



NLP HYPNOTHERAPY CENTER DELHI

Presents

# Diploma in Clinical Hypnotherapy

Facilitated by

**Dr. Somesh Chadda**

**(Certified Trainer of Hypnosis, NLP and Time Line  
Therapy)**

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## 1. Course Highlights

- On successful completion become a **Licensed Hypnotherapist**.
- Pre-fix title '**Dr**' to your name by registering as Registered Medical Practitioner from **Indian Board of Alternative Medicine, Kolkata**)
- For Diploma you must complete the Module 3 as well as plus write/submit 8 cases.
- As a participant you will spend 80% of training time in practicing your skills in class.
- Avail package offers by combining your learning agenda with NLP, Time Line Therapy and other personal growth programs. (Details available on request)
- Special fee and Installment payment plans for student
- **Read early bird incentive & Additional Trainings section.** (See Investment Structure)
- **Dates & Time:**

| Modules  | Duration | Dates  |
|--|----------|--|
| 1. Basics of Hypnosis & Conversational Hypnosis          | 2 Days   | February 27 <sup>th</sup> to 28 <sup>th</sup> 2010 |
| 2. Ericksonian Hypnotherapy – Key elements and processes | 3 Days   | March 6 <sup>th</sup> to 8 <sup>th</sup> 2010      |
| 3. Clinical Applications                                 | 3 Days   | March 20 <sup>th</sup> to 22 <sup>nd</sup> 2010    |

**Venue:** Hall D, USO House, USO Road, Jeet Singh Marg, (Qutab Institutional Area, Delhi) (Near Fertilizer Association of India Building)

**Timings:** 9 am to 6 pm all days.

## 2. Module 1: Basics of Hypnosis, & Conversational Hypnosis

### Objectives:

To help the participants learn:

- Basics of self hypnosis and hypnotherapy
- Techniques for Self-Hypnosis
- **Hypnotizing Others** -- Simple Direct and Indirect Induction Techniques
- Using **language consciously for formulation of suggestions** and process of giving suggestions to self and others.
- Initiating the **processes for automatic personal change** and transformation by using self-hypnosis and helping your clients to achieve such changes.
- Using everyday language consciously to create trance effects in clients and people you are conversing. (Conversational Hypnosis)

The following topics will be covered during the workshop:

### Key Contents –

- **Basics of Hypnosis and Self Hypnosis**
  - What are hypnosis, trance, and hypnotherapy?
  - Why hypnosis becomes necessary?
  - Benefits of hypnosis and how to achieve those benefits.
  - Brain wave patterns and hypnosis.
  - Role of a hypno-therapist.
  - Hypnotic phenomenon and their relation with everyday life experiences.
  - Self hypnosis with practice sessions.
  - Role of suggestions
  - Formulating useful suggestions for self

- Using sleep and trance states as a process of deep transformation and growth.
- Gaining more access to the power of your mind.
- **Hypnotizing others and hypnotherapy**
  - Creating environment for helpful hypnosis.
  - How does change happen during hypnotherapy?
  - Indicators that the other person is going into hypnotic states.
  - Formulating useful suggestions in change-work and post hypnotic suggestions.
  - Voice quality for effective hypnosis.
  - Induction methods with practice sessions – Direct & Indirect (based on Erickson’s methods).
  - **Using communication - verbal and non-verbal – (conversational hypnosis) to induce trance in his/her clients.**
  - Bypass the resistance of the clients for the change work the client has come to you. (Often clients come for sessions and then resist the work being offered by the hypnotherapist).
  - Deepening techniques for hypnosis and change.
  - Scope of work as a hypnotherapists
  - Ethics and values for effective hypnotherapy.

**Benefits to the learner:**

By the end of the workshop the participants will be able to:

1. Put them into helpful therapeutic hypnosis and begin simple change work.
2. Use self-hypnosis as a process for initiating lasting changes in self, easily by using the power of the sub-conscious mind.
3. Induce hypnosis in others/clients and begin simple change work.
4. Recognize the importance of everyday hypnosis/trance situations and utilize these for their and others’ benefits. (This information helps all managers,

healers, parents, counselors to help anyone, anytime in an ecological and effortless way).

