WHY PRACTICE HYPNOSIS

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Prospectus 2017
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INTAKE 2017 - Make this year one of purpose!

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Johannesburg
18 - 19 Feb
Cape Town
4 - 5 March

Certified Hypnotherapist CHT NM
The “Crown Jewel” of Hypnotherapy Practices

Certified Parts Therapy Facilitator CPTF

Spiritual Hypnotherapist Practitioner
Conversational Hypnotherapist

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STUDYING WITH SAIH

Understanding the power of the subconscious mind is probably one of the most enlightening experiences you can embark on, and applying this knowledge can benefit your everyday life in almost every aspect.

SAIH and the Mastermind Hypnotherapy Training Centre is not your ordinary training centre. Acceptance into the program is not determined by academic pre-requisites or scholastic achievement. However, we do seek passionate and determined people who are deeply committed to improving themselves and others. Therefore, if you feel a calling to apply your inherent talents and compassion, you bring the minimum requirements to embark on this journey. Additionally, if you have a background in other supporting modalities this may well enhance your overall competence.

The client-centred methods that we teach you at SAIH versus therapist-centred methods are based on the empowering idea that the client holds the answers to their problems. The client-centred therapist's task then, is to carefully listen and strive to understand the client and apply proven techniques, so that the client can tap into their natural ability to grow and improve.

“Patients carry their own doctor inside. They come to us not knowing that truth. We are at our best when we give the physician within each patient a chance to go to work.” (Dr Albert Schweitzer)
SAIH offers an integrated training stream system where practical skills and knowledge are utilised throughout the courses ensuring students personally experience the benefits of both giving and receiving hypnosis combined with various in depth hypnosis techniques. In-class training incorporates many practical exercises ranging from group hypnosis sessions to one on one practice. In addition to the opportunity of engaging in conversation and asking questions during the weekend courses there is also reasonable access to the trainers and the support and guidance of trained facilitators through the assessor student liaison during the assessing of required case studies.

With a comprehensive selection of courses available, SAIH caters for a wide variety of preferences. The internationally recognised qualifications of Certified Parts Therapy Facilitator (CPTF) and Certified Hypnotherapist (CHT) are complemented by speciality courses such as Spiritual Hypnosis Practices (SHP), Conversational Hypnosis (CHP), Hypnosis for Youth and Children (Hyc), Hypno Medical (Med1), Compulsive Behaviour & Smoking Cessations (CB) as well as Past Life Regression and Soul Journeys (PL& SJ).

The full qualification of CHT (Certified Hypnotherapist) may be obtained within a year of study or alternatively completed in sections over a longer period of time.

“There is no greater reward in life than the sight of a shining smile, after a waterfall of tears, and knowing that you were in part responsible for the transition.” (Andrew Post)
CERTIFICATION AND TRAINING STREAM

The SAIH training stream system is divided into MAINSTREAM courses (including Home Study modules) and SPECIALTY Courses. It is designed so students, from as few as 3 weekend courses, may practice with the scope of their training and can continue the path to full qualification as a Certified Hypnotherapist (CHT). These endorsements cover areas such as Spiritual Hypnosis and Conversational Hypnosis Practitioner offering potential to work with the public and achieve high levels of success whilst continuing your studies.

SAIH is the only training Institute on the continent to offer the international recognized certification as Parts Therapy Facilitator.

The culmination of your studies offers the final certification known as CHT (Certified Hypnotherapist) with a technique fondly termed the “Crown Jewel” of hypnotherapy and this qualification holds international recognition. As an analytical hypnotherapeutic technique it allows us to uncover and resolve deeply hidden and repressed issues resulting in greater freedom to be our true selves. The ANALYTICAL MASTERMIND TECHNIQUE© uniquely combines aspects of well thought of work like that of Dr Barnett’s, aspects of Emmerson’s Ego State Therapy, Watkin’s Affect Bridge, Forgiveness Therapy and Mastermind’s own techniques and integration methods, developed by Claudia Klein CHT (non-medical), CPTF, CPTT.
## OVERVIEW OF SAIH TRAINING STREAM

### Hypnosis Practices Training Streams

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**Hypnosis Practitioner Requirements** Levels 1 - 2 Mainstream Curriculum plus one Speciality Course - 3 Weekends (Including case studies)

**Certified Parts Therapy Facilitator Requirements** Levels 0 - 6 Mainstream Curriculum 6 Weekends and a Home Study (Including case studies)

