



BLESSINGS

SCHOOL OF HYPNOSIS

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Hypnosis is a useful adjunctive procedure in behavioural treatments of conditions associated with stress, anxiety and maladaptive habits. It may augment the process of dynamic psychotherapy by facilitating access to repressed conflicts, impulses, memories and emotions which may underlie the presenting symptoms.

It is a beneficial procedure in the management of medico-psychological conditions, many of which are often labelled as “psychosomatic”, such as asthma, migraine and tension headache, dermatological complaints, hypertension, gastro intestinal conditions such as ulcers and irritable bowel syndrome, sleep disturbances as well as management of any conditions giving rise to pain. There is now an accumulation of controlled clinical trials on quite a number of such disorders which attest the efficiency of application of hypnosis.

Hypnosis is widely applied both within and outside the health service by general practitioners, medical specialists, psychiatrist's, dentists, clinical, educational, and occupational and sports psychologists, counsellors, speech therapists and others. Nevertheless, the availability of hypnotherapist falls considerably short of potential demand, given its wide range of applicability and efficacy. One reason for this is the lack of training available to the professionals.

The overall aim of the course is to enable students to:

- Gain a thorough rational and scientific understanding of the nature of hypnosis, its history, current theories and research issues, legal, ethical and professional matters regarding the practice of hypnosis;
- Have a thorough understanding of the procedures and research evidence for the application of hypnosis to common psychological disorders and difficulties, medical problems, performance enhancement and dental interventions; and
- Apply hypnotic procedures competently in those areas which fall within the scope of his or her professional work.

A certified hypno-therapist, who has cured over 2 lakh cases, running an institute which is 25 years old, which believes in researching new techniques and applying the traditional ones.

-Mrs. Geeta Makhijani

Geeta Makhijani



Your course trainer is **Dr. Pradeep Kumar**, who is training in hypnotherapy, in some top Indian universities. He takes private sessions in hypnotherapy and has treated more than 2 lac chronic clients. He is very effective and famous trainer of hypnosis and NLP around the globe, and has taught more than 5 lac people, and has converted the lives of many.

Dr. Pradeep Kumar is a Masters in Psychology and PG Diploma in Clinical Hypnosis. He teaches these subjects with ease and with his researches, any one can master hypnosis using his theoretical and practical knowledge.

In accordance with Dr. Pradeep Kumar and under his guidance is your second trainer, Taruun Rhode, who is a training in some top hypnotherapy schools of India. He takes private and online sessions in hypnotherapy and has treated more than 50,000 clients. He is very effective trainer of hypnosis and NLP around India, and has taught more than 1 lac people, and has converted the lives of many.

Taruun Rhode is a Masters in Psychology and PG Diploma in Clinical Hypnosis. He teaches these subjects with ease and he is researching for new techniques, and practicing the existing ones. anyone can master hypnosis using his theoretical and practical knowledge.



Eligibility Criteria:

As hypnosis is a science, we encourage as many as possible to learn it easily abundantly and no previous experience of hypnotherapy or NLP is required.

We do not require any pre specializations or same field study, except a few points, listed below.

1. A personal interview with the candidate, so we can understand any special requirements the student has in reference to learning hypno therapy.
2. A strong moral value system, which we weigh in our interview.
3. An inclination to practical approach, as hypnosis is an application-based science.
4. Students will be required to have good reading skills, and complete a core reading list.
5. Written assignments demonstrating the process of therapy planning.
6. A student will be expected to practice their skills on co- students, friends and family.
7. Able to meet academic standards of the course.
8. A practical approach individual is always preferred.
9. A good command over English.
10. Good communication skills.

Basic Hypnosis

- 1.What is hypnosis and what is not hypnosis
- 2.Mind Rules
- 3.Mind theories
- 4.Basic needs of hypnosis
- 5.How to use the sub- conscious mind
- 6.Trance and symptoms of trance self-hypnosis
- 7.Anaesthesia and amnesia
- 8.How to give hypnotic demonstration
- 9.Suggestibility test and the six stages of hypnosis
- 10.Yes/No finger symbols to communicate with your sub- conscious mind.
- 11.How to formulate suggestions
- 12.Instant and rapid inductions/ (Dave Elman technique)
- 13.Past life regression
- 14.Deepening techniques
- 15.Progressive relaxation
- 16.How to give therapy
- 17.Indirect suggestion
- 18.Clinical interview
- 19.Matching and missing
- 20.Ideo motor signaling
- 21.Abreactions
- 22.Clinical scripts
- 23.Ethical and legal issues



Advanced Hypnosis

Objectives

The overall aim of the course is to enable students to :

- Gain a thorough rational and scientific understanding of the nature of hypnosis, its history, current theories and research issues, legal, ethical and professional matters regarding the practice of hypnosis;
- Have a thorough understanding of the procedures and research evidence for the application of hypnosis to common psychological disorders and difficulties, medical problems, performance enhancement and dental interventions; and
- Apply hypnotic procedures competently in those areas which fall within the scope of his or her professional work.



