

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 15, 16, 17, 20, 21

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 trainer's 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 workbook (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 – C. R. Hunter
Wednesday - Thursday
May 15-16

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 – C. R. Hunter

Monday - Tuesday

May 20-21

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 15-16) are devoted to learning parts therapy, during the last two days (May 20-21), 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 15-16, 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 program and its content. Roy Hunter is an approved presenter.

*** 2-Day Course**

PREVENTING ANXIETY AND DEPRESSION WITH HYPNOTHERAPY – B. Eimer

Wednesday - Thursday

May 15-16

The onset or worsening of anxiety and depression states is often precipitated by overwhelmingly stressful life events that trigger feelings of helplessness and hopelessness. This two-day course will provide the essential knowledge a hypnotherapist or hypnosis practitioner needs to help clients develop the inner strength to avoid becoming overwhelmed by such stressful life events. The skillful use of hypnosis can help clients accept responsibility for how they cope with stressors, acknowledge, watch and adjust their responses to adverse circumstances, recognize and release unnecessary emotional burdens, and envision a positive future.

Attendees will learn how to conceptualize commonly presenting problems of stress, anxiety and depression in a way that makes them amenable to positive change. Attendees will learn hypnotic strategies for empowering their clients to focus on solving their actual problems while avoiding the traps of helplessness and hopelessness.

In this intensive course, we cover considerations and techniques for handling the initial telephone call with a potential client, communicating with other health professionals, conducting an informative rapport-building intake interview, delivering a convincing hypnosis pre-talk, formulating effective hypnotic strategies for changing anxious and depressive thinking and behavior, choosing an appropriate trance induction, fitting hypnotic and post-hypnotic suggestions to the presenting and underlying problem, and incorporating “mindfulness” into the hypnosis treatment plan.

*** 2-Day Course**

CORE TRANSFORMATION – D. Pelles

Wednesday - Thursday

May 15-16

Core Transformation is a gentle yet powerful process for bringing about profound and lasting changes in habits, behaviors, limiting beliefs, and even physical ailments. It was originated about 30 years ago by Connirae Andreas, Ph.D., one of the most admired and respected trainers and developers of Neurolinguistic Programming (NLP) and remains today the most thorough and comprehensive of NLP processes.

Imagine your most difficult problems actually having positive aspects. Core Transformation utilizes these issues as gateways, guiding you to an experience of deep self-discovery and understanding, where awareness and change occur naturally. CT has transformed issues such as: changing problem emotions and behaviors, such as anger, self-consciousness, procrastination, and fear; controlling weight; improving relationships; overcoming depression and anxiety; healing addictions; finding fulfilling work; improving all aspects of health, and creating an overall sense of inner peace, wholeness, and well-being. Core Transformation meets our deepest strivings: to heal ourselves and develop as human beings emotionally, physically, and spiritually, a graceful way to change unwanted thoughts, feelings, and habits, and achieve goals you may have believed unattainable. What had been perceived as blocks or limitations are transformed into doorways towards resolution and integration.

Participants will learn to utilize this powerful yet gentle process to explore and transform a wide variety of issues, with their clients in a therapeutic setting and also for themselves.

Core Transformation was developed in the late 1980s by Connirae Andreas. Originally called The Identity Process, it is the subject of the 1994 book, CORE TRANSFORMATION - REACHING THE WELLSPRING WITHIN, by Connirae Andreas and Tamara Andreas. Today it is taught worldwide and utilized by hundreds of therapists and their clients. Dr. Donald is one of only a handful of trainers licensed by Connirae to offer this material.

*** 2-Day Course**

MEDICAL HYPNOTHERAPY SPECIALTY TRAINING – E. Rosen & P. Scott

Monday - Tuesday

May 20-21

Learn advanced medical & clinical hypnotherapy techniques, theory, scripts and approaches for a variety of health issues such as chronic pain, IBS, fibromyalgia, hypertension, allergies, asthma, cancer, diabetes, rheumatoid arthritis, etc.. Training will also discuss and/or expand on the anatomy & physiology of healing, psychoneuroimmunology, hypno-anesthesia, cellular regeneration, working with the DSM-V & medical referrals, legal Issues, marketing & partnering with medical professionals and more. Learning to partner with medical professionals can expand your practice and make you the go-to expert for referrals in your area.

