

Full-day courses

ALL FULL-DAY COURSES RUN 9 AM – 6 PM

*** 5-Day Course**
CERTIFIED MASTER TRAINER
G. Bien
Wed-Thu-Fri-Mon-Tues
May 16, 17, 18, 21, 22

The Next Level of Hypnosis Instructor Training! Train-the-Trainer Instructor Certification Program goes beyond the typical Hypnosis Train-the-Trainer programs offered by other organizations.

In this ‘Total Hypnotic Immersion Experience’ you will learn how to:

- Competently demonstrate and explain the “hypnotic setup”, all types of suggestibility testing, hypnotic inductions (including direct, indirect, disguised and instantaneous inductions), hypnotic challenges, therapeutic intervention, creative metaphor design and programming. And much more!
- Create an on-going personal ‘Flow State’.
- Effectively utilize high impact, accelerated training skills.
- Add creativity and excitement to your training.
- Empower and motivate your participants.
- Use humor to spice up your presentations.
- Interactively employ the latest audio/video presentation technology.
- Facilitate the variables in group dynamics.
- Effectively deal with difficult attendees.
- Conduct polished, interactive, professional hypnosis certification trainings.

And that’s just the beginning!

The Trainer’s manual is different than other hypnosis trainers’ manuals. It gives you the exact words that George has used over the years that helped catapult him to becoming one of the top hypnosis trainers in the world! Simply follow the outline, use the written scripts, and easily conduct your own dynamic hypnosis certification seminars.

And there’s even more! – Instant Audio/Visual!

You get two complete PowerPoint slide presentations that sequentially follow the workbooks (Beginning and Advanced). Just copy them to your laptop, and you automatically have a contemporary, State-of-the-Art audio-visual presentation for your training! New to Power Point? Not a problem. George will show you just how easy it is to use.

And there’s still more!

The best way to fill your classes is by doing

1 or 2-hour hypnosis previews. We want you to conduct successful previews, so you also get a DVD of George conducting a Hypnosis Preview that you can watch, study and model!

Could there be more? Yes there is!

To help you gain the facility to do effective hypnosis demonstrations in class, you also get a series of DVDs of George demonstrating various hypnotherapeutic interventions. Just watch the DVDs and refine your skills.

We’re on a roll, so why stop now?

To help you project a powerful presence during your seminars, you also get two of George’s confidence-building CDs – ‘Unshakable Confidence for the Hypnotherapist’ and ‘Unshakable Confidence for the Hypnosis Presenter!’

This is an opportunity to study with the hypnosis trainer who put it all together.... Dr George Bien created and taught Advanced Hypnosis Training Programs as the principal Trainer for organizations such as the International Association of Counselors and Therapists, the National Guild of Hypnotists and the American Board of Hypnotherapy. He is the World’s First Recipient of the National Guild of Hypnotists President’s Award and the Charles Tebbetts Award, and the World’s First Recipient of the Dr Rexford L North Memorial Trophy, the ‘Oscar’ of Hypnosis. George conducts Hypnosis Certification Seminars and Training Programs throughout the world.

George says, “Even if you have already taken a ‘Certified Hypnosis Train-the-Trainer Program’ with another organization, this comprehensive, 5-Day Training Experience will take your hypnosis training skills to the next level!”

**Successful graduates of this program become IACT Certified Master Trainers.*

*** YOUR CHOICE**
2 - OR 4-Day Course
PARTS THERAPY
R. Hunter
Wednesday - Thursday
May 16-17

How can you effectively help the client who struggles with an inner conflict? Someone strongly desiring to attain a goal, but who also experiences self-sabotage, may be a prime candidate for PARTS THERAPY.

Often using different names, others emulate this profoundly beneficial technique taught and practiced by the late Charles Tebbetts. Competently facilitated, parts therapy often helps people get past their barriers when other techniques are insufficient. However, there are pitfalls that must be avoided in order to maximize results for your clients. This workshop is experiential, and is a MUST for anyone not totally familiar with parts therapy or one of its variations. Roy Hunter, your facilitator, is the published author of two hypnosis texts, as well as *Hypnosis for Inner Conflict Resolutions: Introducing Parts Therapy* (Crown House Publishing 2005). All who attend will receive a participant workbook. When clients have an inner conflict, parts therapy often helps to resolve the conflict even when other hypnotic techniques fail.