**Certified Hypnotherapist Requirements** Levels 0 – 10 Mainstream Curriculum plus one Speciality courses – 10 Weekends plus 3 Home Studies (Including case studies)
MAIN STREAM CURRICULUM

LEVEL 0: SM – SELF MASTERY THROUGH AUTO HYPNOSIS

This "tried and tested" transforming seminar has been growing since 1998; introducing literally thousands to their potential of self-directed mind power. Tapping into and igniting your unlimited capacity through the natural state of hypnosis is the essence of this 1-day workshop. “Hypnosis is the most under-rated natural human ability” Claudia Klein CHT, and, "if meditation is a search light then hypnosis is a laser beam".

Here is an initiation into the use of the natural tool of Self Hypnosis to enhance your life experiences. In this one-day interactive workshop, you learn methods to safely enter and end your hypnotic state. In addition, perhaps most importantly, understand how to use self-directed mind power, fast and effectively. These skills will equip you to recognize your individual strengths and find new ways to make the most of them. Everyone who is serious about wanting to understand and use the power that exists in the subconscious mind will be able to make adjustments to move on their path to attain their desires.

You will receive a comprehensive workbook, other self-mastery materials and an audio recording to continue with your self-hypnosis at home. Self-Mastery is also the entry level course to qualify as a Parts Therapist CPTF and (non-medical) Certified Hypnotherapist CHT and a brilliant introduction into all our training streams.

Janine Troskie: "What an amazing experience. I look forward to discovering how deep this rabbit hole goes. It was phenomenal. It is without a doubt that some form of change has and will continue to result. I am positive that change will be a lifelong positive change."
LEVEL 1: CC1- COURSE CURRICULUM “HOW TO HYPNOTIZE OTHERS"

The world of hypnosis is an enriching experience for both client and hypnosis practitioner. You will leave this weekend course empowered with the skills of basic hypnosis, understanding the value of rapport, guiding others into and out of trance effectively and equipped with scripts to start benefitting others straight away…

All Hypnosis is self-hypnosis and everyone has this natural ability, which can be practiced and expanded, like any talent. However, clients are usually more interested to benefit quickly from the techniques that are facilitated during the natural state of hypnosis. Therefore, SAIH teaches a Client Centred approach to non-medical hypnosis practices which stems from two important premises:

1. The client is the only living expert on his or her life.
2. The closer you can bring the techniques to the beliefs and expectations of the client, the more effective the session will be.

The essential skills taught during this weekend course is to assist others to embrace their natural state of hypnosis, how to deepen this state, delivering beneficial suggestions sets and to safely bring them back to normal social awareness.

Marc dos Santos: “Content was thorough and perfect for building confidence in inducing trance. Keep up the great work and continue facilitating positive change. It has given me a lot more confidence to work with clients. I have done Life Coaching before but this was far more beneficial for me.”

Contents
CLIENT CENTRED NON-MEDICAL HYPNOSIS PRACTICES
RAPPORT
SAIH STUDENT MEMBERSHIP
UNDERSTANDING THE MIND
UNDERSTANDING THE ALPHA STATE
BASIC FRAMEWORK OF A HYPNOSIS SESSION
THE INDUCTION PROCESS
THE MASTERMIND INDUCTION
DIE MASTERMIND VARIASIE VAN DIE DAVE ELMAN INDUKSIE
PHYSICAL INDUCTION
REINDUCTION
NOTES ON USING SCRIPTS
TRANCE DEEPENING
SUSTAINING TRANCE
PARTIAL AND FULL FUTURE INTEGRATION
POST HYPNOTIC SUGGESTIONS
TRANCE TERMINATION
EXAMPLE OF TRANCE TERMINATION
STATES OF HYPNOSIS
IDEOMOTOR RESPONSES - IDEOMOTOR SIGNALLING (IMS)
USING SUGGESTION SCRIPTS
GUIDED VISUALIZATION AND PROGRESSIVE RELAXATION
RELAXATION AND STRESS MANAGEMENT SCRIPT
MOTIVATIONAL SELF CONFIDENCE SCRIPT
PAIN MANAGEMENT SCRIPT
PARTIAL AND FULL FUTURE INTEGRATION
TRANCE TERMINATION SCRIPT
TEN TIPS FOR STAYING MOTIVATED IN YOUR STUDY TIME
LEVEL 2: RSA - RESOURCE STRATEGY APPROACH©

What keeps us from changing our lives is the disconnection from our resources, worthiness and/or abilities. The RESOURCE STRATEGY APPROACH© is the most powerful technique that includes many strategies which sometimes seems to even make miracles possible.

