

# HYPNOTHERAPY CERTIFICATION

## THE JOURNAL OF HYPNOTISM™

JUNE  
2006  
volume 21  
number 2



Ron Eslinger



Certification in Hypnosis



a publication of National Guild of Hypnotists, Inc.  
Merrimack, New Hampshire  
www.ngh.net



Ron Eslinger's

# Healthy Visions

MISSION

To encourage and promote excellence in the use of hypnosis and other complementary medicine by qualified individuals; to advance scientific research, education and standards of practice in hypnosis, and to advise others about the value, application and ethical use of complementary therapies.

VISION

As a recognized leader in Complementary Medicine, we are our community's first choice.

GUIDING PRINCIPLES

We affirm the following principles as guiding our organization:

[ENTER SITE >>](#)

- \* Hold our professional conduct to the highest standards of honor and commitment.
- \* Recognize the worth of individuals by earning trust and treating each person with honesty, dignity, and courtesy while respecting their privacy.
- \* Dedicate ourselves as a learning organization by educating our customers and staff in health, wellness and professionalism.
- \* Receptive to innovation through new ideas, thoughts and practices.
- \* Promote and train others in the benefits of complementary and alternative medicine.



## IMPORTANT INFORMATION THAT COULD CHANGE YOUR LIFE

### TRAINING TO PREPARE FOR HYPNOTHERAPY CERTIFICATION

- Discover How to use more of your natural mental abilities
- Learn how to hypnotize yourself and others
- Study the many fascinating aspects of hypnosis
- Hypnotic inductions and deepening techniques
- Hypnotic regression
- Hypnosis with children
- Weight loss
- Smoking cessation
- Weight Reduction
- Pain Management
- Preparing for surgery
- Hypnosis for childbirth



Approved by the American Association of Nurse  
Anesthetists for 52 CE credits  
Code # 29900 Expires 9/19/2009  
Certification Training Approved By  
The National Guild of Hypnotists, INC.

# HYPNOTHERAPY CERTIFICATION

By RON ESLINGER

# TOPICS IN THIS COMPREHENSIVE COURSE WILL INCLUDE —

## Daily Schedule

### Sunday (9CEs awarded by AANA)

7:30-8:00 Sign In Breakfast  
 8:00-9:40 1\*-What is Hypnosis  
 9:40-10:00 **Break**  
 10:00-10:50 2- Suggestibility Test  
 10:50-11:40 3&4 - Influences & Cautions  
 11:40-12:30 5&6 - History and How to Hypnotize Part 1  
**Lunch**  
 12:30-2:00 6 How to Hypnotize 2  
 2:00-2:50 **BREAK**  
 2:50-3:00 7—Trance Depth  
 3:00-3:50 How to Hypnotize 3  
 3:50-5:30

### Monday (9CEs)

8:00-8-50 8- Suggestion Management  
 8:50-9:40 9&10 Conscious & Unconscious mind and mechanical aids  
 9:40-10:00 **Break**  
 10:00-10:50 11,12, & 13 Inductions Practice  
 10:50-12:30 **Lunch**  
 12:30-2:00 14 & supplement  
 2:00-3:40 Anesthesia management  
**Break**  
 3:40-3:50 14- Anesthesia Management  
 3:50-5:30

### Tuesday (6CEs)

8:00-9:40 15-Smoking /Anesthesia  
**Break**  
 9:40-10:00 16- Weight /Anesthesia  
 10:00-12:30 **Lunch**  
 12:30-2:00 17- Stress Management  
 2:00-3:40 **Break**  
 3:40-3:50 18-Ethics &Practice  
 3:50-5:30

\* Represents workbook chapter number

## Daily Schedule

### Wednesday (6CEs)

8:00-9:40 19&20- Session structure  
 9:40-10-00 **Break**  
 10:00-11:40 Practical exercise  
 11:40-12:00 **Break**  
 12:00-1:40 21&22 Goal setting/ imagery

