

Onsite Training

Basic Hypnotherapy Certification Course Outline

The Orca Institute's Counseling Hypnotherapy training course consists of:

1. Hypnotherapy I
2. Counseling Skills
3. Hypnotherapy II
4. Hypnotherapy III
5. Practicum

This course is taught in a variety of formats depending on where and when it is taught. Some courses will have more onsite time than others and some might have more Video CD requirements. Please check the course schedule for specific number of onsite hours. In either case the same material is covered. The practicum is taught through indirect supervision of student conducted practice sessions. The intent of this training is to give the student a good grounding in basic and advanced hypnosis and counseling skills as well as the ability to apply these skills in a therapeutic client-therapist relationship. Much focus is placed on professional ethics, respect and safety for the client. Students are also taught to work within their field of competence. The course is taught from a holistic or mind/body approach rather than from a purely psychological perspective. This allows for great leeway in touching on many related areas and in the ability to show how hypnosis is part of a much larger picture. The following is a detailed outline of what each section of the course covers and required materials.

Required Materials

Stephen Gilligan", The Skilled Helper,
A Problem-Management Approach
to Helping"

"Exercises in Helping Skills",
The Skilled Helper, by Gerard Egan.

Please note: Textbooks to be
purchased seperately.
(approximately CAD\$200.00)

Included in this Course

Thirty-five to Fifty hours onsite training

Four Video DVD's (45 hours)

Thirty-four page course manual

Seventy page Video Manual

Support throughout the course by e-mail and/or the 800 number to a maximum of one year.

Hypnotherapy Skills 1

The intent of this section is to give the student a basic grounding in traditional hypnosis skills using "direct" methods. In addition to basic hypnosis skills, the student will also learn how other complementary approaches such as Yoga, Breathing, Meditation, Chi Kung, Acupuncture Theory, Chakras, Huna and Kinisiology integrate with and complement hypnotherapy. As is common

throughout the complete program, the focus is on experiential learning. A manual written by the instructor is used in this course. The topics covered in the course are: History of Hypnosis, Defining Hypnosis, Synonymous terminology, Conscious, Sub-conscious, Super-conscious, Self Hypnosis techniques and other methods, Subjective and objective experiences in trance, Physiological response to stress, Suggestibility tests, Comparing direct and indirect approaches, Developing effectiveness, Techniques of hypnosis (progressive relaxation, count, fascination, fractionation, arm levitation, confusion, rapid induction, handshake, coin and guided imagery), Deepening the trance (deepening techniques, levels of consciousness), Depth testing, Abreactions, Affirmations, Ideo-motor response, Wording of hypnotic suggestions, Representational systems, Anchoring, Vipassana Meditation. Go to top

Counseling Skills

The Counseling skills course is based on the textbook and workbook by Gerard Egan. Aimed at helpers, the text emphasizes the collaborative nature of the therapist-client relationship and using a practical, three-stage model that drives client problem-managing and opportunity-developing action, leads readers step-by-step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers master the various steps of the helping model, they should be able to improve their competence and confidence measurably. The 85 practical exercises in this manual allow the student to practice communication skills and each of the steps of the model in private before practicing them in actual helping interactions with others.

Hypnotherapy Skills 2

The main focus of this course is on Ericksonian Hypnosis. The concept is that once students have begun to master direct methods of hypnosis, they can begin the process of learning the more versatile and subtle form which is Ericksonian. The broad base of multi-level communication skills that students learn serves to enhance their ability to be "absorbed" in the therapeutic moment and really hear, see and feel what the client needs. The experiential aspect of this course includes demonstrations of various methods as well as students practising with each other. The students will get feedback from each other as well as from the teacher.

Topics covered are:

- Ericksonian definitions of hypnosis and hypnotherapy
- Principles of Ericksonian hypnotherapy
- Induction approaches
- Major steps in hypnotic inductions

Four induction approaches:

- Directing the client's attention inwards
- Non-verbal pacing and leading
- Accessing a previous trance state
- Informal hypnotic induction

Key Modalities of Ericksonian Hypnotherapy

- Metaphor and stories
- Confusion
- Dissociation

- Embedded suggestions
- Generalities

Hypnotherapy Skills III

The intent of this course is to allow the student to incorporate skills that they have acquired in a psychotherapeutic context. This is accomplished by having students work with each other on real issues under supervision. We feel that the opportunity to be in the client role as well as the therapists can be a valuable learning experience and provide a different and important perspective. After each session the group will meet and each "client" and "therapist" will relate what they experienced in their session with the exception of confidential information. The teacher, as well as the rest of the class, will give feedback, support and ask questions. This format allows the student therapist to be guided throughout the course in a safe and supportive environment. Also touched on are areas not covered previously such as addictions, bulimia, abuse, hypoglycemia, etc., recognizing the symptomology and knowing when to refer as well as creating a business plan and how to promote. Evaluation consists of observation and verbal feedback.

Hypnotherapy Clinical Practicum

The practicum is taught through indirect supervision of student conducted practice sessions. Students will conduct sessions with actual clients (5 clients, 5 sessions each) and videotape one session. Progress will be supervised by the instructor as it proceeds by communicating with the student through phone or e-mail. The student's hypnotherapy and counseling skills will be critiqued for further refinement and accuracy. Students will also be required to observe a variety of sessions on video conducted by the instructor and others. An exam is to be completed before the end of the practicum.