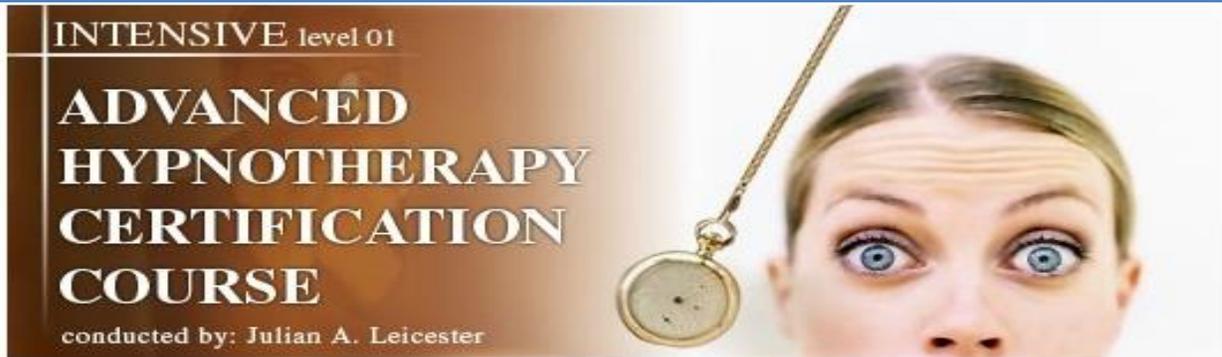


# Be tutored by a Clinical Expert



Julian A. Leicester is today Malaysia's leading and proven Subconscious specialist. He is often featured in the Medias on his achievements and work with hypnotherapy. Julian has years of proven client experiences to share with you. You will constantly have Julian's full attention and guidance in the course.

Have you always been interested to learn and use Self Hypnosis? How it can be used to effectively motivate your subconscious for optimal wellness, self improvement and outstanding performance? Here is a course that is just right for you. Sign up now for this Intensive hypnotherapy course with great value and, is reasonably priced. You will get study materials and certificate of attendance.

This course is designed for everyone who seeks this knowledge. It is conducted over a period of eight weekly evenings. The class is kept small to give you personal attention. By the end of the course you will know and be able to hypnotize in the areas of the mind body links to achieve your desired results.

**COURSE FEE: RM3, 500-00    DURATION: 3 Months    Start: 4<sup>st</sup> June 2013  
7pm onwards**



**HYPNO STATION – KUALA LUMPUR - MALAYSIA**

*Change Your Mind, Change Your Life Results*

We are Malaysia's Professional Hypnotherapy Centre

## HYPNO STATION CERTIFICATION – TRAINING MODULES

### HYPNOTHERAPY – Description

#### **Description**

The term "hypnosis" is derived from the Greek word *hypnos*, meaning "sleep." Hypnotherapists typically use induction techniques that bring about deep relaxation and an altered state of consciousness, also known as a trance. A person in a trance or deeply focused state is unusually responsive to an idea or image and can affect their own bodily functions and psychological responses.

#### **How does hypnosis work?**

When something new happens to us, we remember it and learn a particular behavior in response to that circumstance. Memories stored in our brains hold the original physical and emotional reactions that occurred when the given memory was first formed. Each time similar events occur again, the physical and emotional reactions attached to the memory are repeated. These reactions may be inappropriate or unhealthy. In hypnotherapy, the trained therapist guides you to remember the event that led to the first reaction, separate the memory from the learned behavior, and reconstruct the event with new, healthier associations.

During hypnosis, a person's body relaxes while his or her thoughts become more focused and attentive. In this relaxed state, a person will feel very at ease physically yet fully awake mentally. In this state of deep concentration people are highly responsive to suggestion. If they are trying to quit smoking, for example, a therapist's suggestion may successfully convince them that in the future they will have a strong dislike for the taste of cigarettes.

