

HYPNOSIS TRAINING

2024/25 Curriculum



INTRODUCTION

A syllabus that works with your schedule.

Sometimes when everything seems chaotic, it's the best time to make changes.

In 2020 we opened State of Mind Hypnosis & Training Centre! Since then we have been working with people all over the world to help them feel better.

Our training centre is growing, and we are excited to be working with people all over the world to help them become NGH Certified Hypnotists!

Our comprehensive program consists of a Hypnosis Framework that covers all the foundational aspects of hypnosis so that people with the compassion and drive to help others can graduate and launch their new & exciting career! An extensive online portion allows all your materials, videos and downloads to be in one place.

Taught by leading Hypnotists, Hilary Leehane & Les Smith. Bringing their expertise to the field and covering everything from Ethics to Self Hypnosis to Regression – Business foundations & More!

Our students graduate with the knowledge and confidence that they can now go out into the world, helping others with hypnosis!

HILARY LEEHANE B.DES CH MH
LES SMITH J.D. LL.M CH CI

FOUNDERS, OWNERS & INSTRUCTORS



“This training has made me feel confident to work with clients, and I’m excited to start helping others feel better!”

- Barb

How can I add this training to my life?

Besides becoming a Hypnosis Professional, these are other ways that taking this hypnosis course can elevate your current specialty.

Coach – Helping clients overcome mental barriers, enhance focus, and achieve personal or professional goals, especially in moments where client is stuck and not moving forward.

Counsellor – Using hypnosis to assist with stress reduction, relaxation, and promoting positive behavioural changes.

Nurse – Supporting patients with pain management, anxiety reduction, and preparation for medical procedures.

Chiropractor – Enhancing treatment with hypnosis for pain relief, relaxation, and mind-body wellness.

Fitness Trainer – Helping clients build motivation, overcome mental blocks, and reinforce healthy habits.

Nutritionist – Supporting clients in managing cravings, emotional eating, and fostering a healthier relationship with food.

Massage Therapist – Offering guided relaxation or stress reduction techniques to enhance the therapeutic experience.

Social Worker – Assisting clients with stress, emotional management, and goal setting through focused hypnosis sessions.

Acupuncturist – Combining hypnosis with acupuncture for pain management, relaxation, and wellness goals.

Doula/Midwife – Supporting clients during childbirth with hypnosis for relaxation, pain management, and emotional comfort.

Dentist/Dental Hygienist – Helping patients manage dental anxiety, reduce discomfort, and promote relaxation during procedures.

Teacher/Educator – Enhancing students' concentration, memory retention, and managing test anxiety through focused hypnosis techniques.

Psychologist – Integrating hypnosis for relaxation, stress management, and behaviour modification within a therapeutic framework.

How?

How does the program work?

Our program spans 5 weekends over 2 Months. After the course start date we meet every Wednesday evening over Zoom and every other weekend. There is online homework through our student portal that must be completed at your own pace week by week.

Training Highlights

Resources

- Access to an Exclusive Online Resource Library and Our Online School
- Ongoing Mentorship and Support
- 80% off ALL online audios within our Resource section.

Support

- After graduation we are here for you as mentors and supporters.
- Continued access to the online student portal - accessing any new material

Build Your Business

- Learn from the best! Les and Hilary both come from the world of marketing and business. They will be offering training for you to start your business and feel confident!

Professional Memberships

- Membership in the NGH Professional Network
- Optional membership to our State of Mind Community for further Training & Workshops.

What you will Receive.

At Graduation you will Receive:

NGH Hypnotist Certification
1 year NGH Membership
State of Mind Hypnosis - Hypnosis Certification
Mindfulness X - Practitioner Certification
Self Hypnosis Teacher & Practitioner Certification

Why?

Why is the program 8 weeks?

Our 8-week course is designed to provide a comprehensive and immersive learning experience that prioritizes practical application and skill mastery. The extended duration allows participants the necessary time to absorb, practice, and integrate the wealth of knowledge presented. By spreading the content over 8 weeks, individuals can balance the demands of the course with their professional commitments, ensuring a manageable workload and a conducive learning environment.

This approach allows for a deeper exploration of each module, ample time for hands-on practice, and the opportunity to refine techniques through feedback and real-world application. Our commitment to an extended timeframe reflects our dedication to fostering not just theoretical understanding but the practical expertise essential for success in the field of hypnosis.



