



# SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING GUIDE

Heart-Centered Hypnotherapy: A highly effective treatment model that addresses body, mind, and spirit

2018  
TRAINING  
GUIDE



# AN INTRODUCTION TO THE SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING

The Wellness Institute, based out of Issaquah, Washington, offers a comprehensive Six-Day Hypnotherapy Training Certification Course intended to give practicing Masters and PhD level professionals the skills and knowledge required to incorporate hypnosis and hypnotherapy into their practice.

During the Six-Day Training, students learn a distinct form of hypnotherapy known as *Heart-Centered Hypnotherapy* (HCH). The HCH model has been developed and refined over the course of 30+ years by Wellness Institute co-founders Diane Zimberoff and David Hartman. The “training experience” itself is designed to help students gain a full range of knowledge on the topic of hypnotherapy and its applications through lectures, discussions, practice sessions, and experience-based sessions.

We have created this guide to help you better understand the Six-Day Hypnotherapy Training Course, its structure, objectives and outcomes.

*“...I am so thankful that I have had the blessing of being your student. I’ve been very grateful for the gift of hypnotherapy for my clients, and the personal growth I’ve experienced at Wellness... Thank you!”*

LINDA, NOVEMBER 26, 2012



# WHY DO WE TEACH HEART-CENTERED HYPNOTHERAPY?

Hypnotherapy is a powerful way to access the “source” of problems, to reach and heal the lonely, fearful or abandoned inner child, and effectively change current behavior. It also is the way for people to reconnect with dissociated emotions and disowned parts of themselves.

At The Wellness Institute, we teach a highly effective treatment model that addresses body, mind, and spirit called *Heart-Centered Hypnotherapy*. You, the therapist, operating from intuitive loving acceptance, facilitate the client’s emotional release in age regressions to early traumas. The session always ends in a place of gentle self-acceptance, worthiness, and Heart-Centered love.

*Heart-Centered Hypnotherapy* provides a process that allows the client to follow their own profoundly exciting road to self-discovery. Each session is as profound for the therapist as it is for the client and the deep healing is a gift mutually shared and experienced.

This program is designed for professionals who are looking for personal as well as professional transformation. This is a professional training course, and you will experience directly all the tools you are learning to facilitate for your clients.

As a mental health professional, you will learn to work with healing energy through *Heart-Centered Hypnotherapy*.

The emphasis during this course is on integrating these concepts into your psychotherapy practice:

- the psychosocial stages of ego development (Erikson, Mahler, Vaillant)
- the psychobiology of state-dependent “body memories” (Rossi, Cheek, Lowen)
- the development of ego states (Hartmann, Assigioli, Berne, Kohut, Watkins)
- the intrapsychic interaction of complexes, shadow and persona (Jung)
- the influences of pre- and perinatal imprinted trauma (Grof, Janov, Emerson)
- the imperative for “ego strengthening” and “ego surrender” (Fromm, Welwood)
- the neuropsychology of trauma (Schore, van der Kolk, Porges)
- the transpersonal realms of experience (Jung, Maslow, Assigioli, Grof, Goleman)
- the wisdom of the body (Levine, van der Kolk, Rothschild)



# WHAT DO STUDENTS GET UPON COMPLETING THE SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING?

This six-day course offers experiential training that results in ready-to-use skills. You will be able to begin using this therapy modality with your clients immediately after the training. Qualified professionals can become certified in Clinical Hypnotherapy once you complete 20 practice sessions. The certificate will be impressive on your office wall, and is accepted in all 50 states for licensed mental health professionals. Supervision is available, as are advanced training courses.

Upon completing the Six-Day Hypnotherapy Certification Training, students will leave with:

- Up to 60 CEs. Go to our In Class Continuing Education page for more information
- A 400-page Six-Day Hypnotherapy Certification Training Manual
- 3 essential hypnotherapy scripts plus hypnosis/suggestion scripts
- A copy of Breaking Free from the Victim Trap by Diane Zimmeroff
- A copy of Journal of Heart-Centered Therapies
- All documentation needed to complete student certification requirements
- Supervision information for support while completing your 20 practice sessions
- Eligibility for membership in The Heart-Centered Therapies Association
- Participant packet with special offers

Perhaps the most important take-away from our Six-Day Hypnotherapy Certification Training is an introduction into an entirely new community of professional peers and practitioners. Since our training is highly experiential and hands-on, chances are students will make long-lasting personal connections with classmates and educators. We strongly encourage continued involvement in the Wellness Institute community as students and graduates frequently share insights and ideas down the road for continued education and advancement in the field of hypnotherapy.



# SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING SCHEDULE

As you are scanning through the schedule presented here, take careful note of the course objectives that are tied to each phase of instruction. If you 'click' on one of the associated objectives, you will be taken to a short description of what that objective entails and how much course time is devoted to that particular objective. Go ahead and "click" one of the course objectives now to give it a try.

## DAY 1

[Click to View Objective Description](#)

7:45-10:00	Introduction to Hypnosis Clearing up Myths, What is Hypnosis? Signs of Hypnosis, Dealing with Resistance Ethical uses for Hypnosis	Objective 1 → Objectives 3, 7 → Objective 1 →
10:00-10:15	BREAK	
10:15-12:15	Group Demonstration of Hypnosis: Levels of Trance, Trance Management	Objective 2 →
12:15-1:15	LUNCH	
1:15-3:00	Suggestibility tests  Hand-clasp, Arms and Balloons, Eye Catalepsy, Hands and Magnets Demonstrations and Practice	Objective 5 →
3:00-3:15	BREAK	
3:15-6:00	How to Induce and Deepen Hypnotic Trance Inductions Deepening Techniques Wake-up Demonstrations and Practice	Objective 8 → Objective 9 → Objective 6 →
6:00-7:30	Laws of the Mind  How to Form Positive Suggestions, Affirmations, Resource States	Objective 10 →  Objective 4 →



## TRAINING SCHEDULE WITH OBJECTIVES: DAY 2 & 3

### DAY 2

7:45-9:45	Self-Hypnosis and Forming Your Positive Program Entrance and Exit, Glove Anaesthesia Post-hypnotic Suggestions, Resource States	Objective 11 Objective 12 Objective 4	➔ ➔ ➔
9:45-10:00	BREAK		
10:00-12:00	Video of Steve's Hypnotherapy Session — "Codependency"	Objective 15	➔
12:00-1:00	LUNCH		
1:00-2:30	Treating the Dysfunctional Family with Hypnotherapy	Objective 14	➔
2:30-3:00	BREAK		
3:00-4:30	Live Demonstration Session		
4:30-6:00	Second Demonstration Session or Videotape of Session	Objectives 16, 17	➔
6:00-6:15	BREAK		
6:15-6:45	Review and Discussion of the Demonstration Session		
6:45-7:30	Assessment and the Interview	Objective 13	➔

### DAY 3

7:45-10:00	Sexual Abuse Treatment with Hypnotherapy: Victim, Offender, Non-offending Parent Codependency, The Victim Triangle, Addictions, Shame	Objective 20	➔
10:00-10:30	BREAK		
10:30-10:45	Shock: Symptoms, Causes, and Treatment		➔
10:45-11:45	The Heart-Centered Hypnotherapy Model: Video of Kimberly — "Fear of Intimacy"		
11:45-12:00	Review and Discussion of the Session	Objective 21	➔
12:00-1:00	LUNCH		
1:00-2:30	Practice <i>Heart-Centered Hypnotherapy</i>	Objective 16	➔
2:30-4:00	Practice <i>Heart-Centered Hypnotherapy</i>	Objective 18	➔
4:00-4:15	BREAK		
4:15-5:45	Practice <i>Heart-Centered Hypnotherapy</i>	Objective 19	➔
5:45-7:30	Review and Discussion of Practice Sessions, Questions and Answers		



DAY 4

7:45-10:00	The Mind/Body Connection Stress-related Illness: Headaches,Ulcers, TMJ, Cancer, etc. The Immune System	Objective 22 →
10:00-10:15	BREAK	
10:15-11:45	Videotaped Hypnotherapy Session with Rose : Stress-related Illness	
11:45-12:00	Review and Discussion	
12:00-1:00	LUNCH	
1:00-2:15	How to Develop a Practice (Weight Release, Stop-Smoking, Stress Reduction)	Objective 29 →
2:15-3:15	Birth Issues - Prenatal and Perinatal Patterns and Treating Birth Trauma	Objective 28 →
3:15-3:30	Review of the <i>Heart-Centered Hypnotherapy</i> Process	
3:30-3:45	BREAK	
3:45-5:00	Practice <i>Heart-Centered Hypnotherapy</i> session	
5:00-5:15	BREAK	
5:15-7:30	Review and Discussion of Practice Sessions, Questions and Answers	



