



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **143 – Stages of Hypnotherapy**

Because the foundation is so important for the rest of your studies, this section is made up of four self-test that I expect will be easy for you. They help determine how well you understand the foundation. Even if you need to go back and review, it just helps to enhance your understanding of the subject.

After this section you will learn self-hypnosis, blocking yourself and clients, memory and false memories, sports, study habits, and other subjects. You will use the foundation you have already learned in working with cancer patients, assertiveness, and motivation in business, public speaking, procrastination, child hypnosis, habit control, and so many other things.

It sounds very easy when you listen to your lesson video. There is a lot to remember and integrate with your practice sessions. Sometimes it's difficult to remember everything because you're concentrating on one aspect of the session and then the other areas slip away for the moment. Learning to conduct sessions, to give suggestions in the way they will be accepted without bringing up defenses, to recognize depth, know the correct depth to give certain suggestions, and how to lay the foundation for those suggestions in the light state takes practice and to put it all together smoothly and comfortably in a session.

ANHI gives you the knowledge, and then you weave the knowledge together with your particular expertise. You learn to be perceptive as you talk with your client, giving suggestions that fit the circumstances, and conducting sessions confidently. Recording sessions, with client approval, will help to accomplish that.

The practice time is extremely important. We love it when you are able to come to ANHI for Practicals, but we also know the value of flexibility. For some it would be very difficult, if not impossible, to come to Practicals here at ANHI. If you are unable to attend the Practicals, there are other ways of accomplishing the same things, such as various types of recordings, writing out the session, and how you would handle each aspect with the proper suggestions. When you make a recording of a session that is going to contribute to your grade and will be a permanent part of your class file, you think about it, you take your time because you want it to be as good as possible.



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Our goal is that each of you becomes accomplished and successful hypnotherapist helping families and individuals reach their goals and live happier and more productive lives.

- Remember to always be aware of your client's suggestibility and what it means, and that your own behavior matches what will bring about rapport and comfort for them.
- Suggestibility may determine to a degree:
  - The depth your client goes to
  - The ability to visualize or imagine
  - The need for space or closeness
  - And so much more

Any contributing suggestions you may have - that will enhance this course – contribute to learning the subject – or anything else, we would love to hear. We will give your suggestions sincere consideration. Email them to ANHI.