HYPNOSIS TRAINING

Week 1

Understanding the Hypnosis Framework

In the opening week of our comprehensive hypnosis professional certification program, participants embark on a foundational exploration of the hypnosis framework. This involves a deep dive into the fundamental principles that underpin the practice of hypnosis, including the various states of consciousness, suggestibility, and the role of the subconscious mind. Participants gain insights into the historical evolution of hypnosis, allowing them to appreciate its rich heritage and understand its contemporary applications. The week establishes a strong theoretical foundation, laying the groundwork for the practical skills participants will develop throughout the course.

Exploring the Model of the Mind, Brain Waves, and Metaphors

Week 1 further delves into the intricate workings of the mind through the exploration of the model of the mind, brain waves, and the art of metaphorical communication. Participants learn to conceptualize the mind as comprising conscious and subconscious components, gaining a nuanced understanding of how suggestion and imagery influence mental states. The discussion extends to brain wave patterns, introducing participants to the physiological aspects of hypnosis and how different brain states contribute to suggestibility.



Metaphors, as powerful tools in hypnotic communication, are introduced to illustrate complex concepts and guide clients toward deeper understanding and change. This multifaceted approach in Week 1 equips participants with a holistic understanding of hypnosis, setting the stage for a comprehensive and transformative learning journey.

HYPNOSIS TRAINING

Week 1 - Continued

Diving into Hypnosis!

Embark on an exhilarating journey into the transformative realm of hypnosis during Week 1 of our Mastering Hypnosis Professional Certification Program. Delve into the rich history and evolution of hypnosis, laying the foundation for your mastery of this powerful technique. Gain insights into the intricate mind-body connection and explore the ethical considerations essential to professional practice.

The PreTalk

Week 1 combines theoretical insights with hands-on practice, allowing you to refine your communication skills through role-playing and interactive exercises. Delve into the psychology of suggestion and influence, mastering the art of tailoring your Pre-talk to diverse client needs. Gain the expertise to answer questions, address concerns, and create an environment where clients feel empowered and informed.



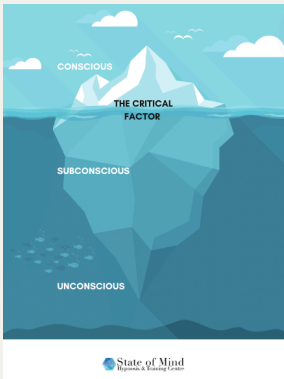
HYPNOSIS TRAINING

Week 2



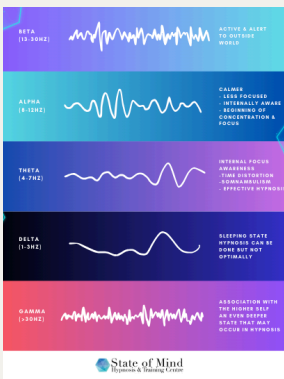
Ethics

In Week 2, we place a significant emphasis on the ethical considerations integral to the practice of hypnosis. Understanding the profound impact of our work, we delve into ethical guidelines and principles that form the bedrock of responsible and professional hypnosis. Participants engage in thought-provoking discussions and case studies, exploring scenarios that highlight ethical decision-making in real-world contexts. We navigate the delicate balance of client autonomy, informed consent, and the practitioner's responsibility, ensuring that ethical standards are not just learned but ingrained in every facet of the hypnotic process. By the end of Week 2, participants emerge with a heightened awareness of ethical considerations, equipped to navigate their hypnosis practice with integrity, empathy, and a profound commitment to the well-being of their clients.



Inductions

Week 2 marks the exciting transition from theory to practical application as participants embark on the journey of mastering hypnotic inductions. We believe in the power of hands-on experience, and this week is designed to empower participants with the skills to initiate inductions confidently. Through a blend of live demonstrations, group exercises, and paired practice sessions, participants take turns both as inducers and subjects. This experiential learning approach not only reinforces theoretical knowledge but allows individuals to refine their technique, receiving constructive feedback from peers and instructors alike. By engaging in this immersive practice, participants cultivate the art of seamless induction, fostering a sense of mastery that is foundational to their journey as skilled hypnotists.



