

The Canadian College of
**Advanced Hypnosis
and Hypnotherapy**

CLINICAL **HYPNOTHERAPY** DIPLOMA PROGRAM

A new career awaits you...
**JOIN US AND DISCOVER THE
UNLIMITED POWER OF THE MIND**



Dear Potential CCAHH Student,

It is with great pleasure that I write today to tell you about the Canadian College of Advanced Hypnosis and Hypnotherapy. It was in 2002 when I first embarked on my training as a Clinical Hypnotherapist, and it was by far the best career decision I could have made. Over the years I have had the pleasure of working with hundreds of clients and this field of work continues to be my deepest passion.

Being a Clinical Hypnotherapist has opened so many doors for me, both personally and professionally. Through my private practice I have been able to assist in the process of exceptional healing and growth on a daily basis. The powerful changes my clients have experienced, facilitated through hypnosis, have never failed to reconfirm my career choice. On the back of this success I have been very fortunate to also establish a career in motivational speaking and seminar training through our sister company InvisionYourLife.com. It's through this venture that I have been featured on CFAH-1070, In Focus Magazine and Vancouver Island Voyager.

It's been a true passion of mine to teach Hypnosis through seminars and workshops over the years and to continue my education through more advanced studies in specialist areas such as Emergency Hypnosis & Grief Counselling and Hypno-Birthing. It's for this reason I am delighted to offer this diploma course for future Clinical Hypnotherapists in Canada.

The College's guiding principles are very much aligned to the Code of Ethics for all Clinical Hypnotherapists and our teachings are innovative, fun, interactive and above all exceed the basic criteria required to ensure you graduate with all of the skills you require to start your own successful practice. You can be assured that all our graduates will be confident and have the continued support of the College during their career.

Please do not hesitate to call or email should you require further information.

I look forward to meeting you.

Warm wishes,



*A man is but the product of his thoughts
what he thinks, he becomes.* **Mahatma Gandhi**

WELCOME TO YOUR NEW CAREER

Clinical hypnotherapy is an exciting skill to learn, whether for your own expanded awareness or as a profitable healing profession. It is also a fantastic foundation for any other holistic or medical profession you may decide to investigate in the future, and an ideal complement to any healing modality in which you are currently trained.

Your timing couldn't be more perfect! Never before has hypnotherapy been so openly accepted by such a wide and diverse representation of our population. Medical practitioners in Canada are leaning more toward self-help and personal responsibility for health and wellness. Opportunities for hypnotherapists exist in private practice, group practice, law enforcement, hospital in-house programs, development of corporate projects, seminars and much, much more.

As a hypnotherapist, you will be entering a profession that not only allows you to be independently employed, with creative freedom, but also allows you work closely with some of the most interesting people in the world, from traditional and non-traditional clinicians to a wide array of clients from all walks of life.

Hypnotherapists in BC earn between \$95 and \$350 per hour and enjoy the immense satisfaction of helping others achieve physical and emotional wellness through the incredible power of hypnotic suggestion!

WHAT CLINICAL HYPNOSIS CAN ADDRESS:

Smoking

Childbirth

Human behaviour

Health problems

Forensic Hypnosis

Regression therapy

Stress management

Relief of headaches

Goal setting

Weight loss

Fears & anxiety

Increased self esteem

Relaxation techniques

Co-dependency

Improved self confidence

Pain Control

Self improvement

Loneliness

Public speaking

Sports improvement

Human relations

Grief counselling

Memory control

Re-program sleep habits

Cancer outreach

Taking back control

UPON SUCCESSFUL COMPLETION OF THE PROGRAM, YOU WILL HAVE:

- **A complete learning portfolio of case studies & assignments**
- **An extensive script library and the expertise to write your own personalized scripts**
- **3 invaluable training manuals (one for each module)**
- **Access to ongoing support**
- **Strategies for marketing, sales and networking to help you build your hypnotherapy practice**
- **Alumni membership to The Canadian College of Advanced Hypnosis and Hypnotherapy website (coming soon), which entitles you to a listing and picture on the College's directory promoting your service**
- **Subscription to the CCAHH's quarterly newsletter, full of interesting articles and up-to-date study in the fields of hypnosis, NLP and neuroscience, plus case studies and information about new hypnosis training courses and seminars**
- **Up to 40 hours of client hypnosis experience**
- **A specialization in two areas of hypnotherapy**
- **Membership to the International Medical and Dental Hypnotherapy Association (IMDHA)**
- **Eligibility for membership to the National Guild of Hypnotists (NGH)**

OVERVIEW

The belief at the heart of The Canadian College of Advanced Hypnosis and Hypnotherapy (CCAHH) is that to be a great Hypnotherapist you need to be fully competent in all three modules; Hypnosis, Master Hypnotist and Clinical Hypnotherapy.

