

Day 1 **Program Outline** * = Introductory Information

Time	Topic / Activity
7:45 - 8:00	Registration
8:00- 8:30	Introduction
8:30 - 9:30	Review of textbooks and Training Manual
9:30 - 10:00	Review of Independent Study Activities/ Packet Certification Requirement for successful completion of Medical Clinical Hypotherapy
10:00 - 10:15	Break
10:15 - 11:45	Introduction to IACT Website
	CEU registration
	Access to Scripts, Articles, Videos, Podcast, Hypnocaster
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 -1:10	What Hypnosis Is and What it is not <
1:10 - 1:30	Mind Over Matter, Conscious, Unconscious, Subconscious
1:30 - 1:40	Day Dreaming
1:40 - 1:50	Definition of Hypnosis
1:50 – 2:00	History and Evolution of Hypnosis
2:00 – 2:15	Difference between Sleep and Hypnosis
2:15 - 2:45	Brain Wave Activity – Beta, Alpha, Theta, Delta
2:45 – 3:00	Difference between Meditation and Hypnosis
3:00 – 3:15	How to Recognize Hypnosis
3:15 – 3:30	Physical Changes
3:30 - 4:00	Demonstration of Hypnosis
4:00 – 4:15	Break
4:15 -5:00	Practice: Student Hands Practice on Hypnosis
5:00 - 5:45	Component in Hypnosis Session
	Interview
	Pre-Talk
	Hypnosis
	Post-Talk
5:45 - 6:45	Sub Component of Hypnosis
	Induction
	Relaxation
	Deepening
	Intervention / Suggestions
	Arousal
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Two Activities
7:15 -7:30	Demonstration; Clinical Suggestions for the group " Empowerment"
	Total Clock Hours for the Day = 10hrs not including 1.5 hrs breaks or registration
	Contact Hour = 50 minute

Day 2 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 – 9:10	Review of day Activities and Q & A
9:10 - 9:30	Instruction on How to Phrase Word in Positive and Powerful Way
9:30 - 10:00	Conscious vs Sub Conscious
	Metaphor Symbols Power of Imagination Analytical
10:00 - 10:15	Break
10:15 - 10:45	How to make your own Tape to play during self hypnosis
10:45 - 11:45	Creating an attitude of Change
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 2:15	Practice: Students Hands - on writing positive motivational phrases
2:15 - 2:30	The Power of Mind over Matter
2:30 - 3:30	How to use the imagination to create Mind over Matter
3:30 - 4:00	Practice: Students Hands On - with application of Personal Power Phrases during Self Hypnosis
4:00 - 4:15	Break
4:15 - 5:00	Definition Directive Hypnosis--- dates 1-10 In-Direct Hypnosis---dates 1-10 Non- Direct Hypnosis --- dates 11-20
5:00 - 5:30	Suggestibility Testers / Convincers importance of and proper use of
5:30 - 6:00	Demonstration or Testers / Convincers
6:00 - 6:30	Practice: Student Hands on - practice of Testers / Convincers
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Self Confidence,
	Total Clock Hours for the Day = 10hrs not including 1.5 hrs. breaks
	Contact Hour = 50 minute

Day 3 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A
8:15 - 9:00	Discussion and Question related to practice and home work between weekend
9:00 - 9:15	Learning Channel define Auditory Visual Kinesthetic
9:15 - 9:30	Group identifies their Personal Learning Channel through testing
9:30 - 10:00	Neuro Linguistic Programming NLP Identifying Learning Channel using subjects Eye Movements
10:00 - 10:15	Break
10:15 - 10:45	Developing Instant Report Body Language Parroting
10:45 - 11:45	How to Conduct an Interview Phone Office
11:45 - 12:00	What to cover during Pre-Talk
12:00 - 1:00	Lunch
1:00 - 2:15	Conducting a Progressive relaxation session Passive Progressive relaxation Active Progressive relaxation
2:15 - 3:30	Practice: Students Hands On, Progressive relaxation group sessions
3:30 - 4:00	Examples of Guide Imagery Creative Visualization
4:00 - 4:15	Break
4:15 - 5:00	Law of Compounding
5:00 - 5:30	Three Laws of Suggestion Law of Concentrated Attention Law of Reversed Effect Law of Dominate Effect
5:30- 6:30	Dangers of Hypnosis Subjects Literal Response False Memory Syndrome Physical Changes Related to the Suggestion Strange Trance Phenomena Abreaction's Physical Changes Emotional Changes
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, "Creativity",
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	Contact Hour = 50 minute

