

**MIH**  
Missouri Institute of Hypnotherapy  
Medical and Clinical Hypnotherapy  
Instructor: Linda Gentry RN, BS, CHt.

**Goal:** To provide the basic information necessary for the beginner Hypnotherapy to conduct a safe and appropriate session for the client's needs. Provide the participant with practical experiences to develop skills and demonstrate competency in pre-talk, evaluation, induction, deepening, therapeutic suggestion and arousal. Upon successful completion of the 460 hour training, the participant will be able to conduct medical, clinical hypnosis sessions in area of behavior modification.

**Objectives:** Upon completion of this training program the participant will:

1. Identify the qualities of a successful Hypnotherapist.
2. Identify and demonstrate evaluation of the appropriateness of a hypnosis subject.
3. Identify and demonstrate four (4) points to be covered during pre-talk.
4. Identify and demonstrate the Induction phase of hypnosis.
5. Identify and demonstrate two (2) appropriate and safe deepening procedures.
6. Identify and demonstrate appropriate and safe therapeutic suggestion for a specific subject matter.
7. Identify and demonstrate appropriate and safe arousal procedures.
8. Identify four (4) historical milestones in the history of the profession of hypnosis.
9. Identify at least four (4) of the most common fears a client may have.
10. Identify at least four (4) dangers in hypnosis.
11. Identify and demonstrate understanding of the two (2) basic regions of the brain hypnosis utilizes.
12. Identify four (4) strategies for beginning private practice in hypnosis
13. Identify and demonstrate three (3) types of hypnotic suggestions.
14. Identify what an ideomotor response is and how it can be of benefit in a hypnosis session.
15. Demonstrate awareness the final jurisdiction in allowing a hypnotist to practice in a locality is in the prevailing State, County and City laws.
16. Describe and demonstrate three (3) suggestibility tests.
17. Describe and demonstrate the process of progressive relaxation.
18. Identify two (2) differences between guided imagery and creative imagery.
19. Identify three (3) facial characteristics that indicate a subject is in a light trance.
20. Identify three (3) basic requirements for becoming a qualified Hypnosis.
21. Identify five (5) negative words to avoid in a hypnosis session and demonstrate two (2) example of a positive way to utilize a negative word or phrase.
22. Identify when a client issue is a medical issue and a referral to a physician is necessary.
23. Identify when a client issue is a psychiatric disorder and requires referral to a mental health professional.
24. Identify and demonstrate the three (3) Laws of Suggestion.
25. Identify and demonstrate Non-Directive Open ended communication style
26. Identify three (3) techniques to assist the hypnotized subject with objective observation
27. Identify two (2) ways hypnosis style is different when working with children
28. Demonstrated at least two (2) full hypnosis sessions that included, Pre-Talk, Interview, Induction, Intervention, Arousal and Post-Talk.

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29. Demonstrate the completion of one (1) Personalized Hypnosis Treatment Plan.
30. Identify and demonstrate the importance of contracting with the hypnosis subject.
31. Identify and demonstrate the importance of compounding during a session.
32. Identify and demonstrate the importance of tone and cadence during a session.
33. Identify and demonstrate Directive hypnotherapy.
34. Identify and demonstrate Non-Directive hypnotherapy.
35. Identify and demonstrate Authoritarian hypnotherapy.
36. List one (1) positive and one (1) negative result of the use of directive-authoritarian hypnotherapy.
37. Identify and demonstrate direct and in direct hypnotherapy suggestions.
38. Identify a safe and appropriate use of a clients affect reaction during hypnosis.
39. Identify three (3) techniques useful in creating objective observation.
40. Identify three (3) verbal phrases used to reduce the possibility of false memory.
41. Identify two (2) common phrases that should not be used during the subject's memory phase of hypnosis.
42. Identify three (3) possible dangers in pain management.
43. Identify two (2) safety techniques helpful in avoiding the possible dangers related to pain management.
44. Identify three (3) benefits of pain management when appropriate safety phrases are in place.