

LETTER FROM THE PRINCIPAL



Welcome to SHC School of Hypnotic Practices! You've taken the first step towards a rewarding, fulfilling and hardworking career, with so much enjoyment ahead.

Here at SHC, our focus is on YOU and helping you kick start this next part of your life journey with as much knowledge and experience under your belt as possible. We cover the most popular Hypnosis session requests, as well as spending two in depth sessions with you setting up your clinic 100% - and we mean that. From legalities,

to insurances, accreditations to lighting, we've got you, and we will walk you every step of the way to the finish line. This is one of the most thorough hypnotherapy courses out there.

If you fully apply yourself to this experience, there is nothing stopping you from growing a beautiful business and a happy and thriving customer base. Follow the instructions below and your experience will be smooth and hassle free.

Here at SHC School of Hypnotic Practices, we understand that life is busy - which is why we schedule all sessions in with you at the start, so that you can choose dates and times that suit you, you enter your chosen and booked class dates and times in your own personal mobile calendar, and you are guaranteed to not double book yourself along the way.

I look forward to meeting you and spending the next 6 months shaping your hypnotic journey, it is a life changing experience.

Remember, whatever you sow, you will reap in the future. And a solid clear understanding of the fundamentals of Hypnosis and Hypnotic Suggestion will form a solid basis for your clinic, therapeutic style, and success rate.

I hope to see you soon, we have a lot of work to cover!



Axel Sigur Starviking

*Dip. Clinical Hypnosis, Dip. Addiction Counselling,
Dip. Psychotherapy, Cert. EMDR, Cert NLP, Cert. Gestalt*

Head of Hypnotic Practices

IICT Accredited Therapist



HYPNOTIC PRACTICES FEES				
ONBOARDING AND STUDENT Q&A				
Onboarding And Student Q&A	Training 000 [Onboarding & Q&A]	60 min	100.00	Week 01
			100.00	
SET 01				
Inductions Course	Training 01 [Inductions Course]	120 min	396.00	Week 02
			396.00	
SET 02				
Hypnotic Suggestion	Training 02 [Hypnotic Suggestion Course]	120 min	395.00	Week 04
			396.00	
SET 03				
Hypnotic Anxiety Treatment	Training 03 [Anxiety Treatment]	90 min	297.00	Week 06
Practical Examination: Hypnotic Anxiety Treatment	Training 00 [Practical Exam]	60 min	198.00	Week 08
			495.00	
SET 04				
Hypnotic Quit Smoking Treatment	Training 04 [Quit Smoking Treatment]	90 min	297.00	Week 10
Practical Examination: Hypnotic Quit Smoking Treatment	Training 00 [Practical Exam]	60 min	198.00	Week 12
			495.00	
SET 05				
Hypnotic Past Life Regression	Training 05 [Past Life Regression]	90 min	297.00	Week 14
Practical Examination: Hypnotic Past Life Regression	Training 00 [Practical Exam]	60 min	198.00	Week 16
			495.00	
SET 06				
Hypnotic Pain Management	Training 06 [Pain Management]	90 min	297.00	Week 18
Practical Examination: Hypnotic Pain Management	Training 00 [Practical Exam]	60 min	198.00	Week 20
			495.00	
SET 07				
Setting Up Your Clinic A	Training 07 [Setting Up Your Clinic A]	120 min	396	Week 22
			396	
SET 08				
Setting Up Your Clinic B	Training 08 [Setting Up Your Clinic B]	120 min	396	Week 24
			396	
				COURSE TOTAL
				3564.00

IMPORTANT INFORMATION: READ BEFORE CONTINUING

In our Full Hypnotic Practices Course below, there are 8 Sets/Classes.

Some sets have a single session, and some have theory and practical sessions, so the full course comprises of 12 sessions in total. The course duration is 6 months, or 24 weeks.

There are some written assignments, some practical examinations, Q&A discussions during the class and some self-studies that you will have to do. The fortnight between classes offers ample time to do these. There will be 1 - 4 Students per class.

You will book all your sessions in advance with your Hypno Teacher in the Training 000 Onboarding and Student Q&A session.

In your onboarding session, you will book your sessions in 1 per fortnight, in the order above, your Hypno Teacher will do these for you.

Your card details will be required for booking, **you can opt to pay upfront, or payment will only be processed on the day of your session.**

Be sure to enter all dates and times into your personal calendar.

