

***NLP Master's Certification Training in Ericksonian Hypnosis  
and Advanced Language Patterns 2023***

This twenty-day training begins with four weekends on the hypnotic approaches of Milton Erickson, M.D. The material taught in this training is based on the book *Training Trances: Multi-level Communication in Therapy and Training* by John Overdurf and Julie Silverthorn. The next three weekends focus on Advanced Language Patterns based on the NLP modelling of Milton Erickson, M.D., also incorporating the more recent 'Sleight of Mouth' patterns. The course concludes with two weekends on *Therapeutic Metaphor* and a final integration weekend based on the *Self-Relations* work of Stephen Gilligan.

The purpose of this training is the effective understanding and use of, not only hypnosis, but also NLP at Master's level. While conceptual material is presented, the emphasis is on experiential learning and the acquisition of practical skills.

**Course content:**

Review of basic Ericksonian skills required to do more sophisticated, advanced techniques

What to do after you've induced trance!

How to do a complete hypnotherapy interview from beginning to end

How to seamlessly transition in and out of ...that's right!

How to construct relevant and precise metaphors

How to easily elicit, and utilise, traditional hypnotic phenomena, including:

    catalepsy

    analgesia/anaesthesia

    amnesia

    deep trance identification

How to incorporate these techniques into your own personal style

How to use Erickson's basic protocol for posthypnotic suggestions

Unconscious Healing & Beyond...

Hypermnnesia (heightened unconscious memory recall) and time distortion used therapeutically and to accelerate learning

Advanced inductions using ideomotor signalling

The difference between honest unconscious signals and conscious compliance  
Techniques to quickly induce trance while setting ideomotor signals  
Elicitation and utilization of complex hypnotic phenomena  
Techniques to best induce deep trance phenomena  
Train your clients (and yourself!) to be exceptional hypnotic subjects while still addressing therapeutic issues

**Requirements:**

Previous Certification as a Practitioner of NLP. More important even than a certificate, however, is that trainees will be expected to consistently demonstrate a high level of mastery of the basic practitioner level material together with a respectful and caring attitude.

**Prescribed texts:**

*Training Trances* – John Overdurf and Julie Silverthorn

*A Guide to Trance Land* – Bill O’Hanlon

**Recommended texts:**

*Ericksonian Approaches* – Rubin Battino and Thomas L. South

*Trance-formation* – Richard Bandler

*Hypnosis: a Comprehensive Guide* – Tad James

*Speak Ericksonian: Mastering the Hypnotic Methods of Milton Erickson* – Richard Nongard

The course is run over ten weekends, in Johannesburg, one weekend a month, beginning on the 1<sup>st</sup> weekend of February 2023. The total investment in the course is R38 000.00, including materials. The Venue for the course is yet to be confirmed.

For further details please contact:

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