Participants will learn:

- What parts therapy is.
- When to use parts therapy.
- Why parts therapy is best for some clients.
- How to use parts therapy (complete step-by-step process).
- How to explain parts therapy to your clients, and why such explanation is needed.
- Why it is so important to be an objective mediator.
- How to avoid inappropriate leading, and the potential consequences of not doing so.
- Why Roy Hunter added an important update on the Tebbetts Methods.
- How to avoid pitfalls that could put clients farther away from success.
- Participants will have break-away practice sessions.

TRAIN THE PARTS THERAPY
TRAINER
R. Hunter
Monday - Tuesday
May 21-22

After successful completion of this 4 day Training, participants will have all the tools necessary to teach client centered parts therapy to hypnosis students and professionals - using an optional PowerPoint Certified presentation, designed for exclusive use of Certified Parts Therapy Trainers. While the first two days (May 16-17) are devoted to learning parts therapy, during the last two days (May 21-22), Roy Hunter will teach you how to train others to properly employ parts therapy. Prerequisite for Parts Therapy Trainer: Must have at least two years of full time experience with professional hypnotherapy (or three years of part time professional experience). And EITHER (1) take the 2-day training on May 16-17, or (2) must have previous training in client centered

parts therapy. PLUS professional experience using parts therapy with clients. Exceptions must be cleared by Roy Hunter before start of class.

Participants will learn...

- How to introduce parts therapy to hypnosis students and professionals.
- How to teach parts therapy (step-by-step).
- Why it is important to facilitate role play during the learning process.
- What role play exercises to use with your participants.
- How to use Roy Hunter's PowerPoint presentation as a guide to help you teach.

INCLUDED is a copyrighted CD available for the EXCLUSIVE use of Certified Parts Therapy Trainers, which contains the following.

- A professional PowerPoint presentation as a guide for both you and your students.
- An MSWord document with Roy Hunter's copyrighted Parts Therapy Workbook, which you can reproduce for your students.
- A special 'Read this first' file which contains additional information for the Certified Parts Therapy Trainer.
- Optional exam (and exam key) for your students.
- Additional MP3 sound files to accompany the PowerPoint presentation.
- Upon completion of the course, you will receive a certificate recognizing you as a Certified Parts Therapy Trainer. At a later date you will have access to a special parts therapy web site, and you will be listed on BOTH the Association website AND Roy Hunter's website as a Certified Parts Therapy Trainer. Prerequisite: 2-Day Parts Therapy training.

**The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, are approved by the American Psychological Association to sponsor continuing education for psychologists. The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, maintain responsibility for this course and its content. Roy Hunter is an approved presenter.*

*** 2-Day Course MOVING FROM SCRIPTED SESSIONS TO TRANSPERSONAL SESSIONS S. Gilbert Wednesday - Thursday May 16-17**

This exciting two day course will take attendees through a four step training. Each step of the training will build the attendees confidence to facilitate completely unscripted, transpersonal hypnotherapy sessions. During each step there will be an explana-

tion, a demonstration and time to practice each technique. We will address and resolve the most common concerns that keep hypnotherapists tied to scripts. This course is for all hypnotherapists wanting freedom from scripts and to be able to offer their clients a more personalized and effective session.

Attendees will gain the confidence, experience and excitement to put the script book down and interact with the client during hypnosis.

*** 2-Day Course HYPNOTHERAPY AND MINDFULNESS FOR TAMING CHRONIC PAIN B. Eimer Wednesday - Thursday May 16-17**

Poorly managed chronic pain is a pervasive problem. Yet, few physicians or other health-care professionals receive formal training in pain management. Often, hypnotherapists are professionals of last resort when they should be the professionals of first resort! This course provides professional training to hypnotherapists and health professionals on the nuts and bolts of a proven approach to taming chronic pain with hypnotherapy and mindfulness. The clinical use of this Taming Chronic Pain protocol by a trained health professional or professional hypnotherapist has been proven to help people with chronic pain get repeatable pain relief without overly relying on narcotics.

As a result of attending this course, attendees will develop confidence in their ability to use hypnosis and mindfulness techniques to help chronic pain patients get repeatable pain relief without overly relying on narcotics.

After completing this course, the participant will be able to . . .

- Demonstrate a pre-hypnosis pain assessment interview with a client.
- Demonstrate the special hypnosis pre-talk for hypnotic pain control.
- Induce hypnosis and deliver pain relief suggestions tied to the assessment interview.
- Teach a self-hypnosis exercise for portable pain control tied to the hypnosis session.
- Use hypnoanalysis to resolve a client's 'resistance' to believing pain relief is possible.

