



**National**  
University of Health Sciences

*www.nuhs.edu*

***Lincoln College of Postprofessional, Graduate  
and Continuing Education***

National Guild of Hypnotists Hypnotherapy Program

**NEW START  
DATE**

# *Hypnotherapy* *Certification* for health care providers

*Weight loss, smoking cessation, stress management,  
physical performance, self-confidence...*

---

**NUHS Campus • Lombard, IL  
March - November, 2008**

---

**INSTRUCTOR:**  
**Leena Guptha, DO, BCH, PhD**

NUHS is accredited by the Higher  
Learning Commission of the North Central Association of Colleges and Schools.  
[www.ncahigherlearningcommission.org](http://www.ncahigherlearningcommission.org)

## ■ **OVERVIEW: Hypnotherapy**

Dr. Gupta offers one of the most complete National Guild of Hypnotists (NGH) courses in Hypnosis, Imagery and Suggestion that is available. This 100-hour certification program includes hands-on supervision and instruction, independent assignments with theory and practical exams for both Levels I and II.

The Level I curriculum is designed to provide a complete classical approach to hypnosis, enabling each participant to become familiar working with weight, smoking and stress problems for both individuals and groups. Upon completion of Level II, each participant will be able to help clients deal with fears and anxieties, self-confidence and esteem issues, sports performance, career coaching, sales performance and most other problems seen by hypnotherapists. Special emphasis is placed on training participants in Goal Image Focusing Technique (GIFT), a proven 6-step modern behavioral program for changing habit patterns.

The NGH training offered by Dr. Gupta is based on 18 years of research and proven field-tested behavioral programs. Each participant will have the opportunity to gain confidence by practicing with other students. The primary objective is to teach all aspects of hypnosis and its applications as thoroughly, scholarly and completely as possible.

All classes are conducted using NGH teaching materials. Successful graduates will be eligible to be designated as Certified Hypnotherapists (C.Ht.) by the National Guild of Hypnotists, the oldest and largest organization of its kind with members across the US and in more than 40 countries.

## ■ **COURSE OBJECTIVES AND SESSION HIGHLIGHTS**

### *LEVEL I: Basic Hypnotherapy*

#### **HYP-1: March 1 - 2, 2008 (14 hours)**

##### Part 1: PRELIMINARY SUGGESTIBILITY TESTS:

The purpose and types (authoritarian and permissive) are discussed, demonstrated and practiced.

##### Part 2: RECOGNITION AND CLASSIFICATION OF SUBJECTS:

An in-depth discussion of the qualification of subjects, including common fallacies we encounter, occupational suggestibility, age and suggestibility of highly impressionable and emotional people.

##### Part 3: INFLUENCES AND DANGERS:

Discussion focuses on the influence of light, color, temperature, odors, music, sound and emotions and their effect on inducing hypnosis. Favorable and unfavorable influences, office environment, dangers of hypnosis, dangers to the hypnotherapist, unqualified therapy and age regression are discussed.

#### **HYP-2: April 5 - 6, 2008 (14 hours)**

##### Part 4: HOW TO HYPNOTIZE:

A 3-step classical hypnotic induction procedure is introduced. The techniques are practiced and all participants are critiqued.

##### METHODS OF AWAKENING:

Ordinary and gradual awakening methods are shown. Participants practice a self-hypnosis induction and awaken themselves.

##### Part 5: DEPTH STAGES OF HYPNOSIS:

Participants are introduced to the six depth stages of hypnosis and the criteria for judging trance depth. Participants practice depth testing to assess depth of hypnosis.

##### Part 6: SUGGESTION MANAGEMENT:

Participants will learn the rationale for using self-hypnosis and how it can influence all phases of their lives. In addition, they will be introduced to the world of suggestion and learn six important criteria for formulating action suggestion.

#### **HYP-3: May 3 - 4, 2008 (14 hours)**

##### Part 7: HYPNOTIC MISCELLANY:

Mechanical aids, post-hypnotic suggestions, instantaneous and indirect methods, waking hypnosis, introducing hypnosis to the subject are discussed.

##### Part 8: DEEPENING TECHNIQUES:

A variety of deepening techniques and topics, such as negative word traps, are discussed.

