



# Full-Day Courses



**All Full-Day Sessions Run: 10 AM–5 PM**



## **YOUR CHOICE: 2-Day **or** 4-Day Course**

### ***PARTS THERAPY***

*with Jessica L. Hanson*

#### **Dates:**

- 2-Day Facilitator Training: Wed–Thu, April 29–30
- 2-Day Trainer Program: Mon–Tue, May 4–5

---

### **Days 1 & 2: Certified Client-Centered Parts Therapy Facilitator Training**

Learn Parts Therapy, a method for resolving inner conflicts and self-sabotaging behaviors. Gain skills to identify when it's appropriate, explain it to clients, and facilitate sessions using a structured, step-by-step process. Practice techniques in hands-on sessions and learn updates to the Tebbetts Method by Roy Hunter.

#### **Key Learning Outcomes:**

- Foundations and evolution of Parts Therapy
- When and how to use Parts Therapy
- The complete 11-step facilitation process
- Mediator skills and non-leading communication
- Practical demonstrations, roleplay, and case examples

#### **Prerequisites:**

Basic hypnosis and regression training

#### **Includes:**

Student workbook, Roy Hunter's *Hypnosis for Inner Conflict Resolution*, in-class demos and practice, personal post-training session, certificate of completion, 14 CEUs, and optional **Certified Parts Therapy Facilitator (CPTF)** credential (additional fee).

---

### **Days 3 & 4: Train the Parts Therapy Trainer Program**

This advanced course prepares experienced hypnotherapists to confidently teach Client-Centered Parts Therapy using the Tebbetts/Hunter method. Learn how to effectively present the material to hypnosis students and credentialed therapists, even those without formal hypnosis training.

#### **Key Learning Outcomes:**

- How to teach the step-by-step Parts Therapy process
- History and variations of Parts Therapy
- Effective demonstrations and structured roleplay
- Using Hunter's teaching materials and resources

#### **Prerequisites:**

Prior Parts Therapy training or equivalent experience; minimum 2 years full-time (or 3 years part-time) hypnosis practice; regression knowledge; active role as a hypnosis trainer. **Exceptions by approval only.**

#### **Includes:**

Instructor Google Classroom access, PowerPoint and reproducible workbook, optional exams and teaching media, CPTT certificate, 14 CEUs, and optional IACT/IMDHA certification (additional fee).



*2-Day Course*

## **CERTIFIED STRESS MANAGEMENT CONSULTANT TRAINING**

*with Michael Watson*

*Mon–Tue, May 4–5*

**What the world needs now** - In the 21st century, stress is epidemic. It damages our health, our work, and our relationships. It destroys families, businesses, and lives. It costs corporations more than 300 billion dollars every year in health costs, absenteeism and poor performance. And one in three adults suffers from the effects of unmanaged stress. The need for qualified professional assistance has never been greater.

**That's where you come in** - This training will prepare you to meet that need. More people are seeking therapy and medical treatment for stress related issues than ever before and companies and businesses are reaching out for help. This is an opportunity for you to develop some expertise in this crucial field and to open your practice to those who really need you. Make a real difference while you advance your career and distinguish yourself with this professional designation.

**You will learn about stress** - What it is, how to assess it, how to educate people about it, and what to do about it. We'll teach you how to intervene in a crisis and strategies to manage chronic stress. You'll learn to work with clients one-on-one, with groups, or even with corporations. We'll give you all the information and resources, over twenty techniques to use with clients and groups, and we'll even include complete outlines and instructions that you can use to offer 1-hour, 2-hour, or full-day seminars of your own.

### **Topics include:**

- **Foundations of Stress**  
Stressors, physiology, neuroscience, stress–health connection.
- **Assessment Tools & Contexts**  
Stress scales, interviews, workplace and group dynamics, burnout, crisis.
- **Personal Stress-Management Skills**  
Self-care, balanced living, coping techniques, resilience, inner critic work, meaning-making.
- **Mind–Body & Therapeutic Techniques**  
Mindfulness, meditation, relaxation response, hypnosis, NLP, EMIT, quantum focusing.
- **Professional Practice**  
Consulting (business, public programs, one-on-one), online operations.

### **Benefits**

- Programs that you can present in your own office or for businesses and groups.
- Over 20 techniques and processes to add to your repertoire.
- Enjoy the prestige and respect of your colleagues and clients with a professional CSMC credential
- Participate in an exciting online learning environment with other like-minded professionals from the comfort of your own home.

**Prerequisites:** Experience or education in any of the following is needed

- |                         |                     |                                |
|-------------------------|---------------------|--------------------------------|
| • Hypnosis/Hypnotherapy | • Psychotherapy     | • Neuro-Linguistic Programming |
| • EFT Wellness Coaching | • Spiritual Healing |                                |

**Note:** Substitutions are possible such as Corroborated Life Experience.

**Non-Members:** If you are **NOT** a member of the **IACT** or **IMDHA**, you will also be awarded a prestigious **IACT Professional Membership**, in addition to your Certification as a Stress Management Consultant.