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*** 2-Day Course THE WEIGHT LOSS MASTER CLASS Become the 'go to' expert in your area S. Granger Monday - Tuesday May 21-22**

This 2 day course will teach you the key aspects of weight loss that will cement you as the 'go to' expert in your area. You will learn the industries very popular Virtual Gastric Band programme, successfully used by hypnotists around the globe, plus the other essential aspects and knowledge base to help every client you see. This course will look in-depth at alcohol, sugar addiction, and hormonal imbalances too! Join the thousands of hypnotists around the world who are gaining media coverage for their weight loss practices. You will even go away with a set of professionally written press releases that you can use immediately!

This is a tried and tested, evidence based programme that is highly newsworthy, and the only virtual gastric band programme subject to clinical trials.

***2-Day Course HYPNOTHERAPY FOR TRAUMA K. Neill Monday - Tuesday May 21-22**

Trauma injures the brain. The good news is that the brain can heal itself. With the right help, the brain can heal itself faster. Hypnosis, mindfulness practice and Energy Medicine are proven modalities that can facilitate brain plasticity to help traumatized clients heal. Learn the fundamentals of neuro responses to trauma. Explore and learn the applications of hypnotherapy to help clients recover, reconfigure and live more peaceful and healthy lives.

Attendees will learn about how the brain works, how it is affected by trauma and how it can heal itself. You will learn how to be more competent in helping traumatized clients and receive first-hand clinical training on how to apply techniques in hypnotherapy, mindfulness training and Energy Medicine to effectively help clients recover from trauma and to move on to a more peaceful life.

*** 1-Day Course EVOLUTIONARY HYPNOSIS A new paradigm for trancework M. Watson Thursday, May 17**

In this full day course you will discover new approaches to induction and therapy

that can open up new and exciting areas in your hypnosis practice. We recognize the evolutionary forces at work in the ongoing changes our clients face. Anxiety, frustration and challenges arise as they progress through their lives. Evolutionary hypnosis offers a satisfying and effective new approach to working with clients on virtually any issue.

You will learn six principles and several client centered applications of hypnosis and intervention - and you'll leave this course with a complete set of tools to add to your skill set. Based on the generative trance-work of Stephen Gilligan with some original contributions from the trainer, this gentle yet powerful approach is both rewarding and effective and will enhance the work of any hypnotist, therapist, coach or trainer.

***1 Day Course
ACING SMOKING
D. Pelles
Thursday, May 17**

As with an un-returnable serve in tennis, your clients' smoking habit will have little chance of returning when they experience the protocol I present in this class. I will walk you through "how I do it": the main 2-hour session from which 80% emerge as non-smokers, followed by two shorter sessions for reinforcement and follow-up. When I contact them a year later, 75-80% are still smoke-free. I will show you my intake process and my hypnosis and stop-smoking pre-talks - including four ways to dissolve a craving - which set them up for success with the hypnosis and NLP to follow. I will teach you and demonstrate "The Zone," "Power Self," my "Line-and-Slider Deepener," and finally the customized 20-minute hypnosis session that will enable your clients to walk out smoke-free. In the second part of the class I will introduce and demonstrate the tools that I utilize, as needed, in the two follow-up/reinforcement sessions, including the Swish, the Being exercise, The Wholeness Process, Visual Squash, and Core Transformation. All materials that I use in my program will be available to participants, as well as my PowerPoint presentation for this class.

I have developed this protocol over ten years as a hypnotherapist and NLP practitioner, adding and adapting components from teachers and colleagues plus some that I have developed, and frequently tweaking it, to a point where it has become a highly effective program in giving clients what they desperately want: ending their smoking habit/addiction for good.

Attendees will learn and be able to carry out my real-world, highly effective 3-session program and enable their smoking clients to become permanently smoke-free.

***1-Day Course
STOP! LOOK! LISTEN!
MAXIMIZE CLIENT SUCCESS
K. Hand
Friday, May 18**

"You had me at Hello!"

I wonder what happens when you begin hypnotizing your clients from the very first connection. Realize hypnosis happens! All of the time! And you might as well utilize the trance your clients are in from the very beginning, then transform it to the trance they'd rather be running instead. The client's will give you all the information you need to facilitate change if you will simply STOP! LOOK! AND LISTEN! This is a day full of tips, tricks, techniques, and active experience in asking the right questions to elicit your client's metaphors, limiting beliefs, and goals for good.