“I believe that this is one of the most prominent reasons why people "dare" to go into the realms of hypnosis. The search for the I CAN often arises from an appreciation when we get an idea to the answers of "who am I" and "what is my purpose". The quest to find the self-empowering I CAN outweighs the fears, which are so often erroneously made synonymous with this natural, self-administered state.

Yet, when we embrace the "courage and the wisdom" to go beyond what we hold as truth we start accepting our personal power within the universe of our mind - and beyond.

And so the spiral of belief strengthens - the desired change becomes probable which in turn fuels our aspiration and voilà - we get energy in motion. . .” – Claudia Klein CHT

Sandy Klopper : "It has put the Resource State into perspective for me. In the other workshops it was always said that it was important but this has made the penny drop. I will use the Resource State as a tool now instead of as a step to achieve the tool."

CONTENTS

INTRODUCTION
NEUROPLASTICITY
WHY THE RESOURCE STATE?
WHAT IS THE RESOURCE STATE?
THE 12 ADVANTAGES OF THE RESOURCE STATE
CONNECTING THE CLIENT TO THE RESOURCE STATE
EXPLORING THE RESOURCE STATE DEEPENING AND EXPANDING ON THE RESOURCE STATE
DEEPENING THE RESOURCE STATE
EXPANDING (CHUNKING) THE RESOURCE STATE
12 ADVANTAGES OF THE RESOURCE STATE
1. TRANCE DEEPENING MOTIVATOR
2. TRAINING THE CLIENT'S PERCEPTION
3. RAPPORT BUILDING
4. TRAINING THE CLIENT TO HAVE “ABSTRACT” EXPERIENCES
5. PRACTICING VERBALIZATION IN TRANCE
6. RESPECT OF PRIVACY
7. TRAINING REGRESSION / PROGRESSION
8. CONVINCER
9. SETTING UP IDEOMOTOR SIGNALING
10. TRANCE DEPTH ASSESSMENT
11. OBTAINING SUBCONSCIOUS PERMISSION AND SUPPORT
12. CREATING AND ANCHORING A SUPPORTING, SAFE SPACE

RESOURCE STRATEGIES

BENEFIT FEEDBACK

And more........
LEVEL 3: CC2- COURSE CURRICULUM

Pretalk & Mind/Body Connection

The 3rd level main curriculum course explores the mind body connection and allows you to start tapping into the deeper potentials for change as we understand the paradigms of our dynamic self and imagination....

How does the mind communicate with the body and how do thoughts and emotions create misalignment and disease? As we explore and understand this connection, we can bring huge relief to sufferers from stress and anxiety, as well as pain and oftentimes depression.

This course provides a solid foundation for the successful applications of client intake and pre talk, identifying the issue, discovering the desired outcome, and applying various techniques to bring the body, mind and emotional state back into a healthier balance encouraging greater wellbeing.

While introducing the framework and providing the structure for successful symptomatic sessions, this course simultaneously lays the foundation for even greater strategies in the courses to come...

Clare Rudd: “How do you feel the workshop will influence your future? (CC2, 2 and 3 October 2010)” - “HUGELY – I wish I had gained these skills years ago as it would have helped me enormously in the +/- 20 years I practiced clinically as a psychologist.”
LEVEL 4: CC3- COURSE CURRICULUM 3 Hypnotic language, Scripting and Groups

Group hypnosis, suggestion sets, semantics and imagery - Painting pictures into the mind of the listeners and when to say what and how - is an art and a science that has the potential to transform beliefs, paradigms, experiences and expand horizons....

Rossi states, “Hypnotic suggestions are effective only to the degree that they can activate, block or alter the functioning of natural mental mechanisms and associations already existing within the patient.”

One of the most rewarding aspects of client centred hypnotherapy and CC3 group hypnosis course is learning the art to communicate clearly with intent, both within you and with others.

The power of words to shape our reality “to say what you mean and mean what you say” holds incredible opportunities. In this space of clarity and integrity when blending the extensive possibilities of suggestion sets and metaphors in combination with intention, the effects are profound. Understanding, managing and delivering your new skills to groups allows you to get out there, touch others and put yourself on the map.... and start practicing.

