

HYPNOFIT® THERAPY SYSTEM



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ALREADY A HYPNOTHERAPIST?
HYPNOFIT® THERAPY SYSTEM
PACKAGE \$1997

1. ONLINE COMPONENT

Master the HypnoFit® Therapy System in your own time with professionally-recorded teaching segments and resources. 6 Step online course including workbook and bonus material.



2. TWO DAY RETREAT VIA ZOOM

2 Days of comprehensive live training where you see live demonstrations of the HypnoFit® Therapy System and practice with fellow participants in break out rooms

NEW TO HYPNOTHERAPY?
LEVEL 1 CLINICAL HYPNOTHERAPY & NLP \$600

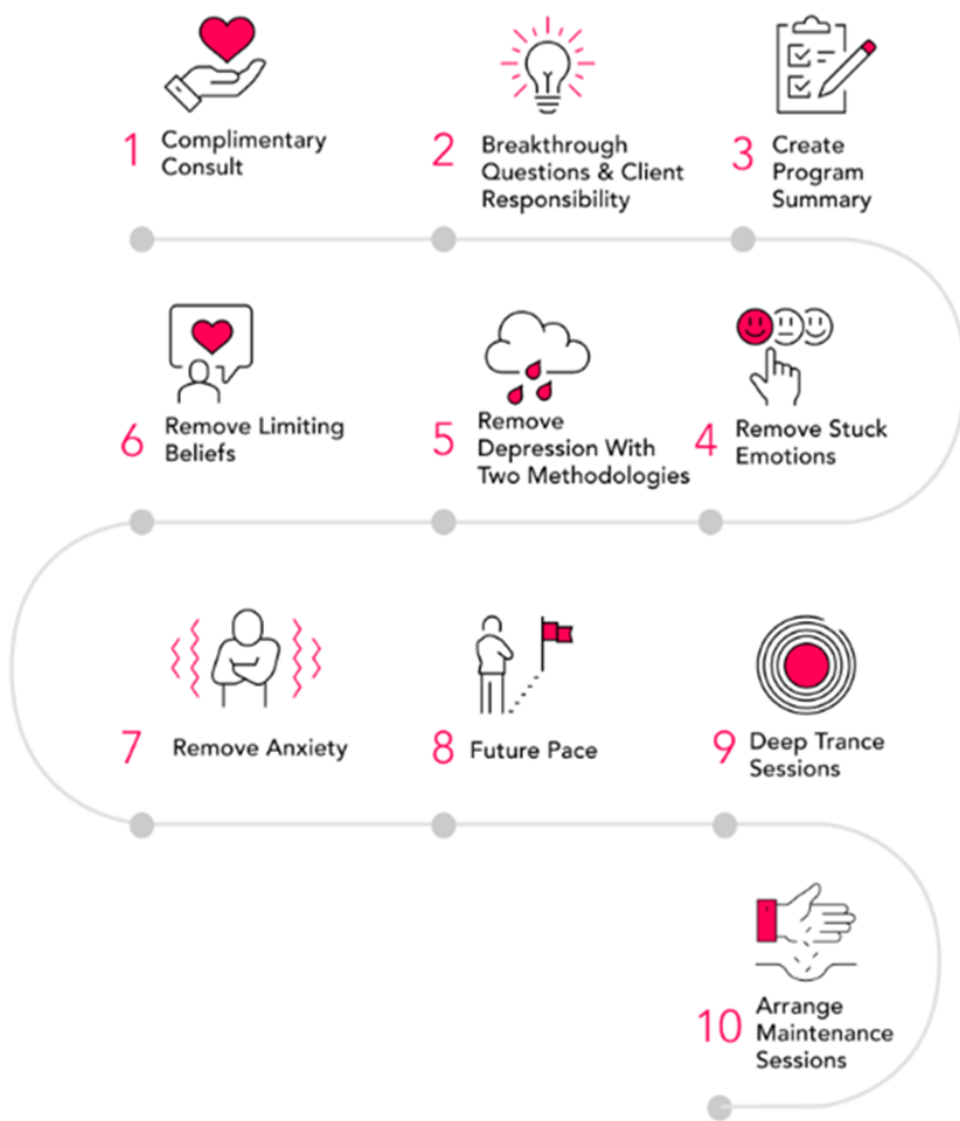
LEVEL 1 CLINICAL HYPNOTHERAPY & NLP

This is a first step in becoming a Hypnotherapist. This is a fully online comprehensive course in Clinical Hypnotherapy and NLP. Must be completed before the HypnoFit® Therapy System

WHAT'S INCLUDED

1. ONLINE COMPONENT

This is the exact 7-12 session structure blueprint that can be applied to any client issue. Take control of the therapy process to book your hypnotherapy business solid



1. Complimentary Consult

Help the client connect with their deep desire for change and overcome their fear of failure.