CCAHH graduates are unique in that they are cross-trained in several techniques, such as Milton Erickson, David Elman, Gil Boyne, John Kappas, Terrace Watts, basic Neuro Linguist Programming (NLP), plus others as time allows. These teachings enable our graduates to hypnotize anyone.

It is therefore essential to understand how, where & when to use these skills in a natural and flexible way so as to be a skilful and humanistic therapist.

CCAHH conforms to the guidelines of the National Guild of Hypnotist's Creed, Code of Ethics and Standards, Constitution and Charter. The curriculum is designed to ensure all students exceed the expectations set out in these standards.

The teaching objective is to fully integrate the use of hypnosis so you can develop safely and skilfully as a Hypnotherapist. All modules are practical and experience-based unless they are obviously historical, educational or theoretical.

All of our classes take place at our downtown Courtenay campus in the heart of the magnificent Comox Valley.

Assessment will be continual throughout the training and certification awarded at the end of each module, based upon proven depth of understanding, course work and above all the ability to demonstrate practically applied hypnosis. In order to graduate through the system you must successfully complete each module and all parts of it. Student learning, support and supervision are integral within the training.

The CCAHH takes a degree-level approach. At the start of the term all students will be asked to select Major and Minor specializations that they will research during term and submit a paper at the end of term as part of the overall course assessment.

MODULE 1: HYPNOTIST CERTIFICATE

CLASS SYLLABUS

Module 1 Pre-requisites are:

A personal interview with the school owner and acceptance into the course.

(See page 10 for more detailed criteria for acceptance)

Module 1 is designed to give you an insight into hypnosis and develop the ability to apply it for your personal use. You will learn the history, theory and practical applications of hypnotic suggestion therapy.

The training is intended to introduce you to the power of hypnosis in a way that is educational, fun and practical. The outcome of this module is that you will have at your disposal a powerful and proven tool for change and empowerment. Upon completion of this module you will have acquired skills in relaxation techniques, be able to reduce fears and anxieties, re-program sleep habits, build self confidence, increase self esteem, relieve headaches and utilize the art and science of Self Hypnosis.

CONTENT

- Myths & Misconceptions
- Theory of the Mind
- Suggestibility
- Semantics
- Progressive relaxation
- Self Hypnosis
- Basic Hypnotic Inductions
- Pain Relief

By the end of Module 1 students are expected to complete all homework assignments, case studies, practice and reading assignments as well as choose their Minor and Major specializations, and submit an outline for approval.

*To see a thing clearly in the mind
makes it begin to take form.*

Henry Ford,
Theosophist Magazine, Feb. 1930

MODULE 2: MASTER HYPNOTIST CERTIFICATE

CLASS SYLLABUS

**Module 2 Pre-requisite is the successful completion of the Hypnotist Certification.
(Module 1)**

This module is designed to deepen your understanding and skill in therapy and hypnosis. In addition to learning new inductions and hypnotherapeutic processes, you will be introduced to the theories and thinking of the major influences in psychotherapy. We explore the power of the subconscious, the common conditions for which hypnotherapy is beneficial, and the responsibility and awareness necessary to be a safe and effective therapist.

On the successful completion of this module you will have mastered advanced techniques of hypnosis and have a greater understanding of how the conscious and subconscious mind works. This will enable you to assist clients with a multitude of problems including pain control and health problems. You will also have an understanding of other therapeutic processes and approaches that are of benefit in psychological healing, growth and personal empowerment.

CONTENT

- Deepening techniques
- Hypnotic depths
- Test for hypnotic depths
- Somnambulism
- Esdaile
- Advanced Hypnotic Inductions
- Age and life regressions
- Body Syndromes
- Expanding Consciousness
- Hyper-suggestibility
- Emergency techniques
- Mind-body connection
- Dis-association and Re-association
- Anaesthesia
- De-hypnosis

By the end of Module 2 students are expected to have complete all home work assignments, case studies, practice and reading assignments.

MODULE 3: CLINICAL HYPNOTHERAPIST

CLASS SYLLABUS

Module 3 Pre-requisite is the successful completion of the Hypnotist and Master Hypnotist course and examinations. (Modules 1 & 2)

This final module teaches you how to use advanced techniques in hypnotherapy. You will understand the benefits of hypnotic trance and how it can help in cellular healing. Explore how you develop your own unique creative potential and offer your services as a hypnotherapist. The training provides a platform on which you can build your own unique approach to Hypnotherapy.