5. Demonstrate simple hypnotic inductions methods.
6. Have more control over yourself

**Eligibility:**

Willingness to learn, work with self and help others.

### 3. Module 2: Ericksonian Hypnotherapy – Key Elements & Processes

#### Objectives:

To help the participants learn:

1. Inducing hypnotic phenomenon for emotional, psychological and physical healing.
2. Applying Ericksonian methods for therapy and growth purposes

#### The Course Contents:

- Review of the basics of Hypnosis and Trance
- Ericksonian Approach to Hypnosis and therapy
- Key distinction: **Understanding Problem Trance** (self-devaluing trance) vs. **Therapeutic Trance** (self-valuing trance)
- Utilization and Co-operation Principles of Erickson
- **The basic process for Hypnosis** (Creating a context for trance, induction, de-potentiating the conscious processing, accessing and utilizing unconscious processes, utilization of trance, consolidating trance experience, concluding).
- The concept – **problem is the solution**.
- **Confusion Techniques for de-potentiating conscious processes** interfering with development of trance and healing/therapy (identify the pattern, align with the pattern, introduce confusion via interrupting the pattern or overload, amplify the confusion, and utilize the confusion)
- Double inductions (using differential tonal shifts to induce quick trance and helping the clients)
- **Problem complex vs. Solution Complex**: Creating new identity in Hypnotherapy

- Utilizing other hypnotic phenomenon like **age regression, age progression, catalepsy for healing/therapy, metaphors, active imagination, de-framing** and creating new frames, new associations, pain control, tasking, and so on.
- The way forward...

### **Bonus Benefits to you as a learner:**

- Apart from improving your professional competencies as a hypnotherapist the Ericksonian principles will also help you deal/overcome your personal issues by using the principles yourselves.
- Learning Ericksonian principles by far has been the best experience for me to create quick and transformative changes easily and effortlessly.
- By learning Ericksonian principles you would not only value your own problems but see/use them as means of personal growth.
- During practice sessions you will act as clients and work on your own problems, an excellent opportunity for self growth. This is one of the unique components of our trainings.
- Needless to emphasize, ***that you would begin to grow beyond any of those issues which prevent your growth, and begin to get more out of life, relationships, professional work, healing and so on.***
- Practicing Ericksonian Hypnosis will be a well rewarding healing experience for almost anyone who uses the processes.

### **Eligibility to attend this course:**

- Only for those who have done at least Level 1 from us or another organization/trainer of repute

### **Certification:**

On successful completion you will be certified as a **Master Practitioner of Hypnotherapy (Approved by American Board of Hypnotherapy, USA).**

## 4. Module 3: Clinical Applications

### The key themes to be covered are:

- Recap of first two levels.
- Basic information about key **disorders and their symptoms**. (The students must be aware of the symptoms of these disorders to determine whether they can work with any of these or not. The intention behind this segment is that therapists take only those cases for which they are trained and refer those for which they are not trained).
- Practice/ discussion/ suggestions/ strategies for using direct and indirect forms of hypnosis to deal with some of these disorders.
- Advanced techniques like new behavior generator, hypnotic dreaming, catalepsy for healing etc.
- Interview techniques for problem identification.
- Setting up own practice of Hypnotherapy

### Certification:

#### Clinical Hypnotherapist

### Eligibility:

Master Practitioner of Hypnotherapy

## 5. Award of the Diploma:

Successful completion of all 3 levels as per the assessment and evaluation criteria would make a student eligible for award for Diploma in Clinical Hypnotherapy.

All participants will write 8 case reports (according to prescribed guidelines) before being awarded the Diploma. All cases preferably must be of different kinds of problems.

The objective behind submitting reports is to enhance your own confidence in your ability to do meaningful work with your clients.

