



Lectures



**FRIDAY, 5/1
10 – 10:45 AM**

ESSENTIAL NLP FOR HYPNOTHERAPISTS

S.M. Andrews

Many hypnotherapists use Neuro-linguistic programming (NLP), but what are the most important NLP skills that every hypnotherapist should understand and use? Master Practitioner of NLP Sean Michael Andrews breaks down the most useful rapport building skills and the therapy shortcuts that NLP offers. Get more clients and help them succeed faster using Neuro-linguistic Programming.

Students will learn:

- Rapport Skills:
- Phone skills for booking clients
- Matching in the office
- Sub-Modalities
- Belly Button Rule Therapy Skills:
- Fast phobia cure
- Anchoring
- Michael's Cool Forgiveness Technique

THE HYPNOBIZ SUCCESS BLUEPRINT

S. Bray

Most hypnotists are trained to help clients transform their lives, but very few are taught how to build a sustainable business around their skills. The HypnoBiz Success Blueprint was created to solve this problem. In this lecture, you'll discover a proven 90-day framework designed specifically for hypnosis professionals who want steady clients and reliable income without tech overwhelm or burnout.

You'll learn how to:

- Lay the foundations for a thriving practice
- Streamline your client journey with simple systems and automations
- Master consults that convert
- Build visibility and credibility with ease
- Create long-term growth through referrals, community, and consistent engagement

This session is practical, supportive, and designed to give you actionable strategies you can implement right away. Whether you're just starting out, stuck in feast-or-famine, or ready to scale, the HypnoBiz Success Blueprint gives you the clarity and tools to succeed.

HOW TO BE THE CHANGE FOR YOUR CLIENT AND YOURSELF

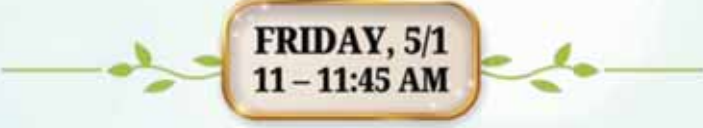
W. Rocki

In a typical hypnotherapy session, we respond to the client's desire for change by using our tools, personal experience, intuition, and whatever cues we receive from the client. Then, we choose a particular way to facilitate the changes that the client desires. While this approach is certainly practical, it puts the practitioner in the position of second-guessing, trying to read the client's mind, and interpreting the client's story to determine the best path to

take. Indeed, by being respectful and attentive, we strive to maintain a client-oriented approach throughout the session. However, there is a danger that we may impose changes that we believe are beneficial for the client, and the client, considering us as an authority figure, may go along with it. The outcome is that the client may indeed feel better upon leaving our office, but in the long run, their mind will be reset to its original condition. Is there any other way to tackle the situation? Perhaps an alternative approach is for the hypnotherapist to become the change that clients desire. When this happens, the action of mirror neurons can evoke similar transitions in the client, turning the session into a healing collaboration rather than a one-directional therapeutic intervention. When both the therapist and the client experience a change in their desire, this allows for creative, intentional improvisation as the modality leading to curiosity and adjustment in the different changes. This may be the pattern of truly patient-oriented hypnotherapy. Resulting changes will have a better chance of being encoded in the subconscious mind for long-term benefits. However, as they say, "Nothing changes until you do." Therefore, in our lecture, we explore and discuss existing and potential models, evaluating their capacity to induce the change we want to see.

Learning Objectives:

- Exploring the transition from the mental image to whole body, mind experiencing of being the change.
- Discussing and trying out multiple paths that leads to the above objective.
- Building the bridge between the personal experience of the change by the hypnotherapist and the changes created in the session as a result of the partnership between the hypnotherapist and the client.



FRIDAY, 5/1
11 – 11:45 AM

5 WAYS TO HIT \$20K MONTHS—WITHOUT BURNING OUT

S. Granger

What if growing your hypnotherapy practice didn't require burnout, social media overload, or complicated funnels? In this energizing and practical session, Sheila Granger will reveal five proven ways hypnotherapists are reaching consistent \$20K months—without sacrificing their wellbeing or values. Drawing on real-life examples from practitioners around the world, you'll discover how others are building successful, sustainable practices by simplifying their strategies, focusing on what actually works, and creating authentic client connections.

This session goes beyond inspiration, it's packed with actionable takeaways you can use right away, whether you're just starting out or ready to scale. You'll learn how to position yourself with confidence, generate more consistent referrals, and structure your services for growth, all without compromising who you are. Alongside these practical tools, Sheila will explore how this shift in approach is helping move hypnotherapy from the margins of "alternative" to a respected, results-driven profession. If you're ready to grow your business, work smarter, and play a part in shaping the future of the field, this session is for you.

All attendees will receive a full PDF training guide to go with the lecture so they can implement everything shared after the event.

HEALING SMILES: RELEASING DENTAL ANXIETY WITH HYPNOTHERAPY

V. Bharadwaj

As an endodontist, one of the greatest challenges I encounter daily is not the complexity of root canal anatomy or surgical precision—it is the fear sitting inside the patient's mind. Dentistry is unique among medical specialties because patients often walk in already tense, hesitant, or even resistant. They delay appointments until pain is unbearable, avoid treatment altogether, or undergo procedures under high levels of stress and anxiety. For many, just the thought of dental work is enough to trigger panic-like symptoms.

When applied alongside dental treatment, hypnotherapy helps patients:

- Reduce fear of injections and drilling by reframing the sensations as manageable and temporary.
- Stay calm during extractions by reducing anticipation and focusing on relaxation cues rather than fear.
- Control gag reflexes by retraining the subconscious to respond differently to dental instruments.
- Increase tolerance for keeping the mouth open by teaching the body to remain relaxed and at ease.
- Shorten appointments by improving cooperation and stillness, allowing procedures to proceed smoothly.
- Prevent panic attacks by instilling coping strategies, slow breathing, and a sense of safety.
- Minimize physical stress reactions such as trembling, blood pressure drops, and dizziness.

Hypnotherapy doesn't eliminate the need for dental skill or anesthesia—it enhances them by aligning the patient's mind and body for cooperation. A relaxed patient feels less pain, responds better to treatment, and recovers faster.

THE INNER TIGER: HARNESSING EMOTION FOR HEALING POWER

S. Prakash

Within every individual resides a “tiger”—the raw energy of rage, fear, and desire. For many clients, this inner tiger feels threatening, destructive, or overwhelming, leading to repression, shame, or explosive expression. Yet this primal force, when understood and directed, holds immense potential for healing and transformation. This session invites therapists to reframe the “inner tiger” not as an enemy, but as a powerful ally. We will explore symbolic hypnotherapy, guided visualization, and metaphor-based approaches that help clients encounter their tiger, dialogue with it, and harness its energy for growth. Participants will learn how to help clients safely access intense emotions, identify the unmet needs beneath them, and redirect the energy toward empowerment, creativity, and resilience. Case examples will demonstrate how working with the inner tiger leads to breakthroughs in self-expression, confidence, and personal integration. Therapists will leave with practical strategies to guide clients through this process, along with an appreciation for how archetypal and symbolic work enriches clinical practice. By embracing the tiger within, we unlock a source of strength that fuels healing from the inside out.