## TRAINING SCHEDULE WITH OBJECTIVES: DAY 5 & 6

### DAY 5

7:45-10:00	Treatment of Eating Disorders with Hypnotherapy Anorexia and Bulimia Symptoms, Physical Effects, Treatment	Objective 27	➔
10:00-10:15	BREAK		
10:15-11:30	Hypnotherapy Video – “Nourishment Barrier with Alyson”	Objective 23	➔
11:30-12:00	Questions from Positive Program Six-Day		
12:00-1:00	LUNCH		
1:00-2:00	NLP and Ericksonian Techniques: Treating Addictions with Hypnotherapy  Anchoring, Reframing, Collapsing Anchors	Objective 26	➔
2:00-2:15	BREAK		
2:15-3:45	Practice <i>Heart-Centered Hypnotherapy</i> Session		
3:45-4:00	BREAK		
4:00-5:30	Practice <i>Heart-Centered Hypnotherapy</i> Session		
5:30-7:30	Review and discussion of practice sessions, Questions and Answers		

### DAY 6

7:45-10:00	DID (Multiple Personality) Treatment with Hypnotherapy Dissociation and Trauma, Treatment	Objectives 24, 25	➔
10:00-10:15	BREAK		
10:15-12:00	Review and Discussion of the Hypnotherapy Protocol		
12:00-1:00	LUNCH		
1:00-2:30	Logistics - Certification, Evaluation		
2:30-2:45	BREAK		
2:45-4:30	Hypnosis with Children – Hypnotherapy Video of Jonathon’s Session	Objective 30	➔
4:30-5:15	Prosperity and Abundance		
5:15-5:30	BREAK		
5:30-7:30	Closing and Group Completion		





# EDUCATIONAL GOALS AND OBJECTIVES

## Educational Goals:

We've created a list of four key educational goals that should always be kept in mind as you progress through the hypnotherapy certification training.

**Goal 1.** Participants will be able to induce hypnosis and effectively manage the trance state in cooperative subjects for the purpose of psychotherapy.

**Goal 2.** Participants will be able to effectively use hypnosis for pain control and anesthesia.

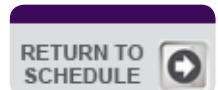
**Goal 3.** Participants will be able to implement the *Heart-Centered Hypnotherapy* model of regression therapy, including the facilitation of intense emotional release.

**Goal 4.** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat addictions, anxiety, codependency, psychosomatic or stress-related illness, posttraumatic stress disorder (PTSD), sexual abuse, dissociative disorders, eating disorders, and birth trauma.

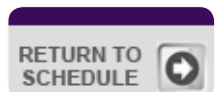
## Educational Objectives:

The Six-Day Training aims to cover at least thirty key objectives that will help transform you into a well-rounded hypnotherapist that is prepared to take on a variety of patient issues and requests.

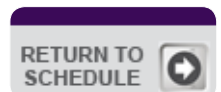
- Objective 1. Hypnosis: Definition and Ethical Uses:** Participants will be able to define hypnosis and the signs of its presence, describe basic elements of its history, and list key ethical issues in the use of hypnosis.
- Objective 2. Manage the Levels of Hypnotic Trance:** Participants will be able to recognize the superficial, medium and somnambulistic levels of hypnotic trance, and manage a trance state in a cooperative subject, using appropriate deepening techniques.
- Objective 3. Differences Between the Conscious and Subconscious Mind:** Participants will be able to recognize the differences between memory/recall abilities of the conscious mind and the subconscious mind.