Day 4 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 – 8:15	Review of day Activities and Q & A
8:15 - 9:00	Student review Case Study of practice clients they worked on between week one and week two.
9:00 – 9:30	Conducting a Group Hypnosis Session vs Private Session
9:30 – 10:00	Importance of Voice Cadence Tone How to Care of your throat
10:00 – 10:15	Break
10:15 - 10:45	How to Conduct a Group Stress Management Session
10:45 - 11:15	How to Conduct a Group Stop Smoking Session
11:15 -11:45	How to Conduct a Group Weight Management Session
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Evaluation of a Script for Safety of words and positive effect
1:30 - 2:30	Group activity - make recommendation for changes in script assigned by Instr.
2:30 - 3:15	Define Medical vs Non Medical Hypnosis Importance of building an appropriate referral network for subject that hypnosis is not appropriate for.
3:15 - 3:30	Choosing the Correct Back Ground Music
3:30 - 4:00	Sessions Consent – equipment – environment – Therapist Appearance
4:00 - 4:15	Break
4:15 - 6:00	Defining Range of directive to in directive and non-directive hypnosis
6:00 - 6:30	Interview assigned student to plan an hypnosis session for Next Weekend
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities and home due and dates
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Self Confidence,
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	Contact Hour = 50 minute

Day 5 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Activities Study/Activity Due
8:15 - 9:00	Discussion and Question related to practice and homework between classes
9:00 - 9:30	Induction, Relaxation, Deepening Techniques
	Define most common Techniques
9:30 - 10:00	Demonstration
10:00 - 10:30	Practice: Student Hands On Group Activity Induction Techniques
10:30 - 10:45	Discussion
10:45 - 11:00	Break
11:00 - 12:00	Suggestion Techniques
	Define Clinical Hypnotherapy Beyond Progressive Relaxation
	Review Types of Hypnotic Suggestion
12:00 - 1:00	Lunch
1:00 - 2:15	Suggestion Techniques Beyond Progressive Relaxation continues
2:15 - 2:30	Break
2:30 - 3:30	Practice: Students Hands On, practice with Advanced Suggestion techniques Group Activity
3:30 - 3:45	Break
3:45 - 4:30	Practice: Students Hands On - Evaluation of Script - group activity Identify - negative words or phrase and recommend alternative positive powerful words and phrases.
	Student prepared as part of homework / independent study between weekends
4:30 - 5:00	Reviewing techniques from day one and adding advanced techniques
5:00 - 5:45	Discussion
5:45 - 6:45	Deepening tools & Positive, Appropriate Suggestion
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Three Activities
7:15 - 7:30	Demonstration Suggestions for the group "Empowerment"
	Total Hours for the Day = 10 hrs
	Contact Hour = 50 minute