FRIDAY, 5/1
1 – 1:45 PM

THE HERO'S JOURNEY AS A HEALING MAP

C. Hewerdine

Why do stories move us so deeply? Because they reflect our own inner odyssey. In this presentation, we'll explore Joseph Campbell's Hero's Journey as a universal map of transformation—and how it mirrors the path every client walks in hypnotherapy. From the Call to Adventure to the Return with the Elixir, each of the 12 stages offers insight into the emotional, psychological, and spiritual dynamics of change. We'll examine how the hypnotherapist plays the role of mentor, how resistance is part of the path, and how the “abyss” of trauma can become the gateway to healing. Through metaphor, storytelling, and practical application, attendees will learn to recognize where their clients are on the journey and how to guide them with compassion and clarity. This session offers a soulful framework for understanding the client's process—and for honoring the therapist's own journey as a guide who walks beside.

This lecture invites hypnotherapy students and practitioners of all levels to explore the Hero's Journey not as a mythic tale, but as a living map for transformation, one that mirrors the healing process itself. Rooted in Joseph Campbell's archetypal stages and enriched by neuroscience, metaphor, and poetic insight, this session offers a multidimensional framework for guiding clients through change with reverence and skill.

We begin with a poetic invocation—“The Call to Remember”—to awaken participants to the soul-stirring power of story. From there, we move into five structured sections:

1. The Map of the Journey introduces Campbell's stages (Departure, Initiation, Return), emphasizing metaphor over mechanics. Participants will learn how clients often arrive mid-journey and how healing unfolds in layers, not lines—illustrated through the ladder metaphor.
2. The Neuroscience of Change bridges myth and mind, offering a brief overview of subconscious programming, neuroplasticity, and epigenetics (including Dr. Bruce Lipton's work). We'll explore how trance states mirror threshold moments in myth, and how descent often signals a neurological reset.
3. The Garden of Transformation presents the garden metaphor, reframing healing as tending rather than fixing. Attendees will learn how to use metaphor in trance to rewire identity and belief, and hear a client story that illustrates this approach in practice.
4. Guided Visualization offers a direct experience of the Hero's Journey. Using poetic language, participants will be guided through the Call, Descent, Revelation, and Return—followed by space for journaling and reflection to deepen personal insight.
5. Application in Practice provides practical tools for integrating the Hero's Journey into client sessions. Techniques include listening mythically for archetypes in client language, crafting metaphors that resonate with the subconscious, and gently reframing pain as initiation. Attendees will learn how to help clients shift from victimhood to agency by recognizing their own mythic arc.

Attendees will leave with a renewed sense of purpose, practical tools for deepening client work, and a soulful reminder: healing is not a fix—it is a journey. And every client who walks through our door is already answering the call.

THE STRAIGHT EDGE HYPNOTIC PROTOCOL: USING HYPNOSIS TO HELP CLIENTS OVERCOME ADDICTION

L. Howard

This talk outlines the use of hypnosis as a complementary tool for addiction recovery.

The presentation first explores addiction through the subconscious lens, highlighting the role of the mind's hidden processes, habits, and emotional triggers in maintaining addictive behavior, and how hypnotic suggestion can shift these patterns.

It stresses the importance of building rapport with clients by overcoming skepticism and setting clear expectations using pre-talk techniques. The core of the talk details key hypnotic techniques, including direct/indirect suggestion, parts therapy (for internal conflict), regression (for root causes), and future pacing (for relapse prevention). Specific methods are provided for addressing cravings and triggers, such as anchoring, aversion methods, and self-hypnosis training.

Finally, the discussion covers crucial ethical considerations (including when to refer to medical professionals), emphasizing that hypnosis is a supportive tool, not a cure. The talk is reinforced with case studies and concludes with a Q&A and a call to action for practical application.

The central goal is to provide a subconscious understanding of addiction and share effective hypnotic strategies for breaking addictive patterns.


EMPOWER YOUR BUSINESS

L. Hunt

In today's fast-paced digital landscape, hypnotherapy professionals need effective tools to streamline their practices and engage clients. This workshop, "Empower Your Business: Essential Apps and Strategies for the Modern Hypnotist," will introduce attendees to a variety of powerful applications designed to enhance business operations. Participants will explore website management platforms, efficient booking software, and innovative social media strategies that attract and retain clients. Additionally, we will discuss how to create compelling packages and seasonal menus that resonate with your audience. Finally, discover how AI can elevate client experiences and

simplify marketing efforts. Join us for an interactive session filled with practical insights and actionable strategies to transform your hypnotherapy practice.

By the end of the class, attendees will have a comprehensive toolkit of software solutions and actionable insights to streamline their operations, engage clients effectively, and elevate their overall business presence. This talk aims not only to improve day-to-day business efficiency but also to empower hypnotherapists to expand their services into new revenue streams through recorded sessions and workshops, ultimately leading to a more successful and sustainable practice.



FRIDAY, 5/1
2 – 2:45 PM

UP, UP AN AWAY! HYPEREMPERIA – NOT HYPNOSIS!

F. Mau

“Trance” describes a relaxed, dissociative state. But it also refers to the dissociation that goes with ecstatic dance! What if we go for greater emotional engagement – ramping everything up, instead of relaxing someone down? Hyperemperia looks like hypnosis, but there are no suggestions of relaxation, just heading up, up and away like Superman!

Depersonalization and derealization are mental disorders that involve a persistent feeling of detachment from your Self, your own body, or your surroundings, making the world seem unreal, strange, or dreamlike. Clinical depression can result in a dimming of sensory perception – recovering clients describe things like colors seeming brighter, sounds are clearer, and foods taste better. Hypnosis involves relaxation from Beta awareness to a Theta state, but hyperemperia goes the other way, creating more engagement, up, up into Gamma and ramping up sensory perception!

AN INTRO TO NARCISSISTIC ABUSE RECOVERY & HYPNOSIS

R. Fraser

In this lecture Ronia will share what narcissistic abuse really is and what makes it so dangerous; And how to spot it in your clients, friends and family or yourself. This talk is an introduction into why and how to utilize Hypnosis to facilitate deep healing.

