

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

CLINICAL
HYPNOTHERAPY
CERTIFICATE 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 thousands of clients, and this field of work continues to be my deepest passion.

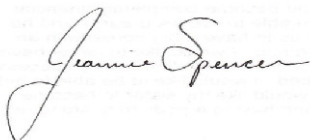
Being a Clinical Hypnotherapist has opened many doors for me, both personally and professionally. Through my private practice, I have been able to assist in the process of exceptional healing and growth. The powerful changes my clients have experienced, facilitated through hypnosis, have never failed to affirm 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 CFX-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 specialized areas, such as Emergency Hypnosis, Grief Counselling, and Hypno-Birthing. For these reasons, I offer this program to you and all future Clinical Hypnotherapists in Canada.

The College's guiding principles align to the Code of Ethics for all Clinical Hypnotherapists, and the program's methods are innovative, fun, and interactive. Above all, the program exceeds the basic criteria required by other training programs to ensure that you graduate with the skills you require to start your own successful practice. Graduates of this program can be confident knowing that they will have continued support of the College during their career.

I invite you to call or email me if you require further information, and 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 solid 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 is perfect! Never 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 Certified Clinical 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!

HYPNOTHERAPY CAN ADDRESS THESE CONCERNS AND MORE

HEALTH AND WELLNESS	MENTAL WELLBEING	PERSONAL WELLNESS AND GROWTH
Sleep and Relaxation	Fears and Phobias	Self Confidence & Self Esteem
Childbirth Preparation	Stress Management	Values and Self Awareness
Healthy Eating	Relationships	Goal Setting
Smoking Cessation	Stress Management	Memory Improvement
Addiction	Loneliness	Public Speaking
Pain Management	Grief	Sports Improvement
Habit Correction	Decision Making	Focus and Study Habits
Pre & Post-Surgery Concerns	Life Transitions (Change)	Motivation
PTSD	Present Moment Living	Exam Anxiety
ADHD	Teen Anxiety	Parenting Tools

PROGRAM OVERVIEW

The *Canadian College of Advanced Hypnosis and Hypnotherapy* (CCAHH) online program is designed to allow you to gain the skills and confidence needed to become a Certified Clinical Hypnotherapist. It offers comprehensive training, performance-based learning, supervised practicum support, and an applied capstone project – all carefully planned to prepare you professionally for your role as clinician.

BROAD-BASED HYPNOSIS TRAINING

As a CCAHH student, you are receiving quality education and training. You will be cross trained in several techniques, including Milton Erickson, David Elman, Gil Boyne, John Kappas, Terence Watts, and basic Neuro Linguistic Programming (NLP). In addition, your training includes the use of successful techniques and tools developed by Jeannie Spencer during nearly two decades of experience working with clients.

COMPREHENSIVE CURRICULUM

The CCAHH Online Program is comprised of three levels of study: Introduction to Hypnosis and Clinical Hypnotherapy, Client Analysis and Therapy Options, and Clinical Hypnotherapy in Practice. Within each level are several modules of study (courses) designed to meet the objectives and outcomes for that module. The content of each module is foundational to the next, and as you progress through each course, you will learn new information, and develop and practice new skills.

ONLINE LEARNING PLATFORM

This online learning platform has many features that enhance and support learning. Instruction includes a combination of theory, practice, and practical application.

This is achieved through interactive learning, and includes:

- the presentation of content through text, audio, and video files
- group interaction through online discussion boards, and meetings with the instructor (virtually and/or in person)
- journal assignments (designed to promote self-awareness and to gain experience using coaching tools)
- self-assessment through self-checking quizzes
- application of tools and techniques through practice with class partners and with client volunteers (virtually or in person)
- individualized feedback from the instructor of the work completed with practice partners and client volunteers

PERFORMANCE-BASED LEARNING AND ASSESSMENT

Assignments are designed to meet the performance outcomes for that module. You are provided with specific evaluation criteria for each assignment so you are clear about the requirements and expectations. Drop-boxes to upload assignments for grading make submission easy, and an online gradebook records your assignment scores and includes instructor feedback.

