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Hypnotherapy Foundation Course: The Students Introduction to Hypnotherapy

By Georges Philips

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: Relief restructuring Stress

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