CONTENT

- Specialized Therapies e.g. Circle Therapy, Systematic Desensitization, Corrective Therapy
- Addictions
- Dealing with co-dependency
- Memory Improvement
- Grief Counselling
- Child Birth
- Forensic Hypnosis
- "Laughter" therapy
- Neurotic behaviour
- Fears and Phobias
- Dream analysis
- Counselling skills
- Sales, Marketing, Networking & Financials

Upon completion of Module 3: the graduate will understand and be able to employ specific modes of therapy and clinical procedures.

STUDENT INFORMATION

PROGRAM DURATION

Students will receive 150 hours of in-class instruction provided on one weekend per month for 10 months. Classes are held on Saturdays and Sundays from 8:30am to 4:30pm.

HOMEWORK HOURS

Students may expect to do approximately 70 hours of homework/practical experience over the course of this program.

GRADUATION REQUIREMENTS

In order to graduate, students must attend all 150 hours of in-class instruction and complete all practical experience, homework assignments and examinations with a minimum grade of 75%.

MATERIALS

In addition to required texts, students will need two three-inch binders with dividers, plus paper, pens, pencils, highlighters and access to a computer with Internet connectivity.

PRE-REQUISITES

Applicants need to demonstrate:

- An ability to cope with the academic requirements of the course;
- A level of emotional maturity and life experience that will assist in empathising with and appropriately responding to, clients.
- A commitment to applying the highest ethical standards to their work.

Each application is individually assessed by means of:

- Assessment of a written application.
- Interview with Owner/Instructor.
- Undertaking an assessment to help identify potential problems/ issues before they arise in a clinical setting.
- Applicants must be at least 19 years of age.
- Applicants must also complete and submit a school admissions application form.
- Applicants must pay a \$150.00 non-refundable enrolment and registration fee upon acceptance into the course of study.
- Must have a payment plan in place for the course and materials.
- Applicants must read and certify that they have read a copy of the school's policies and procedures, any updates and inserts and the enrolment and registration agreement.
- Applicants must provide a current (obtained within the past 12 months) a vulnerable sector criminal record check that meets a satisfactory outcome.

These strategies will determine the applicant's reasons for wanting to study, their understanding of - and acceptance of - the ethical standards required by the profession, and the likelihood that they will be able to cope with the study load. Applicants must be able to demonstrate that, should they graduate, they will agree to be bound by the professional ethics and standards of practice required by the IMDHA and NGH.

We can't solve problems by using the same kind of thinking we used when we created them. **Albert Einstein**

ASSESSMENT STRATEGY

Competency

Competency is assessed throughout the course by practical demonstrations, multiple choice questionnaires, submission of projects such as motivational scripts, specific therapeutic scripts, written essays, as well as by student self-assessment, and a project-based approach. A practical assessment at the completion of each module to assess competency is also required. Later modules in the course expand on the content of that presented in earlier modules. Students are assessed by self-appraisal and peer-appraisal at the end of each module, as well as by practical demonstration and questionnaires, using a combination of multiple choice and essay questions. The assessment strategies to determine learning outcomes also require other types of assessments which include assignments and case study reports.

Demonstrations of practical skills

These demonstrations are normally undertaken in workshops or simulated clinical situations under supervision.

Assessment is continuous throughout each module.

The CCAHH uses a base level standard of conditions for assessment. The standard conditions are: without assistance, without hesitation, and without error.

In general, written assignments or examinations include a selection of the following items: multiple choice questions, matching item questions, short answer questions and essay questions.

DELIVERY OF THE COURSE

The course is delivered by means of the following:

- Attendance at lectures and the dissemination of extensive course materials.
- Attendance at practical demonstrations and tutorials.
- Attendance at supervised practice sessions.
- Personal practice and student group meetings.
- Self-paced learning - reading, self-assessment, essays, reports and research projects.

Students attend lectures in intensive sessions throughout the term. In addition, they must submit case histories and presentations of a specific modality (Major/Minor specializations). Students are expected to devote considerable time to self-managed learning and extensive practice. Access to advice is provided via telephone and email by instructor.

FEES

A \$150 non-refundable administration fee is required to process your application. Early registration is recommended as class sizes are limited.

The full Clinical Hypnotherapy Diploma course and course materials, is \$3,995, payment plans are available which will be determined during interview with owner.

Payment plan

Students will need to supply the college with ten post dated cheques and a credit card guarantor. Should a student leave or be dismissed from the program; see dismissal and withdrawal policy.

Post dated cheques must be received in advance of class starting in order to take advantage of the monthly payment plan. Payments are due two (2) weeks prior to course start date.

Payment methods

- We accept Cash /Cheques (made payable to Jeannie Spencer)
- PAYPAL*
- VISA*
- Mastercard*
- American Express*

** A small admin fee will be applied for these transactions*

The country would be far better if the population were half as interested in keeping their minds in as good condition as they tried to keep their bodies.