This lecture isn't only intended to raise awareness but offers practical solutions. Whether you are a practitioner and would like to be able to help your clients better, have a family member or friend affected, are an abuse survivor yourself or simply have a professional curiosity what the fuss is all about... this is for you! Please join Ronia for this inspiring and truly eye-opening presentation about one of today's most current, fascinating and complex topics. Attendees will gain a good understanding of what narcissistic abuse really is, how to spot it in their clients and themselves and how to utilize hypnosis to facilitate the recovery.

EMOTIONAL CHESS

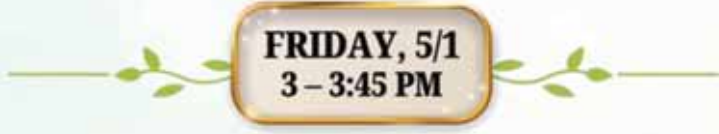
J. Kaur

While celebrated for its healing power, love can transform into a weapon when mixed with insecurity, control, and a hunger for dominance. This darker dynamic turns affection into a means of possession and manipulation. Healthy love fosters trust and mutual growth, but in shadow dynamics, care is used as a mask for controlling behaviors, such as excessive monitoring, often driven by a partner's fear of abandonment. This paradox turns love from a liberating force into a cage.

Common manifestations of this "dark love" include escalating jealousy (interpreting autonomy as betrayal) and gaslighting (manipulating reality to make the partner question their sanity). Another tactic is the weaponization of

dependency—fostering financial or emotional reliance to ensure the partner cannot leave. The victim is often kept emotionally addicted through high and low cycles, similar to intermittent reinforcement.

These behaviors stem from unhealed wounds like fear of abandonment and low self-worth, where the individual equates control with security. Breaking the cycle requires awareness, setting boundaries, seeking help, and cultivating self-worth to choose love that liberates, not imprisons.



FRIDAY, 5/1
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***BUILDING PROFESSIONAL PARTNERSHIPS:
HOW HYPNOTISTS CAN WORK WITH CHIROPRACTORS, SPAS & WELLNESS CLINICS***

S. Mitera

Many hypnotists struggle with visibility and client flow, yet some of the best opportunities for growth are found through collaboration. Chiropractors, massage therapists, and wellness providers already support clients with stress, pain, and lifestyle changes—areas where hypnosis is a natural complement.

In this lecture, you'll learn how to confidently approach healthcare providers, present hypnosis in language they understand, and position yourself as a trusted partner rather than a competitor. You'll discover the most common objections providers raise—and how to handle them effectively—along with three simple collaboration models you can implement: referral systems, in-clinic add-on sessions, and co-hosted workshops.

You'll be given scripts, strategies, and a clear outreach process you can apply immediately to start building professional partnerships. This is a practical, results-driven session designed to help you expand your reach, increase credibility, and grow your practice.

Participants will leave with actionable strategies to expand their practice through professional collaborations. They will know exactly how to start building relationships with chiropractors, spas, and wellness clinics—opening doors to steady referrals, increased credibility, and new revenue streams.

THE 1ST TRIAL OF GROUP HYPNOSIS FOLLOWED IMDHA PROCESSES

C.H. Tsai

I am new to the field of hypnosis, having recently certified through IMDHA, bringing with me four decades of experience from the global electronics industry where I leveraged my Master's degree in Physics. This background informs my systematic approach to my new discipline. I recently completed rigorous training—a joint program by Zi Kang Academy Taiwan and Taipei Medical University in Q2 2025—which cemented my belief that hypnosis is a science-based, structured, and organized process, not a fairy tale.

My focus was on guiding clients into a highly receptive mind state where they can make necessary internal adjustments themselves. Applying these concepts, I conducted a successful group hypnosis session for a business team of over 10 members.

The video-recorded event demonstrates a clear range of client responses: some entered deep, relaxed states while remaining aware of instructions, others showed strong physical reactions, and several reported increased confidence through guided imagery. These diverse, yet measurable, reactions confirmed the powerful efficacy of the process.

CLIENT-CENTERED HYPNOSIS

M. Mikolajczak

While hypnotists favor direct or indirect methods, client success hinges on matching the approach to the client's subconscious processing style. This talk presents John Kappas' comprehensive model of suggestibility as a framework for understanding these differences.

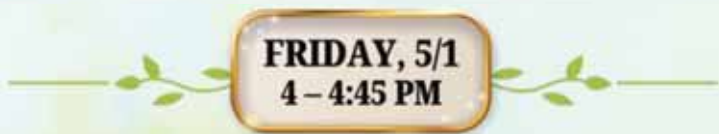
We'll explore the full spectrum of suggestibility—from literal/direct to figurative/indirect responders—with a special focus on somnambulists.

The lecture includes:

- Interactive exercises demonstrating differential responses.
- Demonstrations on modifying suggestibility tests (like the Heavy/Light Hands and Finger Spread) to reveal a client's suggestibility type.
- Instruction on using handwriting analysis, considered by Kappas the most reliable indicator of subconscious processing patterns.

Learn a practical, client-centered lens to complement your current work, ensuring you meet clients where they are for maximum responsiveness.

By the end of this lecture, participants will have a practical framework for understanding client responsiveness beyond the Ericksonian vs. Elmanian divide. They will leave with concrete strategies to observe, assess, and adapt their hypnotic language to meet each client's subconscious suggestibility type, reducing trial and error and increasing effectiveness in both individual and group sessions.



FRIDAY, 5/1
4 - 4:45 PM

BREAKING THE GLASS CEILING IN YOUR MIND

M. McCool

As women move into midlife, the very strategies that once fueled their success often become the patterns that slowly drain their power. Overgiving, pushing through, perfectionism, and people-pleasing may have helped them rise in leadership, grow businesses, or care for families. But in this new season of life, these habits no longer serve. Instead of expansion, they create exhaustion. Instead of prosperity, they lead to burnout.

This talk is for hypnotists who are ready to work with women in midlife on a deeper level. Learn how to recognize and unwind the subconscious patterns that keep high-capacity women stuck in cycles of depletion. These are the women who seem successful on the outside, yet quietly suffer with anxiety, fatigue, and a sense of being disconnected from themselves.

Melanie will introduce her 5-step subconscious framework for burnout recovery, developed from years of clinical experience and personal transformation. You'll discover how to identify the "mental glass ceilings" that keep women believing they have to work harder, give more, and sacrifice their well-being to maintain relevance or success. These invisible scripts are often internalized in childhood and reinforced by societal expectations of what it means to be a good mother, leader, partner, or woman.

Through live demos and experiential techniques, you'll explore how to use hypnosis to regulate nervous system dysregulation, resolve identity conflicts, and support a powerful emotional reintegration process.

