



Hypnosis and Hypnotherapy Training

For aspiring Hypnotists, Therapists, Coaches and Health & Wellness



Approved
Training
Courses

**Wouldn't you LOVE to help your clients get better results
from the services you provide?**

Learn Hypnosis and Hypnotherapy

Extraordinarily powerful and effective tools for healing and personal growth.

A primary career or an adjunct to all other professions in the healing arts.

Self-empowerment and personal growth for yourself and clients.

Why study Hypnosis at THTC?

- Because we provide comprehensive training with high standards for excellence in the field of Hypnosis and Hypnotherapy.
- Because we provide the highest level of instruction centered in compassion and sincerity.
- Because THTC provides an Approved Training Course by NGH (National Guild for Hypnotist)

What is NGH?

- Established in 1950, the Guild has grown to over 20,000 members, with over 100 local chapters in 89 different countries. A growing percentage of its members have academic credentials in other fields, including medicine, psychology, counseling and nursing.
- The National Guild of Hypnotists has been acknowledged, even by other professional hypnotism groups, as the number one association in the field.

What will you learn in 11 days?

- What is Hypnosis, its History and its effectiveness.
- You will be able to recognize Hypnotic Techniques. You'll not be influenced by others like: politicians, sellers, television, advertising.
- To do Hypnosis for well-being, for quality of sleep, for deep relaxation.
- To do Hypnotherapy to resolve states of emotional distress, addictions, bodily dysfunctions, and much more.
- To install basic and advanced Self-Hypnosis.
- A to lead Hypnosis groups of business managers, sportsmen, smokers, weight loss, etc..
- To complement Hypnosis with other disciplines such as Shiatsu, Jin Shin Do® Acupressure, Reiki, Craniosacral, etc.



Class Descriptions

Part 1:

History of Hypnosis and Theory

Part 2:

Basic Hypnosis: Theory and Techniques

Part 3:

Advanced Hypnosis: Theory and Techniques
Specific application of Hypnosis

Part 4:

What is Self Hypnosis and how to install it

During Classes:

- Real clinical cases
- Practical demos of Hypnosis on students
- Free practice of Hypnosis in class with teacher's supervision
- Projection of lessons
- Questions & Answers
- Final Test



11 Days Program

Day 1

Morning

- History of Hypnosis
- How Hypnosis works and why is so effective
- Common Myths & Misconceptions About Hypnosis
- Different Kind of Inductions
- The Depth of Trance
- Precautions in Hypnosis
- Legal Aspects of Hypnotism
- Code of Ethics
- Relationship with Health Professionals (Medical Doctor, psychologist, psychotherapist, etc.)

Afternoon

- Indications and contraindications of Hypnosis
- Hypnosis and Hypnotherapy
- Demo: “Magnetic Steps”
- Definition of Hypnosis - Model of Mind
- Abreaction
- Direct Suggestion, Compounding and Pyramiding

Day 2

Morning

- Pre-Talk in Hypnosis
- Feedback at the end of Session
- The Role of Hypnotic Rapport in Hypnosis and how to create it
- How to emerge the subject from Hypnosis

Afternoon

- The Signs of Hypnosis
- Non Verbal Hypnosis
- Free practice of “Magnetic Steps”
- Arm Catalepsy: Test and to deepen the Trance State
- Suggestibility Tests
- Progressive Relaxation
- Dave Elman: from Stage Hypnosis to Hypnotherapy
- The Depth of Trance, how to recognize them and utilization

Day 3

Morning

- Elman Induction step by step
- Deepening Techniques of the state
- Somnambulism in Hypnosis: definition, how to reaching it, test
- Hypnotic Suggestion: definition of and how to create them
- Hypnosis Scripts: how to use them and how to write your own one

Afternoon

- Rapid and Instant Inductions
- Hidden test for Somnambulism
- Hypnotic Coma: definition, how to reaching it, test

Day 4

Morning

- Regression hypnosis: how to perform a regression

Afternoon

- Past Life Regression

Day 5

Morning

- Emotional release during a session

Afternoon

- Pain control
- Hypnodontics - hypnosis for dentists

Day 6

Morning

- Parts Therapy: Hypnosis for Inner Conflict Resolution

Afternoon

- Anchoring and Post-Hypnotic Suggestions



Day 7

Morning

- How to use Self-Hypnosis to achieve your goals
- How to instal Self-Hypnosis to the subject

Afternoon

- How to teach suggestions to the subject for Self-Hypnosis
- Support the subject in Self-Hypnosis

Day 8

Morning

- How to instal Advance Self-Hypnosis to the subject, Part 1

Afternoon

- How to instal Advance Self-Hypnosis to the subject, Part 2

Day 9

Morning

Popular Uses Of Hypnosis Today:

- Stress Management
- Smoking Cessation
- Confidence & Self-Esteem
- Assertiveness
- Performance (all areas)
- Focus & Concentration
- Memory Enhancement
- Motivation
- Goal Setting and Execution
- Mentoring
- Coaching
- Sport

Afternoon

- Unwanted Fear Responses
- Phobias
- Weight Management



- Anxiety
- Hypnosis in Birthing

Day 10

Morning

- Hypnosis via webcam
- “Hypnoanalysis” with pendulum and regression

Afternoon

- “Hypno Sleep” for Implanting Hypnotic Suggestions
- Basic Acupressure Techniques to induce Hypnotic State

Day 11

Morning

- Group Hypnosis

Afternoon

- Stage Hypnosis (Why learn it)
- Final test

FEE for CLASS:

2500 € payment through bank transfer

*Info and registration:
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***Pierluigi Duina**
Certified Hypnotist and Instructor by NGH*



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Courses

**International
NGH Certified
Instructor**