*\*Participants must complete the program hypnosis training, which includes in-class supervised practice, and successfully pass the oral instructor assessment to qualify for Certified Stress Management Consultant.*





2-Day Course

**SPIRITUAL HYPNOSIS**

*with Shelley Stockwell-Nicholas*

*Mon–Tue, May 4–5*

Experience first-hand profound connections of mind, body and spirit for you and your clients. You will enjoy easy ways to call in guidance, pertinence and celestial/angelic communication, with ascended masters, deceased loved ones and trust your natural gifts of intuition. So get ready to discover your spiritual path and purpose and get high with your higher self. Class based on the wisdom of Shelley's book *"Spiritual Counselors Secrets for Professionals Only."*



2-Day Course

**HANDWRITING ANALYSIS FOR COACHES & THERAPISTS**

*with Gila Zak*

*Mon–Tue, May 4–5*

What if you could have what amounts to a crystal ball to gain immediate insights into your client's personality traits, tendencies and behaviors to leverage your therapy process? What if you had a powerful way to build instant rapport and wow your clients?

In this course, you will learn a comprehensive overview of handwriting analysis and how to apply it with your clients. You will also learn how you can use the samples your clients give you as a powerful part of their therapy plan – whether you work cognitively or metaphorically and all points in between. You will also learn how to offer grapho-therapeutics to your clients as a tool for anchoring in the changes you are helping them to make.

Are you are curious what handwriting says about your clients?

Our handwriting is a revealing outward expression of what we are feeling internally in the moment, how we behave in certain situations and how we might feel about specific experiences past, present and future. The form of our letters, the pressure, spacing, strokes, slant, size and other aspects along with the meaning of the letters themselves can give a surprisingly accurate picture of what is going on at the unconscious level.

Registration includes a two part 100+ page manual to keep and use when doing a cursory evaluation or a more comprehensive analysis. Interactive exercises and the use of your own samples, or those you have collected prior to the course, are used to enhance your learning experience. See for yourself how dynamic this process can be!



*FREE 2-Day Course*  
**UNFOLDING THE MIND**  
*with Shevani Khetan*  
*Wed–Thu, April 29–30*

This experiential course invites mental health professionals, hypnotherapists, and wellness practitioners to immerse themselves in a unique integrative approach that blends **process hypnosis** with **expressive arts therapies** to transform deeply rooted beliefs and behavioral patterns.

Grounded in clinical and medical hypnotherapy principles, **process hypnosis** serves as the central modality—offering a structured yet fluid framework to access the subconscious mind, interrupt limiting patterns, and facilitate belief rewriting. This is combined with expressive and somatic techniques such as **movement, metaphor, guided storytelling, drawing, and dance**, creating a multidimensional healing process that engages both mind and body.

Participants will explore how subconscious programming is formed and sustained, particularly in relation to trauma, identity, anxiety, and self-concept. Through carefully designed trance work, attendees will learn to identify and compassionately engage with outdated narratives, opening space for new, life-affirming beliefs to take root. Expressive arts interventions will act as bridges between the subconscious and conscious mind, helping bypass cognitive resistance and allowing symbolic and sensory experiences to deepen transformation.

Rather than framing the process as “fixing” the self, this course offers a **gentle re-authoring approach**—inviting participants to witness their inner stories with compassion, and to reframe them through subconscious access, embodied movement, and creative exploration. The learning is both theoretical and deeply experiential: participants will have the opportunity to personally transform one limiting belief or recurring pattern, experiencing firsthand the synergy of trance and art as therapeutic allies. By the conclusion of the class, attendees will have:

- A step-by-step grasp of **process hypnosis flow**, from induction to pattern interruption and belief restructuring.
- Practical knowledge of integrating expressive arts—movement, metaphor, image-making, and story—into hypnotherapy sessions for greater depth and impact.
- Hands-on experience of combining trance states with symbolic language to foster insight, release emotional blocks, and embed new patterns.
- A personal, guided transformation of one internalized belief, providing both a model for client work and an anchor for their own growth.
- This course emphasizes **embodied change**—where art, somatic awareness, and trance converge to unlock the creative unconscious. Whether working with clients on trauma recovery, anxiety management, identity exploration, or emotional regulation, participants will leave **equipped with a reproducible, client-centered process** that is both grounded in clinical methodology and infused with intuitive, creative practice.
- By integrating these approaches, professionals will be able to **offer clients a profound pathway to lasting change**—one that honors the mind’s capacity for reframing, the body’s wisdom, and the human need for symbolic expression.