Day 6 **Program Outline** * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A
8:15 - 8:25	Induction Fixations
8:25 - 8:35	Demonstration of Fixation Induction
8:35 - 8:45	Practice: Hands On Practice of Fixation Induction
8:45 - 9:00	Discussion
9:00 - 9:30	Induction, Deepening, Elman Fractional Technique
9:30 - 10:00	Demonstration of Elman Fractional Technique
10:00 - 10:30	Practice: Students Hands on Elman Technique as Induction or Deepening
10:30 - 10:15	Discussion
10:15 - 10:45	Break
10:45 - 11:00	Deepening count 100 backwards
11:00 - 11:15	Demonstration of Count 100 backwards
11:15 - 11:45	Practice: Hands On Practice of 100 backwards deepening technique
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Self Hypnosis – What it is
	How to do it
	How to use it
	How individuals can benefit from it
1:30 - 2:00	Demonstration Self Hypnosis with a Subject
2:00 - 2:45	Teaching Self Hypnosis to Group during group hypnosis
2:45 – 3:15	Practice: Student Hands On
3:15 – 4:00	Introduction -Positive, Power, Picture, Feeling Words
4:00 - 4:15	Break
4:15 - 5:00	Why a Hypnotist should Teaching Self Hypnosis
	Promote Health to the Public
	Empower the Public to utilize their own personal power Self Hypnosis
5:00 - 5:30	Individual <i>Weight Management</i> planning 3 minimum session pattern
5:30 - 6:00	Individual <i>Stop Smoking</i> planning 3 minimum session pattern
6:00 - 6:15	Discussion
6:15 - 6:45	Components of Pre-Talk / Interview
6:45 - 7:00	Summary of Day Activities
7:00 - 7:15	Review of Day Four Activities
7:15 - 7:30	Demonstration, Suggestions for the group "Abundance In Life "
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 7 **Program Outline** * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Study/Home Work Activity Due
8:15 - 8:45	Discussion and Question related to practice and home work between weekend
8:45 - 9:45	Presentation of case studies of hypnosis session student conducted between class
9:45 - 10:00	Break
10:00 - 10:30	Anchor Setting
10:30 - 11:00	Demonstration Anchor Setting
11:00 - 11:45	Practice: Students Hands On - Anchor Setting
11:45 - 12:00	Discussion
12:00 - 1:00	Lunch
1:00 - 1:30	Nail Biting
1:30 - 2:00	Demonstration of Nail Biting
2:00 - 2:30	Practice: Students Hands On - Nail Biting
2:30 - 2:45	Discussion
2:45 - 3:00	Chewing Tobacco
3:00 - 3:30	Demonstration
3:30 - 4:00	Practice: Students Hands On - Chewing Tobacco
4:00 - 4:15	Discussion
4:15 - 4:30	Break
4:30 - 5:30	Review the Weight Management Scripts the Students will use on Day 9 for practicum examination
5:30 - 6:45	Review the Stop Smoking Scripts the Students will use on Day 9 for practicum examination
6:45 - 7:00	Summary of Days Activities
7:00 - 7:15	Review of Day Eight Activities
7:15 - 7:30	Demonstration Suggestion for the group
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 8 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 8:15	Review of day Activities and Q & A Independent Study/Homework Activity Due Conduct a full Hypnosis Session with assigned Student Class presentation 5min - Pre-Talk Information- topic determined by instructor
8:15 - 9:45	How to explain Hypnosis to a Client Pre-Talk Pre-Suppositions How to Interview a Client Interview Techniques Interview Forms Goal for the Interview Identify Client Goals Develop a TX Plan with the Client
9:45 - 10:00	Break
10:00 - 12:00	Demonstration of and individual session on Weight Management with a volunteer from the community - Putting it all together - Interview, Pre-Talk, Induction, Personalized Suggestions, Arousal
12:00- 1:00	Lunch
1:00 - 1:45	Discussion related to Weight Management Demonstration as it relates Personalization of the session - choice of Induction and Suggestions used
1:45 - 2:00	Break
2:00 - 4:00	Demonstration of and individual session on Stop Smoking with a volunteer from the community - Putting it all together - Interview, Pre-Talk, Induction, Personalized Suggestions, Arousal + Discussion
4:00 - 5:00	Class 5 minute Presentation on the topic assigned by instructor
5:00 - 6: 00	Practice: Student Hands On conducting a Full session with a Student Interview, Pre-talk, Induction, Suggestions, Arousal, Post-Talk
6:00 - 6:15	* Athletic Hypnotherapy
6:15 - 6:20	* Hypnosis & Children
6:20 - 6:30	* Neuro-Linguistic Programming (NLP)
6:30 - 6:40	* Stage Hypnosis and Lecture Demonstration
6:40 - 6:50	* Over Coming Trauma – Fears / Phobias
6: 50 - 7:00	* Past Life Regression - Regression
7:00 - 7:15	Review of Next Days Activities
7:15 - 7:30	Demonstration - Suggestions for the group
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 9 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 9:45	Review of day Activities for the Practicum Examination and Q & A
	Review focus issue that the volunteer they are assigned to work with
	Review script the student hypnotist is to us For
	Weight Volunteer
	Stop Smoking Volunteer
	Interviewing client - Pre-talk - Post-talk
9:45 10:00	Break
10:00 – 11:00	First Set of Volunteers Weight Management
11:00 – 12:00	Second Set of Volunteers Weight Management
12:00 – 1:00	Lunch
1:00 – 2:00	Discussion - Q&A - preparation for Practicum Examination continues
2:00 – 3:00	Third Set of Volunteers Stop Smoking
3:00 – 4:00	Forth Set of Volunteers Stop Smoking
4:00 - 4:15	Break
4:15 - 6:30	Discussion review the process of the examination Q & A - Student Evaluation
	Each student will present to the group at least one case study of Volunteer experience for them.
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, "Sleep Peacefully"
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	Contact Hour = 50 minute