There are several stages of hypnosis. The process begins with reframing the problem; becoming relaxed, then absorbed (deeply engaged in the words or images presented by the Hypnotherapist); dissociating (letting go of critical thoughts); responding (complying whole-heartedly to the Hypnotherapist suggestions); returning to usual awareness; and reflecting on the experience.

#### **Benefits - Illnesses and conditions that respond well to hypnosis.**

Hypnosis is used in a variety of settings – from emergency rooms to therapist consultation – to relieve conditions with an emotional or psychological component. Studies suggest that hypnosis may improve immune function, increase relaxation, decrease stress, and ease feelings of anxiety.

Hypnotherapy is effective in reducing the fear and anxiety that accompany pain and uncomfortable medical or dental procedures. For example, when used during an operation, hypnosis may improve recovery time and decrease anxiety as well as pain following the surgery. Clinical trials on burn patients suggest that hypnosis decreases pain (enough to replace pain medication) and speeds healing. Generally, studies indicate that using hypnosis can lessen your need for medication, improve your mental and physical condition before an operation, and reduce the time it takes to recover. Dentists also use hypnotherapy to control gagging and bleeding.

A Hypnotherapist can teach a person self-regulation skills. For instance, someone with arthritis may be told that he or she can turn down pain like the volume on a radio. Hypnotherapy can also be an effective tool for managing chronic illness. Self-hypnosis can enhance a sense of control, which is often eroded by chronic illness. Children may benefit the most from hypnosis, probably because they are most easily hypnotized.

Studies shown in emergency treatment centers show that hypnotherapy reduces fear, anxiety, and discomfort and improves self-control and cooperation with medical personnel.

**Common treatment with Hypnotherapy:**

- Habits and certain addiction – smoking, alcohol, drugs
- Fear , phobia , panic attacks
- weigh loss
- asthma
- anxiety
- pain
- problematic habits (sleep walking, thumb sucking, nail biting)

**Problems or conditions that respond well to hypnotherapy include:**

- sleep disorders, including insomnia
- addictions
- warts
- bedwetting
- irritable bowel syndrome
- phobias
- migraine headaches
- stress
- cancer related pain
- eating disorders, namely anorexia and bulimia
- ...and many more.

## Syllabus / Training Modules

### **Proposed Topics**

#### **Part I & Basic Introduction to Hypnosis and Examination**

##### **Module 1.10**

- A History of Hypnosis
- The Mind Set of Healing
- The Power of Words
- A Theoretical Framework of Hypnosis
- Introduction to the Mind
- Communication
- Hypnosis and Religious Faith
- Body Systems
- Psycho-dynamics of a Symptom
- Symptoms Are Body Language

##### **Module 1.20**

- Applying Hypnosis Therapeutically
- Research-The Effectiveness of Hypnosis
- General Principles of Hypnotic Inductions
- Types of Hypnotic Inductions
- Causation
- Listening vs. Treating
- Re-integration
- Signs of Hypnosis
- E.E.G.
- Hypnosis and Sleep
- Apparent Failure of Hypnotic Induction

##### **Module 1.30**

- Levels of Hypnotic Trance
- Measurement of Hypnotic Trance
- Deepening of the Hypnotic Trance
- Graded Responses
- Safe Place
- The Value of Relaxation

- Maslow's Hierarchy of Needs
- Mind Body Therapy
- Resistance and Transference Issues
- Ego State Therapy
- Ego Strengthening
- Positive Thinking

**(Two Video Project Submission, Part I Examinations and two live clinical inductions for individual and group)**

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## **Part II & Advance Techniques to Hypnosis and Examination**

### **Module 2.10**

- Paradoxical intervention
- Quantum Psychology
- Milton Erickson Techniques
- Solution Focused Therapy
- Time Lines
- Anchoring
- Anchoring and Auto Hypnosis
- Stress
- Theory of the Human Psyche
- Hypno-analysis
- Principles Underlying Hypno-Analytical
- Under covering Techniques
- Life scripts, Dreamwork, Problem Solving, Problem Resolution, Jigsaw, Library Scene