2. Breakthrough Questions & Client Responsibility

Achieve deep shifts in the very first session with breakthrough questions.

3. Create Program Summary

Gain the client's commitment to a program with a clear treatment roadmap.

4. Remove Stuck Emotions

Release the emotions that have anchored the client in a chronically disempowered state.

5. Remove Depression With Two Methodologies

Apply two powerful methodologies to free the client from a depressive state.

6. Remove Limiting Beliefs

Prepare the client to embrace their new state by removing limiting beliefs.

7. Remove Anxiety

Dissolve fixations with 'what-ifs' to remove anxiety and empower the client.

8. Future Pace

Build impetus for change by helping the client visualise their future state.

9. Deep Trance Sessions

Deeply embed positive suggestions to cement the positive change.

10. Arrange Maintenance Sessions

Support the client with an ongoing program of maintenance sessions.

WHAT'S INCLUDED

2. TWO DAY RETREAT VIA ZOOM

Day 1

- Today is the start of a new timeline
- Agenda and Introductions
- How HypnoFit® helps you Create Comprehensive Programs
- Client Takes Responsibility
- Powerful Breakthrough Questions
- Demonstrations
- Breakout rooms to practice
- Tasking the client
- How to prepare your program summary
- Releasing stuck emotions
- Creating the timeline
- Getting the positive learnings
- Inspiration!

Day 2

- Aha Moments from day 1
- Removing depressions
- Removing limiting beliefs
- Demonstration of Limiting belief/opposite belief
- Remove anxiety
- Anxiety release technique: 3 easy steps
- Future pacing
- Benefits of becoming a partner

WHAT'S INCLUDED

LEVEL 1 CLINICAL HYPNOTHERAPY & NLP

Level 1 Clinical Hypnotherapy + NLP

Take the first step for a fulfilling career in Hypnotherapy.

Assist clients with a host of life improvement outcomes including, but not limited to:

- Weight loss
- Stop smoking
- Performance enhancement
- Relaxation
- Pain control

What you get

- High quality recording of our most recent 3 day interactive workshop delivered via Zoom
- Comprehensive reading list to prepare you for certification
- Formal certification by expert instructors + Certificate

Upon completion of this course, participants will be able to practice the foundation of Hypnosis confidently and they will have a solid foundation for other courses such as HypnoFit® Therapist Training and other related courses.

What you will learn

1. What Hypnosis is and what it is not
2. A brief history of Hypnosis
3. Understanding trance
4. The 3 stages of Hypnosis
5. Hypnosis & the 4 types of brainwaves
6. The Conscious and Subconscious Minds
7. How to test suggestibility (how well someone will respond to Hypnosis)
8. How to use metaphors in Hypnosis
9. Permissions necessary for Hypnosis
10. How to apply the Krasner Method in 8 steps
11. How to conduct Eriksonian Inductions (and others)
12. How to conduct a Group Relaxation Induction
13. How to employ hypnotic patterns to make effective suggestions
14. How to use the Future Pacing technique
15. How to work with different hypnotic scripts, including weight loss, smoking cessation, performance enhancement, relaxation & pain control)
16. Your legal & insurance obligations
17. What to do if you think your client is suicidal or otherwise at risk, including when not to hypnotise

You will also learn the NLP Communication Model and practical applications of NLP to make you a more effective and persuasive communicator.

1. Gaining/building rapport techniques
2. Matching & mirroring
3. Physiology, words & tonality in communication
4. V, A, K, D learning styles to understand clients' preference for communication
5. Eye movement and language patterns
6. Anchoring technique and meanings of Associate & Disassociate