THE ENERGY OF WORDS: THE WORDS OF ENERGY

B. Rhodes

Discover how Reiki, an ancient energy healing practice, can be uniquely combined with hypnosis to create profound emotional and energetic transformation. This experiential session explores the foundations of Reiki, how energy flows through the body, and the ways unprocessed emotions and trauma can become imprinted in the energetic field. You'll learn how integrating Reiki with subconscious reprogramming allows for the safe release of limiting beliefs, emotional blocks, and stored stress—facilitating lasting peace, clarity, and resilience. Designed for healing professionals, coaches, and anyone seeking deeper self-awareness, this presentation offers both practical strategies and direct experience. Attendees will also participate in a guided demonstration to feel Reiki energy in action, gaining insights into how words, intention, and energy work together to support healing from the inside out.

This interactive and experiential presentation is designed to illuminate how Reiki, an ancient Japanese practice of channeling universal life energy, can be powerfully integrated with hypnosis and subconscious reprogramming to support deep healing and lasting transformation. Participants will gain both a conceptual framework and firsthand experience of how energy and language work together to create profound shifts in emotional well-being.

NONVERBAL HYPNOSIS: THE ITALIAN TRADITION

G. Russo

This lecture is about the Non Verbal Hypnosis according to the ancient Italian school.
During the lecture I will introduce you to the secret of the BODY LANGUAGE

The subconscious mind does not speak English or Italian or other...

The subconscious mind speaks and understands the body language, such as the tone of the voice, the distances between people and so on...

Recognizing and understanding these signals during a conversation and in the daily life is very important, and using these signals in AN hypnotic induction is amazing.

**SATURDAY, 5/2
10 – 10:45 AM**

INFORMED TRAUMA RECOVERY THROUGH HYPNOTIC INTEGRATION

W. Horton

Explore the revolutionary approach to trauma recovery that honors neurodivergent minds through specialized hypnotic techniques. This comprehensive training integrates Dr. William Horton's proven trauma therapy methods with cutting-edge neurodiversity research, creating inclusive healing pathways for all neurological profiles.

Participants will learn to adapt traditional hypnosis approaches for autistic, ADHD, and other Neurodivergent clients, ensuring effective trauma processing while respecting cognitive differences. The session combines Horton's phase-oriented treatment model with neurodiversity-affirming practices, offering practical tools for memory reconsolidation, ego-state integration, and self-development that honor each client's unique neurological wiring and processing style.

- Apply Dr. Horton's three-phase trauma recovery model (stabilization, processing, integration) specifically adapted for neurodivergent clients who may experience trauma differently.
- **Enhanced Therapeutic Rapport** - Utilize Horton's expertise in subconscious communication to build deeper connections with neurodivergent clients who may struggle with traditional therapeutic relationships.

- **Specialized Intervention Techniques** - Master Horton's memory reconsolidation and ego-state therapy methods modified for diverse neurological processing patterns and sensory needs
- **Underserved Population Impact** - Address a critical gap in trauma services by combining Horton's proven methodologies.

REINVENT YOURSELF!

J. Lavelle

Leo Buscaglia, one of my mentors, taught me to switch up my life every few years. There are great benefits in doing so. I have, indeed, changed my career every 10 years. Fair warning, I am about to do so again.

It is a time to change, to reject stagnation. It is a time to move forward, but with respect for the past lessons. It is a time to grow into the next phase of being my optimal true self. I will share the format for the transition with you. Meditations to assist in gaining clarity for the next steps. These meditations are based on brain changing material learned from Davidji and Depak Chopra.

Reinventing yourself in today's world has its own unique challenges. It is a clear departure from AI and embraces our own SI. The growth of my soul is worth it! Always invest into yourself; it pays the best in long term benefits.

SHOWCASING THE BUNNY TALK PROCESS

C. Rickard

The Bunny Talk Process™ is a playful yet powerful therapeutic framework designed to help children, teens, and adults connect with and heal their inner child. Unlike traditional approaches that rely heavily on retelling painful stories, this process uses play and imagination to unlock emotions in a safe, content-free way.

Through a simple, step-by-step structure, practitioners can visibly witness transformation as the client naturally shifts from old unwanted feelings into new ones that fill the void. It is rooted in NLP and emotional intelligence, making it both practical and profoundly effective.

During this presentation, I will share the emotional story behind Bunny Talk and I will invite a volunteer to be vulnerable. With the group observing, I'll guide them through a short demonstration where you'll see the shift take place in real time.

**SATURDAY, 5/2
11 – 11:45 AM**

BUILDING PERSONAL ALGORITHMS FOR CHANGE

M. Watson

I'm sure that you've noticed how topics that you see online are mysteriously personalized and selected for you based on your online interests and activities and even conversations you've had with Siri and Alexa. They influence your thinking and affect your results. In this program you'll learn how algorithms are created and how to build new ones that transform your mindset and give rise to the empowering changes you really want.

You will learn a unique approach to change the trajectory of your thinking and take control of your inner processes. This is original material and Michael continues to pioneer the development of new technology for building personal algorithms.

POWERFUL REFRAMES: DISCOVER THE REAL "TRUTH" BEHIND YOUR THOUGHTS

J.P. Ayala

Participants in this class will learn skills that will help them understand a process to gain clarity in their thoughts. Among the skills they will acquire are techniques for managing pain caused by negative thoughts, exploring the nature of reality, and creating kinder reframing alternatives for clients. In addition, they will be trained in selecting the right questions to understand the origins of negative thoughts. Finally, they will become familiar with the elements needed for resolution, planning, and transformation into more appropriate thoughts.

By the end of the experience, participants will be able to:

- Understand the importance of clarity in thoughts.
- Learn a strategy based on a series of specific questions that will help clients better understand their reality
- Develop a reframing strategy to transform negative thoughts into more appropriate ones.

The class will begin with a lecture featuring success stories related to the implementation of the protocol. Then, the logic of reframing and the suggested specific questions will be explained. Participants will be divided into small groups to carry out a practical exercise in which they will design a strategy for transforming thoughts and utilizing the suggested protocol. We will conclude with a plenary session and a partial evaluation of the strategies during a final feedback segment.

THE ROLE OF HYPNOTHERAPY IN THE SPIRITUAL COMMUNITY

D. Ellis

Hypnotherapy, at its core, serves as a therapeutic modality that utilizes the state of hypnosis to promote psychological and emotional well-being. This state is characterized by focused attention, heightened suggestibility, and deep relaxation, which together foster an environment conducive to change and healing (Yapko, 2019). The spiritual community, with its rich tapestry of beliefs and practices, often intersects with hypnotherapy, both enriching the therapeutic process and expanding the possible applications of hypnosis.