Day 10 Program Outline * = Introductory Information

Time	Topic / Activity
8:00 - 9:45	Review of day Activities for the Practicum Examination and Q & A
	Review focus issue that the volunteer they are assigned to work with
	Review script the student hypnotist is to us For
	Weight Volunteer
	Stop Smoking Volunteer
	Interviewing client - Pre-talk - Post-talk
9:45 10:00	Break
10:00 – 11:00	First Set of Volunteers Weight Management
11:00 – 12:00	Second Set of Volunteers Weight Management
12:00 – 1:00	Lunch
1:00 – 2:00	Discussion - Q&A - preparation for Practicum Examination continues
2:00 – 3:00	Third Set of Volunteers Stop Smoking
3:00 – 4:00	Forth Set of Volunteers Stop Smoking
4:00 - 4:15	Break
4:15 - 6:30	Discussion review the process of the examination Q & A - Student Evaluation
	Each student will present to the group at least one case study of Volunteer experience for them.
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	Contact Hour = 50 minute

Day 11 Program Outline RAPID INDUCTION-STAGE-ENCHANCEMENT

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-10:30	Rapid Inductions
	How to and When to use them
10:30-10:45	Break
10:45-11:45	Practice: Student Hands on Practice of Rapid Inductions
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-2:00	Sport, Art, Skill Enhancement
2:00-3:00	Practice: Student Hands on Enhancement of clients focus issue
3:00-4:00	Speed Reading, Enhance Memory, Test Anxiety
4:00-4:15	Break
4:15-5:00	Demonstration of Speed Reading, Enhance Memory, Test Anxiety
5:00-6:30	Practice: Students Hands on Practice of Speed Reading, Memory, Test Anxiety
6:30-6:45	Discussion
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 12 Program Outline OVERVIEW NON-DIRECTIVE

