

## Hypnosis

### **Module-1 Introduction to Hypnosis**

- Live Session Requirements
- Hypnosis Classroom Link
- Introduction to Hypnosis
- Hypnosis Theories
- Levels of Trance
- The Unconscious Mind

### **Module-2 The History of Hypnosis**

- Hypnosis in Ancient Times
- Hypnosis in Modern Times
- Hypnosis in the 20th Century
- Hypnosis Myths

### **Module-3 Hypnotic Voice**

- The Elements Involved in Voice

### **Module-4 Introduction to a Hypnosis Session**

- The Session Overview

### **Module-5 Pre-Induction**

- The Purpose of a Pre-Induction
- Rapport Building & Real Reflection
- The Pre-Induction Model
- Presenting Problem Breakdown
- Related Feelings
- Involved Behaviours
- Triggers
- Presenting Problem Demonstration

- Creating Goals
- How to Form Goals

### **Module-6 Inductions**

- Determining Suggestibility
- Suggestibility Tests
- Purpose of Suggestibility Tests
- Induction Overview
- Induction Types

### **Module -7 Deepeners**

- Deepeners Overview
- Types of Deepeners

### **Module -8 Post-Hypnotic Suggestions**

- Post-Hypnotic Suggestions Overview
- Types of Suggestions
- Delivering Post-Hypnotic Suggestions
- Creating Post-Hypnotic Suggestions
- Intervention Scripts

### **Module -9 Awakening & Post-Talk**

- Awakening Overview
- Awakening Information