### Thursday (9CEs)

8:00-9:40 23&24- Supplement 6 self Hypnosis  
 9:40-10:00 **Break**  
 10:00-12:30 25 Supplement – Regres- and Acute & Pain mgnt  
 12:30:2:00 **Lunch**  
 2:00-3:40 Practical Exercise  
 3:40-3:50 **Break**  
 4:00-5:30 25- Age Regression, Chronic Pain Part 2

### Friday (9CEs)

8:00-9:40 Open forum, Q&A  
 9:40-10:00 **Break**  
 10:00-12:30 Supplement—Hypnosis for Child Birth Part 1  
**Lunch**  
 12:30-2:00 Supplement Hypnosis for Child Birth Part 2  
 2:00-3:40 **Break**  
 3:40-3:50 Practical Exercise  
 3:50-5:30

### Saturday (6CEs)

8:00-9:40 Supplement—Hypnosis pediatric anesthesia  
 and  
 9:40-10:00 **Break**  
 10:00-11:40 26 - Practice  
 11:40-11:50 **Break**  
 11:50-1:30 Review Test, Q&A

### AWARDING OF CERTIFICATES GRADUATE

## PRELIMINARY SUGGESTIBILITY TESTS

The purpose and types (authoritarian and permissive) are discussed, demonstrated and practiced.

## RECOGNITION & CLASSIFICATION OF SUBJECTS.

An in-depth discussion of the qualification of subjects, including common fallacies we encounter, occupational susceptibility, age and susceptibility of highly impressionable and emotional people.

## HOW TO HYPNOTIZE

A 3 - step classical hypnotic induction procedure is introduced. The techniques are practiced and all participants are critiqued.

## METHODS OF "EMERGENCE"

Ordinary and gradual emergence "awakening" methods are shown. Participants practice a self-hypnosis induction and awaken themselves.

## DEPTH STAGES OF HYPNOSIS.

Participants are introduced to the six depth stages of hypnosis and the criteria for judging trance depth.

## SUGGESTION MANAGEMENT

Participants will learn the rationale for using self-hypnosis and how it can influence all phases of their lives. In addition, they will be introduced to the world of "suggestion" and learn six important criteria for formulating action suggestions.

## INFLUENCING FACTORS IN HYPNOSIS.

In this lesson we discuss the influence of light, color, temperature, odors, music, sound, and emotions, and their effect on inducing hypnosis.

## SELF-HYPNOSIS TRAINING.

A 3-step method is demonstrated and participants actually construct their own system for teaching a complete program.

## SESSIONS WITH A CLIENT

Participants are taught to structure sessions with clients, including the development of actual treatment plans.



## Clinical Applications for Licensed Health Care Providers

Learn how you are already using hypnosis and were not aware of it. Learn how to make a difference in your patients lives on a daily basis.

## ADVANCED INDUCTION TECHNIQUE

The eight steps necessary to perform an effective progressive relaxation induction are demonstrated. Instantaneous, indirect and waking hypnosis techniques are shown and practiced.

## ASSESSMENT, GOAL SETTING AND REINFORCEMENT.

This lesson introduces - through interactive discussions and application exercises marketing and practice development.

## IMAGERY AND HYPNOSIS

Through case studies, role play activities and illustrations, the practical applications of using imagery in conjunction with proven ego-strengthening techniques are explored and practiced.

## MEDICAL HYPNOSIS

It is a tool that can be used in the practice of medicine as an adjunct therapy in the treatment of disease, pain and cancer. Learn strategies for mediating the effects of the operating room environment and procedures in the surgical process.

## YOUR HYPNOSIS PRACTICE – HOW SHOULD IT BE STRUCTURED?

The varied possibilities and options open to enhance a profitable hypnosis practice are explored. This includes how to start, expand and market one's private practice. The methodology and structure of developing

## HEALTH PROMOTIONS

Learn how to work with hospital health promotion programs in your community in both group and individual programs.

## PAIN MANAGEMENT, HYPNOANESTHESIA, PEDIATRICS, CHILDBIRTH

This is the only Clinical Certification Course that includes these areas of study. You will be able to use these techniques daily in your nurse and anesthesia practice.