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Home Work Activity Due
9:30-9:45	Overview of Areas to be covered in dates 11-19
	<ul style="list-style-type: none"> ➤ Reduce discomfort from TX or S/S of RX and or TX ➤ Cancers ➤ IBS ➤ Amputation ➤ Phantom Pain ➤ Chronic Pain ➤ Migraines ➤ Morbid Obesity ➤ Addictions ➤ Self destructive behavior ➤ Sexual abuse Trauma Physical and Emotional ➤ Living Healthfully following a Traumatic Past ➤ Anxious ➤ Nervous ➤ Fears ➤ Retrieving injured part of the soul, child, being ➤ Enhance Healing with the power of the mind
9:45-10:00	Tools to assist with the focus issues
	<ul style="list-style-type: none"> Regression Repetition Desensitization Move to the origin of the Problem, ISE Move to the first experience Affect Bridge Part's Therapy Body Talk Spontaneous Regression Past Life Regression Current Life Regression Tools to reduce the emotion of event Forgiveness Therapy for Self and Others
10:00-10:30	Define Non-Directive Hypnotherapy / Hypnoanalysis
10:30-10:45	Break
10:45-11:00	Indication for Non-Directive Hypnotherapy
11:00-11:15	Definition and Importance of the Abreaction
11:15-11:45	Affect Bridge Method
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-1:15	Experimental Conflict
1:15-1:30	Hypnodrama
1:30-1:45	Horizontal Exploration
1:45-3:00	ISE & SSE
3:00-4:00	How to ask question to a client in hypnosis
4:00-4:15	Break
4:15-4:45	Techniques to assist targeting the focus
4:45-6:45	Demonstration
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 13 Program Outline PREPARE CLIENT, NON-DIRECTIVE

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-10:00	How to Prepare Client for Non-Directive Hypnotherapy
10:00-10:30	Interview Identify possible areas of discovery “Points of focus” for the client Notice the following: <ul style="list-style-type: none"> ○ Abnormal Physical Features ○ Feelings ○ Repetition of the same exact phrase ○ Make a note of the phrase. EXACTLY as they say it. Do not paraphrase. ○ Bubbling up of Feelings, passion ○ Restlessness ○ Agitation ○ Tearfulness ○ Statements that tag them to another person or event: ○ I am statements
10:30-10:45	Break
10:45-11:15	Session I framework Goal for the first session to be: Introduction to Hypnosis Dispel the misconception about hypnosis Set anchor for future session, for rapid induction The Subject Should: Experience the Relaxation of trance state State of Control Leave the session feeling really good
11:15-11:30	Session II framework The deciding factors the Subject and the Hypnotist should Evaluate: Comfort of the client with hypnosis process Does the subject feel ready to proceed?
11:30-11:45	Session III framework Begin location of the origin of the problem, with the use of Non-Directive hypnosis if the client is feeling comfortable with hypnosis and the process
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-2:00	Creative Imagery, Container Script, Basic Content necessary
2:00-3:00	Parts Therapy
3:00-3:30	Body Talk
3:30-4:00	Forgiveness
4:00-4:15	Break
4:15-6:45	Practice: Students Hands On Practice with Non-Directive Techniques
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 14 Program Outline REGRESSION

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-9:40	INTAKE INTERVIEW
	Setting up for the Session Check the technical equipment Record the session from the very beginning to the very end Keep extra supplies for your recording device nearby Notepaper Temperature in the therapy room
9:40-9:50	Pre-Talk: Starts the process of conscious recall and opens to unconscious recall. This is a conscious time when trust & rapport are built
9:50-10:00	Listen, do not rush the client Ask Open Ended Questions And then what happens?" Move to another important event in the life Do not ask leading questions" Never assume the answers" Ask HOW and WHAT types of questions
10:00-10:10	Do not ask "WHY" questions The therapist should zip their lips Allow each client to set the pace of their session <u>Listen</u> to their story Have they noticed a Theme Have they noticed a Pattern to their actions
10:10-10:20	General information: Many clients are aware of their current life Encourage clients to avoid analyzing Words are powerful.... Choose them wisely Using open ended questions
10:20-10:30	Post-Session Discussion Post-session discussion can open a flow of new material and insight. The client usually appreciates evaluation time DO NOT share YOUR evaluations. Ask pertinent questions Allow the client to answer
10:30-10:45	Break
10:45-11:45	Demonstration of Regression
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-4:00	Practice: Students Hands on Practice of Regression
4:00-4:15	Break
4:15-6:45	Practice: Students Hands on Practice of Regression
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 15 Program Outline TOOLS FOR REGRESSION