Assessment is continual throughout the training, and you are evaluated on your depth of understanding through exercises, formal written assignments and oral presentations, participation in discussion forums, and the ability to demonstrate practically-applied hypnosis. As mentioned, the program is progressive, that is, one course builds on the previous. You must successfully complete all units of work (modules) within one level before advancing to the next, and achieve a minimum of 85% on each module of study. To graduate, you must successfully complete all modules in all three levels.

PRACTICUM

You are guided through a program-long supervised practicum, in which you will conduct a minimum of 50 sessions with participating client volunteers. This practice allows you to gain confidence using your skills and interacting with clients.

WORKPLACE-READY CAPSTONE PROJECT (CHOSEN AREA OF SPECIALTY)

Preparing you for the workplace is a key feature of this program. In the final program assignment, you will complete an applied research project based on your chosen health and wellness specialty, develop a four-week integrated client plan, and orally present the completed project to your online learning community. This *Professional Hypnotherapy Presentation Package* will showcase your skills, knowledge, and professionalism in the area you plan to pursue.

PROGRAM DETAILS

LEVEL 1: INTRODUCTION TO HYPNOSIS AND CLINICAL HYPNOTHERAPY

Level 1 introduces you to clinical hypnotherapy, and the role, responsibilities, knowledge and skills needed to be successful in this field. It also introduces you to hypnosis. You will learn the history, theory, and process of hypnosis and the practical applications of hypnotic suggestion therapy. Upon the successful completion of Level 1, you will have acquired foundational knowledge in the basics of hypnosis and practical skills in relaxation techniques for yourself and in practice with client volunteers.

LEVEL 1 CONTENT

MODULE 101

HYPNOSIS EXPLAINED

- Hypnotherapy (Overview)
- Hypnosis (Overview)
- Theory of the Mind
- Theory of Suggestibility
- Emotional and Physical (E & P) Sexuality
- Progressive Relaxation

MODULE 102

INTRODUCING HYPNOSIS TO CLIENTS

- The Power Sentence Tool
- Pre-Hypnosis Therapy Challenges
- Stage Hypnosis
- Essential Elements of Hypnosis
- Signs of Hypnosis
- Hypnotic Depths
- Reaction and Abreaction
- Self Hypnosis

MODULE 103

THE CLIENT HYPNOSIS SESSION

- Professional and Ethical Conduct
- The Clinical Setting
- The Client Hypnosis Process
- "I Could" Tool
- Level 1 Practicum: Full Client Hypnosis Session

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

Henry Ford,
Theosophist Magazine, Feb. 1930

PROGRAM DETAILS

LEVEL 2: CLIENT ANALYSIS AND THERAPY OPTIONS

Level 2 focuses on analyzing the complexities of clients who seek treatment and on exploring various therapy options that clinicians may apply. You will gain understanding of a variety of therapeutic processes and approaches that are of benefit in pain control, health and wellness, psychological healing, growth and personal empowerment.

On the successful completion of Level 2, you will have practiced advanced techniques of hypnosis enabling you to assist your client volunteers with their health and wellness concerns.

LEVEL 2 CONTENT

MODULE 201

CLIENT ANALYSIS

- The Clinician's Analytical Mind
- Body Syndromes
- Psycho-Physical Response
- Ideomotor Response
- Abreactions (Revisited)
- Tools and Techniques Used for Problem Analysis

MODULE 202

FIRST APPROACH TO THERAPY

- Dominant Laws of Suggestibility
- High and Low Frequency Illusions
- Higher-Order Questions
- NLP Techniques
- Hypnotic Suggestion Scripting
- Systematic Desensitization (First Approach)

MODULE 203

DEEPER ANALYSIS

- Primary and Secondary Causes of a Problem
- False Memories
- Hypno-Analysis
- Venting Pages
- Inner Advisor
- Dream Therapy
- Hypno-Journaling
- Laughter Therapy