Whether you work with trauma, anxiety, identity, or emotional regulation, this course offers a grounded and intuitive path to lasting transformation — by accessing not just the mind, but the body and the creative unconscious.





2-Day Course  
**MEDICAL HYPNOTHERAPY**  
*with Eric Rosen & Patricia Scott*  
*Wed–Thu, April 29–30*

This training is designed to be interactive and is intended to inspire attendees and motivate them to expand their current skills to new levels, gain confidence in their abilities to assist people with health challenges, and become enthusiastic ambassadors for the field of medical hypnotherapy.

Training will include PowerPoint presentations which will be expanded on with information, explanation, and discussion. Case studies of specific health issues will be introduced for discussion including, but not limited to, MS, stroke recovery, improved immune function, hypno-sedation for dental work, and migraine headache relief. Attendees will be encouraged to take a deeper look at some of the basic hypnotic techniques in use today and consider variations and ways to creatively expand on and individualize these approaches. This course will cover some of the common hypnotic approaches and techniques and expand on how they can be adapted for medical issues.

**Highlighted in this training:**

- Objectifying Pain (demonstrated and practiced by attendees)
- Parts Therapy (variation for health issues)
- Ericksonian Conversational Hypnosis
- Hypnotic Anesthesia
- Time Line Techniques
- Healing Circle Triad (demonstrated and practiced by attendees)
- Metaphors and Story Telling
- Psycho Neuro Regeneration (PNR)

We will discuss some of the current innovators from the world of medicine and psychology, such as Michael Yapko, David Spiegel, Bruce Lipton, and others, and how they are influencing the medical community to gain acceptance and respect for Medical Hypnotherapists as essential partners on the medical team. The science and research that supports the use of hypnosis for therapeutic purposes will be covered including, but not limited to:

- Psychoneuroimmunology
- Neuro Plasticity (or brain plasticity)
- Cell Biology
- Mirror Neurons
- Health Psychology
- Relaxation Response

There will be a module on scope of practice, working with the DSM-5TR, creative marketing and networking ideas, working with trauma, and building a medical referral base. We will discuss the appropriate language of medical hypnotherapy and the nuances of “The Medical Interview”, where we will go into great detail about the pretalk, questioning and listening skills that incorporate CBT (Cognitive Behavior Therapy), and how to develop the HOP (Hypnotic Outcome Protocol) including an interactive group practice exercise.

This training is a complete stand-alone training, giving attendees a plethora of additional handouts that include scripts, research, video links, and sources for further study to continue their education. Post-conference, attendees will receive a free on-line mentoring session, a “Certificate of Completion” (mailed), and a discounted training fee should they decide to go forward to become a “Certified Medical Hypnotherapist” (CMH).



*1-Day Course*  
**YES: HYPNOSIS EXCELLENCE**  
*with Rich Guzzi*  
*Wed, April 29*

The presentation begins with engaging live introductions that uses showmanship and hypnotic language patterns to immediately capture attention, set state, and establish rapport. Rich draws from his experience performing for over one million people worldwide to create an atmosphere of possibility, priming the audience for rapid learning.

The first segment, “**Excellence as a Hypnotic State**,” explores how success is less about waiting for the right conditions and more about activating an internal state of focus, confidence, and intention. Rich explains how hypnotic suggestion and reframing can quickly dismantle limiting beliefs such as “I’m not ready yet” or “I need to be perfect before I begin.” Attendees learn to replace these with empowering anchors and suggestions they can access on demand.

The second segment introduces **three practical tools**, each grounded in both entrepreneurial best practices and hypnotic influence principles:

1. **The IT Factor** – Attendees discover how presence, charisma, and confident self-suggestion create the subconscious signals that draw clients, audiences, and opportunities. Demonstrations highlight how subtle shifts in posture, tone, and belief can instantly alter perception.
2. **Finished Funnels & CRM** – Excellence is reinforced through structure. Rich shows how systems, automation, and consistency mirror hypnotic conditioning: the more consistent the input, the stronger the response. Participants learn how to apply this principle to their businesses through streamlined follow-up systems and reliable client journeys.
3. **The 7 Figure Protocol** – Rich reframes “thinking like a hustler” into “thinking like a hypnotic leader.” This section emphasizes vision casting, suggestion-driven leadership, and scaling with clarity. Attendees practice hypnotic visualization techniques to step into their identity as CEOs, not just operators.

Throughout the program, Rich blends storytelling, direct suggestion, group participation, and hypnotic metaphors to anchor lessons at both the conscious and subconscious levels. The style is interactive but structured, designed to provide both immediate takeaways and long-term mental reprogramming.

