



ORCA INSTITUTE

Hypnotherapy Certification Training

est. 1986



Choose your program

Basic
Hypnotherapy
Certification

Diploma
Hypnotherapy
Program

Start anytime! From anywhere!
Our courses are ongoing!
New! Reduced course fees!

Basic Hypnotherapy Certification Course Outline (6-8 Months, 285 Hrs.)

New! Learn about our virtual classroom for distance students!

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Please note: The Basic course can be taken from anywhere in North America at anytime. This course requires the student to attend a minimum of 6 weekends (Sat. and Sun.) in class in Vancouver, BC. or by distance through our **virtual classroom**. The balance is done through Distance learning which includes assignments, videos, textbooks, and exams.

The Orca Institute's Basic Counseling Hypnotherapy training course consists of:

1. Hypnotherapy I
2. Counseling Skills
3. Hypnotherapy II
4. Hypnotherapy III
5. Practicum

The practicum is taught through indirect supervision of student conducted practice sessions. The intent of this training is to give the student a good grounding in basic and advanced hypnosis and counseling skills as well as the ability to apply these skills in a therapeutic client-therapist relationship. Much focus is placed on professional ethics, respect and safety for the client. Students are also taught to work within their area of competence. The course is taught from a holistic or mind/body approach rather than from a purely psychological perspective. This allows for great leeway in touching on many related areas and in the ability to show how hypnosis is part of a much larger picture. The following is a detailed outline of what each section of the course covers and required materials.

Required Materials

Program Book list:

Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy Stephen G. Gilligan
Hardcover Textbook

Skilled Helper A Problem-Management Approach to Helping

Author: Gerard Egan

Exercises in Helping Skills The Skilled Helper

Choices: Interviewing and Counselling Skills for Canadians. Shebib, Bob

Included in this 8 month. 285 hour Course (20 hrs. per week)

Minimum of 6 weekends (Sat. & Sun.), 1 per mth. of onsite training in Vancouver or through our Virtual Classroom.

4 Basic Video DVD's (45 hours)

34 page course Basic manual

70 page Basic Video Manual

Support throughout the course by e-mail and/or our 800 number to a maximum of one year.

Hypnotherapy Skills 1

The intent of this section is to give the student a basic grounding in traditional hypnosis skills using "direct" methods. In addition to basic hypnosis skills, the student will also learn how other complementary approaches such as Yoga, Breathing, Meditation, Chi Kung, Acupuncture Theory, Chakras, Huna and Kinisiology integrate with and complement hypnotherapy. As is common throughout the complete program, the focus is on experiential learning. A manual written by the instructor is used in this course. The topics covered in the course are: History of Hypnosis, Defining Hypnosis, Synonymous terminology, Conscious, Sub-conscious, Super-conscious, Self Hypnosis techniques and other methods, Subjective and objective experiences in trance, Physiological response to stress, Suggestibility tests, Comparing direct and indirect approaches, Developing effectiveness, Techniques of hypnosis (progressive relaxation, count, fascination, fractionation, arm levitation, confusion, rapid induction, handshake, coin and

guided imagery), Deepening the trance (deepening techniques, levels of consciousness), Depth testing, Abreactions, Affirmations, Ideo-motor response, Wording of hypnotic suggestions, Representational systems, Anchoring, Vipassana Meditation.

Counselling Skills

The Counseling skills course is based on the textbook and workbook by Gerard Egan. Aimed at helpers, the text emphasizes the collaborative nature of the therapist-client relationship and using a practical, three-stage model that drives client problem-managing and opportunity-developing action, leads readers step-by-step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers master the various steps of the helping model, they should be able to improve their competence and confidence measurably. The 85 practical exercises in this manual allow the student to practice communication skills and each of the steps of the model in private before practicing them in actual helping interactions with others.

Hypnotherapy Skills 2

The main focus of this course is on Ericksonian Hypnosis. The concept is that once students have begun to master direct methods of hypnosis, they can begin the process of learning the more versatile and subtle form which is Ericksonian. The broad base of multi-level communication skills that students learn serves to enhance their ability to be "absorbed" in the therapeutic moment and really hear, see and feel what the client needs. The experiential aspect of this course includes demonstrations of various methods as well as students practicing with each other. The students will get feedback from each other as well as from the teacher.

