

Hypnotherapy Training Program

2013 - 2014



Add "Hypnotherapist" to your Credentials

Start a new career, or take your existing practice to a new level with hypnosis, and other rapid and effective healing techniques. No previous experience needed. All necessary skills and training will be covered in the program to enable you to become a proficient and confident hypnotherapist.

Hypnotherapy is becoming widely known as an effective modality in discovering psychological and emotional roots of stress and dysfunction. Used alone or combined with other holistic and allopathic treatments, hypnosis has been shown to be effective in enhancing self-awareness, speeding recovery, and maintaining wellness.

There are two courses in this training program, providing powerful techniques for:

- holistic or allopathic health practitioners who wish to incorporate hypnotherapy into their practice
- those who wish to explore a new career path in hypnotherapy
- individuals who want to seek deep personal change and growth

Take the courses in any order. Each course consists of approximately 22 hours of home study and 28 hours of classroom experience. You will receive class materials prior to each class to begin the home-study portion.

Earn a "Certificate of Completion" for each course upon attending 28 hours of class instruction, and turning in documentation that you completed the required home study. After successfully earning certificates for both courses you will have completed 100 hours of training and may opt to take the culminating written exam. Those who pass the exam with at least 80% accuracy will earn a "Certificate of Competency," and qualify for membership in one or more professional associations and receive the designation of Certified Hypnotherapist.

Previous students who have taken Dr. LaBay's courses state that the experience was life-changing. Whether you choose to use your new skills in a professional practice or for personal development, you will undoubtedly come away with a wealth of experience. These courses are bound to expand your perspective, stretch your imagination, flex your intuition, satisfy your logical quest, and give you a stronger sense of self.

PROGRAM INFO SESSIONS – Free

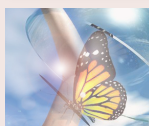
Learn more about this and our other non-credit weekend programs at one of our free Information Sessions: 7/24, 9/10, 1/8 or 4/9. Meet the instructors. Attend two free mini-workshops. Pre-registration required: www.Bastyr.edu/Continuing-Education

Program Courses (50 hrs/CEUs each)

(see a brief description of each course on reverse side)

Each course is offered three times during the year, can be taken in any order, and held over two weekends (a total of four days per course).

Saturday and Sunday, 9a.m. - 5p.m.



Awareness & Integration (choose one)

Fall '13: Sept 14-15 & Oct 5-6

Winter '14: Feb 1-2 & Feb 22-23

Spring '14: April 12-13 & May 3-4



Transformation & Healing (choose one)

Fall '13: Oct 26-27 & Nov 16-17

Winter '14: March 8-9 & March 29-30

Spring '14: May 17-18 & June 6-7

Fees - per 50-hr class

There are a total of two courses in the program, and you "pay as you go" by registering for each separately. Additional cost: one-time purchase of required text (approx. \$30). Register by the "early bird" registration date and receive a discount. The early bird deadline is typically two weeks prior to class start (see our website for specific dates).

The fee includes workbook (\$35 value) and a spiral-bound copy of *Scripts: A Quick Guide to Hypnotherapy Techniques*, (\$25 value).

	Early Bird	Regular
Professional & General Public:	\$635	\$765
Bastyr Alumni:	\$575	\$685
Full-time Student:		\$465
Retake:		\$225

To earn a Certificate of Competency you need to take both courses and pass the culminating exam with 80% or higher - a total investment of \$1,300 (at the prof/public "early bird" rate).

MARY LEE LABAY, PhD

Mary Lee LaBay holds a Doctorate in Behavioral Psychology. As a Certified Instructor of Hypnotherapy since 1999, she offers professional training in hypnosis, past life regression, and transpersonal discovery.



LaBay has authored five books on hypnotherapy, self-hypnosis, and past life regression. Additionally, she was named among the Top 100 Thought Leaders of 2007 by Personal Excellence magazine. She has maintained a private practice in Bellevue, WA, for over 15 years. To read more about the presenter, visit her website at www.maryleelabay.com.

CANCELLATION, TRANSFER & REFUND POLICY
Please submit your request in writing (email or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a \$35 processing fee or 20% of tuition, whichever is less. No refunds are granted for cancellations made with less than the 14-day notice. Returned checks will be assessed a \$28 fee. Students registered for the full course will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.

Edited 5/22/2013

BASTYR
UNIVERSITY

REGISTRATION: Visit www.Bastyr.edu/Continuing-Education
call (425) 602-3152, or at our campus office Room 441.

Hypnotherapy Training Program

Course Descriptions

Blended Learning Environment Home Study & Classroom Experience

Home Study:

The home-study will include information on:

- Setting a conducive environment, building rapport, establishing voice tonality and speed, conducting the intake session, and facilitating the hypnosis session through graceful transitions
- Various methods of induction, deepening, and emerging to achieve successful and safe sessions every time
- Working without scripts to maintain deep rapport, achieve client's goals, and be intuitively attuned to the client's experience as it unfolds
- The structure and application of the techniques presented, and case studies that provide a deeper understanding of their applications
- Conducting eight practice sessions to gain at least eight hours of practical experience outside of class

Classroom Experience:

You will attend two, two-day weekend classroom sessions. During the classroom-based instruction you will experience and practice techniques for:

- Several techniques to achieve hypnosis: Inductions, Deepening, and Emerging
- Guided imagery and creating a safe space
- Regression Therapy: a somatic and affect bridge
- Anchoring Techniques to securely integrate changes into client's present and future experience: The Empowerment Symbol, Role Model, and Future Pacing
- Professional ethics and the laws governing hypnotherapists.

Course Descriptions

Hypnotherapy: Awareness & Integration (50 hrs/CEUs)

Focuses on inner conflict and abusive or unresolved relationships, bringing you powerful tools and techniques to assist your clients with some of life's most challenging issues. Facilitate resolution of indecision, contradiction, and analysis paralysis, as well as conflicts and unresolved issues in relationships. Specific relationship conflicts include, but are not limited to, childhood abuse, problems with a boss or spouse, and achieving closure when relationships have ended or loved ones have passed on. During the classroom-based instruction, in addition to the core skills, you will experience and practice techniques to:

- Learn unique methods for accessing subconscious wisdom
- Discover and resolve roots of indecision, self-sabotage, and inner conflict
- Transform hurt, pain, trauma, and confusion from childhood, while restoring character and self-esteem
- Resolve and gain perspectives on issues with other people, dead or alive, including rehearse a confrontation with the boss, put to rest family dysfunction, and complete the grieving process
- Alter our perspective of challenging events and feelings from the past, and assimilate them positively for health and wholeness

Hypnotherapy: Transformation & Healing (50 hrs/CEUs)

Focuses on the mind/body connection in healing pain, trauma, and emotional discomfort. Through the knowledge and skills learned in this course, become empowered to facilitate lasting change and healing for your clients suffering from back pain, migraines, sports injuries, post-traumatic stress disorder, childhood or sexual abuse, phobias and fears. During the classroom-based instruction, in addition to the core skills, you will experience and practice techniques to:

- Discover the message in pain and emotions, and the pathway to resolution
- Uncover true desires, and the outcome of the present path
- Obtain separation from pain and distress, allowing for greater perspective
- Reduce the impact of traumatic experiences (a key resource in clients with PTSD); phobias; and physical, mental and sexual abuse
- Rapid relief of abreaction (uncontrolled grief or anger) during the session