Course Structure

Semester 1 Courses

- Fundamentals of theory and practice of hypnosis I
- Fundamentals of psychology and physiology
- Application of hypnosis in medicine and dentistry
- Basics of psychology
- Clinical practice (Practium)
- Viva- Voice

Semester 2 Courses

- Fundamentals of theory and practice of hypnosis II
- Fundamentals of psychology and physiology
- Application of hypnosis in medicine and dentistry
- Health and well being
- Clinical practice (Practium)
- Viva- Voice

SEMESTER 1			SEMESTER 2		
Course No	Course Title	Credits	Course No	Course Title	Credits
I	Fundamentals of theory and practice of hypnosis I	2	VII	Fundamentals of theory and practice of hypnosis II	2
II	Fundamentals of psychology, physiology and hypnotherapy I	2	VIII	Fundamentals of psychology, physiology and hypnotherapy II	2
III	Application of hypnosis in medicine, dentistry and psychology I	2	IX	Application of hypnosis in medicine, dentistry and psychology II	2
IV	Basics of psychology	2	X	Health and well being	2
V	Clinical practice (Practium)	3	XI	Clinical practice (Practium)	3
VI	Viva Voice	2	XII	Viva Voice	2

Fee Structure		INR ₹
1	Tuition fees Ist and IInd semester	20000
2	Other Fees	700
3	Common Fees	10000
	Grand Total	30700
* Excluding Examination Fees		

Semester 1

Paper 1 : Fundamentals of Theory and Practice of Hypnosis I (30 hours, 2 Credits)

Objective :

To give basic knowledge of hypnosis, its history

To understand the misconceptions attached to it

To gain knowledge about observable facts of hypnosis

1. Meaning of hypnosis and hypnotherapy, definitions, basic concepts in hypnosis, terminology in hypnosis
 - General misconceptions, resistance
 - The history of hypnosis.
 - The history of hypnosis in India.
 - Phenomenon of hypnosis : Ideomotor response, ideosensory activities, Catalepsy, positive hallucinations, negative hallucinations, time distortion.
2. Various psychological , physiological and other theories of hypnosis.
 - The concept of hypnotic susceptibility and its significance.
 - Hypnotizability scales and measurement of hypnotic susceptibility.
 - Factors that influence suggestibility, objective and subjective trance recognition.
3. Hypnosis induction techniques : Direct techniques.
 - Principles of direct suggestions
 - Deepening techniques, measuring depth in hypnosis.
 - The process/ steps of hypnotherapy : Preparation of patient for hypnotherapy: Physical and mental, history taking, medical check up, rapport building, clarifications of doubts and misconceptions, suggestibility test, hypnotic induction, deepening of trance, ego strengthening, pleasant imagery, re orientation, review, discussion on session.
4. Taking a case history, contradictions
 - Communication skills : Attending and listening.
 - Creating therapeutic environment : empathy, unconditional love, non – being, judgemental, genuineness
 - Adverse reactions and precautions in hypnotherapy.
 - Ethical consideration sand professional fees in practice of hypnosis.

Paper II: Fundamentals of Psychology, Physiology and Hypnotherapy I (30 hours, 2 credits)

Objective :

To make students understand the basic anatomy, physiology, higher functions of brain and their functional relation with each other.

- To gain knowledge in normal functioning of various biological systems.
 - To understand common psychopathological disorders.
1. Basic anatomy of brain: Various parts of brain and their functional relation with each other.
 - Physiology of brain functions: Voluntary and autonomic control of body, systems, higher functions of brain like thinking, memory, emotions, speech, sleep, etc.
 2. Various biological systems (digestion, respiration, circulation, excretion, endocrines, blood, lymph and neuro muscular tissues) and their common abnormalities.
 - Physiology of pain sensation and associated emotion of suffering.
 - Psychobiology of genes and its relevance to hypnotherapy.
 - Information substances: molecules of emotions and stress.
 3. Definition of abnormal psychology, causes of abnormality.
 - Theory of personality: Freud, Adler, Jung.
 4. Common psychopathological disorders.