MODULE 204

ADVANCED THERAPY

- Regression Therapy
- Age Regression
- Womb Regression
- Generational Regression
- Past Life Regression
- Double Distancing Technique
- Independent Client-Focused Session Scripting

PROGRAM DETAILS

LEVEL 3: CLINICAL HYPNOTHERAPY IN PRACTICE

Level 3 examines the common concerns clients present with: Fears and Phobias, Childbirth, Smoking, Health and Wellness, Addiction, Anxiety, Grief, Self Confidence and Self Esteem, Values and Self Awareness, and gives the learners confidence in applying therapies in response to them. In preparation for the workplace, students will complete a final capstone project, consolidating all their learning. Finally, learners will be given some strategies and tips for setting up their own private practice.

LEVEL 3 CONTENT

MODULE 301

COMMON CLIENT CONCERNS

- Fear and Phobias
- Pain
- Childbirth
- Smoking
- Health and Wellness
- Addiction
- Anxiety
- Grief
- Self Confidence and Self Esteem
- Values and Self Awareness

MODULE 302

CAPSTONE: PROFESSIONAL HYPNOTHERAPY PRESENTATION PACKAGE

- Applied Research (with focus on chosen Specialty) and Integrated Four-Week Client Therapy Plan
- Oral Presentation of completed final project

MODULE 303

PRIVATE PRACTICE

- Ethics and Professionalism
- Marketing (General)
- Suggestibility and Marketing
- Wisdom from nearly 20 years of practice
- Value of Referrals and How to Get Them

PROGRAM INFORMATION

PROGRAM DURATION

Total: 12 Months

The program combines instruction and practical work with client volunteers (scheduled throughout the program) to ensure your success in the workplace.

REQUIRED MATERIALS

Students will need a computer with internet service to access the website, to participate in online discussions, and to submit assignments for grading; MS Word to draft and edit written assignments, and a Smart Phone (including an external microphone) to video record technical demonstrations for evaluation. A white board on an easel and a printer/scanner are useful, but optional.

REQUIRED TEXTS

(Some of these texts may be available for purchase from CCAHH. Please inquire.)

Elman, D. (1970).

Hypnotherapy. Glendale, Calif.: Westwood Pub.

Kappas, J. (1987).

Professional hypnotism manual: Introducing physical and emotional suggestibility and sexuality (3rd ed.). Van Nuys, CA: Panorama Publisher.

Murphy, J., & McMahan, I. (2006).

The power of your subconscious mind: One of the most powerful self-help guides ever written! (Rev. & expanded ed.). London: Pocket.

Hammond, D. Corydon. (1990)

Handbook of hypnotic suggestions and metaphors.

HOMEWORK AND PRACTICE

Students may expect to do approximately 35-40 hours of reading, homework, and applied practice per month.

PROGRAM INFORMATION

INSTRUCTIONAL METHODS

- Online self-directed learning
- Written assignments and oral presentations
- Group discussions
- Practice time with student partners
- Practical experience with client volunteers
- Recorded video demonstrations (viewed and graded by the instructor with individualized feedback)
- Student/Teacher interaction (group meetings)

ASSESSMENT

Students will be assessed on their achievement in formal assignments (written and oral), participation in class discussions, and demonstrated skills in practice. All assignments must be completed. Students must successfully complete each module of study with a minimum of 85% before moving to the next. Students will self-assess their work based on standardized criteria, as well as receive peer feedback before submitting work for grading. The instructor will provide additional feedback. Students must successfully complete all three levels of study to graduate.

PRE-REQUISITES

Applicants need to demonstrate:

- An ability to manage 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.

