

# **Hypnotherapy Practitioner Certification**

## **Why take this training**

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If you have the urge to help people to help themselves, to help others become empowered, and learn skills that can create on going change for others then this is the training course for you. If you have an interest in the Mind, how it works and its potential power this is for you .If you want to practice and learn Hypnotherapy from the major schools of Hypnosis , Authoritarian or the Indirect permissive and Ericksonian approaches then this course will enable you to do so.

Warning :this course has been described as life changing by previous students.

## **Certification**

The training is accredited by the American Board of Hypnosis.This is a course qualifying the student as a Hypnotherapist, who is thus able to advertise and practise as such. You may also be certified as M i n d f u l n e s s Based Hypnotherapist if you choose. The course has elements of Mindfulness practiced and taught during it, dues to its simplicity and profound effects for practitioners and clients.

Registration is through the American Board of Hypnotherapy(ABH) or the General Hypnotherapy Register (GHR) in the UK. Joining the GHR will provide you access to some very good deals on insurance that you will need to have as a professional Hypnotherapist. They also allow members to advertise through their register and advertise your website. It adds credibility, adherence to a ethical code of conduct and professionalism to your practice . Registration is also offered via the American Board of Hypnotherapy, particularly useful if you wish to practice abroad.

## **Principal Trainer: Rick Maczka**

I am a Board Licensed Instructor of Hypnotherapy with the American Board of Hypnotherapy and a Master Hypnotherapist. The GHR or General Hypnotherapy Register in the UK have given me status as a Senior Qualified Hypnotherapist, and recommendation as a Supervisor of other Hypnotherapists. I have been in full time practice since 1994, continually studying to be aware of the latest therapies. I have a great deal of practical and teaching experience behind me. I am now incorporating Mindfulness and other modalities into my training's.

Hypnotherapy is a subject that I have a great deal of passion for and have continually found it be useful for bringing about therapeutic change with clients and students. In treating clients I am constantly honing and perfecting my skills enabling me to teach and pass on what really works in a real world environment beyond the class room.

I provide all the teaching on the course in an accessible, informative, practical and enjoyable way. My teaching to your Conscious and your Unconscious, at the same time allows your learning to be deeper and more far reaching then usual. The course includes 120 hours of material and 60 hours of contact time with me as your trainer. Roughly 60 hours is audio and visual pre-study.

I want my students to be the best they can be, and to have their own impact in the world of change and therapy. Most recommendations for ongoing supervision are that for every 9 or so clients a Hypnotherapist treats, they have one hour of supervision, this normally would cost £75 per session. My aim is my students get to develop their own style of therapy over time, so I offer one to one supervision via email or phone after the course for FREE. This extends, for now, to as long as my lifetime lasts.

You will also get over 6 hours of audio for setting up in practice, dealing with common presenting problems and marketing.

## **Course Content**

- History of Hypnosis
- What is Trance? What is Hypnotherapy?
- Self-Hypnosis
- How to begin a Hypnotic session.
- Several ways to induce trance including scripts.
- Schools of hypnotherapy i.e. Ericksonian and Authoritarian.
- What to do with someone when they are in a trance; techniques and approaches.
- What questions to ask before hypnosis, and after it.
- How to create long lasting change.
- How to deal with the common problems that people have.
- Age regression using various techniques from Milton Erickson and Tad James
- Many scripts available for many emotional problems and also for changing beliefs
- Putting it all together, goals of the Therapy sessions.
- Safety aspects; when to use hypnosis or not.
- Integrating Mindfulness and meditation into therapy
- NLP techniques - powerful additions to your skills

A meeting with the Principal trainer is recommended prior to making a decision that this is the right course for you. Due to some people coming from abroad this can be done over the phone. If you wish to speak to previous students then let us know.

### Dates

**August 3<sup>rd</sup> to 9<sup>th</sup>**

**Venue: The Orange Grove Clinic**

**Daily 930 am to 5 pm**

### Cost

**£1100 in total**

**Discount 20% off for full fee paid by end of June**

**Example you pay £880**

**15% off for full fee paid by end July 12<sup>th</sup>**

**10% off for full fee paid by end of July**

**Book now to take advantage of these discounts**