Nadeem Samad: “Great content - relevant, concise and easy to grasp when expertly presented! It was especially rewarding to do this course with a great bunch of fellow learners. Arno and Brigitte set the bar high, but really take you there. Well done. Very enjoyable and beneficial".
LEVEL 5: CC100- COURSE CURRICULUM 100 - Home Study

CC100 home study course is part of the mainstream curriculum and assists in integrating all the accumulated knowledge and understanding leading up to the CPTF (Parts Therapy) qualification.

This course overviews the concept of resourceful client centred hypnosis facilitation techniques. It is a great way to explore and expand your understanding through research and to recognise the level of knowledge and insight you have gained from the class room courses. This includes the understanding of underlying issues that may inhibit positive outcomes using only pure symptomatic approaches. Here you explore and learn about the pathways to changing unwanted behaviours and symptoms, creating a spiral of belief and extracting specific problems from presenting a category problem, as well as the understanding of prolonged stress and the correct application of suggestion and imagery.

EXAMPLE OF ASSESSMENT QUESTIONS:

1. EXPLAIN THE PRIMARY PURPOSE OF CLIENT CENTRED HYPNOTHERAPY. (3 points)
2. WHAT IS MEANT BY AND WHAT IS THE ADVANTAGE OF A 3 TIERED SESSION PLAN? (3 points)
3. ELABORATE ON THE 3 KINDS OF RAPPORT THAT ARE NECESSARY TO ENTER INTO SUCCESSFUL FACILITATION FOR A HYPNOSIS SESSION. (3 points)
4. EXPLAIN THE 4 OBJECTIVES TO BE FACILITATED IN A COMPLETE HYPNOSIS SESSION. (8 points)
5. LIST AND EXPLAIN THE MAIN OBJECTIVES WHICH NEED TO BE ACHIEVED DURING A PRE-TALK. (10 points)
6. EXPLAIN WHAT IS MEANT BY “DESIRED OUTCOME”. (3 points)
7. EXPLAIN WHAT IS MEANT BY “WAYPOINT”. (2 points)
8. WITH THE USE OF EXAMPLES, EXPLAIN THE PROCESS OF CHUNKING DOWN ON THE PRESENTING PROBLEM, CHUNKING UP ON THE OUTCOME AND ESTABLISHING A “WAYPOINT”. (5 points)
9. WHY IS IT IMPORTANT TO ESTABLISH THE UNDERLYING EMOTIONS OF A PRESENTING ISSUE? (3 points) And more...
LEVEL 6: INT. CERTIFICATION LEVEL: PARTS THERAPY FACILITATOR- CPTF

Inner Conflict Resolution

Receive an international certification issued by the USA based CHARLES TEBBETTS foundation! Parts Therapy is a profound technique highly beneficial for Inner Conflict Resolution in hypnotherapy sessions and for your own self expansion....This client centred 2 day course builds on the previous course material.

“This very complex hypnotherapy technique pioneered by the late Charles Tebbetts may very well be the most profoundly effective technique available today for helping people resolve inner conflicts.”

C. Roy Hunter, Ph.D., FAPHP Certified Hypnotherapy Instructor.

Indeed, it holds the potential to help most of our clients most of the time. Though complex in its understanding (of the mind) the ease and simplicity of the facilitation is brilliant and incredibly effective. Realizing that our different aspects are driving us with pure intent of serving our best interest is perhaps one of the most noteworthy discoveries when working with Parts Therapy. So much of our apparent “unwanted” behaviour, conflicting desires or distracting thought patterns are revealed as a “misguided” attempt to achieve a positive effect. Witnessing the unfolding as this communication opens up and resolutions are revealed from deep within is a truly remarkable experience.......
LEVEL 7: CC4 COURSE CURRICULUM 4 The Analytical Mastermind Technique

THE CROWN JEWEL OF HYPNOTHERAPY

The ANALYTICAL MASTERMIND TECHNIQUE© uses hypnosis to understand the origins, dynamics and manifestation of a problem and to employ techniques which assist the client towards a complete resolution of and reframing the problem.

Based on the Rule of the Mind that once an idea has been accepted by the subconscious mind, it remains until it is replaced by another idea, the subconscious mind might be proof resistant to symptomatic hypnosis techniques such as visualisation, suggestions, Resource Strategy Approaches and Parts Therapy. It is in these instances that we need to offer the client the opportunity for subconscious relearning by revisiting the original cause of the “issue”. These origins are usually buried deeply in the subconscious, and oftentimes the client is not even aware of them, or believing to have worked through them. Yet the influence still prevails - as if on auto pilot. This is why the Mastermind Analytical Technique© is a master strategy. In a completely client centred manner you will learn how to regress a client to the root cause of their ‘issue’ and bring to the fore results that can transform lives in a deeply satisfying way.

