

self-hypnosis

the mind body interface

2 Days Intensive Course with Julian Leicester



LEARN SELF HYPNOSIS – 2 DAYS INTENSIVE COURSE

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 with 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 centres 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.

Self Hypnosis Syallabus / Training Modules

Proposed Topics – Self Hypnosis Intensive 2 days course

Day 1 – 22nd April 2013 10:00am to 5:00pm

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
- Listening vs. Treating
- 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
- Mind Body Therapy
- Resistance and Transference Issues
- Ego State Therapy
- Ego Strengthening
- Positive Thinking

Day 2 – 23rd April 2013 10:00am to 5:00pm

Module 2.10

- Solution Focused Therapy
- Time Lines
- Anchoring and Auto Hypnosis
- Stress
- Under covering Techniques
- Life scripts, Dream work, Problem Solving, Problem Resolution, Jigsaw, Library Scene

Module 2.20

- The Law of Suggestions
- Primary and Secondary Gain
- Confidence and Self Esteem
- Hypno-Healing Techniques
- Mind Body Communication
- Managing Emotions

(Course includes a manual, hands on training, lecture, case studies and self help techniques with hypnosis. All training will be taught by Julian Leicester personally)

THIS IS ONE OF THE MOST HANDS AND PERSONAL SPECIALIST TUTOR PROGRAM OFFERED TO YOU AT AN AFFORDABLE FEE WITH A GREAT VALUE!

REGISTER ME! (RM2,000 FEE) *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 Website: 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 **RM2000** 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 **19th April 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

Our Students 2nd Half 2012:



Dr Tan – MBA Lecturer



Pratheebhan – HELP
Psychology Student



Mohd Abidin – HELP
Psychology Student



HYPNO STATION – KUALA LUMPUR - MALAYSIA

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We are Malaysia's Professional Hypnotherapy Centre