



Hypnotherapy Prof College

## Basic Hypnotherapy

Resistance to Results Online course	- 8 hours
Online Workshop and Exercises	- 12 hours
Basic Overview with Instructor Zoom	- 6 hours
Three Personal Development workshops	- 10 hours
One on One Coaching with Instructor	- 12 hours
Homework and Required Reading	- 60 hours
Practicum Sessions	- 40 hours
Personal Hypnosis sessions	- 6 hours
Self-Hypnosis	- 6 hours

Total Hours Awarded for completing Basic Online Course: **160 hours**

### Extra-Curricular Requirements:

#### **Personal Development Workshops:**

- Introduction to Hypnotherapy w/Quiz
- Self-Talk and Reframing w/Quiz
- Vicious Circle w/Quiz

#### **Required Reading:**

1. Uses of Hypnosis – Article and quiz
2. Articles of Hypnosis – Article and quiz
3. History of Hypnosis – Article and quiz
4. Professional Hypnotism Manual by John G. Kappas PhD (download from site)
5. Hypnosis for Change by Josie Hadley and Carol Staudacher
6. Basic Student Manual download from HPC site
7. The Secrets of the Power of Intention by Dr. Wayne Dyer
8. Journey of Souls by Michael Newton
9. Many lives, Many Masters by Dr. Brian Weiss

#### **Self-Hypnosis:**

- Protection
- Relaxation
- Grounding
- Centering
- Theta Code
- Basic Steps of Self Hypnosis by Jennifer Alexander

#### **Video Review:**

What the Bleep Do we know? – Quiz  
The Mindfulness Movie on Gaia

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