Hendrik Baird : “Finally! After all the talk of everything coming together in CC4 – it all came together at last! I finally feel that I can progress in leaps and bounds with this new information. The practical demo’s have been a real eye opened and have given me a head start. The facilitators have been very thorough and have answered the many questions in a thorough and insightful manner. It adds very nicely to Parts Therapy and I am so glad to have embarked on this process. Thanks!”
LEVEL 8: CERTIFICATION LEVEL: CC5- COURSE CURRICULUM 5

This mainstream curriculum course is focused on integrating the learnings and techniques of the previous courses in Client Centred Hypnotherapy and on testing the knowledge and techniques through the SAIH and International IMDHA exam on the path to final certification as a non-medical Hypnotherapist.

Refining and deepening that which you have already learnt plus bringing in new learning’s, such as covering advanced techniques for the relief and control of pain, dealing with spontaneous past life regression and the basics of working with children, this level 8 course assists in preparing you for a multi-faceted practice. Including discussing practical aspects of setting up your own venture, where and how, what forms of media to use, how to stay connected and supported within the environment of being a practicing non-medical hypnotherapist. ...

Sally Jacobs: "A profound learning for me as the "client" and a different kind of learning when facilitating. Such a help to have a supervised session. Thank you."
LEVEL 9: CC110- COURSE CURRICULUM 110 - HOME STUDY

This home study course explores how deep-seated distress may result in a variety of psychogenic and physical problems. The therapeutic modalities of Transactional Analysis and Regression Hypnotherapy are also presented.

The student will develop greater insight into these emotional origins and go on an in-depth journey with Edgar A Barnett M.D. who turned to hypnotherapy as a solution to meet the needs of his clients. Documenting his knowledge and experiences, this home study material deepens the understanding of the value of analytical hypnotherapy.
Level 10: FINAL CASE STUDY EXAM: CC500- COURSE CURRICULUM

This is the final step for your qualification as a Certified Hypnotherapist ..... Submit your case studies with the guidelines provided and engage with your assessor and/or mentor to fine-tune your understanding to bring your CHT qualification home.

CC500 – THE FINAL STEP

Carefully review your text on how to submit your case studies and follow the guidelines.

Before submitting the 1st analytical case study, ensure all other steps have been completed (other home studies, specialty courses, all case studies, etc.)

When submitting the 1st AHT case study you start a coaching process with your assessor.

Implement the learnings from this process when submitting the 2nd case study.

Take feedback as constructive input as it serves as additional learning.

Jaco Pieterse, CHT nm certified Hypnotherapist

“The SAIH course was truly a remarkable experience, way beyond anything I could have ever expected.
I started out very skeptical about hypnosis. I wasn’t really sure whether it existed or not, never mind the fact that it could be used to help people.
After experiencing the Self Mastery course, my belief started to grow and with each following course this belief just spiraled and spiraled even more.
The changes I saw in my clients were unbelievable! It was hard to comprehend that a hypnotic session could have had such a huge impact on someone’s life and solve issues they’ve been struggling with for years.
Truly amazing! The quality of SAIH’s training and the facilitators are top notch, I think some of the best in the world! I am confident that I can now go out in the world and make a positive difference, thank you SAIH!

Many thanks, Jaco
SPECIALITY COURSES

With 7 Speciality courses on offer at SAIH there is plenty of opportunity to engage in a successful and interesting practice of your choice. These speciality courses are Spiritual Hypnosis Practices, Conversational Hypnosis Practices, Hypnosis Youth and Children, Hypno Med 1, Compulsive Behaviour and Smoking Cessation and Past Life and Soul Journeys.

The SAIH mainstream curriculum courses are the foundational understanding and techniques for hypnosis and include two powerful approaches, Parts Therapy and Analytical Regression whilst Speciality courses offer both student and client additional techniques and approaches to engage in areas of specific interest, deepening insight and broadening perspective.

The Speciality courses carry their own certification to practice and are available to study after attending different levels of the mainstream curriculum depending on the depth of understanding and technique required for effective application.