Hypnotherapy offers numerous benefits that resonate deeply within the spiritual community. Notably, its ability to assist individuals in managing anxiety and stress is particularly relevant, as many spiritual practices aim to foster inner peace and emotional resilience (Schoenfeld, 2017). In this regard, hypnotherapy not only complements spiritual practices but enhances them, providing individuals with practical tools to navigate emotional turbulence.

**SATURDAY, 5/2
1 – 1:45 PM**

FROM RESILIENCE TO RECEPTIVITY; FROM ACCEPTANCE TO ACTION

L. Bennett

Why do our clients resist? Clients may say they want to change; however, there are a number of reasons why someone would change their mind. During this lecture we will explore those reasons and create strategies to help clients become more receptive to change and inspire action for a healthier and happier life. Resistance is often fear being expressed. It's quite common for the subconscious mind to block the healing process because of mistaken beliefs around trust, and life in general. As hypnotherapists it's important that we can hold space for our clients and offer them a new sense of safety that will give our clients the courage to take action and to take the steps to freedom.

During this lecture we will identify the key principles of client resistance and create acceptance and strategies for healthy action.

1, 2, 3 – PHOBIA FREE

M. Babineaux

Experience the energy of synergy. Although considered highly effective on their own, combining these three distinct hypnotic processes into one continuum can be more effective than using any one of them separately. Use fractionation, compounding, anchor collapse and other proven techniques to synergistically deal with unreasonable fears and other anxious moments in life. Although helpful in dealing with these moments in life, attendance and completion of this course is not a certification to analyze, diagnose or treat any physical, mental or medical condition or illness.

In this class you will:

- Learn to use hypnosis at whatever level or depth is necessary to alleviate unwanted response.
- Determine whether it's necessary to go further into the continuum based on the response to previous steps.
- Notice that you do not necessarily need to complete the continuum if previous steps have been effective.

WAREHOSE OF EMOTIONS

I. Bernhoft

In this lecture we 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.

You will learn:

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

**SATURDAY, 5/2
2 – 2:45 PM**

FEAR OF FLYING: LET IT FLY AWAY!

S. Gilbert

Did you know that up to 40% of people have some level of fear of flying? Can you imagine being limited in your ability to travel because of this fear? There are some simple ways to help your clients release this fear and embrace the freedom to travel anywhere, anytime!

This program includes scripts, techniques, coping skills, and anchors. Attendees will be able to implement these in their practice right away.

Attendees will:

- Get bird's eye view with a quick demo.
- Have a better understanding of this fear.
- Have scripts and techniques they can modify for each client.
- Have coping skills and anchors they can modify for each client.

5 DIGITS OF CHANGE (PIANO HANDS)

J. Hanson

We all love music! What if you could change the tune of your client's issue in a fun interactive way? 5 Digits of Change (piano hand) helps clients work towards a solution, step by step, as they use their own fingers to make the transformation from issue to solution easy and attainable. This technique also teaches skills for handling future situations. This simple technique utilizes anchoring and hypnosis, for a technique you can stack into any session to leverage lasting results and change the tune your client was playing. All you need are: paper, pen, and your client's hand to get started.

ACTIVATING CHANGE

S. Peacock

Stuck clients... Persistent patterns... Powerful emotions... Sometimes, talking isn't enough.

By blending Acceptance and Commitment Therapy (ACT) with hypnosis, you can unlock deeper change, enhance psychological flexibility, and help clients take meaningful, values-driven action. In this dynamic session, you'll discover practical techniques for integrating hypnotic processes with ACT principles to reduce resistance, amplify mindfulness, and embed lasting behavioural change. Walk away with strategies you can use immediately to make therapy more effective, engaging, and transformative.

We will discuss:

- Intro to how ACT & hypnosis are a powerful combination facilitating faster, deeper and lasting change.
- Why clients get stuck: problem of psychological inflexibility.
- ACT in a nutshell.
- Where hypnosis enhances ACT to seamlessly accelerate and deepen ACT processes of diffusion, acceptance, present moment awareness, values & change.
- Where Hypnosis Enhances ACT to seamlessly to accelerate and deepen ACT processes.
- Immediately usable techniques - Language Shifts, Hypnotic Metaphors, Values-Based Suggestions, Bridging Techniques
- Case studies

**SATURDAY, 5/2
3 – 3:45 PM**

FORGIVENESS: MISCONCEPTIONS AND THERAPEUTIC APPROACHES

W. Moyer

Forgiveness is often misunderstood as condoning a perpetrator's behavior or setting yourself up for repeated treatment. The truth is that Forgiving is specifically to free the victim from carrying the anger, resentment and pain caused by another.

It is also a mistake to believe that you must confront the person who is the source of the pain inflicted. The one who hurt you need never know he/she was Forgiven. Forgiveness is for you not them.

In this class we will cover:

- Understanding the purpose of Forgiveness.
- The common misconceptions regarding Forgiveness.
- Explain the steps involved in Forgiving.
- Explain the process of setting Boundaries to protect yourself from repeated treatment.

REFLECTIVE RAPPORT: A TRULY CLIENT-CENTERED APPROACH

L. Thunberg

Easily allow your client to create their own induction, and trance state! Learn Linda's reflective listening interviewing techniques and in one easy interview, understand your client on a deeper level. Learn who they are and how they operate to enhance your client's best experience for lasting Change. Demo and experiential included.

In this class you will:

- Learn how to enhance your client's hypnosis experience and be truly client-centered.
- How to have real rapport with your clients.
- Learn reflective listening techniques.
- Co-Create the easiest induction ever!

REFRAMING FROM THE INSIDE OUT

M. Watson

Described as the "flat feet to dandruff" process, the applications of this process are endless. This talk is based upon the seminal work of Virginia Satir and further developed by NLP creators Bandler and Grinder. This is a lively and creative exploration of partwork and reframing. In this memorable "how to" program, you will learn the fundamental presuppositions of the process as well as some important nuances that make it one of the most powerful applications for personal change of unwanted habits, behaviors, limitations, health concerns and much more.

Michael trained directly with the co-creators of NLP and his approach to teaching this technique will make it immediately useful to hypnotists and NLPers in their practice.

In this class you will:

- See a living demonstration of partwork as a dramatic and engaging role play.
- Learn how to discover the positive intention behind unwanted behaviors.
- Discover new choices for the future.
- Get a better understanding of this Client driven process.

**SATURDAY, 5/2
4 – 4:45 PM**

SHAMANTIC HYPNOSIS

L.X. Soria

Classic shamanic experiences, journeys of consciousness and merging of the self with parts of Nature, are achieved through the trance state. As hypnosis practitioners we may receive many of the benefits of shamanism by applying both familiar and new methods of trance induction. The familiar shaman drum is one of several meditative tools available, and is becoming increasingly popular for a reason. The low toned vibration travels through the body and is immediately relaxing to many. The traditional repetitive drumbeat is timed to match the theta brainwave frequency, assisting in immediate and deep trance. And a waking dream state is often possible with little to no previous experience, possibly due to cellular memory or even past life association.

