



NEUROMASTERS  
ACADEMY

# Hypnosis & Hypnotherapy

An Introductory Guide

The What, Who And Why

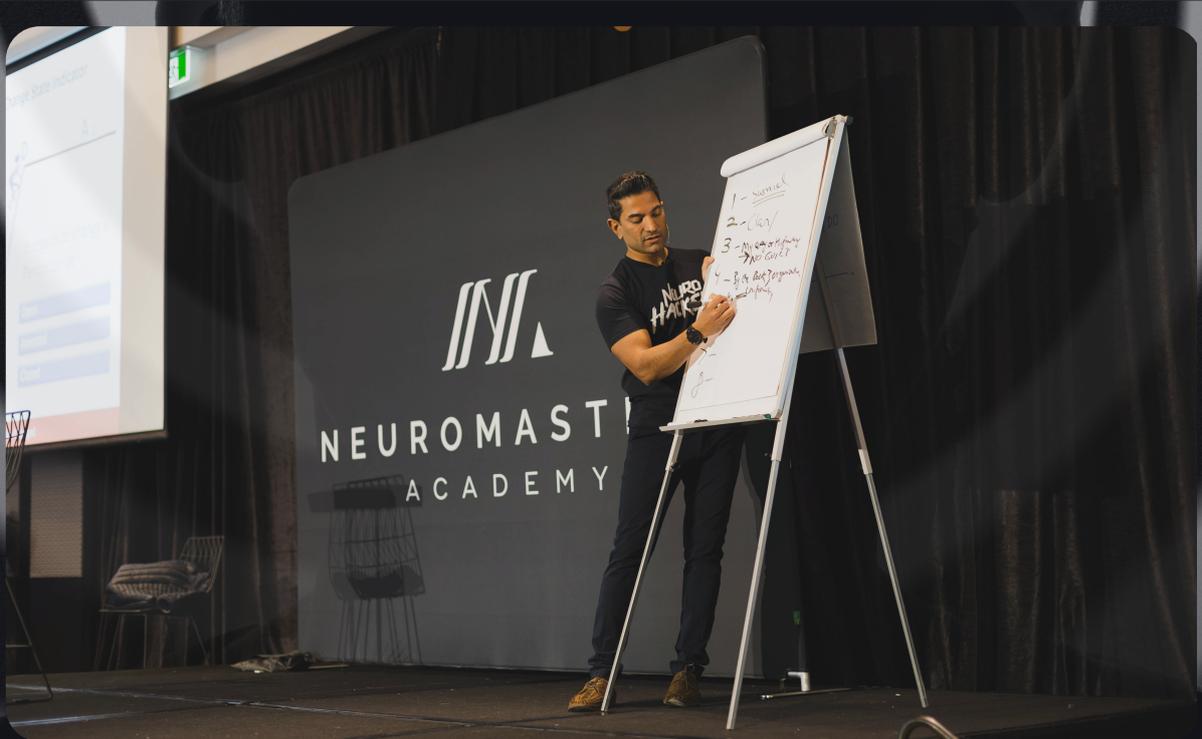
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Neuro Masters Academy

Where Lives Are Changed

# What Is Hypnosis & Hypnotherapy?

Current thinking in psychology generally agrees that we all have a conscious mind and an unconscious mind. However, making changes in our attitudes, beliefs, and values is not an easy task for most people as they tend to approach the change consciously. But for a change to occur it needs a two-pronged approach to the Conscious Mind and the Unconscious Mind.



Hypnosis serves as a facilitator in this process by making the unconscious mind more receptive to suggestions from either a hypnotist or oneself.



The Unconscious Mind is the part of you that controls your body functions, such as breathing even while you sleep. It is responsible for maintaining your heartbeat and facilitating the transmission of information through neural pathways. The Unconscious Mind holds the intelligence necessary for the functioning of your body. Hypnosis and Hypnotherapy allow you to tap into the power of the Unconscious Mind to change your life for the better.

After extensive research, it is evident that hypnosis is a credible, scientifically-based approach to effectively bringing about change at the unconscious level.

# WHO IS HYPNOSIS FOR?

**We think Hypnosis is for everyone as it is one of the most powerful sets of tools to help oneself and others. However, people who learn hypnosis or become hypnotherapists commonly include those who're looking to improve their life or business outcomes, those who help others do the same, including – life coaches, success coaches, therapists, psychologists, psychotherapists, business executives and most certainly those looking to help others get rid of phobias, unwanted behaviours and addictions.**

The general public do not have the ability to do this. But as a hypnotherapist, you are able to use specialised techniques that penetrate the conscious guards of your client's and allow them to tap into the power of their unconscious mind.

You can then create change at an unconscious level and truly help people by getting to the root of their problems. Willpower can only do so much when you're trying to change. But by targeting the unconscious root causes of one's mental and physical wellbeing – you are able to create change that lasts.