SAIH’s Speciality courses have been identified and designed by qualified hypnotherapists in response to meet public and professional needs or area of focus. These courses utilize the framework of client centred hypnosis formulating and applying techniques which are specifically related and relevant to that interest or area of practice. For instance the Spiritual Hypnosis Practitioners course integrates into the inductions and scripts the terminology, imagery and concepts which all tap into and address the healing, development and self-mastery of individuals through a variety of energetic or spiritual practices. It is through this integration of hypnosis and the area of interest that the client’s understandings, experiences and resolutions are addressed in alignment with the spiritually inclined individuals chosen beliefs.

Continuing in this paradigm the Past Life Regression and Soul Journeys course brings in even deeper dimensions of individual exploration and insight into a client’s personal connection between this life, other lives and in between lives. For a hypnotherapist engaging in analytical regression the potential for a client to spontaneously ‘slip’ into a past life is a very real possibility so having the PLR & SJ technique and practice in your portfolio is a valuable asset. Aside from the potential spontaneous regression into these realms there are many clients with a variety of beliefs, back grounds and reasons whom benefit immensely from PLR & SJ sessions.

Whilst a therapist may well utilize the standard dynamics of induction and the semantics of suggestion working with children, the communication and relating for a child or maturing youth is vastly different from that of an adult, hence the development of Hypnosis for Youth and Children. This course incorporates brilliant and effective ways to appropriately engage effectively in this area and is beneficial for
any adult who was once a child and whom has any contact with children or youth whether a parent, guardian, caretaker or in any way working with them. HYC provides a deeper insight into how to understand their way of communicating and how to successfully communicate in return.

**Conversational Hypnosis Practices** takes the more subtle and intricate aspect of client and therapist interaction bringing ways and means to build rapport and engage in effective communication with a client without classical trance induction in a client centred and harmonious expression. As it is said 80% of communication is non-verbal, so consciously being aware of these dynamics and blending them with the ability to recognise subconscious intent and direction is invaluable for any client interaction. Above and beyond this the **CHP course** offers the potential to deepen and harmonise all your personal interactions.

Within the medical profession the approach and techniques when engaging with clients is yet again a very specific form of practice especially when dealing with pain, operations, recovery or giving birth. Recognising the underlying dynamics of the body mind connection **MED 1** assists the professional to encourage an environment which enhances the medical process and the client’s wellbeing and health. The understanding and techniques learnt here will benefit any medical professional, patient, those who are caretakers of children or whom either experience or have contact with those who have pain and stress.

**Compulsive Behaviour and Smoking Cessation** introduces a highly successful formula which may be applied to a variety of compulsive behaviour according to the individual’s issue. This **Speciality** course in conjunction with the required mainstream curriculum levels also carry the approval of the **GENESIS** medical scheme for their clients to use their savings for SAIH trained Smoking Cessation sessions. **This accreditation is an indication of the levels of success of CB and is a first in South Africa.**
SPIRITUAL HYPNOIS PRACTICES - SHP

Welcome to the world of SPIRITUAL HYPNOSIS - a way to master the Joy of Living! Hypnosis Practices have expanded into a much deeper meaning connecting clients with their TRUE SELF fuelled by UNIVERSIAL WISDOM.....

More and more people are recognizing that they are (spirit) more than just the body or the mind. The ones who do, remember who they truly are and have full access to the power of creation and manifestation and become masters of the joy of living. While it has largely been accepted that the mind can influence the body and vice versa, the concept of spirit is far more unapproachable since we cannot perceive the abstracts concept of spirit with our 5 senses. Yet, in every spiritual tradition, there is talk of an eternal soul, spirit or higher self that is supposedly at the centre or the source of our being. Using a Body-Mind-Spirit model while honouring each individual’s religious/spiritual beliefs this course invites us to tap into and explore this infinite potential within others and us.

Sharon Brown: A much needed course I have long been waiting for. Already paradigm shifting has taken place on this course. Looking forward to facilitating equally phenomenal changes on a spiritual level with my clients.

Claudia Klein of SAIH is one of the co-authors with Roy Hunter’s latest Hypnosis

Training Stream
SPIRITUAL HYPNOIS PRACTICES

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CONVERSATIONAL HYPNOSIS PRACTICES - CHP

The qualified Conversational Hypnosis Practitioner has the skill-set to induce the hypnotic state without the client's awareness that this is taking place in order to bypass their conscious resistance. This of course happens in a strictly professional and ethical environment, which then allows the client to embrace their subconscious learning with ease.

