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ORCA INSTITUTE
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realizing your potential ...



EXPLORING CONSCIOUSNESS
HYPNOTHERAPY CERTIFICATION TRAINING

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Diploma Program

Overview

This comprehensive 8 month course prepares the student to be proficient in hypnotherapy, counselling and various complimentary approaches. Students start with the Basic course. After successfully completing all of the required assignments the student receives a certificate as a Resident Hypnotherapist. Upon becoming a member of the [IACH](#) they receive a second certificate as a "Resident Hypnotherapist" from the association. This allows the student to be in private practice with some restrictions which focus on staying within their area of competence. Continuing on, the student acquires a more sophisticated skill set which enables them to work with a broader range of therapeutic modalities. eventually arriving at the final exams and assignments. Upon the successfully completing the requirements he/she receives a Diploma as a "Counselling Hypnotherapist (cand.)" . The cand. is deleted when the practitioner acquires 600 hours in their practice. At The Orca Institute we strive to offer our expertise and support not only during but after the course.

This course is taught in following formats;

Distance [Play Video](#) and Onsite. [Play Video](#)

The Distance Diploma course can be taken from anywhere at anytime and is equivalent to our onsite diploma program. It is a combination of onsite (Vancouver) and distance learning and is designated under [Canada Student Loans](#).

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and alternatively there is an interest free [payment plan](#) available.

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This course requires the student to attend a minimum of 6 weekends onsite in Vancouver. This occurs about 1 weekend per month. The balance can be done through Distance learning.

Go to our video Index for videos describing our training.

The Orca Institute's Distance Diploma

Counseling Hypnotherapy Diploma course consists of:

1. Hypnotherapy I
2. Basic Counseling Skills
3. Hypnotherapy II
4. Hypnotherapy III
5. Resident Exams
6. Advanced Hypnotherapy
7. Advanced Counselling Skills
8. Counselling Hypnotherapist Exams

This first part of this training gives 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 integrating many complimentary approaches.

The Advanced section of this program is designed to enhance and refine the skills the student has acquired through basic training including the topics covered under the Ericksonian section of the Basic Training.. There is a strong focus on Ericksonian and multiple level communication skills. The course is taught through watching video of actual sessions, lecture, research and practice. It is designed to improve the skill level, range and effectiveness of therapists' already in practice and to increase demand for their services.

This is accomplished in part by the wide range of actual sessions on video (60 hours) coupled with an in depth analysis by the teacher of the session including the intent of the therapist during key aspects of the session. This format allows the student to review specific procedures and gain valuable knowledge. Support is provided throughout the course in person, by phone, e-mail or Skype.

The following is a detailed outline of what each section of the course covers and required materials.

Required Materials

Program Book list

Therapeutic Trances: The Cooperation Principle in
Ericksonian Hypnotherapy Stephen G. Gilligan ~ ~ ISBN:

0876304420 ~ Hardcover Textbook \$100.00

Skilled Helper A Problem-Management
Approach to Helping \$25.00

Author: Gerard Egan

Binding: Hardcover, 6 edition, 377 pages

Publisher: Brooks/Cole Publishing Company

Published Date: 07/01/1997

ISBN: 053434948X

Exercises in Helping Skills The Skilled
Helper \$25.00

by Author: Gerard Egan
ISBN: 0534350577
Publisher: Brooks/Cole Publishing Company
Publish Date: 06/01/1997
Binding: Paperback , viii, 177 pages

Shebib, Bob (2003). Choices: Interviewing and
Counselling Skills for Canadians. Toronto: Prentice Hall \$100.00
Two other books are required (to be chosen by student) \$150.00

Included in this Course

Minimum of 6 weekends of onsite
4 Basic Video DVD's (45 hours)
34 page course Basic manual
70 page Basic Video Manual
3 Video course DVD's (60 hours)
240 page Advanced Video Manual
Approximately 350 (3 DVD's) hours of audio and video covering a
wide range of approaches.

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 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.

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 practicing 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

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