Attendees will receive a workbook, PowerPoint presentations, and additional scripts & materials.

***2-Day Course**

MANIFEST A SUCCESSFUL HYPNOTHERAPY PRACTICE – K. Neill

Monday - Tuesday

May 20-21

If you have a good practice and want to have a great practice; or if you are doing part-time work and want a full-time practice; if you want to get started but don't know how, join Dr. Kweethai for a 2-day hands-on training in developing a business plan that suits you. Never mind what others are doing, make a plan that suits your principles and intentions. In this 2-day interactive workshop, you will flush out your fears and create a practical plan you can implement. Embark on your road to successful and joyful practice in hypnotherapy.

Participants will develop a practical business plan for their practice.

*** 1-Day Course**

SMOKING CESSATION FOR GROUPS – S. Gilbert

Thursday

May 16

Do you want to expand your practice? Are you ready to work with groups? Are you looking for a more effective way to work with smokers?

This is a tried and true six week group course. This program gives you everything you need to work with small or large groups. We'll cover everything from scripts and techniques to ice breakers to promotional give-a-ways.

Your class materials will provide the step by step six week program. You can follow the program exactly as written or adapt it as you wish. You can also pull out just the scripts and use them with private clients.

You'll walk away from this one day course ready to start your own smoking cessation group!

***1-Day Course**

AGE REGRESSION – A. Kun

Thursday

May 16

Fully Understanding Regression Hypnotherapy. You may think you know all there is about Age Regression but I assure you there is more to learn about this fascinating subject. This is a must attend course for all those who want to become proficient in Age Regression.

Topics include:

- Regression therapy
- How to find secondary gain in the interview stage, (before the therapy)
- Pseudo and True regression
- Initial Sensitizing Event (ISE)
- Affect bridge · Gestalt dialogue
- Healing the Inner Child
- Release and forgiveness

***1-Day Course**

TARGETING PAIN – D. Cleary

Friday

May 17

This program goes beyond the techniques that are presented to the core perceptions and relationships we develop within ourselves and with our clients. Based on over forty years of living with severe chronic pain and decades of assisting others to participate more fully in their lives, this program is unique from the outset.

Whether you are a hypnosis or medical practitioner, a caring friend or live with a painful chronic condition, when you incorporate what you learn in our time together, you continue to grow and develop in your practice and daily life as well. Techniques can be very effective and yet, they are simply the first stepping stones in the Targeting Pain program.

SOME of what we will cover follows. However, the course of this program is very like the course of your sessions with clients: We will go where we need to go and explore many areas as a group, working together. This is not about learning scripts. I trust that you could read a script without my assistance. This is more about discovering the script of the client and assisting them to notice ways of changing the parts that aren't working.

Core Understandings: What is hypnosis and how do we facilitate change?

Existing Trances: It is often easier to alter an existing trance than to create a new one and replace it.

This may seem counter-intuitive at first, yet when a client comes with a "BIG PROBLEM" and discovers that what they have been doing actually works and with minor adjustments, will provide the desired outcome, their "problem" shrinks to a more manageable proportion.

Shifting Beliefs: We all function within our belief systems. We have all had beliefs that have changed.

What if... we were to accept that a belief COULD BE mistaken? Not that it IS, merely that it COULD be? How would this allow us to work with a wider range of clients?

Pain Does Not Exist!: How our perceptions create reality.

Relief is Realistic: Recapturing a sense of possibility. Secondary Gains: Throw out the old model that these are 'BAD!' Secondary gains can be good and should be accessed and utilized! Pain Times Three: How we set up for what comes next. Ten Percent Solution: Fulfilling, even exceeding expectations. Habit / Expectation: Changing the cycle. Chronic Identity: Recognizing the self and accessing skills and abilities. Silver Linings: People are very often successful at fulfilling poor choices, which means what they are doing works well. How to use perceived failure as templates for success.