Paper III : Application of Hypnosis in Medicine, Dentistry and Psychology I (30 hours, 2 credits)

Objective :

To learn script writing

- Applications of hypnosis in sports and athletics
- Applications of hypnosis in self development

Overview of clinical and other applications of hypnosis including scientific studies and their general outcome etc.

1. Script writing for

- Induction of trance
- Deepening of trance
- Elicitation of phenomenon of hypnosis

2. Script writing for

- Ego strengthening
- Pleasant imagery
- Types of suggestions

3. Hypnosis in sports and athletics.

- Hypnosis in self-development, self-regulation, self-growth (positive emotions)
- Personality development and character building

4. Applications of hypnosis in

- Pain problems (in general)
- Stress management

Paper IV : Basics of Psychology (30 hours, 2 credits)

Objective :

To provide an introduction into the field of psychology and methods of applications.

To make a student understand the psychological processes involved in sensation, perception, learning and memory.

To help student understand their own experience and also the social work by application of their knowledge on sensation, perception, learning and memory.

1. Introduction and methods of psychology

Definition of psychology, popular notion of the discipline, psychology as a natural and social science.

Methods in psychology : Observation method, experimental method, survey method, psychological test cases, case study method, correlation method.

2. **Attention and Perception :** Nature and definition of attention, kinds of attention, selective and sustained attention

Perception : Organising principles : Figure ground grouping ; perceptual constancies : shape size, size, brightness, factors affecting perception.

3. **Learning :** Definition of Learning, principles of learning : Classical conditioning and operant conditioning, basic processes : extinction, spontaneous recovery, generalization, discrimination, transfer of training, reinforcement of schedules.

4. **Emotion and Motivation :** Emotion, definition of emotion, theories of emotions, facial feedback hypothesis, three elements of emotions : Physiology, behavioural and subjective experience.

Motivation : Nature and definition : Motivational cycle; frustration of motives and conflict, primary and social motives.



Paper V : Clinical Practice (Practicum) I

The aim of this module is for students to become sufficiently confident and skilled in the application of hypnosis within their professional work.

Students have 90 hours of practice distributed during the semester. During this paper, students will have a few demonstration sessions on different techniques and process of hypnotherapy. Students are then required to carry out therapeutic practice on minimum five clients/ subjects in the field of their work, outside of classroom. These 90 hours include preparation, practice and report writing. Report on these cases will be considered for internal assessment carrying 50% of total paper credit.

The following content will be covered under clinical practice

1. Induction of hypnosis by direct techniques
2. Deepening of hypnosis
3. Ego strengthening
4. Pleasant imagery
5. Phenomena of hypnosis
6. Suggestibility tests
7. Awakening/ Alerting/ Termination of trance



Paper VI : Viva Voice

Viva voice will be conducted at the end of the semester I, by a panel of examiners appointed by the head of the department. Viva voice will be based on entire course covered during the semester and will focus on students, grasp of core courses and insights that they have developed in the subject, and application of theory in their profession.

Semester 2



Paper VII : Fundamentals of Theory and Practice of Hypnosis -II (30 hours, 2 Credits)

Objective :

To introduce the hypnosis induction techniques

Framing of indirect suggestion

The process of hypnotherapy

1. **Hypnosis induction techniques** : Indirect / Ericksonian techniques. Principles of indirect/Ericksonian hypnotic suggestions, framing of indirect suggestion Waking hypnosis, pediatric hypnosis.
Phenomenon of hypnosis : Analgesia, anesthesia, amnesia, hypermnesia, dissociation, depersonalization, revivification, age regression, age progression, hyperesthesia, posthypnotic hallucinations, somnambulism, automatic writing.
2. **The process of hypnotherapy** : Problem identification and goal setting, therapeutic scripts Therapeutically utilization of trance-suggestions, visualizations, metaphor Post hypnotic suggestions, self hypnosis.
3. Indications of hypnosis in medical, dental and psychological ailments in adults and children, Indications of hypnosis in sports, study, self development and other areas. Transference, counter transference, handling abreactions, issues dealing with pediatric hypnosis.
4. Basic ingredients of hypnotherapy.
Physical surroundings of hypnotherapy.
Structuring the therapeutic situation.
Professional societies and associations related to hypnosis.

