



Day 1 & 2

Eriksonian Hypnosis

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- Utilisation of the client's behaviour
- Eriksonian Inductions
- Using Eriksonian language patterns
- Creating and utilizing metaphors
- A powerful hypnotherapy paradigm for change
- Ideo-motor responses
- Handshake induction
- Arm catelpsy

Day 3 & 4

Direct Style Hypnosis and Hypnotic Phenomena

On this weekend you will learn about the more traditional style of authoritarian hypnosis as practiced by Estabrook. This style of hypnosis can be exceedingly useful in helping people achieve deeper levels of hypnosis. You will learn different styles of induction and also will explore hypnotic phenomena and how they can be utilized in a therapeutic setting. You will learn about:

- Estabrook style inductions
- Hypnotic phenomena
- Deepening techniques
- Hypnosis scripts for stress management, smoking and weight control
- Suggestibility tests
- Creating successful post-hypnotic suggestions
- How to create your own hypnotic interventions

Day 5 & 6

Elman Approach – rapid inductions & working with clients & the Krasner method of Hypnotherapy

This week will explore the rapid induction style favoured by Elman. This approach can help people to achieve deep levels of hypnosis quickly and easily and also offers a successful way to introduce hypnosis to clients. On this weekend we will also look at how to set up a hypnotherapy practice and also the type of issues most appropriate to deal with and how to establish outcomes for therapy. We will look at:

- Rapid hypnosis inductions
- Deepening techniques
- Working with clients
- Setting up a practice and marketing yourself
- Using Hypnosis for pain control

The Krasner approach to hypnotherapy – a complete approach for establishing outcomes and creating successful hypnotic interventions.



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