time limit on your studies—and you will have access to a “help line” for any questions you may have. You can progress as far as you wish; if, after completing this basic course, you decide that hypnotherapy is not for you, there's no obligation to go for the next level. However, if you determine that it is indeed right for you, you will have the option to continue to the full course.

This professionally designed course will offer sound training that covers more than just the fundamental skills of clinical hypnosis and hypnotherapy. It's not intended to equip you with all the tools necessary for every potential situation you might face; no course can provide that, and it is essential to continue your education for many years.

That said, it will provide you with substantial skills to help others overcome numerous challenges—such as breaking habits, reducing stress, and managing anxiety or nervousness, among others—and improve their lives significantly. If you were able to help just one individual in your life, it would be fulfilling; if you can replicate this on a regular basis, it becomes not only uplifting but, at best, exhilarating!

In this course, you will learn how to effectively hypnotize individuals easily and effortlessly—discovering whom you can help and whom you should not attempt to hypnotize. You will gain in-depth knowledge about the therapeutic side of the hypnotherapy equation. You will learn methods that enable you to perceive the true personality behind the public persona individuals present, along with the common root causes of many nervous conditions people endure. Additionally, you will learn how to address these common causes and alleviate their effects significantly. You will acquire various skills that may seem simple to you—so easy they become almost second nature—but will appear miraculous to others!

Consider someone who has smoked 80 cigarettes daily for 30 years spending less than two hours with you and never smoking again. You can achieve that. Imagine an individual who has failed their driving test nine times having just two or three sessions with you before finally passing. You can achieve that. Think of a person who is painfully shy finding a partner; a person terrified of dental treatment showing off a bright smile; a Best Man who once feared public speaking delivering a speech with the confidence of a seasoned orator... You can do all this and more.

To those individuals, you will seem like a miracle worker!

Upon completing the full course, you will have the chance to take a comprehensive exam (and you'll possess the necessary skills to feel confident about it!) to earn a Professional diploma, demonstrating that you have completed the course and mastered the material. This diploma will instill confidence in you and in those you wish to assist—and this is of immense significance.

One crucial aspect to remember is the course's structure. To maximize your learning, you must ensure that you fully understand each module before moving on to the next. There is a “suggested reading” list to keep you engaged! While you could skip this reading list, it would impede your ability to obtain your Professional diploma, as the exam will include questions related to some of the reading materials. You will still acquire useful knowledge, but it may not be as profound as if you were to study the additional texts.

You can likely find the recommended books at a good bookstore or borrow them from your local library. Check Amazon, I have provided additional details to assist you should you encounter difficulties. Here is the reading list—the Professional diploma exam will contain questions based on those marked with an ‘*’:

*C. Roy Hunter: *The Art of Hypnosis* Roy Hunter is a respected hypnotherapist in the USA. This book is essential for every therapist and aspiring therapist, as it contains invaluable insights that will enhance your skills and enjoyment of the subject. Published

by: Kendal/Hunt Publishing Company. ISBN 0-7575-1101-5

*C. Roy Hunter: *The Art of Hypnotherapy* This book offers advanced techniques in clinical hypnotherapy that will not only enhance your abilities but also your enjoyment of the field. Published by: Kendal/Hunt Publishing Company. ISBN 0-7872-7068-7

*Dave Elman: *Hypnotherapy* Although published in 1964, much of the material remains relevant today. Some induction methods are suitable only for the most confident practitioners (though many others are still excellent), and the outline of analytical work is dated, yet every hypnotherapist should be familiar with it. It is available from: Westwood Publishing Co. 700 Central Avenue, Dept. HW, Glendale, CA 91204, USA

*Kevin Hogan: *The Hypnotherapy Handbook* Kevin is a successful therapist, lecturer, and trainer in the USA. His book serves as a comprehensive system, providing enough solid information to guide readers from beginners to accomplished therapists, featuring numerous techniques to complement this course.

FREUD: *The Psychopathology of Everyday Life* While Freud is often dismissed or criticized, he is the originator of many concepts used in modern psychology, psychotherapy, and hypnotherapy. Any contemporary therapist can benefit from understanding his ideas, particularly regarding subconscious transference and resistance.

*連峻: *催眠 我的、你的、他的另一半* The first academic and systematic hypnosis and hypnotherapy textbook in Asia, covering both basic concepts and advanced topics, from historical to contemporary information.

Georges Phillips and Terence Watts: *Rapid Cognitive Therapy* Includes many useful

techniques for therapists.

*Terence Watts: *Worriers, Settlers, Nomads* Gain deeper insights into personality and understand humanity more easily.

連峻: *催眠解碼* A more leisurely approach to understanding hypnosis and hypnotherapy. This book is easy to comprehend and great for those seeking more information about hypnosis.

S. Rosen: *My Voice Will Go With You: The Teaching Tales of Milton H. Erickson*
Milton H. Erickson's use of "Teaching Tales" was intended to influence patients on both conscious and subconscious levels.

連峻 李麗琴 招伊尹: *催眠 X 檔案* A collection of real cases from Hong Kong.

連峻: *催眠師的心情角落* This book explores the softer side of being a hypnotherapist, providing insights into their lives and some behind-the-scenes information about hypnosis.

You can find a list of Chinese reference books at <https://amzn.to/39MpOtn>.

ANY 'basic psychology' book. There are many introductory texts available, and it is advisable to read one intended for first-year students—your local bookstore should be able to recommend suitable options. While this is not required reading for the exam, the additional knowledge will significantly enhance your understanding of the human experience.

A wealth of useful reading and study materials is referenced in the 'Official

Hypnosis FAQ' Although it's not an official document, it offers a plethora of valuable information on the subject. Compiled by respected American therapist and author Roy Hunter, you can access this document anytime if you are connected to the Internet. It can be found at <https://www.royhunter.com/hypnotherapy-faq.htm>.

For an Asian website, visit <http://www.renelien.com>, which is a bilingual English-Chinese resource containing a wealth of information relevant to the field.

Though there's no time limit on your studies, cultivating good habits is beneficial if you wish to advance. Allocate study time each week; it does not need to be the same every day, nor is daily study necessary. However, learning is more effective with several shorter sessions than with a lengthy weekend blitz. Most people can manage 30 minutes to an hour each day, which is sufficient for successfully completing this course.

During your study sessions, you will learn: what hypnotherapy truly entails; its capabilities and limitations; who cannot be hypnotized and who should not be hypnotized; how to effectively hypnotize someone; how to formulate suggestions for use within the hypnotic state; how to uncover an individual's true personality rather than their 'public persona'; and much more fascinating information.

Once you have absorbed all of this material, you will realize that you possess more insight into human behavior and its motivations than most people acquire in a

lifetime. However, I hope you choose to assist some (or many!) of the countless individuals 'out there' who desperately require therapeutic help. You may even opt to become a full-time professional hypnotherapist and develop your own unique techniques, establishing your own 'signature' approach.

Throughout your studies, you may notice instances where certain concepts or ideas are repeated in various lessons of the course, albeit presented differently. This repetition is intentional; the information is relevant to that specific section of the course, and it is often more effective to present it in context rather than having you constantly revisit different sections. As you advance, you will frequently be encouraged to think independently and formulate your own ideas and opinions, as this is one of the most valuable skills you can possess in the field of hypnotherapy.