Disease: Medical terminology and prognosis are for doctors, don't buy into them. Even when accurate they are the progress of the disease or trauma rather than the individual.

Inductions: What they are and how to use them.

Trance: Signs and depth of trance and what they mean toward transformation. Recognizing and utilizing trance in 'Normal' conversation. (What's Normal?)

Scripting: Telling the stories of life. Discovering the scripts of the client. Types of Pain: Recognizing differences and similarities between acute, chronic, sudden onset and other aspects of pain.

WHAT you feel and HOW you feel about it: Using this model to create an enhanced sense of ease and comfort.

This is just the beginning. Frankly, while I have a general concept of topics and areas to discuss, who you are, the training, experience and life you have led up until this moment, is what will guide us through this program. My desire for this program is that we all learn new ways to consider old topics and discover insights and connections that surprise and inspire each of us in ways we hadn't yet considered.

"It isn't the amount of time. It isn't the theory of psychotherapy. It's how you reach the personality by saying the right thing at the right time." - Milton H. Erickson, M.D.

All participants get a free copy of TARGETING PAIN A Practitioner's Guide to Relief

*** 1-Day Course**

THE RE-MINDING SYSTEM FOR POSITIVE CHANGE – K. Hand

Friday

May 17

There is no "one-size-fits-all" technique or protocol that works every time for every one on every issue. So, you need a toolkit that prepares you to work with what presents.

The Re-Minding System for Positive Change includes variety and flexibility in the guidelines, scripts and techniques and encourages a client-centered approach. This system makes it easy to navigate from a one-off intervention to the advanced-level skills for deeper emotional work.

To understand the variety and plasticity of the Re-Minding System for Positive Change you will learn, experience and practice:

- Efficient techniques for re-framing outcomes
- Resource-building age regression and timeline work
- Re-parenting the inner child
- Mitigation of Secondary Gain
- Forgiveness and Gratitude
- Unlimited Resourcefulness

Each technique can stand alone or be combined to create client programs for success.

The Re-Minding System for Positive Change can be used in tandem with any other techniques or modalities you already know and use.

Participants will receive a full set of techniques to go from start to finish for a wide variety of client issues including weight loss, smoking cessation, habit release, performance enhancement, confidence building, fear elimination, stress management, etc.

Guidelines, Scripts and Techniques will be provided in digital and handout form for immediate use.

*** 1-Day Course**

**HYPNOADDICTIONOLOGY:
ADDICTIONS OR BAD HABITS – W. Horton**

Friday

May 17

A full day course that will take your change work to a whole new level! This class contains an overview of a new addiction model and techniques and a protocol for addiction treatment

The Ultimate Hypnotic and NLP protocol for Addiction and Bad Habit Recovery

In this Cutting Edge HYPNOADDICTIONOLOGY 1 Day Course

You will learn:

- The difference between addictions and bad habits
- A new addiction model
- The truth of the 12 step program
- An easy to learn protocol that you can use NOW!
- Effective brain hacks to overcome cravings and withdrawal (Demonstrations and Handouts Included)

*** 1-Day Course**

DEVELOPING YOUR VERY OWN UNIQUE HYPNOSIS PROGRAM – S. Granger

Friday

May 17

We all have our own unique goals and dreams to where we would like our practice to go to. For some it's seeing a few clients part time. For others it's having a busy full time practice, for others it's developing a personal brand and even training others.

- Do you dream 'big' about where you'd like to go with your hypnosis practice?
- Would you like to develop a unique programme of your own?
- Would you like to train others in the programme you've developed?
- Would you like to train others worldwide?

If so, in this one day workshop you'll learn how to do just that (I know this isn't for everybody)

Imagine for a moment your own hypnosis programme on a world-wide stage.