Find a friend or family member who will commit to being your practical exam partner. They will need to commit to being at your practical exam dates for 60 minutes. They can attend over zoom or be present with you at your location.

CANCELLATION / RESCHEDULE

There is a 24hr Cancellation or Reschedule Policy in place.

If a Set is not cancelled or moved 24hrs or more from the commencement time, there will be a penalty fee of \$100 debited. This is non-negotiable.

REFUNDS

There is a refund policy in place, according to the Australian Competition & Consumer Commission:

- Consumers are not entitled to a repair, replacement or refund under the consumer guarantees if:
- They got what they asked for but simply changed their mind, found the product cheaper somewhere else, or decided they didn't like the purchase or had no use for it. However, if a business has a 'change of mind' policy, they must follow it.
- The problem with the product was caused by the consumer misusing it.
- They knew of or were made aware of the problem with the product before they bought it (but they may be entitled to a repair, replacement or refund for a different problem with the product that wasn't made clear to them before they bought it)
- Asked for a service to be done in a certain way against the advice of the business
- The problem with a service was caused by the actions of someone other than the business.

FULL COURSE INFORMATION

Week 01 | ONBOARDING & STUDENT Q&A SET

Hypnotic Practices Student Onboarding

Book: Training 000 [Onboarding & Q&A] 60min

This session will be your onboarding, session booking and Q&A session. All your appointments will be booked for the coming 24 weeks, so please make sure to have your calendar with you (Google or Apple Calendar) so that all appointments are scheduled and remembered.

ONBOARDING | Q&A OUTLINE:

HALAXY ASSISTED BOOKING – 12 Sets over 24 Weeks (1 per fortnight)

Q&A REGARDING THE COURSE

Week 02 | SET 01 – THEORY ONLY**Hypnotic Inductions**

Book: Training 01 [Inductions Course] 120min

This Set comprises of 1 lecture, verbal assessment for understanding, and 1 written assignment to be emailed in after the session.

You will successfully learn all about Inductions (the process of guiding someone into a state of Hypnosis) along with other interesting information about hypnosis and the role of a therapist. You will experience an induction and can practically explore the spoken elements of an induction.

SET 01 OUTLINE:

HOW DOES INDUCTION WORK

A BRIEF HISTORY OF HYPNOSIS

HYPNOTIC HISTORICAL FIGURES

THE STRUCTURE OF AN INDUCTION

IDEOMOTOR RESPONSE DURING HYPNOSIS

SAFETY AND INSTRUCTION BEFORE AN INDUCTION

RESPONSIBILITY AND DUTY OF CARE

FINDING YOUR HYPNOTIC VOICE

CADENCE AND TONE

EXPERIENCE AN INDUCTION

INDUCTION SCRIPT

PRACTICAL EXPERIENCE

SOURCING AND EDITING INDUCTIONS FOR USE

COMPLETION OF HYPNOTIC PRACTICES INDUCTIONS COURSE

Week 04 | SET 02 THEORY ONLY**Hypnotic Suggestion**

Book: Training 02 [Hypnotic Suggestion Course] 120min

This Set comprises of 1 lecture, verbal assessment for understanding, and 1 written assignment to be emailed in after the session.

You will successfully learn all about the art of Hypnotic Suggestion (the process of placing positive, encouraging, or motivating or therapeutic suggestions in place before, during and after Hypnosis) along with other further information about hypnosis and the role of a therapist. You will experience suggestion examples firsthand and can practically explore the spoken elements of suggestion.

SET 02 OUTLINE:

HOW DOES HYPNOTIC SUGGESTION WORK

WHY IT'S DONE

THE POWER OF SUGGESTION

THE BRAIN DURING HYPNOSIS

HYPNOTIC SUGGESTION CASE STUDIES (SELF STUDY)

RESPECT OF THE CLINICAL SPACE

PROCESS OF A SESSION

PRE-HYPNOTIC SUGGESTION

POST-HYPNOTIC SUGGESTION

MILTON MODEL LANGUAGE PATTERNS (SELF STUDY)

COMPLETION OF HYPNOTIC PRACTICES: HYPNOTIC SUGGESTION COURSE

Week 06 | SET 03 - THEORY**Hypnotic Anxiety Treatment**

Book: Training 03 [Anxiety Treatment] 90min

This Set comprises of 1 lecture, verbal assessment for understanding, 1 written assignment to be emailed in after the session and one practical examination.

