



ORCA INSTITUTE

Hypnotherapy Certification Training

est. 1986


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**Basic
Hypnotherapy
Certification**

**Diploma
Hypnotherapy
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The Orca Institute's DVD Distance Basic Hypnotherapy Certification Course (5-8 months 285 hours)

Basic hypnotherapy Course Curriculum

1. Hypnotherapy I
2. Basic Counseling Skills
3. Hypnotherapy II
4. Hypnotherapy III
5. Practicum
5. Resident Exams and Assignments

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 complementary approaches.

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, 6th 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

Included in this 5-8 mth. 285 hour Course

4 Basic Video DVD's (45 hours)

34 page course Basic manual

70 page Basic Video Manual

3 Video course DVD's (60 hours)

Toll-free Phone (within N.A.) and e-mail support for up to 1 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 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.

Counselling 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 related methods on DVD as well as students practicing on their own with others with support. The students will get feedback from the teacher by phone and or e-mail.

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 and Practicum

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 others on real issues under indirect supervision. The teacher will give indirect 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 symptoms and knowing when to refer as well as creating a business plan and how to promote. Evaluation consists of observation (student video), exams and overall assessment of Competence. After successfully completing all of the required assignments the student receives an Orca Institute Resident Hypnotherapist Certificate. If he/she chooses to continue through to the Diploma Course they can do so seamlessly. Fees will be pro-rated. Upon joining the students will also receive a Resident Hypnotherapist certificate from the **IACH**.

Please note: The Orca Institute is BC's only **PCTIA** accredited Hypnotherapy School and the oldest Hypnotherapy school in Canada (est. 1986).

DVD Basic Course

Course Date: Start Anytime! From Anywhere!

Course fee: CAD\$2015.00

Books: \$135.00

(Payment plan available)

Other courses [Counselling Hypnotherapy Diploma \(Distance and onsite\)](#)

Course Date: Start Anytime!

Course fee: CAD\$5300.00 plus \$100.00 Registration Fee (non-refundable)

Books: CAD\$330.00

(Payment plan available)

Phone 1-800-665-ORCA (6722)

[Course Registration](#)