Absorb the teachings of powerful conversational hypnosis techniques embedded within metaphor to activate associations and resources deep within the client's subconscious mind enabling positive change.

Once the client has been prepared in such a manner the mind is more receptive to further hypnosis practices and strategies e.g. formal induction for accessing deep hypnotic states (CC1) and the Resource Strategy Approach for accessing inner resources (RSA).

Discovering and practicing this subtle art of communication can be of great benefit to facilitator and the client. The defining feature is that the client can experience the advantages of their hypnotic state and taking part in hypnotic phenomena without conscious effort or interference.

Brigitte Bowles:
"Wow, more pieces of the puzzle just slipped back into place. Now having a framework for utilizing my communication skills in a positive beneficial way will allow me to progress as a Hypnotherapist and allow my clients the best possible opportunity to grow and expand as people allowing them to effortlessly and easily find themselves within themselves. It’s absolutely amazing."
HYPNOSIS FOR YOUTH AND CHILDREN - HYC

Young clients and especially children move in and out of trance in a very natural and effortless way, which makes them highly suggestible. When we tap into their world and guide them in a creative and imaginative way on a journey of magic or fantasy, we very often yield amazing lasting results in just one session.

In this workshop we will be covering the essentials of how to facilitate a successful session with younger clients. This includes elements of practical application giving you a good basic understanding of how to engage with and utilize this natural state and its potentials.

Chantall Hugo: “It will definitely help me with my own child! But I always believed that I should be working with children but was never quite sure how. This was the first step, the next step will be the normal hypnosis course.”
HYPNOMED1 - MED1

Most people know of someone who is suffering from chronic pain, is afraid of the dentist or anxious about pending surgery, or is looking for natural ways to birth their baby. The Hypno Med 1 course is a holistic approach that includes powerful techniques and strategies to assist these people to become empowered while improving their quality of life.

During this 2-day course, you learn to look deeper into the symptom of pain and at the opportunity to find out about the psychosomatic aspect. Once it is regarded as “safe”, which usually means medical care is in place, these signals can quite easily be converted to something more acceptable. Once again, it is language that can have such big impact on our experience and visualisations are a powerful tool to convert sensations. We need to understand how anxiety, fears and panic stimulate the pain cycle and what you as a hypnosis practitioner can do to assist clients. This includes the rewarding journey of pregnancy and the birthing process. “By working in conjunction with medical professionals we can oftentimes break unwanted cycles, bring relief and help the client to move into a states of empowerment, knowledge and understanding of the incredible resources we all have inside…” Brigitte Bowles

Dr Spiros Kavalieratos: "Very positive. A great adjunct to the profession and a must for every dentist who wants to positively change patient's dental experiences. This course should be included in the dental training curriculum".
COMPULSIVE BEHAVIOUR AND SMOKING CESSATION - CB

This speciality course Compulsive Behaviour includes the smoking cessation technique recognised by Genesis, the first medical scheme to allow its members to use their available savings for Smoking Cessations only with SAIH Hypnosis Practitioners.

Recognising the contributing factor of stress, anxiety and depression, and covering the distinctions between compulsive behaviours and obsessive compulsive behaviours this course offers complementary techniques to alleviate a variety of compulsive behaviour such as smoking, gambling and binge eating for example. This comprehensive strategy will utilise the natural benefits obtained from relaxation in the hypnotic state, and apply many techniques to cover all aspects which may have held the client back from making the change in the past.

Dr Mohammed Rahman: “It will encourage me to continue the remaining hypnotherapy courses to become a certified and qualified hypnotherapist, to combine it with my practice as a Clinical Psychologist.”

SAIH’s own mobile stop smoking app design by Albert Van Jaarsveldt
Assisting clients to track their behaviour and achieve their success.
PAST LIFE REGRESSION AND SOUL JOURNEYS - PLR & SJ

Although experiences from past life regressions could be seen as strictly metaphorically, Past Life Regression is based on the model of reincarnation. As with all beliefs, it is not the therapist's job to prove or disprove them, rather to assist the client in discovering and exploring their Past life experiences and to utilize these for beneficial movement from within.

We unknowingly carry forward experiences, attitudes, and relationship dynamics from other lives into our current lifetimes. This can be beneficial, but when upsetting experiences are left unresolved, relationships are left unhealed - attitudes and decisions may be carried forward from those lifetimes influencing our current experience.