After undertaking your hypnotherapy certification training, you'll be able to fast track anybody's journey of change. Of course, you'll be able to apply the knowledge you gain to your own life and achieve greater success

# As a Hypnotherapist

## what will I be able to do?

By learning Hypnosis, on the one hand, we are learning how to be superb Hypnotherapists, with the ability to lead others to the rich benefits of trance. On the other hand, we are learning how to be great hypnotic subjects, who can access those benefits by entering trance ourselves.



With Hypnosis, you can tap into real power to create change in your life, heal what needs to be healing, preserve learning experiences from the past, and make new neurological connections to manifest your dreams.

For these purposes, we teach NLP, Time Line Therapy® and Hypnosis to hundreds of people each year. If we have, and build, rapport with our Unconscious Minds, we will have all the resources we need to create the future of our dreams and control our own destinies.



YOU'LL HAVE THE POWER TO HELP OTHERS:

- /// Quit smoking
- /// Control pain
- /// Lose weight
- /// Enhance performance
- /// Increase confidence
- /// Overcome fears and phobias

And so much more...

# What can I expect from the Hypnosis Certification Training?

This 4-day program will enable you to accelerate the desired transformation in behaviours and inspire physical, and mental health and wellbeing.

During the course, you will learn how to guide yourself and others to quit smoking, control pain, lose weight, reduce stress and enhance performance.



This 4-day program would be suited to individuals seeking positive change in their lives, health care professionals and practising therapists. You will learn and be taught through captivating conversation, enlightening demonstrations, and interactive exercises.

You will be able to use hypnosis immediately after this fun-filled informative training.

At the end, you will take home your manual to complete your open-book test.

Once your test is complete and you have your certification you will be able to see clients and start changing lives.



# **DURING THE HYPNOSIS TRAINING, YOU'LL LEARN EFFECTIVE HYPNOSIS TECHNIQUES TO:**

- ///▲ Change Your Life and Assist Others to Change Theirs**
- ///▲ Create Effective Suggestions to Use In Hypnosis**
- ///▲ Create Powerful Motivation for Change**
- ///▲ Stop Overeating**
- ///▲ Stop Smoking**
- ///▲ Eliminate Stress**
- ///▲ Record onto USB or Digital Audio**
- ///▲ Use Hypnosis Legally and Ethically to Create Change**

Hypnosis has been scientifically proven to be effective in creating change in certain repetitive behaviours including smoking and weight loss, stress reduction, motivation and pain control. Our accelerated weekend hypnosis training course is excellent for anyone who wants to learn hypnotherapy with a maximum of “hands-on” experience. Over the course of our hypnosis training you will be guided through the Basic Hypnotherapist training by one of our top instructors, using “hands-on” practice, lecture, and discussion.

# You will find that you can use hypnosis successfully after just these 4 days.

If you want to receive your hypnotherapy certification, all you need to do is work through our suggested reading, complete a written test and send it in during training. If you have any questions, you can always call us.



# Why Attend This Accelerated Hypnosis Training?

## Hands-On Hypnotherapy Training

If you have taken other Hypnosis training, you will probably find this easier to learn than most. The reason being that we lay the course out logically, making it easy to learn by building on your success over the course of the training. You won't have to watch long, boring videos of someone else doing Hypnosis — YOU WILL SEE IT LIVE AND YOU WILL DO IT. You can learn it easily.

All of our trainers are certified hypnosis trainers as well as being either Certified Trainers of NLP or Master Trainers of NLP. Furthermore this hypnosis training is designed to be simple to learn and easy to master.

## Outstanding Trainers

## Learn New Ways To Accomplish Your Goals

If you are a parent, you will find that this is an eye-opener. If you are a therapist, you will wonder why you did not learn this earlier. If you are a health-care professional you will find that your practice goes more easily and smoothly. AND "IF" you are just interested in Hypnosis, you will love this weekend training.

In the offices, we have highly qualified personnel who are on hand daily to support you in getting the results you want. You can just call any time.

## Ongoing Support



# CERTIFICATION IN BASIC HYPNOTHERAPY

Upon successful completion of your hypnosis training, you will have the option of applying for Certification through the American Board of Hypnotherapy (ABH). Certification is currently US\$120 per year and gives you the backing of an internationally recognized Certification Board.



**Keen to learn more?**

# Book Your Discovery Session ✨

To be considered for the program, applicants must schedule and attend a phone call with one of our Senior Team Members. On This Quick Call, We Will:

1. Provide you step-by-step of the minimum requirements to become a board-certified Hypnotherapy or NLP Practitioner.
2. Show you the many options you'll have, to be able to apply Hypnosis for your transformation and to help others experience immediate and permanent changes.
3. Provide you with a custom plan for building a career/business doing what you love and helping others.

## Ready to change lives?

**Absolutely!**

Click the button above and let's go!



# Chat With Us

*(About Anything Really)*



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