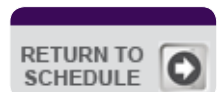
- Objective 4. Effective Formulation and Use of Suggestions:** Participants will be able to effectively use the power of suggestion, including the four types of suggestions, and eleven principles of suggestion formulation.
- Objective 5. Using Suggestibility Tests:** Participants will be able to administer four suggestibility tests.
- Objective 6. Subject's Predominant Senses for Mental Processing:** Participants will be able to recognize the subject's predominant senses for receiving suggestions and mental processing.
- Objective 7. Effectively Handling Resistance:** Participants will be able to identify resistance in the subject and have at least two choices for effectively handling it.
- Objective 8. Inductions and Wake-up:** Participants will be able to administer at least three hypnosis inductions and an effective wake-up command.
- Objective 9. Deepening Techniques:** Participants will be able to effectively administer at least six hypnosis deepening techniques.
- Objective 10. Post-Hypnotic Suggestions:** Participants will be able to effectively formulate post-hypnotic suggestions and affirmations, using seven principles and twelve "Laws of the Mind."
- Objective 11. Self-Hypnosis:** Participants will be able to induce self-hypnosis, utilize the benefits through creating a positive program for self-hypnosis including post-hypnotic suggestions, and use the inner alarm clock to effect a wake-up.
- Objective 12. Using Hypnosis for Pain Control or Anesthesia:** Participants will be able to effectively use hypnosis for pain control through the autogenic pain control technique (glove anesthesia), and for anesthesia.
- Objective 13. Hypnosis Session Interview:** Participants will be able to recognize and incorporate the elements of a hypnosis session interview, including client perception and emotional checklist, manifestations of stress, "personal laws or generalizations," prevalent patterns, and family of origin patterns.
- Objective 14. Exploratory and Authoritarian Styles of Hypnosis:** Participants will be able to recognize the differences between, and differentially utilize the permissive, exploratory style of hypnotic treatment pioneered by Milton Erickson and the authoritarian approach of giving suggestions.



- Objective 15. Components of the *Heart-Centered Hypnotherapy Model*:** Participants will be able to recognize the *Heart-Centered Hypnotherapy* model, incorporating an induction, ego strengthening, return to the most recent occurrence of the unwanted behavior or symptom, identifying the feeling that triggers off the unwanted behavior and expressing the attached emotions, guiding them, following the affect or somatic bridge into one or more age regression(s) toward the source of the feeling, extinguishing unwanted emotions or patterns, providing a corrective experience, anchoring the positive resource state, and completing the session with an appropriate wake-up.
- Objective 16. Healing by Creating Corrective Experiences:** Participants will be able to facilitate the healing of the regressed-state inner child by creating a corrective experience, changing at a deep level the individual's Locus of Control from external to internal.
- Objective 17. Intense Abreactions and Emotional Release:** Participants will be able to facilitate intense abreactions and emotional release as an effective adjunct to working through trauma, utilizing safety measures for extreme abreaction.
- Objective 18. *Heart-Centered Hypnotherapy to Treat Addictions*:** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat addictions, including how to stop the addictive cycle, release the core trauma which feeds the addictive/compulsive behavior, extinguish the urge for substances, behaviors, or relationships.
- Objective 19. *Heart-Centered Hypnotherapy to Treat Anxiety*:** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat anxiety, including extinguishing the primary anxiety using systematic desensitization, as opposed to a secondary anxiety which is extinguished by behaviorists who don't use age-regression.
- Objective 20. *Heart-Centered Hypnotherapy to Treat Codependency*:** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat codependency, incorporating family of origin shame-based rules, the Codependency Inventory.
- Objective 21. Expression or Repression of Feelings:** Participants will be able to explain to clients the difference between expression or repression of feelings, and how expression can be healthy or unhealthy.
- Objective 22. *Heart-Centered Hypnotherapy to Treat Stress-related Illness*:** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat psychosomatic or stress-related illness, recognizing how chronic negative thoughts turn into disease, and identifying any secondary gains of diseases



- Objective 23. *Heart-Centered Hypnotherapy to Treat PTSD & Sexual Abuse:*** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat post-traumatic stress disorder & sexual abuse, incorporating Parts Therapy and working effectively with dissociation.
- Objective 24. *Heart-Centered Hypnotherapy to Treat Dissociative Disorders:*** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat dissociative disorders, including Dissociative Identity Disorder, using the conference room and bulletin board techniques, and working toward co-consciousness and eventual integration.
- Objective 25. *The Signs and Symptoms of DID (MPD):*** Participants will be able to recognize the signs and symptoms of DID (MPD), using the DES Putnam Scale.
- Objective 26. *Effectively Create and Anchor a Resource State:*** Participants will be able to effectively create and anchor a resource state, utilize reframing and parts therapy techniques.
- Objective 27. *Heart-Centered Hypnotherapy to Treat Eating Disorders:*** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat eating disorders, focusing on treating four behavioral components as well as releasing the source of addiction.
- Objective 28. *Heart-Centered Hypnotherapy to Treat Birth Trauma:*** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat birth trauma, accessing and correcting early abandonment or inadequacy issues.
- Objective 29. *Hypnosis to Treat Weight Loss, Smoking Cessation, Stress Reduction:*** Participants will be able to use hypnosis to treat weight loss, smoking cessation, and stress reduction, discovering the emotional reasons for the behavior, extinguishing the behavior, utilizing the collapsing anchors technique.
- Objective 30. *Heart-Centered Hypnotherapy to Treat Children:*** Participants will be able to facilitate *Heart-Centered Hypnotherapy* to treat children, using age-appropriate inductions, deepening techniques, and regressions.



