



**COURSE MATERIAL FOR THE
CERTIFIED HYPNOTHERAPIST PROGRAM**

143 – Stages of Hypnotherapy

Student Number: _____

Name: (Please Print) _____ Date: _____

1. What is hypnosis and how is it created?

2. What is the Hypnosis Definition?

3. How would you observe the Fight/Flight mechanism when you are doing the arm rising?

4. Would you say it is the Physical or Emotional that might utilize the Flight mechanism the most and in what way would they perhaps do that?



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9. The Fight Mechanism is less socially acceptable, so the Fight Mechanism started to become

10. What is the reaction to the fight mechanism?

11. The Flight mechanism became _____

12. How might an individual handle the flight mechanism?

13. Your client continually sets themselves up to fail in business. They realize this and want to change. Using the concept of knowns and unknowns, explain to your client why this may be happening.

14. Give three suggestions that will help your client become productive and successful in business.



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15. The brain is the most complex thing on earth. Even the brain of a baby is very complicated. Tell me about the development of a baby's brain.

16. In an experiment at Stanford University, neurobiologist, Susan McConnell devised a series of experiments to track the destiny of a migrating neuron.

17. McConnell took a descendant of a brain cell and before it became a neuron, transplanted it into a developing brain and then watched it migrate.

18. In what way did this experiment remind you of a young developing child?