**Learning Objectives:**

- Recognize and reframe limiting beliefs using hypnotic suggestion techniques.
- Apply anchoring and state-shifting to access excellence on command.
- Strengthen personal presence and communication through the IT Factor framework.
- Build systems that create predictable outcomes, using repetition as hypnotic conditioning.
- Adopt the mindset of a CEO, leveraging hypnotic visualization to embody leadership.





*FREE 1-Day Course*

## **HOW TO PRODUCE PROFITABLE EVENTS AND RETREATS**

*with Jolana Andre*

*Thurs, April 30*

Are you ready to host events and retreats that transform lives and grow your hypnosis practice at the same time? In this dynamic, high-energy session, I'll share my proven framework for planning, marketing, and producing events that sell out while delivering unforgettable experiences. You'll learn how to design a profit-first budget, price your trainings and retreats effectively, and craft irresistible offers that your ideal clients can't wait to say yes to. We'll dive into how to consistently fill your seats, create marketing strategies that actually work, and design immersive experiences that elevate your credibility as a hypnotist. Whether you're running group programs, wellness retreats, or clinical training events, you'll walk away with a clear roadmap and actionable tools to create high-impact, high-profit experiences that keep your clients engaged and coming back for more.

If you've ever dreamed of hosting a retreat or training that **changes lives** and brings in **real profits**, this session is for you! After producing, marketing, and selling out events for more than **20 years** in the hypnosis and personal development space, I've cracked the code on what works — and what doesn't. And now, I'm sharing my complete step-by-step blueprint with you. I'll show you how to design, market, and deliver events that attendees rave about while giving you the tools **to grow your influence, your client base, and your income**. Whether you're planning your first retreat or ready to take your events to the next level, this session will give you the **exact roadmap** to make it happen.

This is not just theory — it's the **real-world formula** I use to help hypnotists, clinicians, and coaches **grow their practices, sell out their retreats, and change lives**.

### **Learning Objectives:**

By the end of this session, participants will be able to:

- **Identify** key principles of designing profitable events and retreats, including pricing strategies, budgeting methods, and revenue models that maximize financial success.
- **Explain** the benefits of using sales funnels, email campaigns, and targeted marketing strategies to consistently fill seats and increase ticket sales.
- **Describe** techniques for creating transformational attendee experiences that elevate perceived value and drive repeat attendance.
- **Demonstrate** how to apply proven strategies for leveraging events and retreats to grow a hypnosis or wellness practice, expand visibility, and attract new clients.
- **Evaluate** the effectiveness of your event design, marketing, and follow-up strategies using measurable KPIs to ensure ongoing profitability and success.



*FREE 1-Day Course*  
**THE WAREHOUSE OF EMOTIONS**  
*with Ingibjorg Bernhoft*  
*Thurs, April 30*

This course will explore how to incorporate **character** strengths to help people shift their focus toward what is good and well done in their life, and how little is often needed to achieve a new and better outcome for themselves and their clients. This approach centers on character strengths, which are positive qualities we all possess. By naming and working with these strengths, we can foster flourishing. Here the hypnosis helps because we sometimes see the glass half full or half empty but what matters is that your glass is refillable.

I will guide participants through the importance of knowing the names of our character strengths and recognizing all the positive qualities we possess. I will introduce the VIA framework and demonstrate how it works, allowing participants to explore their own mental 'warehouse' and refill the strengths that need replenishing in order to move closer to their goals. It is quite remarkable that over 70% of the global population is believed not to know their own character strengths, which makes it difficult for them to develop resilience and perseverance. Knowing your strengths can explain a lot about your behavior and personality, and can also help shed light on aspects of yourself that may have previously felt unclear.

**Learning Objectives:**

- How you can find those character strength for free
- How you can use it for yourself or with clients
- How you can integrate this yourself or with client
- How to use those tools that VIA character strength survey brings to you



*FREE 1-Day Course*  
**THE JOY OF HYPNOSIS – FUN, PHENOMENA & SPONTANEOUS MAGIC**  
*with Nicole Wackernagel*  
*Thurs, April 30*

In this fun, fast-paced and interactive day with multi-award-winning hypnotist Nicole Wackernagel, you'll rediscover the joy of hypnosis. You'll discover how humor and lightness can deepen trance, how confidence and presence can turn any moment into a hypnotic one, and how to perform fast, safe and stunning hypnotic demonstrations that wow your audience.

Known throughout the German-speaking world for her humorous YouTube videos, playful stage demos, and powerful teaching style, Nicole invites you to explore hypnosis in its most natural, spontaneous form. Learn how to create hypnotic phenomena anywhere, anytime, with anyone – and enjoy every second of it!

**You will experience:**

- Impromptu rapid inductions that work.
- Hypnotic phenomena that amaze and delight.
- Humor as a hypnotic amplifier.
- Real confidence through playfulness