Experiencing another life existence offers the opportunity to reconnecting with the dimension of life-between-lives, to glance at our Souls' journey. Those understandings and the adjustments that are possible on this level can have the most profound effects on our NOW.

Des Attwood CHT: Past Life Regression is a fascinating subject which was so brilliantly brought to life (excuse the pun), by Claudia at the groundbreaking Past Life Regression and Soul Journey course on 3/4th September 2011. Even the harshest sceptic would not be able to refute the highly credible examples shown on the course, the origin of which is from well-respected and recognized sources. All practicing Hypnotherapists should consider gaining an understanding and sensitivity to PLR as this knowledge is a vital tool in any Hypnotherapy practice. No matter what your personal belief system is, your client's beliefs could differ, and a spontaneous past life may well be accessed during treatment. This reality was so well dealt with during the course. Claudia's thoroughly researched and brilliantly delivered training covered many eventualities and pitfalls, resulting in participants feeling confident and ready to deal with any therapy session detours.

The fact that the course participants represented such a wide spectrum of society, served as a fantastic precursor to the potential diverse landscape of a thriving Hypnotherapy practice. The Soul Journey component of the course is a REAL cherry on the top. What a fantastic, simple, yet effective option to be able to offer to our clients! This course differs from any other PLR courses you may have attended in the past, in that it is TOTALLY Client Centred and the focus is on the practical application thereby preparing student and qualified Hypnotherapists to be comfortable to fully integrate these skills into therapy sessions as and when needed.

Once you have attended this course, you will agree that the content is so powerful, that it should be compulsory for every SA IH trained Hypnotherapist to attend and include in his or her toolbox. Thanks to Claudia and her team for developing a course that will literally change lives!
ABOUT US

SAIH Mission Statement: Together, utilizing our unique strengths, we invite people to share our passion and devotion for hypnotherapy and attract the resources to manifest visions that ensure prosperity for all involved and thus contribute to individual and global transformation.

SAIH’s training division is known as the Mastermind Training Centres through which it has facilitated hypnosis training for more than 15 years in the field of self-empowerment, non medical Hypnotherapy and Parts Therapy in both Johannesburg and Cape Town. This makes SAIH the first and most established official school for training the broad spectrum of Hypnosis Practices such as Hypnotherapy, Parts Therapy, Past Life Regression, etc in South Africa.

Applying Hypnosis Practices to facilitate change for others is a most rewarding calling. It requires high levels of conscientiousness from the student and qualified practitioner even though the applications are strictly client centred and any adjustment within the client actually stems from the client’s insight during the session. Such levels of responsibility need to be met with training of highest standard, competence and integrity.

The founders’ vision is still valid today “to acquaint students with the theory and application techniques of hypnosis and standardize and upgrade educational requirements for professional Hypnosis Practitioners to the highest level of competence”.

SAIH is an approved school and an accepted affiliate for its excellence in hypnosis education with the International Medical and Dental Hypnotherapy Association, USA (IMDHA), as well as the UK based GHSC and APHP.

Our curriculum allows people to study part time as well as offering gradual integration into this rewarding profession. Our certified students apply their knowledge in private practice, in the corporate world, as an additional modality to their other qualifications, and in some cases even become trainers themselves.

SAIH has created a record of accomplishment that truly speaks for itself.

Hypnosis is the most underrated human ability!

- Claudia Klein
I am a mind worker, an adventurer into the Self and beyond. I have been drawn to the topic of self-realization since I was a teenager, attended many courses, workshops, conferences and seminars and have an extensive internal library of learnings from many teachers.

It has been an immensely rewarding journey, which propelled me into a much richer life experience.

The last 15 years have been especially fulfilling because I have been part of so many personal shifts during private and group sessions and while training therapists as director and main facilitator at SAIH.

During this time, I have produced hypnosis training material, meditation and visualization audio programs, videos, mind inspiring tools and co-authored a book with one of my mentors.  

The essential principal for all aspects of my work remains my primary guideline: Everyone has the right to feel empowered and should have the tools to access the innate resources to fulfil our desires.

I feel immensely privileged to continue to contribute to the wellbeing of so many and especially about the expansion caused through the first-class work of our graduates.

However, there is always something to learn about ourselves and there is always another level of understanding and we can always love ourselves a little more. I shall remain a student of consciousness.

Claudia Klein CHT, CPTT, CPTF, (SAIH) (non medical), NLP, HNLP, Certified "Heal your Life Teacher"
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