### **Module 2.20**

- Memory
- Repression
- Psychological Standards
- Ideo Motor Signaling
- Metaphor
- Time Distortion
- Parts Therapy
- Catharsis
- Senses
- Regression
- Advanced pseudo-regressive therapy
- Dissociation

- Polarity dissociation
- Rapid inductions
- The Swish technique

**(Two Video Project Submission, Part II Examinations and two live clinical inductions for individual and group)**

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### **Part III & Specialization in Clinical Hypnosis and Examination**

#### **Module 3.10**

- The Law of Suggestions
- Primary and Secondary Gain
- Confidence and Self Esteem
- Sporting Applications
- Hypno-Healing Techniques
- Mind Body Communication
- Obstetrics
- Allergy
- Anxiety
- Asthma
- Cardio-Vascular Disorder
- Depression
- Dermatology
- Eating Disorder/Gastro Intestinal Disorder
- Bereavement
- Dissociative identity disorder
- Physical abuse
- Rape
- Terminal illness
- Anger
- Cancer
- Sexual abuse
- Cardiovascular disorders
- HIV and AIDS
- Pregnancy loss
- Substance abuse
- Weight gain/loss control
- Dysfunctional Relationships
- Managing Emotions

#### **Module 3.20**

- Contra-indications and Dangers
- Neurosis and Psychosis
- Professional Abuse
- Confidentiality
- Data Protection
- Cognitive Distortions
- Reframing
- Verbal Abuse and Bullying
- Hypnotic Practice
- Working in Different Languages

### **Module 3.30**

- Building Your Hypnotherapy Business and Career
- Sales and Marketing Strategies
- Your Public Image and Ethics
- Paper Work and Diagnostic Standards – Manual & Computerization
- AHPM Membership and CPD Courses

### **Our Students 2<sup>nd</sup> Half 2012:**



Dr Tan – MBA Lecturer



Pratheebhan – HELP  
Psychology Student



Mohd Abidin – HELP  
Psychology Student

**THIS IS ONE OF THE MOST HANDS ON TRAINING OFFERED TODAY TO YOU AT AN AFFORDABLE FEE WITH A GREAT VALUE!**

**REGISTER ME! (HYPNOSIS WELLNESS)** *Kindly complete the registration form and return to us by fax or email us as mentioned below.*

**DETAILS OF PARTICIPANT(S)**

Full Name (as per I.C): \_\_\_\_\_ Title: \_\_\_\_\_

NRIC No: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Residential Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Country: \_\_\_\_\_

Name of Company / Organization: \_\_\_\_\_

Designations: \_\_\_\_\_ Email: \_\_\_\_\_

Office Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Country: \_\_\_\_\_  
Telephone: Home: \_\_\_\_\_ Office: \_\_\_\_\_ Mobile: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

To Register Call: 012-3891552 (Julian) Email: [julianleicester@gmail.com](mailto:julianleicester@gmail.com) Website: [www.hypno-station.com](http://www.hypno-station.com)

**Payment Details**

- BY BANK TRANSFER – To be made payable to **JULIAN ALOYSIUS LEICESTER**, “A/C payee only” to our **Maybank Bank Account No: 114721046492** and keep your deposit slip for us as proof of payment.
- CHEQUE – Enclosed is our cheque for **RM 3,500** in favour of **JULIAN ALOYSIUS LEICESTER**  
Please ensure that your company and the participants’ name are written at the back of the cheque.

**NOTE:**

- Registration will only be confirmed upon payment. Payment must be received 3 working days prior to the commencement of the program.
- *This course consists of lecture classes and case study and hypnotherapy interventions. The candidate will be subjected to projects, internship and social hypnotherapy and also hypnotherapy business building coaching*
- There will be no refund for cancellations but seats are transferable.  
Please provide the name and designation of the substitute no later than **30 May 2013**.
- The organizer reserves the right to substitute the speaker, venue and dates, and programme of event without prior notice.
- All our terms and conditions apply