Anxiety is one of the most popular reasons for seeking out Hypnotherapy. Learn about how anxiety affects the client, how to handle anxious clients and experience an Anxiety Treatment Hypnosis firsthand adequately and supportively.

SET 03 OUTLINE:

WHAT IS ANXIETY?

HOW TO DEAL WITH AN ANXIOUS CLIENT

THE EFFECT OF ANXIETY ON THE BRAIN

THE EFFECT OF ANXIETY ON THE HUMAN BODY

PACIFYING AN ANXIOUS CLIENT

DEPRESSION VS ANXIETY

HYPNOTIC SUGGESTIONS FOR ANXIOUS CLIENTS

GETTING COMMITMENT FROM AN ANXIOUS CLIENT

ANXIETY TREATMENT CASE STUDIES: THEORY EXAM

Week 08 | SET 03 – PRAC**Practical Examinations Hypnotic Anxiety Treatment**

Book: Training 00 [Practical Exam] 60min

This is your Hypnotic Anxiety Treatment practical exam; it must be booked within a fortnight of your Anxiety training session. You will need to have a friend or family member with you or joining us over zoom, and you will need to do an anxiety session with them. You will need to demonstrate an understanding of anxiety, adequate use of the script, your Induction and Suggestions will also be observed.

SET 03 PRAC OUTLINE:

ANXIETY TREATMENT PRACTICAL EXPERIENCE / PRACTICAL EXAM

Week 10 | SET 04 - THEORY**Hypnotic Quit Smoking Treatment**

Book: Training 04 [Quit Smoking Treatment] 90min

This Set comprises of 1 lecture, verbal assessment for understanding, 1 written assignment to be emailed in after the session and one practical examination.

Quit Smoking is a challenging but rewarding therapy, and often leads to fantastic breakthrough in the client's life. In this course you will learn the basics of Addiction Counselling, how to hold space without judgement, how to use powerful suggestions to encourage change. You will work through both Hypnosis scripts so that you have a thorough understanding of the process.

SET 04 OUTLINE:

ESTABLISHING A SPACE FOR CHANGE

POSITIVE FUTURE TALK

THE PUPPY AND THE MAT

THE TRAIN

THE QUIT SMOKING SCRIPT

AGE PROGRESSION

THE MIRROR

THE CALCULATOR

POWERFUL SUBCONSCIOUS SUGGESTION

QUIT SMOKING CASE STUDIES: THEORY EXAM

Week 12 | SET 04 – PRAC**Practical Examinations Hypnotic Quit Smoking Treatment**

Book: Training 00 [Practical Exam] 60min

This is your Hypnotic Quit Smoking practical exam; it must be booked within a fortnight of your Quit Smoking training session. You will need to have a friend or family member with you or joining us over zoom, and you will need to do a Quit Smoking session with them. You will need to demonstrate an understanding of addiction counselling, adequate use of the script, your Induction and Suggestions will also be observed.

SET 04 PRAC OUTLINE:

QUIT SMOKING PRACTICAL EXPERIENCE / PRACTICAL EXAM

Week 14 | SET 05 - THEORY**Hypnotic Past Life Regression**

Book: Training 05 [Past Life Regression] 90min

This Set comprises of 1 lecture, verbal assessment for understanding, and 1 written assignment to be emailed in after the session, and one practical examination.

Past Life Regression is a very powerful tool for positive change. It can be a visit to the distant past, to outer space, or maybe just to last week. There is no restriction on how the client's subconscious chooses to experience this hypnosis. We will touch on two types of Past Life Regression, one is meeting one's younger self, and the other is a previous life hypnosis.

SET 05 OUTLINE:

WHAT IS PAST LIFE REGRESSION

THE BENEFITS OF PAST LIFE REGRESSION

PAST SELVES

HEALING THE INNER CHILD

OVERCOMING BARRIERS TO HEALING

THE POWER OF SELF PROTECTION

THE POWER OF SELF LOVE

THE POWER OF LETTING GO OF THE PAST

THE REMOTE

THE SNAPSHOT

THE MOMENT OF FORGIVENESS

WHAT TO DO IF THEY SEE NOTHING?