***Each successful candidate will be eligible for applying to register as a Registered Medical Practitioner with Indian Board of Alternative Medicine, Kolkata (through our office).***

On getting registered he/she will be able to prefix the title 'Dr.' in front of his/her name. For example: **Dr. Somesh Chadda, RMP, C. Ht.**

***(The fee for this registration is to be paid separately)***

## 6. Trainer's Credentials - As a Hypnotherapist and a Trainer of Hypnosis:

I received my training in NLP and Hypnosis from world class trainers. I have learnt **directly from Dr. John Grinder and Dr. Richard Bandler** (who both practice Ericksonian Hypnosis in all they do) and are the co-developers of NLP. I learnt from **Dr. Tad James (from whom I received my Hypnosis Trainers Training)**. I also spent **17 days learning Ericksonian Hypnosis and Self Relations Therapy from Dr. Stephen Gilligan (San Diego in July 2006)**. Dr. Gilligan is one of the direct students of Milton H Erickson to whom Dr. Erickson entrusted the desire to pass on his legacy. Plus I also went through the 3 levels of training offered by California Hypnosis Institute in India. I have been now practicing hypnotherapy very successfully for the past several years.

I am a Trainer Member of USA based organizations, viz.

- **American Board of Hypnotherapy, and**
- **American Board of NLP.**

Today I use hypnosis as a key ingredients of all my work in corporate trainings and otherwise. I am able to support my one-on-one therapy clients to get excellent results from my interventions rather quickly.

## 7. Guarantee

***I, Dr. Somesh Chadda, guarantee that if at the end of any training if you are not entirely satisfied with what you have learnt, I will spend extra time with you and if even that does not satisfy you then I would return you entire tuition fee without any delay.***

***Moreover, I will be available to you as a coach supporting you in implementation of what you learnt with me after the course is over.***

## 8. Investment Structure

*The following fee structure has been created to help most people take advantage of different possible options. A special fee structure is being offered (see **package offers later** for those who wish to participate in more courses)*

### **Diploma in Clinical Hypnotherapy:**

|                    |                      |
|--------------------|----------------------|
| Module 1           | Rupees 6,000         |
| Module 2           | Rupees 13,500        |
| Module 3           | Rupees 10,000        |
| <b>Grand Total</b> | <b>Rupees 29,500</b> |

**One time payment for the entire diploma course: Rupees 29,500 only**

(Fee includes government taxes amounting to 10.30%)

### **Early Bird Incentive:**

*If you pay before 29<sup>th</sup> Nov 2009, you avail of a further concession of Rs. 1000 on the published fee.*

## 9. Additional Trainings and Investment Packages

If you are interested in learning competencies to help others either as a psychotherapist, counselor, coach or a trainer, you can participate in our other world class trainings.

***Once you join this Diploma, you will be eligible for concessional rates in all our future trainings – Certification Courses for Neuro Linguistic Programming (NLP), Time Line Therapy (TLT).***

## 10. Payment Process

Payments to be made in local cheques/ demand drafts payable in **Delhi** favoring '**Somesh Chadda**'.

You can also deposit the cheques by courier or deposit the cheque in one of the bank branches.

The information would be provided to you once you confirm your participation.

**For Further Information:**

Please *call* me at **+919810037143** or

*Write* to me directly at [someshchadda@gmail.com](mailto:someshchadda@gmail.com)

**Dr. Somesh Chadda**

(Certified Trainer of NLP, Hypnosis and Time Line Therapy

Organizational Consultant and Trainer, Success Coach)

## Who was Dr. Milton H Erickson?

Dr. Milton H Erickson, who was and is still considered to be the best hypnotherapist of the 20<sup>th</sup> century, Trained as a psychiatrist, Erickson used hypnosis in first healing himself of his polio and then did extensive research in the field of Hypnotherapy so that he could heal and help almost all the clients who would come to him. He was one of the people, whom co-developers of NLP, Dr. John Grinder and Dr. Richard Bandler, modeled (that is imbibed Dr. Erickson's communication and therapy processes and created models which all of us can follow to get almost similar results that Dr. Erickson would get for his clients). With more research on his work, the magic of his principles, philosophy and strategies is still unfolding.