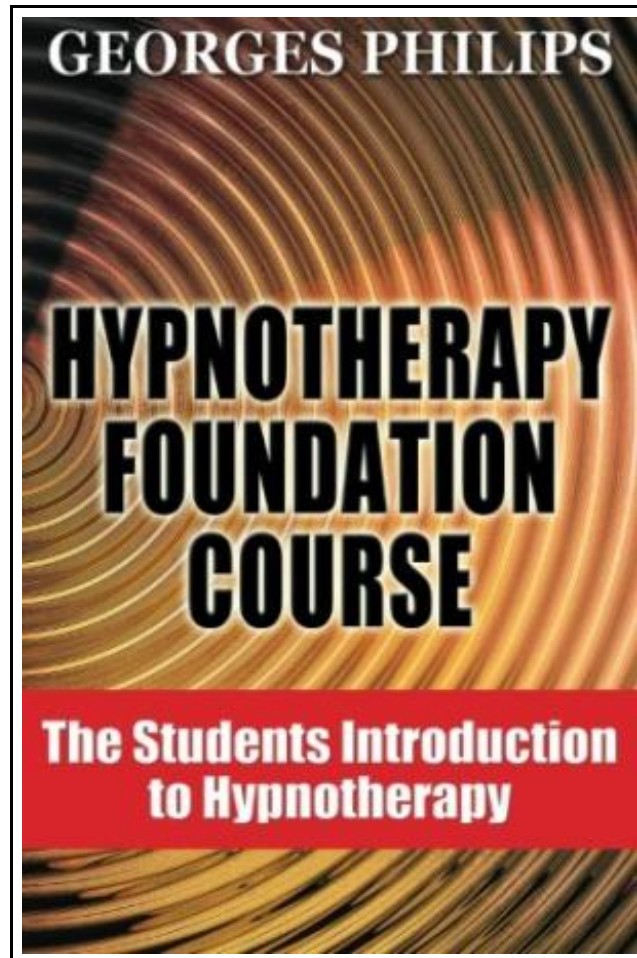


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Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

(Dr. Lera Spencer)

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Georges Philips. Paperback. Book Condition: New. Paperback. 134 pages. The Hypnotherapy Foundation Course is written for the prospective student of hypnotherapy considering hypnotherapy as a profession and those who seek to expand their understanding of the subject. The course consists of 5 self-study modules which will guide you through your task of gaining an overview of the principles and practice of hypnotherapy. The content and a brief description of each module is given below. **MODULE 1** What is hypnotherapy This module defines the subject and will provide you with some background information about the nature of the topic. Module 1 contains the following sections: What is hypnosis Everyday forms of trance Misconceptions about hypnosis Trance phenomena A potted history of hypnosis **MODULE 2** The hypnotherapist This module examines the work and the role of the hypnotherapist. Module 2 contains the following sections: The unconscious mind What is a hypnotherapist Clinical hypnotherapy Analytical hypnotherapy **MODULE 3** Therapeutic techniques This module introduces the principal hypnotic techniques which are employed by the hypnotherapist when treating clients. Module 3 contains the following sections: Eliciting client information Trance-induction Self-hypnosis Therapeutic suggestion Therapeutic metaphor **MODULE 4** Counselling techniques This module introduces the general counselling techniques which are employed by the hypnotherapist when treating clients. Module 4 contains the following sections: Belief restructuring Stress management counselling **MODULE 5** Self-development techniques This module introduces a number of self-development techniques which are employed by the hypnotherapist when treating clients. Module 5 contains the following sections: Neuro-linguistic programming Positive thinking Assertiveness **COURSE FORMAT** In each module you will find sections of reading matter accompanied by a series of Self-Assessment Questions. These questions are designed to aid your understanding of the material which you have previously studied and should act as a checklist to ensure that you have grasped the main elements of what you have read. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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