Application Requirements

Applicants must follow the application process. Applications must be complete and include all required documents before they are assessed. The application package must include:

1. The completed CCAHH admissions application form.
2. The completed Application Essay (in response to requirements).
3. A current resume or curriculum vitae (CV).
4. A current vulnerable sector criminal record check (obtained within the past 12 months).
5. A current doctor's note stating that the applicant is of sound mind and body.
6. Two personal letters of reference (known to applicant for ten or more years) attesting to the applicant's integrity, values, and character.
7. One professional letter of reference (from employer, clergy, or medical provider).
8. Proof of commitment from five (5) client volunteers (age 18 or older)
9. A video introduction (YouTube link). *
10. \$150.00 non-refundable application fee.

*In the program, you will be asked to video-record your client sessions for assessment and feedback. By submitting a video introduction, you will gain the experience of creating a private YouTube channel, video recording yourself, uploading the video and creating a link – all tasks that are required once the program begins.

Applicants who meet the criteria (1-10) must meet in person or by video conference with the school director for a personal interview prior to approval into the program. Once the application is approved, the applicant must:

1. Review the Student Enrolment Contract, CCAHH Policy Documents, and Oath of Affirmation.
2. Sign and return the Student Enrolment Contract and Oath of Affirmation, and submit the tuition in full or by payment plan. (See Payment Plan details on page 12.)
3. Apply for membership to the International Medical and Dental Hypnotherapy Association (IMDHA) after successfully completing Level 1.

These strategies will determine the applicant's reasons for wanting to study, their understanding 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 International Medical and Dental Hypnotherapy Association (IMDHA) and National Guild of Hypnotists (NGH).

Complete details are found in the Application Package which is provided on request. Please see page 12 for information on how to request yours.

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

FEES

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

The complete Certified Clinical Hypnotherapy program is \$3,995.

Please note: Students are responsible to locate and purchase their own textbooks.

Payment plan

A payment plan is available. Students who wish to participate in the payment plan must supply the college with ten post-dated cheques and credit card security. These cheques must be submitted along with the signed copies of the Student Enrolment Contract and Oath of Affirmation, upon application approval.

Payment methods

- Cheque
- PAYPAL*
- VISA*
- Mastercard*
- American Express*

** A small administration fee will be applied for these transactions.*

Tuition and Refund Policy

Complete details regarding refunds for students who are dismissed or who withdraw from the program are found within the Tuition and Refund Policy document.

Apply

To receive more information on this program, or to request an application package, please contact:

The Canadian College of Advanced Hypnosis and Hypnotherapy

Email: info@canadianhypnotherapycollege.com

Phone: 250.702.4769

Web: www.canadianhypnotherapycollege.com

ABOUT YOUR INSTRUCTOR

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

Jeannie Spencer, Certified Clinical Hypnotherapist and founder of the Canadian College of Advanced Hypnosis and Hypnotherapy (CCAHH), has helped thousands 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 certified 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 her IMDHA-approved Certified Clinical Hypnotherapy Program.



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 THE ONLINE PROGRAM DEVELOPER

KIM LAMBRECHT, B.Ed., CHRM; ONLINE PROGRAM DEVELOPER

Kim Lambrecht is an educator, writer, and program developer. During 20 of her 30-year teaching career, Kim designed, developed, and delivered technical and business communication courses to post-secondary students in various programs of study at SAIT Polytechnic in Calgary, Alberta. Being recognized for curriculum excellence, Kim also developed SAIT's online Student Success Seminars to support student learning.

In 2015, Kim created teaching and learning support materials for the original CCAHH program that was delivered in person, and in 2020, she partnered with Jeannie Spencer to create the new CCAHH program for online delivery.

As an educator, Kim received various awards, including Instructor Excellence, Curriculum Excellence, the Clarica Team Award for Team Project Success, and the Colleague Recognition Award for Pedagogical Innovation.



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, hypnotherapists prolong this brief interlude so that they can work within its bounds.

What is clinical hypnotherapy?