## CERTIFICATION REGISTRATION FORM

Circle one: **April 19-25, 2009**    **September 13-19, 2009**

Approved by American Association of Nurse Anesthetists for 52 CE Credits  
Code # 29900 Expires 9/19/2009

Clinical Hypnotist Certification ——— **\$1,495.00 if paid three weeks prior to course date. \$1,595.00 after that date.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ AANA # \_\_\_\_\_

Email: \_\_\_\_\_

Payment Method Circle:    Check:    CC:    Visa    MC    AMEX    Discover

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature \_\_\_\_\_

**Register on line or by mail to: Ron Eslinger**  
**800 Oak Ridge Turnpike, Suite A-208, Oak Ridge, TN 37830**  
**By Phone: 865-220-0777, Toll Free 1-866-312-3159**  
**on-line at [www.eslinger.net](http://www.eslinger.net), fax: 865-220-0270**

**YOUR TUITION INCLUDES:** STUDENT TRAINING MANUALS (BOOK 1 AND BOOK 2), CDs & DVDs, BUSINESS START-UP PORTFOLIO, SCRIPTS, PENDULUM & CHART. PLUS, UPON COMPLETION OF YOUR STUDIES, YOU ARE ELIGIBLE TO RECEIVE CERTIFICATION FROM THE NATIONAL GUILD OF HYPNOTISTS AND WILL RECEIVE YOUR PERSONALIZED 11X14 CERTIFICATE, EMBOSSED MEMBERSHIP CARD, 12-MONTH MEMBERSHIP IN THE NATIONAL GUILD OF HYPNOTISTS. **SEE ADDITIONAL OFFERINGS FROM HEALTHY VISIONS.**

**REFUND POLICY:** Refunds must be requested in writing and will be granted as follows: Full refund minus a \$25.00 processing fee if received 14 days prior to class start date. If within the 14 day period, a \$100 cancellation fee will be charged. Special Circumstances will be considered for refund. Policy may vary according to type of credit card and time from registration to cancellation. Pre course materials become the property of the registrant and will be deducted from refund.

## TRAIN TO BECOME CERTIFIED IN CLINICAL HYPNOSIS

by  
**M. RON ESLINGER**  
RN, CRNA, APN, MA, BCH, CMI, FNCH

**R**on Eslinger, CAPT US Navy Retired, Certified Registered Nurse Anesthetist, is a Board Certified Hypnotherapist and Hypnotherapy Instructor through the National Guild of Hypnotists and the American Board of Hypnotherapy. He was nominated by the Department of the Navy to Represent the Department of Defense to the National Institutes of Health's Health Service's Committee on Complementary and Alternative Therapy (CAM). He received the Researcher of the Year award in 2003 presented by the National Guild of Hypnotists. He completed Certification in Hypnotherapy in 1978 followed by continued education in advanced hypnotherapy with a list of renowned hypnotherapists. Among these were such greats as Harry Arrons, Louis McCoy, CRNA, Agustin Hernandez, Jr., CRNA, Dr. John Chavis, MD, Alphones Tatarunis, Ed.D, Larry Goldman, MD, Judy Lash, Psy.D, and Marc Oster, Psy.DE, Dr Michael Yapko and Dr. Joseph Barber. He received his Certification in HypnoBirthing in 2000. Researcher of the Year 2003 and winner of the Ormond McGill Award for Best Presenter 2004.

**R**on also holds active membership in the American Association of Nurse Anesthetists, the International Society of Clinical & Experimental Hypnosis, and the National Federation of Hypnotists. He is a past president of the Virginia Association of Nurse Anesthetists. Current Vice-President Tennessee Nurses Association District 2.

### Training Location:

#### HEALTHY VISION WELLNESS CENTER

800 Oak Ridge Turnpike  
Suite A-208  
Oak Ridge, TN 37830

Phone: 865-220-0777  
Toll Free 866-312-3159  
Fax 865-220-0270  
[www.eslinger.net](http://www.eslinger.net)

### HOTEL ACCOMMODATIONS:

**Jameson Inn**  
**Phone: 1-865-483-6809**  
**Rate Plan Code: SJOR**

**See enclosure for other accommodations**

**Airport Knoxville (Code TYS)**

**Approved by the American Association of Nurse Anesthetists for 52 CE credits**  
**Code # 29900 Expires 9/19/2009**

## CERTIFICATION IN CLINICAL HYPNOSIS

**H**ypnosis is a natural process that we all experience every day. In this course you learn to utilize this phenomenon as a pathway into the subconscious mind. Here can be found the information needed to solve problems, heal wounds, transcend limitations and release creative energies.

