

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

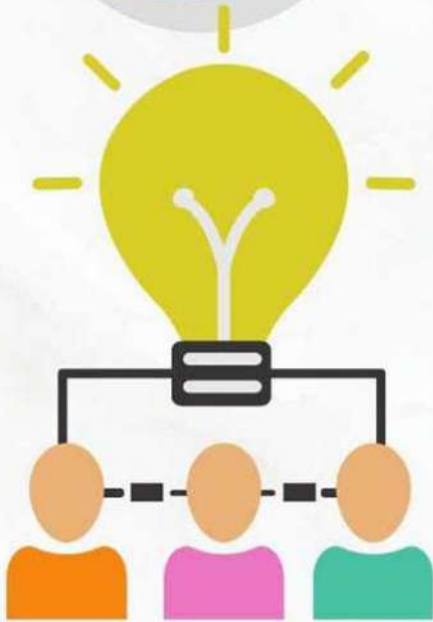


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- Chance to get listed on ICS network
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PERKS & BENEFITS

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- Notification of the classes before the class start
- Dedicated academic counselor



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Certificate

OF COMPLETION



We are proud to present this certificate to

Chayanika Das

This is to certify that the above candidate has successfully completed real-time intensive training and supervision in the theory and practice in Clinical Hypnotherapy in the month of May 2023 and has learned the practical skills in Clinical Hypnotherapy Training Certification.

To advance his or her career in the field of psychology.
The overall performance of the student during training is excellent.
We wish you all the best for your future.

Certificate No. ET/ISO/2111/1452

Date : 23-11-2023

Arpita Roy

CBT TRAINER





LETTER OF RECOMMENDATION

Date : 23-11-2023



I am writing in enthusiastic support of Chandana Balla .

She put in a lot of effort to finish the **CHILD PSYCHOLOGY PRACTICAL PROGRAM** During this time together, she proved to be bright, inquisitive, and diligent in her training. Her learning and leadership skills were truly impressive. In addition to this, she is bright, eager to learn, and responsible.

Based on her exceptional performance and remarkable character, I have no doubt that she will thrive in any future academic or professional pursuits outside the academic realm, she also contributed actively to psychology-related extracurricular activities and initiatives.

I am confident that she would be an asset to any organisation and that she would excel.

Best regards,

**TRAINING DIRECTOR
PREETI SHARMA**