The end of the class is a sharing of experiences, to help the participants integrate their experiences, and to show the common shared experiences and typical reactions. This can be very reassuring and confirms the normal human experience.

Open to all levels. Its fun to see it - then used with the drumming to deepen both trance state and effectiveness - mixing familiar and new, “modern” and ancient.

In this class we will:

- Describe shamanism as an effective use of the trance state, just like hypnosis.
- Experience shamanic drumming as an effective tool of induction.
- Learn to imagine new and creative ways to relax, that engage not just the mind but the body, through use of vibration.

BE THE CHANGE BEGINS WITH THE MINDSET

J. Wackernagel

Meaningful transformation always begins within. Before any external shift can occur, there must be an inner readiness — a willingness to see, feel and think differently. In this presentation, Jacob explores the profound role of mindset as the seed of all personal and professional change. Drawing on decades of experience in clinical hypnotherapy, integrative coaching, and mind-body practices, he guides participants through the inner landscape of transformation: from awareness to alignment, and from alignment to authentic action.

Our mindset is not merely a collection of thoughts; it is the lens through which we interpret the world. It shapes our perception of what is possible, what we deserve, and how we respond to challenges. When this inner framework is rooted in limiting beliefs or unconscious fear, even the best strategies for change will falter. Conversely, when we shift our internal narrative — transforming self-doubt into self-trust and resistance into curiosity — we unlock a natural capacity for growth and resilience.

In this immersive session, Jacob offers practical approaches for identifying and reshaping the subconscious patterns that govern our behavior. Through guided exercises, reflective dialogue and gentle hypno-integrative practices, participants will learn how to access the deeper layers of their inner experience. The focus lies on cultivating self-awareness, emotional balance, and mental clarity — essential foundations for sustainable transformation.

CONTEMPORARY SHAMINISM: WHERE HYPNOSIS MEETS MAGIC

Z. Grant

Embark on a transformative journey into the heart of Contemporary Shamanism, inspired by the teachings of Zoilita Grant. This immersive experience blends ancient practices with modern insights, guiding you to awaken inner wisdom, restore balance, and reconnect with your true self.

Through dream exploration, you will learn how to unlock hidden messages from your subconscious. In a ritual practice, you'll discover simple yet powerful ways to invite clarity, balance, and sacred connection into your daily life. A guided soul retrieval journey will help you gently call back lost aspects of yourself, restoring a deeper sense of wholeness.

The session concludes with an inner voyage to the Sacred Mountain, where you'll meet your inner guide and receive wisdom for your path ahead. This class is designed for hypnotists weaving spiritual tools into their personal growth. By the end of the lass, you will leave feeling grounded, uplifted, and more connected to your inner power.

SUNDAY, 5/3
9 – 9:45 AM

GREAT RELATIONSHIPS: LOVE ME, LOVE YOU, LOVE US

S. Stockwell-Nicholas

This talk is based on the book *Great Relationships* by Stockwell and Rhodes. The class is filled with practical wisdom for wellbeing and great relationships at play, home and work. Includes humanistic psychology, Vagal Joy Stimulation, Psycho-Dynamics, Play for YOU and those you help.

We will explore humanistic psychology and practical wisdom and tools for having a terrific relationship with yourself and those you serve.

DO THE RIGHT THING, THE RIGHT WAY

M. Babineaux

Use the Code of Ethics as part of your business plan from the very start rather than as an afterthought. That way, you will know any possible pitfalls before you get into the pit. Only you can decide if your personal habits and practices will comply with the professional habits and practices required by the code. A review of those requirements will help in determining if you need to make adjustments or compromises in your personal habits.

This talk is a review of the basic requirements of the codes, how they differ from each other, the level of responsibility whether one is a licensed professional or simply an unregulated hypnotist.

You will learn:

- How to identify personal habits which may conflict with professional practices required of the codes of ethics.
- Educate yourself with the information to know if any change is required before commencing on a business path. If change is required, determine how to achieve that change.

COMING OUT OF THE SPIRITUAL CLOSET

N. Gerey

Many therapists are spiritually oriented (not religious) but often hide this side of themselves. If that's you, this lecture is for you. I want spiritually minded therapists to come together and realize—we are not alone.

If you believe (or know, or have experienced) that we have a soul, that life is about learning, and that we are all part of the One, then we already speak the same language.

In this session, we'll explore the fear of "coming out of the spiritual closet" and work on releasing it. We'll brainstorm ways to attract spiritually open clients—there are more of them than you think. Those with experience in this approach will share insights.

In this class we will:

- Recognize and acknowledge one's own spiritual orientation as a therapist.
- Explore and overcome the fear of "coming out of the spiritual closet" in a professional setting.
- Identify strategies to attract spiritually open clients while maintaining professional standards.
- Share and learn from the experiences of other spiritually-minded therapists.
- Understand the alignment between spiritual perspectives and modern scientific insights

- Consider forming supportive networks for spiritually oriented therapists.
- Reinforce personal purpose and motivation as a spiritually-minded therapist.

BEYOND WORDS: THE SCIENCE OF MUSIC IN HYPNOSIS

Y. Reznik

Music is one of the most effective ways to bypass the critical mind and reach the subconscious—backed by solid research in neuroscience. You'll learn how to harness music to deepen trance, anchor emotions, and accelerate client transformation. These tools are designed for any practitioner who wants faster, more powerful results in hypnosis.

We'll explore the science of rhythm, tone, and resonance, and you'll walk away with practical methods you can use immediately: choosing the right music, using your own voice and simple sounds, matching breath and rhythm, priming states with tones, layering music for emotional pacing, and guiding clients with sound as a co-therapist. You'll also discover how to avoid common pitfalls—like overcomplicated melodies or mismatched music—that can pull clients out of trance.

This is a hands-on, evidence-based approach that expands your hypnotic toolkit and helps clients achieve deeper, lasting change. This class equips practitioners of all backgrounds with immediately usable tools to enhance their work. Even those with no musical training will leave with confidence, clarity, and practical methods to begin using music in their sessions. Attendees gain a clear understanding of both the science and the art of music in hypnosis—ready to implement techniques that deepen trance, accelerate results, and expand their professional toolkit.

NAVIGATING DEMENTIA WITH DIGNITY

C. Rickard

Learn practical, evidence-based strategies that ease worry, improve cognitive function, and transform daily life for those experiencing dementia or memory concerns. I will share my heart rendering story which inspired me to become A Nightingale Dementia Consultant.