Time	Topic / Activity
8:00-9:00	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:00-10:00	Techniques for Detachment
	Abreaction
	Floating above the experience
	Watch on TV or stage
	Viewing from a balcony
	Repetition of the experience increasing detail, decreasing emotion
10:00-10:30	False Memory – Dr Paul Durbin article
10:30-10:45	Break
10:45-11:15	How to avoid False Memory
11:15-11:45	How to identify you located the ISE
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-3:00	Practice: Students Hands on Practice with detachment tools
3:00-4:00	Indirect suggestions before arousal for Confidence, Self Esteem, Healing, Forgiveness
4:00-4:15	Break
4:15-5:15	Assist Subject to gain Insight
	Refection, Key Words, Objective Sprit Helper
5:15-6:45	Practice: Student Hands on Practice Insight and Forgiveness
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	Contact Hour = 50 minute

Day 16 Program Outline

PAIN MANAGEMENT

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-9:45	Pain Management- Importance of Pain
9:45-10:00	All Pain Must be Medically evaluated before hypnosis TX
	When all PRN medication is not needed the reduction of one pain pill at a time.
10:00-10:10	You need to let the subjects physician know what is happening and to assist with the change in medication and dosage
10:10-10:30	In General Pain Management is 5 sessions. Demonstrate Glove Anesthesia
	<ol style="list-style-type: none"> 1. Self Hypnosis Set Dimmer switch to regulate as needed and build a safety net statement 2. Begin with the decreasing of PRN medication It is vital that the physician involved in the process 3. Follow up: How is the subject doing with... self hypnosis... decreasing medication and then decrease further. 4. Follow up: 5. Follow up:
10:30-10:45	Break
10:45-11:45	How to use Hypnosis for Pain Control in the following areas
	<ul style="list-style-type: none"> ➤ Reduce discomfort from TX or S/S of RX and or TX ➤ Cancers ➤ IBS ➤ Amputation ➤ Phantom Pain ➤ Chronic Pain ➤ Migraines
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-3:00	Demonstration of Pain Management 1 st session
3:00-4:00	Practice: Students hands on practice with glove anesthesia
4:00-4:15	Break
4:15-6:15	Practice: Students hands on practice with Chronic Pain
6:15-6:45	Class present case study of practice experience
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

Day 17 Program Outline**CHILDREN, TRAMA, FEARS, PHOBIAS**

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-10:30	Fears, Phobias, General Anxiety
10:30-10:45	Break
10:45-11:45	Practice: Students Hands on Practice w Fears, Phobias, Anxiety
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-2:00	Working with Children
	Style, of hypnosis and interviewing difference
	Educating Parents
2:00-4:00	Demonstration of working with Children
4:00-4:15	Break
4:15-6:15	Practice: Students Hands on Practice w Children
6:15-6:45	Discussion
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