This is a unique one day training programme that can catapult your hypnotherapy practice, and if you are someone who takes action, potentially lead you to a world-wide stage. This programme is about developing you personally and will teach you how to:

- Confidently research develop your very own unique hypnosis programme - that immediately makes you stand out locally, nationally and internationally!
- Create the evidence that gives both credibility to your programme and gives you that 'expert' status
- Learn how to Professionally brand and market your training
- Create your own training materials to train others
- Deliver professional training courses both online and in person
- Leave with a clear actionable plan to create your own programme

Sheila Granger is the creator of many unique hypnosis programmes, from The Virtual Gastric Band Protocol and Educational Performance, through to Hypnosis in Business and Children and Teenagers Hypnosis. Every programme that she has developed now has practitioners around the world

*** 1-Day Course**

HYPNOSIS FOR MENOPAUSE RELIEF – H. Breward

Friday

May 17

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 chock 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**
TWELVE DIVERSIONS TO PAIN DISTRACTION – L. Prinz
Monday
May 20

Managing Chronic Pain is Modern Medicine's #1 unsolved dilemma. As Hypnotists and Counselors, we know Hypnotherapy is a safe and effective "go to protocol" for chronic pain issues without a chance of overdose.

This one day learning experience will provide you dozens of in-the-back-pocket and ready-to-go, hypnosis protocols to immediately reduce the perception of ongoing pain. No more second-guessing which hypnotic protocol to apply; in just one day you will master the MINDSPEAK to implement long-lasting comfort for your clients.

Over the past two decades, my diversion protocols have been put to the test with amazing client results! Tried and true, these hypnotic techniques will help you to become the Master of Hypnotic Comfort Protocols. Partial lecture, demonstrations, lots of hands on and personal experience, the class participants will be collaborating throughout the event to create an e-handbook of individual techniques to be used post-class professional scripts/patters.

Knowing which specific Pain Relief techniques are the best to use is like holding the Keys to the Pain Relief Kingdom. Assist your clients living with all manifestations of pain to successfully turn it down while turning up the awareness of comfort.

The skilled ability to instantly reduce client pain awareness and perception through visual and spoken metaphors.

As Baby Boomers age, the need to mitigate degenerative pain can be a full-time practice! Most Hypnotists specifically certified in Hypnotic Pain Relief can earn \$105-\$205 a session. And, Licensed practitioners can add another \$50 or more to those fees. Besides being a viable solution to the Opioid Crisis, it is our obligation as caregivers to provide an answer to client pain. Fun, well-delivered and informative, you will be happy you attended!

*** 1-Day Course**
THE VIRTUAL HYPNOTIST
Zoom your way to success online! – M. Watson
Monday
May 20

For those who are ready to take their practice online and tap into the growing market of remote hypnosis, this one-day workshop will get you started. You'll see the process close up and in action as you learn how easily you can do it yourself. After more than ten years online, Michael knows a great deal about what it takes and is looking forward to sharing the details with you. This class is complete and designed so you can take these skills home with you.

- Here's what you'll learn:
- Everything you need to know to get started working online
- How to get the most out of the technology available
- Keeping your costs WAY down
- Getting paid online
- Special calibration skills for working online.
- How to make appointments, screen your clients for success online
- How to adapt your methods to increase their online effectiveness.
- Designing new methods and approaches that are well suited for remote sessions.
- Special challenges, "What-if's" and how to respond to them
- Live demonstrations so you can see how it's done
- Hands on practice in each session for integrated, experiential learning.
- Legal issues about working online...in multiple states and countries

As an online practitioner, you'll be able to work from anywhere, without the need for an office. You can even conduct sessions on your smart phone with full audio and video. You'll be able to work with clients who are home bound or who simply feel comfortable and safe in the privacy of their own homes. Your practice can become geographically unlimited as you extend your reach as you become available to a world-wide audience.

Take this one day course and expand your practice without spending another dime. Through demonstrations, interactive processes, and hands on experiences we'll show you everything you need to know to start your online practice right away.

Complete training materials are included.

"Congratulations on originating and hosting another amazing complementary healthcare extravaganza. The prevailing tone of energetic enrichment sparked by great presenters elevated group enthusiasm, growth and enlightenment to new heights. Paired with the very cordial staff, great food, awards, entertainment and the extras that you always include, HypnoExpo 2018 was fantastic!"

-Clarice Carter, Farmington Hills, MI