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Counselling Hypnotherapy Diploma (Distance) (combination in class and distance, 640 Hrs. 8 months)

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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 of the Basic Course the student receives a certificate as a "Resident Hypnotherapist". Upon becoming a member of the [IACH](#) they also 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.

As they seamlessly continue 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 successful completion of their requirements the student receives a Diploma as a "Counselling Hypnotherapist (cand.)". The cand. is deleted when the practitioner acquires 600 hours of working with clients. At The Orca Institute we strive to offer our expertise and support not only during but after the course through our support services.

The Distance Diploma course can be taken from anywhere at anytime. This course requires the student to attend a minimum of 6 weekends in class in Vancouver or Kelowna, BC. This occurs about 1 weekend per month. The balance is done through Distance learning.

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. Work Co-op (practicum)
5. Resident Exams
6. Advanced Hypnotherapy
7. Advanced Counselling Skills
9. 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 and respect 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.

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 and e-mail. 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) Approximately \$150.00 or books already owned by the student.

Included in this 8 month. 640 hour Course

Minimum of 6 weekends of onsite training in Vancouver or Kelowna, BC

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

Phone 1-800-665-ORCA (6722)

Course Registration

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