# CLASS LOCATIONS: MEET A FEW OF OUR NATIONAL INSTRUCTORS

We have an experienced team of highly degreed and credentialed teachers around the country, including:

- Florida
- Illinois
- New York
- Ohio
- Washington

We are proud to have offered classes over the years in:

- South Africa
- Kuwait
- Denmark
- Taiwan
- Turkey
- Israel

To see a full list of teachers visit our website at <http://www.wellness-institute.org/our-team>



## A FEW TESTIMONIALS

Many of our Six-Day Hypnotherapy Certification Training students feel compelled to share their experiences with us. You will find that not only do students gain an incredible understanding of the practice of hypnotherapy, but they also tend to learn a little bit more about themselves in the process.

### OCTOBER 20, 2011 • FOLLOWING THE CLEVELAND CLINIC SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING

*"I am feeling so inspired by the training and am beginning to integrate the work into my practice. Honestly, I have been feeling disconnected from my therapy practice in the last few years and considered phasing out of doing therapy. I love working in the indigenous world. The small amount of work I did in the training integrated a piece of myself and I feel more present, embodied within myself. I am amazed at the power of this process, I feel re-energized. I have been having discussions with my closest friends about what I call 'Soul Deficit Disorder' in our culture. Your process works, hypnosis feels like a grounded, powerful way to bring so many elements together for me that I have been praying for. I am especially interested, lately, in the process of the soul and now I can more fully see how birth trauma "sets the stage" for future challenges. I am looking forward to your book on Shock Trauma and I have been reading Longing for Belonging with much appreciation. All my life, I have felt like I did not belong...in my family or in this culture.*

*I so appreciate the refulgence of your work, so grateful. Thank you for coming to Cleveland."*

*~ Mershona*

### JUNE 21, 2012 • FOLLOWING THE VIRGINIA SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING

*"...although I am a licensed therapist, my mindset was "therapy does not work". I was trying to back out of this course when my husband dug in his heels and insisted that I was coming. He did this with much light and love, but I was still not convinced that this was the thing for me. He wanted me to do this, because he knew that I was pulling away from him, checking "out" more and more often. To please him, I traveled from Kansas City to Virginia, resolving to come back home as soon as it stopped being exciting or fun.*

*I entered the class feeling reluctant, disbelieving, and skeptical - ready to flee home the second I was bored or not entertained. Day one exhausted me so badly that I skipped supper and was in bed for the night at 7 p.m. I woke up the next day determined to try it until noon, thinking in the back of my mind that it seemed like way too much work, and it really was not for me at all. By 9:45 a.m. on Day 2 I was "hooked, line, sinker, and soul." I KNEW I was where I was supposed to be. Flying to Virginia was no accident; I felt that all 7 women in this room had lived together before on this planet, or another planet, or other planets. It was an absolute KNOWING that we already KNEW each other. I was determined to stay."*

*~ Caren*

### SEPTEMBER 28, 2012 • FOLLOWING THE SEATTLE SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING

*"Thank you for an amazing experience in the Six-Day; it was an honor to witness and benefit from your experience and passion for all that you do. I continue to be inspired. Thank you."*

*~ Pam*



# HOW TO REGISTER FOR THE SIX-DAY HYPNOTHERAPY CERTIFICATION TRAINING

For more information and to register for one of our Six-Day Hypnotherapy Certification Trainings, visit our [pre-application page](#). Fill out the pre-application form online and receive a \$100 credit to use toward your registration.



# About The Wellness Institute

The Wellness Institute is an internationally recognized organization, located in Issaquah, Washington, committed to offering the highest quality hypnosis and hypnotherapy training available.

With over 25 years of education experience and 5,000 graduates in Asia, Europe, Africa, the Middle East and the U.S., The Wellness Institute is one of the oldest and most respected providers of hypnotherapy certification. If you are looking for new skills, want to earn more money, and dramatically increase your effectiveness with your clients, this is the certification for you!

This guide was co-written by the founders of The Wellness Institute: Diane Zimmeroff (LMFT) and David Hartman (LCSW).

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