John Saul

ABOUT YOUR INSTRUCTOR

JEANNIE SPENCER, M.Ht, CHt, INSTRUCTOR & DIRECTOR

Jeannie Spencer, M.Ht, CHt and founder of the Canadian College of Advanced Hypnosis and Hypnotherapy (CCAHH), has helped hundreds of people overcome unhealthy behaviours and negative thought patterns by utilizing the power of their minds.

Based in the Comox Valley, on Vancouver Island, Jeannie is the program director and IMDHA-approved instructor at the CCAHH, training Canada's next generation of clinical hypnotherapists. She also runs her own clinical hypnotherapy practice in Courtenay, delivers hypnosis seminars and works with local midwives as a certified Hypno-Birthing practitioner.

Renowned for her warmth, compassion and unbridled zeal for life and all things living, Jeannie is a specialist in creating happiness and is a catalyst for success. She has completed the National Association of Career Colleges' Advanced Instructor Development Program and has devoted years of energy creating the CCAHH, developing a curriculum and teaching the IMDHA-approved Hypnotherapy Diploma Program.



FREQUENTLY ASKED QUESTIONS

What is hypnosis?

Hypnosis is a state of altered consciousness that occurs in every person just before entering the sleep state. In therapeutic hypnosis, we prolong this brief interlude so that we can work within its bounds.

How do I start a career as a hypnotherapist?

Completing the hypnotherapy diploma program is your first, and most important step to becoming a clinical hypnotherapist in BC. From there, however, there are still many decisions to make and things to consider, such as how to put yourself “out there” and start attracting clients to your hypnotherapy practice. Don’t worry – we cover all of these important aspects and more as part of our diploma program. Plus, as a CCAHH alumnus, you’ll have free access to ongoing support as you grow your hypnotherapy practice!

Why do some people doubt hypnosis?

Hypnosis is largely misunderstood. For centuries, it was associated with spiritualism, witchcraft and the like. Furthermore, often-exaggerated claims made by undisciplined hypnosis practitioners have turned many people against it. Stage hypnotists have further eroded the public’s perception of hypnotherapy by giving volunteers suggestions to do foolish things, exploiting their suggestibility for entertainment purposes. Some think hypnosis is dangerous, while in truth it is no more dangerous than sleeping.

Where is Courtenay, BC?

Courtenay, BC, is on the eastern coast of Vancouver Island, approximately three hours north of Victoria and just one hour north of Nanaimo. Courtenay is the hub of the magnificent Comox Valley, an energetic community of approximately 67,000. In Courtenay, you’ll find all of the amenities you need, with quick access to the beauty and recreation of the Salish Sea, the Beaufort Mountains and the world’s largest temperate rainforest – they’re all right in our backyard!

The Comox Valley is served by the Comox Airport, with direct daily flights from Vancouver, Calgary and Edmonton.

TESTIMONIALS

When I first met Jeannie in person, just prior to taking the course, I knew that I had found a kindred spirit and the calling for me. Jeannie was a more than just a teacher- she was a friend, an enthusiastic supporter and an outstanding professional example. I am loving my path of healing in my practice of Clinical Hypnotherapy and find it is all that I hoped for and more. I highly recommend this fantastic school and field of healing!

Janet Cochrane, CCHt

I am thrilled to recommend this course to anyone interested in becoming a professional, educated and equipped Clinical Hypnotherapist. After graduation I felt more than equipped to start my own practice. On a more personal note, I am forever grateful to Jeannie Spencer for guiding me into my true calling and for seeing in me the light I had for so long been hiding! What a gift!!

Kenna, Mindful Action Hypnotherapy, CCAHH graduate

The hypnotherapy diploma program was very well rounded. I really liked that we were able to learn the material and then practice it right away in class, and I enjoyed and learned a lot from the required practice outside of class. The techniques and knowledge you attain in this program are amazing – they will not just help your clients, they will also help you for a lifetime. I am so glad I was able to enroll and finish the program! I highly recommend it!

Evelyn Palmer, BSW, C.CHT, Hypno-Birthing practitioner

My first introduction to the power of hypnosis was when I was working with a doctor who used hypnosis to help patients heal themselves. When I saw there was an opportunity to learn hypnosis through a certified course, right here in the Valley, I couldn't wait to sign up! What I learned over the next 10 months changed the way I viewed my life and those around me. I highly recommend taking this course; Jeannie pours her whole heart and soul into teaching. She is a compassionate and kindhearted motivator with and a beautiful soul. Think about why you are reading this right now – this path is calling you.

Andrea Wagemaker, Shift Happens Hypnotherapy

WE CAN'T WAIT TO HEAR FROM YOU!

Congratulations on considering a career in hypnotherapy – we look forward to answering your questions and helping you achieve your ambitions.

The Canadian College of Advanced Hypnosis & Hypnotherapy

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