Each participant experiences and practices: Charisma from the git go!, Drawing Metaphoric Conclusions, Outcome Interventions and Personal Trance Words for Instant Success.

Course participants say, "Knowing what to listen for is the most important skill of the successful hypnotist." Participants will lower their own daily stress by realizing their clients contain the problem AND the solution (and the script!) and the job of the hypnotist is to get out of the way and facilitate the client's insight.

There will be handy handouts for practice and to take back to the office for use immediately. Hypnosis and NLP techniques will be integrated into the course as we explore client contact from the first connection to the change and beyond.

*** 1-Day Course
TECHNIQUES OF
CONTEXTUAL
HYPNOTHERAPY
R. Nongard
Friday, May 18**

Do you ever wonder if there is research to back the methods you are using? There are over 12,000 peer reviewed journals showing hypnosis works to help people heal faster and recover stronger. And those are just the journals that use the word "hypnosis". These journals not only show hypnosis works, but also what methods are most effective. Are you using these techniques?

Contextual Hypnotherapy is an approach that draws on current research and uses specific techniques of mindfulness based hypnotherapy, cognitive-behavioral hypnotherapy and ACT Therapy. It will help you improve your results and get new referrals.

In this course you will learn how what the research actually says (and you will get Richards publication "101 academic cita-

tions" in a handy pocket sized booklet) that you can use to market your services by approaching referral sources with confidence because you know the approach you are using is backed by peer-reviewed research.

You will learn specific methods of a contextual-skill building induction based on these approaches, and how to structure suggestive therapy in new ways and with new methods that focus on the present moment rather than trying to fix the past.

Hypnosis is NOT a "complementary and alternative therapy," it is a proven intervention, and this course will share the research and the techniques that you can use the day you get home in both marketing and providing client care that produces lasting change. Richard Nongard is a University Professor who has written the book "Contextual Psychology" and teaches this material at the university level.

*** 1-Day Course
PRACTICAL NEUROSCIENCE
PROVEN STRATEGIES TO
REWIRE THE BRAIN
M. Tiers
Friday, May 18**

This full day course will take your change work to a whole new level!

You will learn different ways to help your clients change habituated patterns of thought, feeling, and behavior. You will learn seven different pattern interrupts designed to promote new synaptic connections and build resilience. Learn how to bring this protocol to groups as well as individuals.

You will also learn how to use therapeutic memory reconsolidation to re write early emotional memory imprints as well as neutralize internal and external triggers.

This course will teach you how to become a neuroplastician. Participants will bring their hypnosis practice up to speed with current neuroscience research.

*** 1-Day Course
SOUND HEALING
FOR HYPNOTISTS
P. Blum
Friday, May 18**

During this one-day intensive training, participant will learn about the connection between sound and states of health and consciousness. Learn about the ancient use of shamanic journeying, using drum and rattle. Learn about modulating brain wave frequency using tuning forks. Experience the magic of overtone singing and vocal toning. Incorporating both theory and practice, this is an excellent opportunity to learn specific protocols that can be integrated into your existing hypnosis and/or healing practice immediately.

Attendees will leave with at least two

or three specific techniques to utilize sound with clients.

The popularity of sound baths and sound healing has grown exponentially in the last decade. It behooves everyone in the field of hypnosis to have access to basic sound healing information and techniques.

*** 1-Day Course
MENOPAUSE SPECIALIST
HYPNOTHERAPY**

**H. Breward
Friday, May 18**

Statistics have shown that in 1998, 477 million women were going through the menopause globally. This was predicted to rise to over 1 billion by 2025, which means currently in 2017 we have an estimated 700 million women going through the menopause. That is a lot of potential clients and help that is much needed. Many women are actively looking for another more natural way of dealing with menopausal symptoms, especially hot flushes, which can be disruptive at best and debilitating at worst. Some ladies either don't want to or can't take HRT, there is very little choice for them.

I've developed my own Menopause Relief Programme, which is specifically designed to help those ladies take back control of their hot flushes, their menopause.

The programme focuses on:

- Helping clients to be more aware of common triggers and what to do.
- Helping them to understand the role of their hormones a little better.
- To be aware of foods & vitamins which promote hormone balance.
- Teaching them how to take back control with tools & hypnosis.