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Week 3

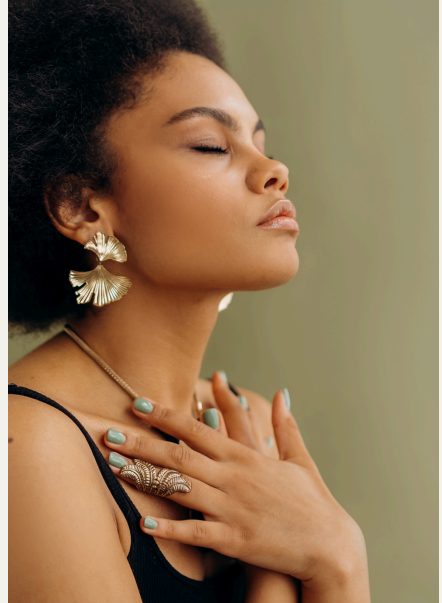
Empowering Self-Hypnosis Practices

In Week 3, participants embark on a transformative exploration of self-hypnosis, recognizing the profound impact it can have on personal well-being. Through guided exercises and tailored techniques, individuals learn to induce hypnotic states within themselves, fostering a deep connection with their inner resources. We emphasize the importance of self-care and stress reduction, equipping participants with tools to navigate their own mental landscapes. From relaxation scripts to personalized affirmations, Week 3 serves as a pivotal moment in empowering participants to integrate self-hypnosis into their daily lives, enhancing resilience and fostering a positive mindset.

Mastering Positive Suggestion Work with Others

Building upon the foundation laid in self-hypnosis, Week 3 also marks the transition to mastering positive suggestion work with others. Participants delve into the art of crafting and delivering impactful suggestions tailored to individual needs. Through role-playing exercises and partner sessions, participants refine their ability to create positive change in others through language, tone, and intention.

From addressing stress and anxiety to instilling confidence and motivation, participants gain hands-on experience in utilizing positive suggestion techniques. By the end of Week 3, individuals are not only skilled in self-hypnosis but also adept at facilitating positive transformation in the lives of others through the power of suggestion.



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Week 4

Initiating Client Intake

Week 4 marks a pivotal juncture as participants delve into the crucial process of client intake. Understanding the intricacies of a client's history, concerns, and aspirations is fundamental to effective hypnosis. Through guided discussions, case studies, and practical exercises, participants learn the art of conducting thorough and empathetic client interviews. From establishing rapport to identifying potential challenges, Week 5 emphasizes the significance of gathering comprehensive information to tailor the hypnotic experience. By honing their skills in client intake, participants lay the groundwork for fostering a strong alliance, ensuring that each session is tailored to the unique needs and goals of the individual.

Crafting Transformative Goals

Simultaneously, Week 4 immerses participants in the art of goal setting within the context of hypnosis. Understanding that well-defined goals are the compass for successful outcomes, participants learn to collaboratively set realistic and achievable objectives with their clients. Through interactive exercises and case studies, individuals gain insights into the psychology of goal attainment and the role of hypnotic suggestion in reinforcing positive change.

Participants leave Week 4 equipped with the tools to guide clients in defining clear and meaningful goals, a skill that forms the cornerstone of impactful hypnosis. This week not only sharpens the practitioner's ability to facilitate positive change but ensures that clients are active participants in their transformative journey.



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Week 5



Embarking on Mindfulness Mastery

Week 5 is a transformative exploration into the integration of mindfulness techniques within the realm of hypnosis. Participants delve into the art of cultivating present-moment awareness and attention, enriching their toolkit with practices that enhance focus and relaxation. Through guided mindfulness exercises, participants not only experience the benefits firsthand but also learn to seamlessly incorporate these techniques into their hypnosis sessions. The week emphasizes the synergy between mindfulness and hypnosis, empowering participants to deepen their clients' experiences and facilitate transformative change through heightened awareness and acceptance.



The Art of Regression and Going Off Script

Participants take a bold step into the realms of regression and going off script, expanding their repertoire. Regression techniques are explored, allowing practitioners to guide clients to revisit past experiences and uncover insights that may inform their present challenges. The week also encourages participants to embrace spontaneity and flexibility in their approach by exploring the art of going off script. Through interactive exercises and case studies, individuals learn to adapt to the unique needs of each client, fostering a creative and intuitive approach to hypnosis. Week 6 is not only a journey into the depths of the mind but also a celebration of the practitioner's ability to navigate the intricacies of each session with skill, insight, and adaptability.

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Week 6



Exploring Age Regression with Timelines and Tunnels

In Week 6, participants embark on an illuminating exploration of age regression within the realm of hypnosis. This transformative journey involves guiding clients to revisit past experiences, often rooted in childhood, to uncover and address unresolved issues. A key focus during this week is the application of timelines and tunnels as powerful tools for facilitating age regression. Participants learn how to skillfully navigate a client's timeline, allowing them to access specific memories and emotions at different points in their lives. The concept of tunnels is introduced as a metaphorical pathway to delve deeper into the subconscious, creating a safe and structured space for clients to explore and heal from past events.