Paper VIII : Fundamentals of Psychology, Physiology and Hypnotherapy II (30 Hours, 2 Credits)

Objective :

To understand major psychotherapy
To utilize hypnotic phenomenon and techniques
Designing a therapeutic session

1. **Major psychotherapies** : Psychoanalytic (Freudian) therapy REBT, behaviour modification and non directive (roger) approaches.
Psycho- psychological interface : psycho-neuro immunology, psycho- neuro endocrinology.
2. Utilizing hypnotic phenomenon for therapeutic intervention.
Hypnotherapeutic techniques I : ego management – western and eastern (Ahankar shuddhi) approaches.
Hypnotherapeutic techniques II : Sensory imagery conditioning, Stein's clinched fist techniques, Chiasson's techniques etc.
3. **Hypnotherapeutic technique III** :
Hypnoalytic approaches viz. Age, Regression, sub conscious exploration, Dream indication etc. Inner child healing, Gestalt approaches, The affect bridge technique
4. Designing a therapeutic session, Assessment in Ericksonian hypnotherapy, Progress assessment, follow up and Evaluation, and conclusion of therapy .



Paper IX: Application of Hypnosis in medicine, dentistry and Psychology – II (30 hours, 2 credits)

Objective :

To understand hypnosis in various medical specialities
Treating terminal illness and psychiatric ailments

1. Hypnosis in various specialities of medicine: viz. Internal medicine Including cardiology, pulmonology, endocrinology, neurology etc, General surgery, obstetrics & gynaecology, orthopaedics, Dermatology, sexual medicine, anaesthesiology and others.
2. - Hypnosis in treatment of cancer and other terminal illness.
- Hypnosis in burns and other injuries.
- Hypnotics in dentistry (Hypnodontics).
- Hypnosis in paediatrics: Habit disorders: Thumb sucking, nail biting, enuresis, stammering, juvenile delinquency.
3. - Hypnosis in physiotherapy, obesity, sleep disorders etc.
- Hypnosis in substance abuse.
- Forensic (Investigative) hypnosis.
4. Hypnosis in psychological and psychiatric ailments: Anxiety, phobia, depression, obsessive compulsive disorder, sexual disorders, somatoform PTSD & borderline and psychotic conditions, child birthing.



Paper X : Clinical Practice (Practicum) II

The aim of this module is for students to become sufficiently confident and skilled in the application of hypnosis within their professional work.

Students have 90 hours of practice distributed during this semester. During this paper students will have few demonstration sessions on different techniques and process of hypnotherapy. Students are then required to carry out therapeutic practice on minimum 5 subjects in the field of their work, outside of classroom. Report on these cases will be considered for internal assessment carrying 50% of total paper credit.

The following content will be covered under clinical practice.

1. Induction of trance by indirect techniques
2. Suggestions by metaphor
3. Demonstration and practice of different framing suggestions
4. Demonstration and practice of techniques:
 - Clinch fist
 - Cision technique
 - Empty chair
 - Age regression
 - Age progression
 - CBT Techniques
 - Sensory imagery conditioning
 - Behavioural Modification techniques



Paper XI : Health and Well Being

Objective :

To help the student understand how the effect of people's thoughts, emotions, motivations, and actions affect their health.

To help students understand, predict, control and ultimately change health related behaviour To help candidates use concepts of positive psychology in promotion of mental health.

1. **Stress and health:** Stress and stressors; general adaption syndrome; Personality and stress; social factors in stress;
Coping mechanisms: problem focused coping; emotion focused coping; defence mechanisms; meditation as coping; cultural and religious factors as coping; cognitive coping styles, casual attributions, sense of control, learned helplessness; hardiness, social resources and social support, emotional disclosure
2. **Health recommendations and behaviour change:** Prevention of health problems; adherence to medical regimens; sources of health information; persuasion; changing beliefs and attitudes; social cognitive theory; self-regulative theories; subjective social norms; what other people think, intentions and commitments; turning commitments into behaviour.
3. **Psychology of well-being:** Subjective well-being happiness; positive emotions and well-being the broaden and build theory of positive emotions
4. **Positive traits, virtues and character strengths:** Positive beliefs, self-esteem, self-regulation, optimism, virtues and strengths of character



Paper XII : Viva Voice

Viva voice will be conducted at the end of the semester II, by a panel of examiners appointed by the head of the department. Viva voice will be based on entire course covered during the semester and will focus on students, grasp of core courses and insights that they have developed in the subject, and application of theory in their profession.





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