##### Part 9: ANESTHESIA MANAGEMENT:

Surrogate devices to maintain anesthesia, combining hypnosis and chemical anesthesia, benefits in childbirth and the controversial aspects of hypnosis are discussed.

#### **HYP-4: May 31 - June 1, 2008 (15 hours)**

##### Part 10: HYPNOSIS APPLICATIONS:

Smoking cessation, weight control, stress management.

### **LEVEL I: THEORY AND PRACTICAL EXAM**

## **LEVEL II: Advanced Clinical Hypnotherapy**

### **HYP-5: September 27 - 28, 2008 (14 hours)**

#### **Part 1: WHAT IS HYPNOSIS?**

A complete technical and simple explanation of hypnosis is explored. Concepts of primary and secondary suggestibility are introduced.

#### **Part 2: THE FIRST SESSION WITH A CLIENT:**

The timing and structure of the first hypnosis session with a client is outlined and practiced - how to explain hypnosis to a client; which induction method to use; and how to incorporate suggestibility testing and/or depth testing when appropriate.

#### **Part 3: ASSESSMENT, GOAL SETTING AND REINFORCEMENT:**

The methodology to develop a treatment plan for most presenting problems is emphasized through interactive discussions and application exercises. Participants will also learn the BASIC assessment model and a format for developing goal setting skills and reinforcement scripts.

### **HYP-6: October 25 - 26, 2008 (14 hours)**

#### **Part 4: IMAGE PSYCHOLOGY AND HYPNOSIS:**

Through case studies, role play activities and illustrations, the practical applications of using imagery in conjunction with proven ego-strengthening techniques are explored and practiced.

#### **Part 5: SESSIONS TWO, THREE AND FOUR WITH A PATIENT:**

Participants are taught to structure all additional sessions with clients, including the development of treatment plans.

#### **Part 6: SELF-HYPNOSIS TRAINING:**

A 3-step method is demonstrated and participants construct their own system for teaching a complete program.

### **HYP-7: November 15 - 16, 2008 (15 hours)**

#### **Part 7: YOUR HYPNOSIS PRACTICE - HOW SHOULD IT BE STRUCTURED?**

The varied possibilities and options to enhance a profitable hypnosis practice are explored. This includes how to start or expand one's private practice. The methodology and structure of developing a teaching practice and scope of practice is presented

Part 8: AGE REGRESSION (uncovering techniques): Participants learn the rationale and specific applications for using uncovering techniques. These methods include calendar method, affect-bridge technique and automatic writing.

## **LEVEL II: THEORY AND PRACTICAL EXAM**

### ■ **LOCATION**

National University of Health Sciences Clinic  
200 East Roosevelt Road  
Lombard, IL 60148  
www.nuhs.edu  
Building B - 2nd Floor  
Room 539 / Training & Assessment Center (TAC)

### ■ **INSTRUCTOR**

#### **Leena Gupta DO, BCH, PhD**

- ND, DO, British College of Naturopathy and Osteopathy, 1990
- PhD, Natural Medicine, Medicina Alternative Institute, 1998
- Certified Hypnotherapist, National Guild of Hypnotists, 1997
- Advanced Clinical Hypnotherapy Instructor
- NGH Board Certification and Medical Hypnosis, 1999

### ■ **COURSE CHAIRPERSON**

#### **Leena Gupta**

610/866-0826

holisticdoctor@verizon.net

### ■ **TIMES**

#### **HYP-1, 2, 3, 5, 6**

Saturdays 9:00 am–6:00 pm

Sundays 8:00 am–2:00 pm

14 hours per session

#### **HYP-4, 7**

Saturdays 8:00 am–6:00 pm

Sundays 8:00 am–2:00 pm

15 hours per session

**Tuition includes:** Student Training Manuals (Level I and Level II), Audio and Video Tapes, Business Start-Up Portfolio, Scripts, Pendulum and Chart. PLUS, upon completion of your studies, you are eligible to receive certification from the National Guild of Hypnotists and will receive your personalized 11x14 Certificate, Embossed Membership card, 12-Month membership in the National Guild of Hypnotists, The Journal of Hypnotism and Hypno-Gram subscriptions, and a complete set of new member materials.

