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**ORCA INSTITUTE**  
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**EXPLORING CONSCIOUSNESS**  
**HYPNOTHERAPY CERTIFICATION TRAINING**

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### Diploma Program

Pre-requisites: This course starts from the basics. Applicants must be at least 19 and be emotionally stable.

This course is taught in following formats; Onsite and [Distance](#). Below is a detailed description of the full-time onsite course in Vancouver, BC. This course is eligible for [Canada Student Loans](#) and other government assistance coverage for those applicants who qualify.

The [Distance Diploma](#) course can be taken from anywhere at anytime and is equivalent to the onsite diploma program described below. This course is eligible for [Canada Student Loans](#) and other government assistance coverage for those applicants who qualify.

The Orca Institute's Vancouver Onsite Full-time Counseling Hypnotherapy Diploma course consists of:

1. Hypnotherapy I
2. Basic Counseling Skills
3. Hypnotherapy II
4. Hypnotherapy III
5. Advanced Hypnotherapy
6. Advanced Counselling Skills
7. Clinical Placement
8. 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

Three hundred and eight hours (5 months) onsite training

Four Basic Video DVD's (45 hours)

Thirty-four page course Basic manual

Seventy page Basic Video Manual

3 Advanced Video DVD's (60 hours)

## 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. [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

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