

## HOW TO STUDY FOR CERTIFICATION IN HYPNOTHERAPY

Probably one of the most rewarding professions in the field of non-medical health care is the one of a Hypnotherapist. The therapy is fast, efficient and lasting when applied correctly. If you feel a calling to apply your inherent talents and compassion, you bring the minimum requirements to embark on this journey.

The first step is the one-day SELF MASTERY THROUGH AUTO-HYPNOSIS Program where you learn Self Hypnosis and will start understanding the power of your subconscious mind. This is a self-contained course and if you were to stop here you will have added a tool that will benefit you in most areas of your life. This course is also the first unit towards your qualification as a Certified Hypnotherapist (non-medical).

SAIH is affiliated to the IMDHA (International Medical and Dental Association in USA), recognizing their curriculum, which requires 140 study hours. After qualification with SAIH you can apply to IMDHA for international certification. The study of Hypnotherapy includes essential practical training and application of techniques which are supervised and monitored by the trainers during the courses.



The study hours are achieved by attending the courses Self Mastery through Auto Hypnosis, CC1 to CC5 (CC stands for Client Centred Hypnotherapy) and by successfully completing the exam during CC5 as well as 2 speciality courses. These 2-day classroom courses are usually held over weekends and include theory and important practical application.

You will find details on the various courses, dates and fees on our website: [www.hypnotherapy.co.za](http://www.hypnotherapy.co.za).

You will also need to complete a home study course and, as the last step towards qualification, submit case studies for final evaluation.

This completes the basic qualification to become a Certified Hypnotherapist - C.Ht. (non medical).

Throughout the program/courses you receive support and guidance and SAIH will recommend literature to deepen your knowledge.

Anyone serious about excelling in their knowledge will not miss any of the speciality courses such as Past Life Regression, Compulsive Behaviour & Smoking Cessation, Professional Hypnosis Performances and of course any workshops held by international guest lecturers such as MindBody Healing (Michael Ellner USA) or Quantum Hypnosis Dr Jain USA).

Your own healing and growth throughout this path to become a Certified Hypnotherapist is a valuable side effect, which usually results in a personal transformation. We also have witnessed powerful connection and friendships developing amongst the students.

## Becoming a member of the South African Institute of Hypnotism

As a member of SAIH, once you are qualified, your details will be added to the referral list on the SAIH website (Find a therapist). Many of our members report that no other form of advertising is necessary to build up their clientele base.

You will be part of our network, will be informed of practice sessions, get-togethers and should you wish to attend any courses as a refresher you can do so at reduced price. Members and students are bound by a strict Code of Ethics.

## How long does it take to qualify?

As the calendar and your commitment permit, you could be fully qualified and embark on your new vocation within about 8 months. Courses are offered over weekends to permit you to maintain your present income. You can gradually increase your client base until your reputation requires your full time involvement.

South Africa is in dire need of more Hypnotherapists, wherever you will end up finding your niche, in private practice, in combination with a health care professional, or as part of empowerment for support groups, team building / motivational coach within the Corporate Environment.



Whether you start a career in Hypnotherapy or add the knowledge to your current qualifications, you will find the process transformational for yourself and often life changing for your clients.

Please do not hesitate to contact us with any further queries at 0861 102 318 or at [admin@hypnotherapy.co.za](mailto:admin@hypnotherapy.co.za).

The dates for the next entry-level course "**SELF MASTERY THROUGH AUTO- HYPNOSIS**" in Cape Town and Johannesburg are published on our website. This is a full day (9am – 5pm) workshop (R1100). All course details and dates are on our website <http://www.hypnotherapy.co.za/calendar.php>

Welcome to a path of a truly meaningful application of yourself!