Participants using these methods have shown:

- Stronger focus and concentration.
- Noticeable improvements in short-term memory and recall.
- Increased confidence in daily activities.
- Enhanced socialization and connection.
- Reduced anxiety and greater self-motivation.

What makes this approach unique is its holistic, person-centered design. By combining brain coaching exercises, relaxation techniques, lifestyle changes, movement, and Mediterranean-style eating, I create shared action plans that work for families as well as individuals.

This is not theory—it's transformation. Attendees will leave equipped, inspired, and hopeful, knowing that dignity and empowerment are achievable today.

REWIRING LIMITING BELIEFS THROUGH HYPNOTHERAPY & EXPRESSIVE ARTS

S. Khetan

This talk explores the intersection of hypnotherapy and expressive arts in understanding and transforming limiting beliefs stored in the subconscious mind. Participants will learn how these beliefs influence emotions, behaviors, and self-perception—and how to rewire them using creative and therapeutic techniques.

In this class you will:

- Identify the subconscious origins of limiting beliefs.

- Understand how expressive arts support emotional release and reframing.
- Experience a guided process that integrates hypnotherapy and creative expression.
- Gain practical tools to help clients or oneself shift from self-sabotage to self-empowerment.

**SUNDAY, 5/3
10 – 10:45 AM**

THE CURIOSITY PROTOCOL FOR CONVERSATIONAL CHANGE

K. Hand

Have you ever finished a Hypnosis Session only to hear your clients say something like:

"I don't know if I was really 'under'."
 "I might have just been making it all up."
 "OK, we'll see if it works."

When you're ready to stop leaving it to chance... you're ready to discover the effectiveness of Conversational Change.

In this class you will get a template for success including:

- The questions that lead from problem state to solution state.
- Clues that help you know what to do every step of the way.
- The suggestions to make during eyes-closed Hypnosis.
- Questions for eliciting personal trance words tailor your sessions to your clients.
- A demo to see how quickly change happens during conversational Hypnosis.

DEMONSTRATION PRESENTATIONS THAT SPARK CHANGE AND BUSINESS

D. Oatley Hall

This high-energy, interactive lecture will show you how to create presentations that don't just share information—they ignite action. Through live demonstrations, audience participation, and a healthy dose of laughter, you'll discover how to connect with your audience on a deeper level and inspire them to think, feel, and respond in ways that spark meaningful change and interest in your business.

Drawing on my unique background as a stage performer, professional speaker, and board-certified consulting hypnotist, I combine the art of storytelling with techniques from hypnosis, NLP, and improvisational comedy to create a highly engaging and unforgettable experience.

The session is structured around three core components: Connection, Impact, and Action.

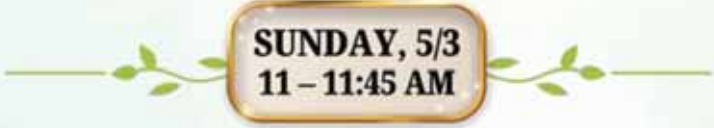
Participants will leave this talk with actionable tools and a clear framework they can apply immediately to their own presentations. They will gain confidence, creativity, and a deeper understanding of how to design talks that not only inform but transform—turning everyday presentations into game-changing experiences that grow their influence and success.

THE TRINITY COMBO OF HEALING

L. Diaz

We know that colors and sounds heal. Imagine their healing power when integrated with hypnotherapy. Support your clients' healing by integrating sound and color into your hypnotherapy sessions. In this talk you will learn to connect with your clients' bodies and souls using Tibetan singing bowls and color to address trauma. By the end of the class, you will be able to: Heal your emotional, mental, and spiritual body. Identify and release emotional and generational blocks. Connect with the cosmos and regenerate your cells. This session is for anyone who wants to experience the healing power of sound and color in a hypnotherapy session.

The class includes practical demonstrations of the techniques, specialized material like (singing bowls) and experiential learning. The participants not only receive the lecture like passives receptors, the participants are the receptors of the experience.



SUNDAY, 5/3
11 - 11:45 AM

INTEGRATE MOTIVATIONAL INTERVIEWING TECHNIQUES INTO HYPNOTHERAPY SESSIONS

E. Rosen

Motivational Interviewing (Miller & Rollnick, 2013) is a client-centered therapy that works to resolve a client's ambivalence to change. Incorporating elements from Motivational Interviewing (MI) into your hypnosis sessions can amplify your hypnotic outcomes, ameliorate biases we hold as care givers, and those of the client that foment limits to change. This presentation provides useable and discrete strategies framed through MI, creating a powerful fusion to your hypnotic sessions.

This presentation is didactic, enthusiastically presented, with valuable handouts. Attendees will learn the essential core elements of Motivational Interviewing techniques, exposing participants to basic tenets, underlying assumptions, valued techniques, and methods for applying trancework in this framework. Participants will not be trained to employ MI therapy, but rather, draw from the richness of this approach in delivering hypnotherapy services.

TRANSFORMING GRIEF & LOSS: AN NLP APPROACH

M. Watson

Loss can be devastating. Whether it's the heartbreaking loss of a loved one and the grief that comes along with it, or the devastating disappointment that occurs when losing a career, or your health, or your home. Or some major goal or dream that you were looking forward to – or even your favorite restaurant. This pattern is designed to help resolve the grief and move forward in an empowered way to a satisfying future beyond the loss.

Learn to transform the experience of loss as you create a hopeful optimism and a more satisfying future Michael learned these easy-to-implement processes from Steve and Connirae Andreas and has used them extensively with clients.

In this class you will learn:


- Clarify the loss and how it impacts your client.
- Transform the unwanted thinking associated with loss.
- Remember the past with fondness and discover the values you've gained.
- Discover a new path forward.

**FROM STRESS TO SOUL WISDOM:
INTEGRATIVE HYPNOSIS FOR PSYCHOSOMATIC HEALING**

K. Laing

In this class, I will share a simple and accessible way of looking at psychosomatic symptoms through an integrative lens. It brings together the mind, the body, and the deeper part of us that holds wisdom and truth. My aim is to give practitioners a fresh, inspiring way to understand what stress is trying to communicate, and how hypnosis can support clients in moving from overwhelm into clarity and inner alignment.

The session is practical, uplifting, and easy to use in everyday practice. It reflects the work I do with clients and students, and I believe it will expand how many hypnotists approach stress-related issues. The class focus will be on insight, understanding, and practical application.



**SUNDAY, 5/3
1 - 1:45 PM**

STUCK, STALLED OR SURGING AHEAD

D. Turnbull

What if your business has been trying to tell you something all along, and you just didn't quite know how to tune into it? Every business has a hidden story shaping how it grows, where it gets stuck, and the direction it takes and in this talk, you'll get to find out yours.

