



Portland School of Hypnosis

Debbie A Taylor MA, CHT, CI

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Syllabus 150 Hour NGH Hypnosis Certification Course

Weekend One

Lesson ONE – What is Hypnosis
Lesson TWO – Suggestibility Tests
Lesson SIX – How to Hypnotize
Lesson SEVEN – Trance Depth
Lesson NINE – The C and SC Mind
Business Considerations – Robert Lilly

Weekend Two

Lesson EIGHT - Suggestion Management
Lesson ELEVEN - Additional Inductions
Lesson TWELVE - Deepening Techniques
Lesson EIGHTEEN – Ethics

Weekend Three

Lesson SEVENTEEN – Stress Management

Weekend Four

Lesson FIFTEEN – Smoking

Weekend Five

Lesson SIXTEEN – Weight Loss

Weekend Six

Lesson FOURTEEN – Anesthesia Management
Lesson NINETEEN – Session Structure
Lesson TWENTY-FIVE – Regression
Take Home Exam

Weekend Seven

Review Exam
Tie up loose ends
The Business of Running a Hypnosis Practice – Robert Lilly
Graduation Certificates / Photos / Lunch

Independent Reading See below*

Lessons 3, 4, and 5 including all supplemental handouts and reading material

Independent Reading See below*

Lessons 10 and 13, including all supplemental handouts and reading material

Independent Reading See below*

Lessons 20, 21, and 22 including all supplemental handouts and reading material

Independent Reading See below*

Lessons 23 and 26 including all supplemental handouts and reading material

Independent Reading See below*

Appendix I and II, including all supplemental handouts and reading material

Independent Reading See below*

Appendix III including all supplemental handouts and reading material

Independent Reading See below*

None



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****Independent Reading Assignments: Beyond your NGH books by Debbie A Taylor***

Module One – Neural Pathways and the Corner Stones of Hypnosis

- Neural Pathways
- Comparing the conscious and sub-conscious minds
- The cornerstones of hypnosis; how and why it works the way it works
- The critical faculty and how to dissolve it
- Brain waves and how they fit into the story of hypnosis.
 - Delta
 - Theta (the hypnotic state)
 - Alpha
 - Beta
- Filters: we all have them. Where they came from, what they do, and how to change them
- Facts to teach your clients
- Our goal as hypnotists
- Questions for discussion

Module Two – Setting the Stage for Change

- The initial interview; the intake session
- Paperwork; building rapport; reading between the lines
- Pretalk; explaining hypnosis to your client
- Questions for discussion

Module Three

- The Modified Outcome Frame; your magic bullet
 - Identifying the payoffs for the bad habit
 - Identifying the motivation to give up the payoff and make permanent change: developing your NOW statement
 - Identifying your outcome; what is the actual “habit” change?
 - What evidence proves to you that change has happened?
 - What imagery proves to you that change has happened?
 - What sounds are associated with creating your outcome as reality?
 - What does it feel like, physically and/or emotionally to have created your outcome as reality?
 - What does having this accomplishment do for you in the long run?
 - What other areas in your life are positively influenced because you have accomplished your outcome?
 - Health
 - Finances, Career
 - Relationships



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- Spirituality
- Self-Image
- Applying your notes to the hypnosis session for a very detailed, specific approach; no scripts here!
- Questions for discussion

Module Four

- Stress and Anxiety; the #1 reason people use hypnosis
- Generalized anxiety disorder
- Panic disorder
- Social Anxiety
- Panic Attacks
- Signs and symptoms of panic disorder
- Fight or flight; common symptoms
- Our brain as a record of the past
- How learning changes the brain
- The body as the subconscious mind
- Living in the past or the future
- Why is stress so hard on us?
- Addiction as a means to reduce stress
- Habit or addiction?
- Awareness; relief is an inside job
- Case History interview for “anxiety” clients
- Going over the anxiety forms with clients
- Example: filling out the MOF with “anxiety” clients
- Techniques and strategies
 - NLP Swish pattern
 - Future pacing
- Questions for discussion

Module Five

- Tobacco cessation; chewing/vaping/marijuana use
- How much to charge
- Interviewing tips for “tobacco” clients
- Going over the case history with “tobacco” clients
- Going over the Tobacco Use Questionnaire
- How to use the MOF with “tobacco” clients
- Questions for discussion

Module Six

- Weight loss
- Inherited beliefs



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- Case history with WL clients
- Weight loss questionnaire
- Modified outcome frame (MOF) for weight loss
- Healthy Eating Recommendations (HER)
- Weaving the HER into the MOF for a great hypnosis session!
- Scripts and metaphors for weight loss
 - Beach-trunk
 - Food as a prop
 - Number line
 - High road / low road
- Questions for discussion

Module Seven

- Session structure; what to do first, second, etc.
- Options to consider
- Questions for discussion

Module Eight

- The anatomy of a hypnosis session
 - Induction
 - Delivering suggestions
 - Emerging
 - Debriefing
- Questions for discussion

Module Nine

- Debbie's Words of Wisdom – beyond hypnosis
 - Assigning authority outside yourself
 - Situation VS problem
 - Your response determines what happens next
 - Learning to think greater than you feel
 - Path of least resistance short term vs long term
 - Assigning meaning to what we see and experience
- Questions for discussion

Module Ten – Supplemental information

- Allergies and hypnosis
- Aversion for sugar addicts