

**GHSC Validated**

# Ericksonian Hypnotherapy



**GHR**  
REGISTERED  
General Hypnotherapy Register

**GHSc**  
VALIDATED PRACTITIONER  
General Hypnotherapy Standards Council

*Learn the secrets of Hypnosis to help yourself and others*  
*Discover how Milton Erickson was able to be successful*  
*Train in trances to develop true hypnotherapy mastery*

**Dates**

7 Days of Training

**14<sup>th</sup> – 20<sup>th</sup> June 2010**

10am – 6pm

**Training Location**

Central Kendal, Cumbria  
The Lake District

**Investment**

£1099

(£799 - 6 weeks in advance)

(£649 – 3 months in advance)

**Pre-requisites**

Certified NLP Practitioner  
or equivalent

**Certification**

Certification as a  
Hypnotherapist recognised  
by the International Institute  
of HNLP and Hypnosis and  
the UK General Hypnotherapy  
Standards Council.

## *We're serious about making learning fun*

Training with Ben and Jane is all about helping you develop real excellence in Hypnotic skills and techniques and having fun while you do so. Our Hypnotherapy course includes using hypnosis for coaching, therapy, healing, sports performance and for helping yourself.

**We believe that practice is the key to making learning permanent**

## *Becoming an Ericksonian Hypnotherapist*

Milton Erickson has been acknowledged as the greatest hypnotherapist ever and on this seven day hypnosis training you can discover the secrets that Milton Erickson learned over his 50 years working with clients. Dr. Erickson himself first summarised his learnings onto over 30 typewritten pages and reported that over time he distilled this down to 25 pages, then 20 pages, then 15, then 10, then 9, 8, 7..... That's Right! And you can **learn all this** and more on the training.

This intensive hypnosis training begins with four days learning The Hypnotic Approaches of Milton H. Erickson, M.D. which is followed by three days of Applied Hypnosis and Unconscious Healing.

## *Deciding to take a Hypnosis Training with Ben and Jane*

We don't know exactly what will convince you that a Hypnosis Training with us **is right for you** so in addition to the information here you are welcome to email with questions or call to speak to us in person and we will happily discuss the training further.

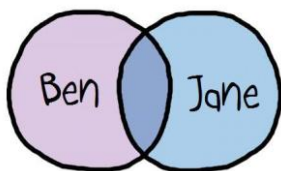
<b>7 days of training in trances</b>	✓
<b>Pre-course mp3 CD included</b>	✓
<b>Pre-course reading required</b>	✓
<b>Comprehensive Hypnosis manual</b>	✓
<b>Instruction from 2 experienced trainers</b>	✓
<b>Interactive and dynamic training</b>	✓
<b>On course 1:1 support and coaching</b>	✓
<b>Certification recognised by INHNLP</b>	✓
<b>Post-Course telephone support</b>	✓

[www.sugarnlp.co.uk](http://www.sugarnlp.co.uk)  
inspiring nlp training

**Booking is easy**

Call 0845 094 6436, email [ben@sugarnlp.co.uk](mailto:ben@sugarnlp.co.uk) or visit our website

Sugar NLP is a training partnership between Neal Anderson and Ben Dowman



## Course Content and Outline

- Basic ways to assist clients in going into Trance
- How to induce trance in a variety of ways.
- 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 easily elicit traditional hypnotic phenomena, including:
  - catalepsy
  - analgesia
  - anaesthesia
  - amnesia
  - deep trance identification
- How to construct relevant and precise metaphors.
- How to incorporate these techniques into your own personal style
- How to use Erickson's basic protocol for posthypnotic suggestions
- Comprehensive hypnotic protocol for healing
- Learn to align the unconscious mind to promote healing
- Protocol for chronic physical and disease processes
- Unconscious reviewing
- Advanced inductions using ideomotor signalling
- The difference between honest unconscious signals and conscious compliance
- Techniques to quickly induce trance while setting ideomotor signals
- Pain control
- Erickson's most effective protocols for working with pain
- Incorporating these methods into your own style
- 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

## Certification



The Sugar Hypnotherapist Certification process follows the guidelines from The International Institute of Humanistic Neuro-Linguistic Psychology and Hypnosis (IHNLP) which is regulated by John Overdurf and Julie Silverthorn, authors of 'Training Trances' which has been described as 'the text' for students of Ericksonian hypnotherapy and the course has been validated by the UK General Hypnotherapy Standards council ([www.ghsc.co.uk](http://www.ghsc.co.uk)).



To become a Hypnotherapist attendance at every day is required and certification is based on observation during the training and successful completion of a review of the material.

## About Your Trainers

**Ben Dowman** and **Jane Talbot** are both certified Trainers of Hypnosis and Ericksonian Hypnotherapy, Master Hypnotherapists, certified Trainers of NLP, certified Trainers of Humanistic Neuro-Linguistic Psychology, certified NLP Master Practitioners and certified Humanistic NLP Coaches.

While training Jane and Ben bring a wonderful air of playfulness and fun and work together in a training partnership to give you the greatest opportunities to learn new skills and techniques to change your own life and to work with others on the best way possible.

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