Day 18 Program Outline PAST LIFE REGRESSION

Time	Topic / Activity
8:00-9:30	Review of day Activities and Q & A Independent Study/Homework Activity Due
9:30-10:30	STRUCTURE OF A DIRECT PLR SESSION BASIC STRUCTURE OF A DIRECTIVE PLR CURRENT LIFE REVIEW 2-3 EVENTS Review VERY PLEASANT experiences in the current life TRANSITION GROUNDING REVIEWING 2 OR 3 EVENTS IN PAST LIFE EXPERIENCE PREPARE TO MOVE TO THE TIME OF DEATH IN PLR DETACH FROM DEATH EXPERIENCE REVIEW OF DEATH IDENTIFY LIFE LESSONS FORGIVENESS OF OTHERS AND SELF BRING BACK THE IMPORTANT INFORMATION FROM THE PAST INTO
10:30-10:45	Break
10:45-11:45	BASIC STRUCTURE OF A NON-DIRECTIVE PLR AFFECT BRIDGE TELL ME MORE ABOUT THAT THEN WHAT? MOVE TO THE NEXT SIGNIFICANT EVENT TAKE ALL INFORMATION FROM THIS MOMENT AND MOVE TO THE NEXT SIGNIFICANT EVENT IN... BECOME AWARE OF HOW THAT INFORMATION IS HELPFUL NOW DETACHMENT FROM DEATH EXPERIENCE FORGIVENESS OF OTHERS AND SELF GROUNDING BACK INTO THE CURRENT TIME AND BODY
11:45-12:00	Discussion
12:00-1:00	Lunch
1:00-2:00	Demonstration of PLR
2:00-4:00	Practice: Students Hands on Practice of PLR
4:00-4:15	Break
4:15-6:15	Practice: Students Hands on Practice of PLR
6:15-6:45	Students presentation of their experience as Hypnotist and Subject
6:45-7:30	Summary of Days Activities
	Review of following Day Activities
	Total Hours for the Day = 10hrs
	KSBN Contact Hour = 50 minute

Day 19 Program Outline PRACTICUM EXAMINATION

Time	Topic / Activity
8:00 - 9:45	Review of day Activities for the Practicum Examination and Q & A
	Review focus issue that the volunteer they are assigned to work with
	Review script the student hypnotist is to use For
	Volunteer Subjects
	Volunteer Subjects
	Interviewing client - Pre-talk - Post-talk
9:45 - 10:00	Break
10:00 - 11:00	First Set of Volunteers
11:00 - 12:00	Second Set of Volunteers
12:00 - 1:00	Lunch
1:00 - 2:00	Discussion - Q&A - preparation for Practicum Examination continues
2:00 - 3:00	Third Set of Volunteers
3:00 - 4:00	Fourth Set of Volunteers
4:00 - 4:15	Break
4:15 - 6:30	Discussion review the process of the examination Q & A - Student Evaluation
	Each student will present to the group at least one case study of Volunteer experience for them.
6:30 - 6:45	Summary of Day Activities
6:45 - 7:00	Review of Next Day Activities
7:00 - 7:30	Demonstration of Clinical Suggestion for the group
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute

Day 20 Program Outline FINAL EXAMINATION & CERTIFICATION

Time	Topic / Activity
8:00 – 9:00	Review of day Activities and Q & A
9:00 – 9:30	How to Start Your Business
	Checking out State, City, County Regulation Business License
	Cost -Location – Equipment
9:30 – 10:00	Effective Advertising Practices
	Review Marketing Techniques
	Evaluate Your Location & the Adv. Tool available
10:00 – 10:45	Liability Insurance for Hypnotist
10:45 –11:45	Healthy Hypnotherapist
	Caring for the Caregiver
	Giving 100%
	Being 100% You
	Practice What You Preach
11:45 – 12:00	Importance of consulting a CPA regarding legal state of set up your business
12:00 – 1:00	Lunch
1:00 – 2:15	Confidentiality
2:15 – 3:00	Documentation
3:00 – 3:30	Ethical Hypnosis - review IACT Standard of Practice
3:30 - 4:45	Review Study Guide and 2 Essay Examinations
4:45 - 5:00	Break
5:00 - 6:30	Written Closed book Exam.... 90% to receive certification
6:30 - 7:00	Review Certification Paper work - and how to use IACT, ABH, MIH, NGH Professional Organizations - validate certification
7:00 - 7:30	Demonstration of Clinical Suggestion for the group, Confidence as a Great Hypnotist,
	Total Hours for the Day = 10hrs not including 1.5 hrs. breaks
	KSBN Contact Hour = 50 minute