This approach to communication and change has many benefits for a variety of people: on a personal level, it will awaken the wisdom of the subconscious, freeing resources that have been hidden or trapped, interrupting old negative associations, and creating the space to learn new more supportive connections. For the clinician, it will add to your short-term therapeutic skills and offer many short cuts to deep and lasting change. For the non-clinician, business or education oriented professional, it will add to your rapport skills and increase your powers of influence and persuasion with integrity.

This is training with a difference: the emphasis is teaching health care providers the power of the subconscious mind for healing and wellness. Each day will combine instructive presentation with demonstrations, training exercises, and group inductions. This encourages a balance of conceptual, visual, and experiential learning. Experiences of a hypnotic state as a learning condition will be integrated into all phases of the training.

This training is designed to give you the foundation and skill to use hypnosis as an adjunct to healthcare. You will also be given all the resources needed to develop a Hypnotherapy practice.

The Clinical focus is on Health Care, Nursing, Acute and Chronic pain, HypnoAnesthesia, Health Promotions, Stress Management and Childbirth.

### TUITION

**\$1595.00** regular tuition  
**\$1495.00** if paid 3 weeks prior to class start date.

### Course Dates

April 19-25, 2009  
 Sept. 13-19, 2009

### REGISTER

On-Line

Phone

Fax

Mail

[eslinger.net](http://eslinger.net)



### HVH OFFERINGS

One year Mentorship Membership National Guild of Hypnotists  
 Weight Management CD  
 Total Relaxation CD  
 Consumer's Guide to Hypnosis  
 Magic for Hypnotizing Kids  
 Copyright Free Music CD  
 Getting Started CD with 100's of Scripts, articles Value \$3000.00  
 4 Power Point Workshops  
 Much, Much More

## WHAT GRADUATES HAVE SAID

- **Words cannot express—Wonderful!**
- This has been an excellent program. The best I have attended. It gave me every thing I needed plus reinforcement
- Magnificent—Unbelievable the same speaker could captivate an audience for seven days.
- I learned everything about hypnosis and feel confident that I can use it in my hospital and community.
- The course was a fabulous, eye-opening experience—I am so anxious to start putting this into practice.
- You put such life and reality into this course. You're fun to learn from and have made visioning hypnosis as part of my life. Thanks Ron
- Thanks for the most relaxing and informative meeting I have attended. I have gained a wealth of knowledge, made many new friends and experienced the practicum of a new tool that can be used to achieve a higher standard of care.
- I got much more out of it than I ever expected.
- I thought Ron Eslinger was one of the most impressive teachers I have ever met. Excellent selection of materials and resources. Really feel confident that I have the materials I need to actually implement hypnosis.
- I learned much more than I expected.
- This was the best seminar I attended in 23 years of anesthesia seminars. More exciting than the seminar with the Shark Dive. Forget CECs this will change your life! I think I was 20 years late to this seminar.
- Thanks for a great gift. It truly has changed my life. Must be wonderful to be able to help so many folks in such a beneficial way.

### ONE HUNDRED HOURS OF TRAINING

Accredited by the National Guild of Hypnotists and the American Board of Hypnotherapy. Successful graduates are designated as Certified Hypnotherapist by the National Guild of Hypnotists, the oldest and largest organization of its kind with members across the U.S. and in more than 25 countries. Graduates also qualify for certification by the American Board of Hypnotherapy. The one hundred hours of training includes pre-course preparation.

The certification curriculum is designed to provide a complete classical approach to hypnosis which enables each participant to immediately become a practicing Hypnotist working with acute and chronic pain, anesthesia, pre, intra, and post surgical preparation, cancer patients, child birth, weight problems, smoking cessation and stress management for both individuals and groups.

The primary objective is to teach aspects of hypnosis and its applications as thoroughly, scholarly, and completely as possible.