

ADVANCED HYPNOTHERAPY MASTERCLASS



What Is Hypnotherapy?

Hypnotherapy is a prevalent therapeutic practice that uses hypnosis to get clients into a state of increased suggestibility, helping them overcome their concerns and issues





Some of the main concerns that can be resolved by using hypnotherapy include:

- Anxiety and stress
- Sleep disorders
- Eating disorders
- Pain management
- Kicking bad habits, such As
- smoking or drinking
- Weight loss and more
- Scarcity mindset
- Porn and masturbation addiction

Hypnotherapy is commonly used in the treatment of trauma and mental or behavioral disorders. However, there are many other instances where hypnotherapy can be applied

A professional hypnotherapist knows how to hypnotize someone. At the same time, a hypnotherapist is also able to help their clients identify the root cause of their issues that lie in the subconscious mind and resolve them.

SELF HYPNOSIS

As a hypnotherapist, you will also be able to equip your clients with the self-hypnosis techniques that they can practice on their own to support their professional hypnotherapy sessions



What Are The Benefits of Hypnotherapy as a Career?



Some perks of choosing hypnotherapy as a career include: Having a rewarding and fulfilling career helping others and making a difference in their lives. Becoming your own boss, choosing your own hours, where you work, and how much you mak

WHAT DOES IT FOCUS ON?

HYPNOTHERAPY (BASIC)

- Introduction to Hypnotherapy
- What is Hypnotherapy?
- History and evolution of Hypnotherapy
- Uses of Hypnotherapy
- Myths and misconceptions
- Theory of Mind

WHAT DOES IT FOCUS ON?

Hypnotherapy (Intermediate)

- self-hypnosis techniques
- Guided imagery and visualization
- Self-hypnosis for relaxation and stress reduction
- Breathing awareness
- Progressive muscle relaxation

WHAT DOES IT FOCUS ON?

Hypnotherapy (Advanced)

- The process of inducing hypnosis
- Techniques and methods for hypnotic induction
- Practice sessions on inducing hypnosis
- Recognizing depth of hypnosis
- Signs of hypnosis

WHAT DOES IT FOCUS ON?

Hypnotherapy (Advanced)

- Script structure and language
- Practice writing and revising scripts
- Ethical considerations in scriptwriting
- Metaphors in Hypnotherapy
- Introduction to Past Life Regression
- Preparation for a Past Life Regression session
- Ethical considerations in past life regression
- Age regression

▶ TAKE AWAY:

-  Grade Sheet
-  Study Materials
-  Online Resources
-  E-Certificate
-  Letter of Recommendation



Get to learn from licenced certified expert



Trainer is Doctorate in Psychology with 15+ year of experience

Who can participate in this program

School Teacher|School students| Special Educators| School Counsellors | School Psychologists |Aspiring psychologist| Any professional involved in the mental health well-being



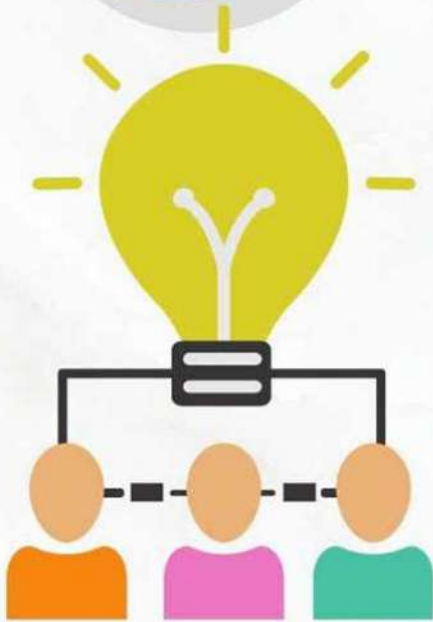
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