PAST LIFE CASE STUDIES: THEORY EXAM

Week 16 | SET 05 – PRAC**Practical Examinations Hypnotic Past Life Regression**

Book: Training 00 [Practical Exam] 60min

This is your Hypnotic Past Life Regression practical exam; it must be booked within a fortnight of your Past Life training session. You will need to have a friend or family member with you or joining us over zoom, and you will need to do an anxiety session with them. You will need to demonstrate an understanding of Past Life Regression, adequate use of the script, your Induction and Suggestions will also be observed.

SET 05 PRAC OUTLINE:

PAST LIVES PRACTICAL EXPERIENCE / PRACTICAL EXAM

Week 18 | SET 06 - THEORY**Hypnotic Pain Management**

Book: Training 06 [Pain Management] 90min

This Set comprises of 1 lecture, verbal assessment for understanding, 1 written assignment to be emailed in after the session and one practical examination.

Pain can be life changing – and not in a good way. In this course you will learn the history of hypnotic pain management, hypnotic anaesthesia, and daily pain management through hypnosis. You will have the opportunity to experience a Pain Management Hypnosis and will be assessed regarding your understanding of the topic.

SET 06 OUTLINE:

WHAT IS PAIN

THE EFFECT OF PAIN

THE EMOTIONAL CONNECTION TO PAIN

PAIN AND FORGIVENESS

PAIN AND TRAUMA

MEDICAL HISTORY OF PAIN HYPNOSIS

PAIN HYPNOSIS SCRIPT

EXPERIENCE PAIN HYPNOSIS (RECORDING)

PERIOD PAIN HYPNOSIS

PERIOD PAIN FOR TRANSGENDER PEOPLE HYPNOSIS

FIBROMYALGIA HYPNOSIS

HEADACHE / MIGRAINE HYPNOSIS

PAIN CASE STUDIES: THEORY EXAM

PAIN PRACTICAL EXPERIENCE / PRACTICAL EXAM

Week 20 | SET 06 – PRAC**Practical Examinations Hypnotic Pain Management**

Book: Training 00 [Practical Exam] 60min

This is your Hypnotic Pain Management practical exam; it must be booked within a fortnight of your Pain Management training session. You will need to have a friend or family member with you or joining us over zoom, and you will need to do an anxiety session with them. You will need to demonstrate an understanding of pain management, adequate use of the script, your Induction and Suggestions will also be observed.

SET 06 PRAC OUTLINE:

BUSINESS NUMBER

CLINICAL SOFTWARE SET UP

BANKING | TAX | ACCOUNTING SET UP

WEB DESIGN AND HOSTING SET UP

BUSINESS NAME REGISTRATION SET UP

TELEHEALTH SET UP

MEMBERSHIPS AND INSURANCES

BUSINESS CARDS & PRINT

RECORDING SOFTWARE

VIDEO EDITING SOFTWARE

SOCIAL MEDIA

Week 22 | SET 07**Setting Up Your Clinic A**

Book: Training 07 [Setting Up Your Clinic A] 120min

In this session we will take care of all online set up, tax agents, clinical software, legalities, and accreditations.

SET 07 OUTLINE:

THERAPEUTIC LOCATION

ERGONOMICAL SET UP FOR THERAPISTS LONG TERM PHYSICAL HEALTH

ERGONOMICAL SET UP FOR CLIENTS MAXIMUM COMFORT

THERAPY CONDUSIVE LIGHTING

CREATING A THERAPEUTIC AUDIO ENVIRONMENT

CREATING A 'OUTSIDE NOISE'-FREE ZONE

Week 24 | SET 08**Setting Up Your Clinic B**

Book: Training 08 [Setting Up Your Clinic B] 120min

In this session we will take care of the practicalities of clinical setup. You will be guided step by step with what you need to get started physically.

SET 07 OUTLINE:

THERAPEUTIC LOCATION

ERGONOMICAL SET UP FOR THERAPISTS LONG TERM PHYSICAL HEALTH

ERGONOMICAL SET UP FOR CLIENTS MAXIMUM COMFORT

THERAPY CONDUSIVE LIGHTING

CREATING A THERAPEUTIC AUDIO ENVIRONMENT

CREATING A 'OUTSIDE NOISE'-FREE ZONE

CERTIFICATES AWARDED FOR ALL SETS Including FULL COURSE COMPLETION CERTIFICATE

To sign up for this life-enriching Diploma in Hypnotic Practices Course,
contact us via starviking.hypno@gmail.com