Clinical hypnotherapy is the practice of using hypnosis with clients to help them to actualize their desired changes or to achieve the goals they want in their lives. Hypnotherapy requires that the clinician have a deep understanding of the principles of hypnosis, as well as great insight into the client's existing belief systems and behavioral response patterns. The role of the clinician is to guide the client in clarifying their goals, work to help construct a new belief that clients themselves can accept, and then induce hypnosis using the client's own suggestion.

What can hypnotherapy accomplish?

Hypnotherapy can help individuals achieve a life in which they are completely comfortable and in control – one in which they're achieving their goals and feeling entirely satisfied with who they are. What's unique about The Canadian College of Advanced Hypnosis and Hypnotherapy is that this program incorporates neuroscience principles, life coaching methods, and a range of therapeutic tools through a client-centered, solution-focused approach. The school director, Jeannie Spencer, has developed this approach in her private practice, "Invision Your Life", and has incorporated it into the teachings of this program. Individuals who have come to her for therapy have experienced rapid and lasting results.

How do I start a career as a hypnotherapist?

Completing the online hypnotherapy program is your first, and most important step to becoming a clinical hypnotherapist in BC. Once you are certified, you will decide on logistical goals, such as how to market yourself and attract clients to your hypnotherapy practice.

Where is The Canadian College of Advanced Hypnosis and Hypnotherapy located?

The Canadian College of Advanced Hypnosis and Hypnotherapy is in Courtenay, British Columbia, Canada. Courtenay is on the eastern coast of Vancouver Island, approximately three hours north of Victoria and just one hour north of Nanaimo, and is served by the Comox Airport, with direct daily flights from Vancouver, Calgary, and Edmonton. Courtenay is the hub of the magnificent Comox Valley, an energetic community of approximately 67,000. It boasts quick access to the beauty and recreation of the Salish Sea, the Beaufort Mountains and the world's largest temperate rainforest.

With the NEW online program, you can receive quality instruction, guidance, and support from wherever you are living.

TESTIMONIALS

I am proud to say that I am a current student at the Canadian College of Advanced Hypnosis and Hypnotherapy. I started in the regular program which featured in-class sessions pre COVID-19. Within a month that all changed due to the pandemic. Jeannie is such a professional though and she pivoted so quickly to change the entire program to online within a 3-month period. The program remains just as professional and impactful as it was before. Halfway through the course now, I am learning how to use her hypnotherapy tools that make her practice so successful. In using these tools on my own life first, it is changing my life and perspective in such immeasurably-positive ways. Jeannie's unique tools, expertise, and desire to help people discover their power is something so special. I am so excited to start practicing in this field as a Certified Clinical Hypnotherapist. Thank you, Jeannie & Kim!

Sherri Kozubal

I am currently enrolled in the Certified Clinical Hypnotherapy Online Program with Jeannie Spencer and am loving every minute of it! The course is comprehensive, well designed and user friendly. I am learning so much and am confident that I will be well prepared and ready to step into my own practice when I graduate. The practicum portion of the program is amazing and I am loving the opportunity to practice everything I learn with my volunteer clients. I can see that as Jeannie designs the online program, she is updating and adding to her original curriculum, making this course even more thorough and more phenomenal than it was before. I am so grateful to be on this Hypnotherapy journey with Jeannie. She is kind, encouraging, supportive, a wealth of wisdom and knowledge, and a wonderful teacher. I have only positive things to say about my experience with Jeannie and The Canadian College of Advanced Hypnosis and Hypnotherapy. I highly recommend this program to anyone wanting to become a Certified Clinical Hypnotherapist!

Jacqueline Kofoed

WE LOOK FORWARD TO HEARING FROM YOU!

Congratulations on considering a career in hypnotherapy.
We look forward to answering your questions and helping
you achieve your goals.

To receive more information on this program, and to request
an application package, please contact:

The Canadian College of Advanced Hypnosis & Hypnotherapy

Email: info@canadianhypnotherapycollege.com

Phone: **250.702.4769**

Web: www.canadianhypnotherapycollege.com

Webhost: jeanniespencer.com