"I knew of Helen's programme and was very quick to get hold of it when it became available and I wasn't disappointed. It is absolutely chocker block full of content. The scripts work really well, they are very popular with the ladies. It's not just all the scripts, it's all the background information, simple, and straight forward, easy to understand and lots of extras like the recipes. Everything that Helen has put in to the programme is referenced, backed up with fact. I really appreciated the sharing of her press releases as social proof for my clients that this is something that does work. Great back up and support, she's in contact and very happy to share new materials and ideas with you. Money well invested, I absolutely recommend the Menopause Programme". - Anne Stagg Hypnotherapist

The Course Content, you will receive:

- Comprehensive training manual with background knowledge and information on hormones and symptoms, so you can talk with confidence.
- Common triggers and quick fixes.

- Suggested foods and vitamins that are generally good for menopause and promote hormone balance.
- All Scripts for a 6 session programme.
- Assessment sheet.
- Press releases for you to use and adapt.

This is a stand-alone programme, which has received UK national and international interest. Stand out from the crowd, and get into this potentially huge untapped market.

Be the 'go to' hypnotherapist in your area.

Attendees will be fully prepared and have everything they need to start helping menopausal ladies with their hot flushes straight away.

This is a huge emerging market within hypnosis. Many ladies don't want or can't take HRT, they want to deal with their menopause symptoms, especially hot flushes, their way a more natural way. I have been training therapists to use my Menopause Relief Programme since October 2016, and now have practitioners currently in 8 different countries.

*** 1-Day Course
GOULDING SLEEP TALK®
TRAINING LEVEL 1**

**C. Elman
Monday, May 21**

Becoming a SleepTalk® for Children Consultant is a 6 month process and has 3 Levels of Training. Level 1 arms you immediately with the information you need to begin working with parents, teaching them to build their child's self-esteem and emotional resiliency in just 2-3 minutes per night. As an Intern, Levels 2 - 3 will be offered as distant learning via skype by Cheryl Elman at a discounted rate. This will include submission and evaluation of your case histories, your Accreditation plus a year free on the International Register.

Becoming a SleepTalk® Intern/Consultant expands your marketing to new groups and grows your business, as you train parents to talk to their children nightly and build their emotional resilience.

The SleepTalk® Process is well laid out to follow and includes Assessments at various points to track changes in the children. Through periodic feedback, the parent helps to track the growth in the child, as we strive first at improving the underlying causes rather than just remove the "symptoms". This creates life-long changes. Through this process, the parents overall communication skills improve, not merely for the children but in other areas of their lives.

*** 1-Day Course
EPIGENETICS AND HYPNOSIS:
HYPNOGENES**

*The hypnotic prevention/promotion
of predisposition gene expression*

**A. DeMarco
Monday, May 21**

We need not be slaves to our DNA. Hypnosis can regulate the actions of genes thereby preventing hereditary pre-disposition to various diseases from activating, and also promoting activation of 'good genes'. Epigenetics is the field of study that assesses the mechanisms by which environmental information interfaces with the genome and controls genetic activity. Hypnotists are on the 'cutting edge' of gene regulation! Humans can prevent the pre-disposition gene from turning on or off. Genes function in accordance with our 'perceptions, beliefs and life's living'. The outer and inner environments are extremely powerful. I truly mean the physical and psychological environments that occur in our outside world that affect our inner world. Although thoughts are naturally inside of our bodies, the outer environment which includes all of life's intentional and unintentional happenings from the beginning of time to the present and future, and as far as hypnosis and self-help is concerned, intentional hetero and auto-programming. There is a cascade effect that goes from outer to inner. The outer environment (outside of the body) and our perception of it, influences our thoughts, emotions and responses. Our thoughts/emotions/responses then kick off certain biochemical responses. These biochemical responses take place inside of certain cells, which then send messages to other cells (a phenomenon known as cross-talk), so there is an intracellular environment filled with chemical messengers that then work their way into the cells through channels on the cell membranes. Once inside the cell, these messengers kick off a cascade of events within the cell. Hypnosis provides the mechanism to regulate the original pre-disposition gene activity thereby regulating the cell responses. This is truly a formidable power in that we can change our destiny through changing our perceptions and subconscious programming. Hypnotists are on the cutting edge of this new biological understanding of our body functions as more or less dictated by our environment. Our perception changes that dictation.

Participants shall learn:

- A practical knowledge of how predisposition works.
- A practical knowledge of how genes work.
- Methods to switch gene predisposition 'on and off'.
- Identification of 'real and imaginary' genes for great health.
- Healing Affirmations.
- Promote excellent health.
- Immune System Enhancement.