

# Portland Hypnosis Institute

## Course Syllabus

Learning objectives: Understanding the principles of hypnosis and its applications, techniques for effective trance induction and learning to develop custom hypnosis sessions tailored to specific client goals. Students will develop practical skills to address common challenges such as reducing stress, improving sleep, changing habits, building confidence and more, all while maintaining ethical professional standards. Students will become equipped to create effective hypnotherapy sessions and will gain an in-depth understanding of hypnosis, its mechanisms, and how it can be applied to promote positive change.

### **I: Fundamentals of Hypnosis**

- What is Hypnosis?
- The Path to Certification
- The History of Hypnosis
- Theories of Hypnosis
- Types of Hypnosis
- Levels of Trance/Brainwaves
- Contraindications

### **II: The Hypnotic Process**

- The Pre-Induction Interview
- Intake Forms
- Building Trust & Rapport
- Goal Setting
- Induction Techniques
- Deepening the Trance State
- Crafting Hypnotic Suggestions
- Anchoring for Lasting Results
- Future Pacing
- Post-Hypnotic Suggestions
- Emergence from Hypnosis
- Debriefing and Reintegration

### **III: Practical Applications\*** (\*private students may choose alternate topics focused on their interests)

- Reducing Stress
- Managing Weight
- Nicotine Cessation
- Improving Sleep
- Nail Biting
- Increasing Motivation
- Reducing Pain
- Strengthening Confidence
- Fear of Flying

### **IV: Complementary Modalities (NLP)**

- The Swish Pattern
- Crossroads Visualization
- Parts Integration

### **V: Practice Sessions**

### **VI: Elements of Professional Practice**

- Record Keeping
- Scope of Practice
- Ethics, Semantics, and Laws
- Office Environment
- Recording Hypnosis Sessions
- Liability Insurance
- Professional Associations
- Continuing Education

### **VII: Conclusion, Final Exam, Practical Assessment, Post Graduation Mentoring**

- Final Exam and Certification