

THERAPEUTIC HYPNOSIS TRAINING PROGRAM

with Dr. Carlos de León



MODULE I: THE FUNDAMENTALS OF HYPNOSIS

1. DEFINING HYPNOSIS

2. TYPES OF HYPNOSIS

a) APPROACHES:

- AUTHORITARIAN
- PERMISSIVE

b) APPLICATIONS:

- THEATRICAL
- GROWTH
- THERAPEUTIC
- EXPERIMENTAL

3. HAZARDS IN HYPNOSIS

4. DYNAMICS OF HYPNOSIS

- THE STATE
- RAPPORT
- SUGGESTION
- LEARNING
- TRANSFERENCE

5. SUGGESTION

6. HYPNOTIC SUSCEPTIBILITY

7. INDUCTION

- SIMPLE TECHNIQUE
- ADVANCED TECHNIQUE

8. DEEPENING

9. TYPES OF SUGGESTION

- IN VIGIL (Awake)
- IN HYPNOTIC STATE
- PREHYPNOTIC
- POSTHYPNOTIC

10. MEASURING THE DEPTH OF HYPNOTIC TRANCE

MODULE II: GENERAL APPLICATIONS

1. DEVELOPMENT OF THE HYPNOTIC "POWER"

- MESMERISM
- TANTRIC SADHANA
- ONTOGENIC DEVELOPMENT

2. HYPNOTIC PHENOMENA

- ACTIONS
- AMNESIA
- INDUCTION OF COMPLEXES
- REGRESSION
- PROGRESSION
- ANESTHESIA
- ANALGESIA
- COGNITIVE ALTERATIONS
- SECONDARY PERSONALITIES
- OBSERVATION
- SENSORY DISORDERS
- PSYCHIC PHENOMENA

3. APPLICATION AREAS

- STUDY
- GROWTH
- BODY-MIND THERAPY
- MEDICINE: REHABILITATION AND ANESTHESIA
- POLICE INVESTIGATION
- ABDUCTION INVESTIGATION
- PSYCHIC DEVELOPMENT
- SPORTS
- SPIRITUAL DEVELOPMENT
- THEATRE
- SHAMANISM
- APPLICATION IN ANIMALS

4. TECHNIQUES DERIVED FROM HYPNOSIS

- SELF-HYPNOSIS
- AUTOGENIC THERAPY
- RA
- GUIDED VISUALIZATION
- BRAIN STIMULATION
- MENTAL CONTROL

5. SOLUTION TO OBSTACLES IN THE HYPNOTIC PROCESS

- RESISTANCE
- SIMULATION
- CATHARSIS
- TRANSFERENCE

MODULE III - HYPNOTHERAPY

1. GENERAL GUIDELINES

- HAZARDS
- INDICATIONS AND CONTRADICTIONS
- PATIENT PREPARATION
- ANXIETY MANAGEMENT

2. PSYCHOBIOLOGICAL HYPNOTHERAPY

- REMOVAL OF SYMPTOMS
- GUIDE
- SUPPORT
- PERSUASION
- DESENSITIZATION
- RE-EDUCATION
- RECONDITIONING

3. PSYCHOLOGICAL HYPNOTHERAPY

- SUPPORT HYPNOTHERAPY
- RE-EDUCATIVE HYPNOTHERAPY
- HYPNOANALYSIS
- NLP (Neuro-Linguistic Programming)
- ERICKSONIAN HYPNOTHERAPY
- BEHAVIOURAL HYPNOTHERAPY
- PAST LIVES HYPNOTHERAPY
- ECLECTIC HYPNOTHERAPY
- SARI - HYPNOTHERAPY SPECIALIZED IN DISSOCIATION
- ONTOGENIC HYPNOTHERAPY

4. PROBLEMS IN HYPNOTHERAPY

- TRANSFERENCE AND COUNTER-TRANSFERENCE
- FALSE MEMORIES SYNDROME

MODULE IV: EXPERIMENTAL HYPNOSIS

- EXPLORATION AND DEVELOPMENT OF DIFFERENT STATES OF CONSCIOUSNESS
- EXPLORATION OF PSYCHIC CAPABILITIES
- EXPLORATION OF THE USE OF HYPNOSIS IN SPIRITUAL PRACTICES
- EXPLORATION OF DIFFERENT SHAMANIC TRANCES
- REINCARNATIONAL EXPLORATION
- EXPLORATION IN ABDUCTION CASES AN ALIEN CONTACT
- EXPLORATION OF "O-B-E" EXPERIENCES & "LIFE AFTER DEATH"
- ONTOGONIC EXPLORATION