**Holistic Hypnosis Certification Program Outline**

**In addition to the topics listed below, this course will include;**

**A Recommended Reading List**

**Homework Assignments**

**Live Demonstrations**

**An ABUNDANCE of hands on practice**

**Actual Session work with volunteers.**

**Cris and Ashley both have worked diligently to bring you a course where you will feel comfortable and confident upon completion.**

**Dates**

**Tuesday Evening classes will run from 6-9pm**

**Saturday Dates classes will run 10am-6pm**

**April: Tuesday 2nd, Saturday 6th, Tuesdays 9th,16th,23rd, Saturday 27th, Tuesday 30th**

**May: Saturday 4th, Tuesday 7th, Saturday 11th, Tuesdays 14th 21st, Saturday 25th, Tuesday 28th**

**June: Saturday 1st, Tuesday 4th**

**Course Cost: $2000 ( Payment plan of 4 installments can be arranged, just ask 😊 )**

**Topics Covered:**

**The Subconscious Mind and The Conscious Mind**

**What IS Hypnosis really??**

**How to Hypnotize**

**Beliefs/Programs~ What does this mean? Where do they come from?**

**Enneagram An in depth look into personality**

**Energy**

**Levels of Consciousness in terms of vibration**

**Muscle Testing ~Going beyond the ego**

**Identifying EGO**

**Connecting with Spirit**

**Your Chakras**

**Inductions**

**Depth testing**

**Convincers**

**Self Hypnosis**

**Post Hypnotic Suggestions**

**Opening your Heart**

**Sway Technique**

**Light Regression without Induction**

**Age Regression**

**NLP approach to Regression**

**Hybrid Regression**

**Handling Abreaction**

**Past Life Regression**

**Stress Management**

**Metaphor**

**Meditation**

**Session Structure**

**Trance Depth**

**Resolving Internal Conflict**

**In Person Consultation Formula**

**Scripts**

**Marketing**