



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!

Counselling Hypnotherapy Diploma (640 Hrs. 8 months, 20hrs. per week)

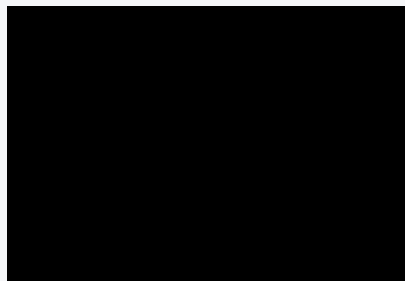
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This comprehensive 8 month course prepares the student to be proficient in hypnotherapy, counselling and various complimentary approaches. Students start with the Basic course. After successfully completing all of the required assignments of the Basic Course the student receives a certificate as a "Resident Hypnotherapist". Upon becoming a member of the **IACH** they also receive a second certificate as a "Resident Hypnotherapist" from the association. This allows the student to be in private practice with some restrictions which focus on staying within their area of competence.

As they seamlessly continue on, the student acquires a more sophisticated skill set which enables them to work with a broader range of therapeutic modalities eventually arriving at the final exams and assignments. Upon the successful completion of their requirements the student receives a Diploma as a "Counselling Hypnotherapist (cand.)". The cand. is deleted when the practitioner acquires 600 hours of working with clients. At The Orca Institute we strive to offer our expertise and support not only during but after the course through our support services.

The Distance Diploma course can be taken from anywhere at anytime. This course requires the student to attend a minimum of 6 weekends 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.

In this video Sheldon discusses some general questions on The Orca Institute's training. 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.](#)



The Orca Institute's Diploma Counseling Hypnotherapy Diploma course consists of:

1. Hypnotherapy I
2. Basic Counseling Skills
3. Hypnotherapy I
4. Hypnotherapy II
5. Hypnotherapy III
6. Basic Practicum
7. Resident Exams
8. Advanced Hypnotherapy
9. Advanced Counselling Skills
10. Counselling Hypnotherapist Exams
11. Practicum

This first part of this training gives 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 and respect for the integrity of the client. Students are also taught to work within their field 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 integrating many complementary approaches.

The Advanced or Diploma section of this program is designed to enhance and refine the skills

the student has acquired through basic with a strong emphasis on enhancing basic Ericksonian skills learned in the Basic Training . The course is taught through watching video of actual sessions, lecture, research and practice, the intent being to assist the student to achieve a high level of Hypnotherapy practice. This is accomplished in part by the wide range of actual sessions on video (60 hours) coupled with an in depth analysis by the teacher of the session including the intent of the therapist during key aspects of the session. This format allows the student to review specific procedures and gain valuable knowledge. Support is provided throughout the course either person, by phone and or e-mail. 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. 640 hour Course (20 hrs. per week)

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

4 Basic Video DVD's (45 hours)

34 page course Basic manual

70 page Basic Video Manual

3 Diploma course DVD's (60 hours)

240 page Advanced Video Manual

Approximately 350 (3 DVD's) hours of audio and video covering a wide range of approaches.

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 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.

Counseling 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

Phone 1-800-665-ORCA (6722)

Course Registration

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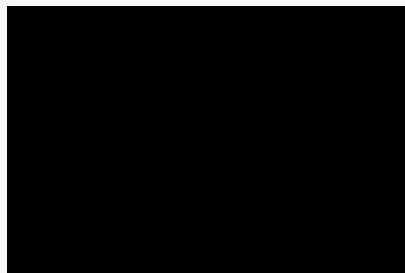
Course Registration

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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 in class as well as working with "clients" outside of class. 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 in class 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 of the student onsite or by video and verbal feedback.

Sheldon discusses hypnotherapy regulation in N.A. 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.



Practicum

The Practicum is taught onsite with indirect supervision of student conducted sessions with clients. 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.

Upon Successful completion of the required assignments he/she will receive a Diploma from The Orca Institute as a "Counselling Hypnotherapist(Cand.)" and upon joining the **IACH** (International Association of Counseling Hypnotherapists) become a Counselling Hypnotherapist(Cand.). Please note that students are required to be a member of the **IACH** upon registering.

New! Reduced course fees!

Learn about our virtual classroom for distance students!

Diploma Course fee: CAD\$4400.00

Books: approximately \$330.00

[New Payment Plan](#)

[Currency Exchange rates](#)

[Course Registration](#)