Topics covered are:

- * Ericksonian definitions of hypnosis and hypnotherapy
- * Principles of Ericksonian Hypnotherapy
- * Induction approaches
- * Major steps in hypnotic inductions

Four induction approaches:

- * Directing the client's attention inwards
- * Non-verbal pacing and leading
- * Accessing a previous trance state
- * Informal hypnotic induction

Key Modalities of Ericksonian Hypnotherapy

- * Metaphor and stories
- * Confusion
- * Dissociation
- * Embedded suggestions
- * Generalities

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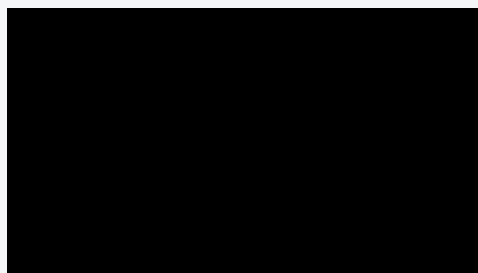
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Hypnotherapy Skills III

The intent of this course is to allow the student to incorporate skills that they have acquired in a psychotherapeutic context. This is accomplished by having students work with each other on real issues under supervision. We feel that the opportunity to be in the client role as well as the therapists can be a valuable learning experience and provide a different and important perspective. After each session the group will meet and each "client" and "therapist" will relate what they experienced in their session with the exception of confidential information. The teacher, as well as the rest of the class, will give feedback, support and ask questions. This format allows the student therapist to be guided throughout the course in a safe and supportive environment. Also touched on are areas not covered previously such as addictions, bulimia, abuse, hypoglycemia, etc., recognizing the symptoms and knowing when to refer as well as creating a business plan and how to promote. Evaluation consists of observation and verbal feedback.

Diane Auld talks about her teaching approach. If you have any trouble with playback then click the HD at the bottom of the screen to watch in standard definition. [List of Interview Questions.](#)



Hypnotherapy Clinical Practicum

The practicum is taught through indirect supervision of student conducted practice sessions. Students will conduct sessions with actual clients (Approx. 6 clients, 5 sessions each) and videotape one session. Progress will be supervised by the instructor as it proceeds by communicating with the student through phone or e-mail. The student's hypnotherapy and counseling skills will be critiqued for further refinement and accuracy. Students will also be required to observe a variety of sessions on video conducted by the instructor and others. An exam is to be completed before the end of the practicum.

Course Completion

The following is a list of the requirements for the Basic Hypnotherapy onsite Certification Program:

1. Counseling Course assignments
2. Watching all Video and reading texts and Manuals
3. 30 sessions with Clients
4. Completing a multiple choice and open book essay type exam.
5. Attending 60 hours of onsite class instruction
6. Videotaping 1 session

Once the student successfully completes and submits the required assignments they will receive a certificate from The Orca Institute as a Resident Hypnotherapist and will also be eligible to become a Resident Hypnotherapist with the International Association of Counseling Hypnotherapists. As an approved School with the American Board of Hypnotherapy a student also has the option of applying for their Certification as well. According to IACH standards a practitioner at the Resident Level can work in areas such as smoking, weight, stress, sports and phobias. Areas of practice such as medical, obesity, abuse, PTSD and other similar areas are restricted unless the practitioner can show specific training in a particular area. Please see <http://hypnotherapyassociation.org/NewStandards.html> for more detail.

[New! Learn about our virtual classroom for distance students!](#)

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Please note that students are required to be a member of the **IACH upon registering.**

Basic Onsite Course Location: Vancouver, BC

Course Schedule: Ongoing, Start Anytime!

Course Fee: CAD\$1985.00 (**New Payment Plan Available**)

Books: Approximately CAD\$130.00

[Currency Exchange rates](#)

Phone 1-800-665-ORCA (6722)

[Course Registration](#)