Practical Application through Guided Exercises

Week 6 combines theory with hands-on practice as participants engage in guided exercises to master the art of age regression using timelines and tunnels. Through role-playing scenarios and paired exercises, individuals refine their ability to guide clients through this profound process.

Emphasis is placed on creating a supportive and empathetic environment, enabling clients to explore their past with a sense of security and empowerment. By the end of the week, participants not only understand the theoretical foundations of age regression but also possess the practical skills to implement these techniques in a way that promotes healing and transformation in their clients.

Week 7 + Options

Cultivating Forgiveness

Simultaneously, Week 7 delves into the theme of forgiveness—both towards others and oneself. Students explore the profound impact of forgiveness on mental and emotional well-being, gaining insights into how hypnosis can be a catalyst for this transformative process. Through guided sessions and reflective exercises, individuals learn techniques to guide clients through forgiveness journeys, addressing deep-seated resentments and fostering emotional release. The week emphasizes the healing power of forgiveness, acknowledging its role in personal growth and the promotion of positive mental health. Participants leave Week 8 equipped with the skills to facilitate forgiveness processes, empowering clients to release emotional burdens and embrace a path of emotional freedom and empowerment.

Exploring Options for Further Training

In Week 7, we introduce students to some of the more advanced aspects of hypnosis. These techniques offer deeper insights into the subconscious and how unresolved emotions, past experiences, or even beliefs about past lives can affect present behaviours.

- **Parts Work:** Learn how to guide clients through resolving inner conflicts by accessing different "parts" of their mind that may hold opposing desires or beliefs. This helps clients achieve harmony within themselves and make more aligned decisions.
- **Life Between Lives:** This session explores the idea that the soul continues between physical lives, accessing the space where people can explore their life purpose, soul connections, and lessons they are meant to learn.
- **Past Life Regression:** Dive into techniques that help clients access memories or emotions from past lives that may still be influencing them today. This approach can offer profound insights into personal challenges and unlock hidden strengths.

Additionally, we discuss the practical aspects of launching your own hypnosis business. Whether you're looking to start small or build a full-time career, we'll cover the foundational steps, including setting up a practice, marketing yourself, and attracting clients.

These specialized topics are offered as weekend courses that can be purchased once you've completed your core hypnosis training. They are designed to enhance your learning and give you tools to expand your practice into new areas, adding to your expertise and value as a professional hypnotist.

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Week 8

Culminating in the Final Case Study

As the program reaches its culmination in Week 8, participants showcase their accumulated skills and knowledge through the presentation of their final case studies. This capstone project allows participants to integrate everything learned throughout the course into a real-world scenario. Each participant presents a detailed case study, illustrating their approach to client intake, goal setting, and the application of various hypnosis techniques. The case study presentations are followed by constructive feedback from both peers and instructors, fostering a collaborative learning environment. This final session not only serves as a celebration of individual growth but also provides valuable insights and recommendations for further professional development. Participants leave Week 8 with not only a certification but also a robust understanding of the practical application of hypnosis in real-world scenarios and the skills to build a successful hypnosis business.



Test & Graduation!

In Week 8, we focus on wrapping up your training journey with the National Guild of Hypnotists (NGH) certification test. You'll begin by completing the test individually, giving you the chance to showcase everything you've learned throughout the course. Afterward, we come together as a group to review the test, ensuring that no one is left behind. This collective effort reinforces a sense of community and support among all students.

Following the test, you'll participate in a final practicum with your fellow students and past graduates, where you'll have the opportunity to apply your hypnosis skills in real-life scenarios.

This hands-on practice not only builds confidence but also strengthens your readiness for working with future clients.

We end the course on a high note with a celebration party and a graduation ceremony to honour your accomplishments. It's a chance to reflect on your growth, connect with peers, and look forward to the exciting future ahead as a certified hypnotist.

Whether in clinic or joining from a distance, our practicum is set up so that you feel empowered to start doing hypnosis right away after graduating, whether opening a business or just as a hobby.

NEXT STEPS

This is the beginning of something good!

This syllabus serves as a comprehensive roadmap for our transformative 8-week hypnosis course, providing a detailed outline of the key modules and learning milestones that participants will experience throughout their journey. Each week is strategically designed to build upon the previous, ensuring a gradual and immersive learning experience.

The course is meticulously crafted to balance theoretical knowledge with extensive practical applications, allowing participants to not only grasp the intricacies of hypnosis but also develop the confidence and skills necessary to become proficient practitioners. We encourage prospective participants to reach out with any questions or inquiries through our dedicated channels:

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705-875-6559

[Set up a 1:1 to discuss](#)