This lecture is ideal for therapists, business owners, and entrepreneurs who are ready to look beneath the surface and discover the deeper "story" behind their work. It's surprising, sometimes challenging, but always rewarding, and you'll leave with ideas and perspectives you can put into practice right away.

In this lively, interactive session, you'll uncover the unconscious metaphors running beneath the surface of your business and discover what they reveal about its strengths, challenges, and opportunities. Using the Metaphors of Movement framework, we'll explore surprising new ways to look at your business, beyond strategy, beyond numbers, and straight into the story it's living right now.

Whether you're feeling stuck, searching for clarity, or you're just curious to see what's going on behind the scenes of your business, this class will spark fresh insights and leave you looking at your work in a whole new light.

By the end, you'll walk away with a clearer sense of where your business truly is, fresh insights on how to move it forward, and maybe even a laugh or two at the surprising metaphors you uncover. Whether you're stuck, growing, or just curious, this class will leave you inspired, energized, and ready to listen to the story your business is telling.

In this talk you will:

- Identify the unconscious metaphors that describe your business's current state.
- Explore the strengths and limitations of your current metaphorical structure.
- Gain insight into hidden factors that may be inhibiting your business's growth or movement.
- Discover a new perspective for working with your business to create forward momentum.

SEVEN HYPNOTIC SECRETS OF ECTASY

N. Natale

Are you ready to take your hypnosis practice to the next level and help your clients experience true ecstasy in their lives? Join us for an exclusive training where Dr. Nic, Certified Sex Therapist and Hypnotist, explores the "Seven Hypnotic Secrets of Ecstasy"—a transformative journey that blends deep sensuality, emotional connection, and spiritual awakening, all through the power of hypnosis. This training is designed for hypnotists who want to expand their skills in working with sensuality, relationships, and emotional healing. You'll learn powerful hypnotic experiences and techniques that tap into the very core of your clients' erotic and emotional selves, helping them transform their relationships and their lives. By mastering these seven secrets, you can reach profound ecstasy and become the guide your clients need to experience their own—emotionally, spiritually, and sensually.

- **THE STRAIGHT EDGE HYPNOTIC PROTOCOL: USING HYPNOSIS TO HELP CLIENTS OVERCOME ADDICTION**

- Apply hypnotic methods to enhance sensuality and intimacy by guiding clients into deeper emotional and erotic connection with themselves and their partners.
- Utilize trance-based techniques to release shame and internal barriers that inhibit clients from experiencing authentic pleasure and spiritual awakening.
- Design and facilitate hypnotic experiences that cultivate playfulness, confidence, and embodied ecstasy, supporting lasting transformation in clients' relationships and personal growth.

GORILLA GUERRILLA HYPNOSIS™ - THE RAPID INDUCTION DOMINATION SYSTEM **"GET ANYONE. ANYWHERE. DEEP. FAST."**

R. Guzzi

This is where hypnotists learn to stop hoping their subject goes under... and start knowing they can drop anyone into a deep, powerful trance—on command.

This is the no-nonsense, battle-tested induction system that combines gorilla-level force (the kind that smashes resistance) with guerrilla-style tactics (the kind that work in chaos, noise, distractions, and total randomness).

If you've ever worried about:

- A "tough" subject who crosses their arms and dares you to fail...
- A loud room with 17 things happening at once...
- A demo where you have to look like a rockstar in 30 seconds or less...
- Or that one analytical guy who says, "Well actually, I don't think I can be hypnotized..."

This class turns all of that into a non-issue. You'll walk out with:

- Rapid inductions that hit so fast your subject can't overthink it.
- Ultra-deep trance strategies that supercharge suggestion power.
- Authority tools that make difficult personalities melt.
- Confidence that shows—even before you open your mouth.
- Street, stage, office, and on-the-fly hypnosis skills that work anywhere.
- Real-world methods, not theory.

And yes... the power to hypnotize people in messy, unpredictable environments. This is perfect for hypnotists, coaches, speakers, trainers, stage performers, and anyone who wants the ability to create instant credibility and unstoppable results in front of one person or a thousand. You'll never say, "I hope they go under," ever again. After this, your mindset becomes: "Sit down. Watch this. I got you."

SUNDAY, 5/3
2 – 2:45 PM

ARE YOU RESPONSE-ABLE?

P. Scott

This lecture is designed to introduce attendees to simple hypnosis-NLP techniques that you can use for you, as well as teach their clients, that will enhance your ability to respond to challenging life situations and people in more productive and healthy ways. I will use real-life examples to discuss the basics of how we develop our automated responses throughout our lives. Most of these involuntary behaviors and responses were learned as a small child and may have served us at some time. Yet, later in life some of the responses may no longer be appropriate and may even be creating problems in our lives and our relationships. That is the point we are able to reprogram ourselves with more appropriate responses, and teach our clients how to do the same.

I'll explain ways in which you can utilize unconscious functions to become more aware of negative thought patterns that have been causing, or triggering, these unwanted automated behaviors. I'll teach attendees a simple "Pattern Interrupt" technique that I have developed over 33+ years as a Hypnotherapist. This technique will allow you to sort of "hit pause", shift their state, and instantly regain control and focus.

Then, I'll demonstrate how you can very quickly train in a new, more appropriate response state using hypnosis with intention and repetition. I'll be using examples and demonstrations of practical applications of these techniques. There will be extensive handouts that will review and expand on the processes and give specific instructions on how to use these techniques to be free from past negative reactions, feel empowered to take back the "remote control", and become totally "Response – Able"!

SCRIPT-FREE FLOW ON THE GO!

T. O'Connell

Are pre-written scripts limiting your client's progress? This captivating talk challenges the reliance on a "perfect script" and invites you to embrace a more fluid, responsive way of working. Hypnotherapist Tim shows you how to cultivate deeper confidence and presence by focusing on the client's immediate cues. You will learn the art and science of dynamically developing a session plan *in the moment*—drawing from your full range of knowledge to craft unique, effective interventions. Discover how to "bob and weave" with resistance and harness the unexpected, making your sessions more authentic, agile, and ultimately, more transformative.

In this class you will learn to:

- Identify key principles of unscripted hypnotherapy and explain how releasing reliance on pre-written scripts can enhance responsiveness and client-centered outcomes.
- Demonstrate how to develop a flexible session structure in real time by drawing on observation, intuition, and client cues rather than following a predetermined path.
- Describe techniques for pivoting and adapting mid-session when unexpected issues, emotions, or resistance arise, while maintaining therapeutic flow and client trust.
- Evaluate the effectiveness of script-free approaches by comparing them with traditional scripted methods and reflecting on how each impacts client engagement and transformation.

HOW TO PRODUCE PROFITABLE EVENTS & RETREATS

J. Andre

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 talk, As time permits, 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.