



# Hypnotherapy Certification Workshop

## April 26th – April 29th 2018

The National Association of Transpersonal Hypnotherapists Trainer Dr. Sarojini Alva Changkakoti is offering you the opportunity to become a Certified Hypnotherapist while undergoing a personal transformation. Please join her as she takes you through a combination of demonstrations, experiential exercises, and in-class assignments.

### Who Should Attend:

Trained therapists, health care professionals, lay professionals, or those interested in learning self-hypnosis are welcome. NATH reserves the unconditional right to grant or deny admission; however, the institute does not discriminate on the basis of race, age, sex, religion, national origin, or handicap. High school diploma or G.E.D. is required, and some college education is suggested.

### Certification Requirements

Participants are required to formally register for the class and attend a minimum of 80% of the 40 in-class hours. In the event of absence, it is the student's responsibility to complete assignments and make up class information by buying and listening to the course tapes. The NATH Certification Program leads the student through entry-level and intermediate training, and includes advanced concepts at the end of the course. The CHT class is rated at 100 hours, which includes a combination of in-class and outside study. Each participant is required to submit a short report within 30 days from the end of the class, complete in-class assignments, and take an open book exam, which can be downloaded at [holisticctree.com/CHTest](http://holisticctree.com/CHTest) or picked up on the first day of class. The exam is derived from the primary course text and graded the last day of class or submitted within 90 days. Assignments and exams are graded on a pass/fail/incomplete basis (80% or more = Pass). Withdrawals are pro-rated with class hours/days. Graduates who have met scholastic and financial requirements will receive a certificate and may then display "CHT" after their name, or "Certified Hypnotherapist."

### TUITION AND REGISTRATION

Avail early bird discount by registering with a non-refundable deposit of \$395 by March 16th 2018.

Discounted tuition fee is \$1095. Regular fee after 16th March is \$1195. It includes NATH membership. Course Texts "Clinical Hypnotherapy: A Transpersonal Approach" by Dr. Chips and required text "Script Magic".

### COURSE OUTLINE

History/Misconceptions	Research
Susceptibility/Rapport	Hypnosis Phenomena
Suggestibility Tests	Self-Hypnosis
Induction Methods	Deepening Trance
Mind/Brain Testing	Dangers/Resistances
Post-Hypnotic	Signs of Hypnosis
Suggestion	Suggestive Therapy
Ericksonian Methods	Motivation Structures
Entertainment Analysis	Smoking Cessation
NLP In Therapy	Misc. Interventions
Hypnoanesthesia	Stress Management
Weight Loss	"Past Life" Regression
Intro to Regression	Prof Policy/Marketing
Case Histories	

### VENUE:

5693 Caribbean Court  
Haymarket, VA 20169

### FOR MORE INFO ABOUT THIS TRAINING:

Please contact Sarojini Alva at:  
Tel: (571)261-3196, (703)727-0414

Email: [sarojinalva@sarojinalva.com](mailto:sarojinalva@sarojinalva.com)



For more information about NATH, please go to our website at [www.nath.world](http://www.nath.world) or contact us at (855) 772-0459.



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### About the Trainer



**Dr. Sarojini Alva, Ph.D.,**  
Reiki Master

Sarojini Alva is a staunch believer of holistic healing. She understands that the true path to optimal health includes wellness of the body, mind, and spirit. She is a Reiki Master, a HypnoBirthing educator and trainer, Hypnotherapist and a Master Trainer. She holds Master's degrees in Human Development, Education and Business Management. She has a Doctorate in the area of Transpersonal Psychology. Sarojini offers, Hypnotherapy, HypnoBirthing, Fertility consultant, HypnoAnesthesia, Reiki workshops in the U.S.A, Canada, Malaysia, UAE, and India. Sarojini has presented in many international conferences and appeared on radio and TV shows. Her healing voice can be heard on her "Harmony Within", "Reiki - Journey unto Healing", and other audio recordings.

### Learn Hypnotherapy

#### Become a Certified Hypnotherapist

The National Association of Transpersonal Hypnotherapists (est. 1989) is the largest, transpersonal hypnotherapy membership organization in the United States. Its quality accelerated training programs give it an outstanding reputation for certifying and registering professionals from a variety of backgrounds throughout the United States.

#### History of Hypnosis

Hypnosis dates back to ancient civilizations where its use was included in activities such as fire walking, meditation, and various natural healing arts. Through its evolution, it has proven itself as an effective therapeutic modality. As education in hypnotherapy continues to grow, the trend in our society is one of increased credibility.

After the American Medical Association's endorsement of hypnosis in 1958, there has been a notable expansion in its methods and applications. Hypnotherapy cannot be considered a panacea, or a replacement for proper medical attention, however, it has been proven to produce quick, effective therapeutic changes that are atypical of other forms of treatment. The uses for hypnotherapy are virtually limitless, addressing common psychosomatic problems such as: weight control, smoking addiction, insomnia, fears, phobias, habits, low motivation, anxiety, stress, headaches, and other problems including, but not limited to, memory retrieval, self image, pain management, sports attainment, performance anxiety, and more.

Students of the entry-level program receive a free one-year membership on the first day of class (a \$70 value) and upon graduation, are sent a membership certificate, in addition to their Certified Hypnotherapist (CHT) certificate.

### Course Instruction

The first half of the program involves study from the course text, *Clinical Hypnotherapy: A Transpersonal Approach*. It is strongly recommended that students pre-read this text in preparation for the onsite training. The second half of the program entails various interventions using a combination of traditional hypnotherapy, Ericksonian hypnosis, NLP, and introductory regressive transformational models. The second required text is *Script Magic: A Hypnotherapist's Desk Reference* (\$39.95). Both texts can be ordered from your Trainer Sarojini Alva or provided along with the NATH training manual on the first day of class.

Once students build a clinical working knowledge of the hypnotic phenomenon, they proceed through intermediate and advanced hypnotherapy training. Each participant will have several opportunities to experience group and individual demonstrations, and apply hypnotherapy to other participants throughout the course. Training generally includes individual demonstrations, experiential participation, audio/video, lecture, and independent study. In-class instruction involves approximately 60% theoretical and 40% experiential learning.

**MATERIALS** This is an accelerated entry-level hypnotherapy certification course. The out-of-class texts, pictured below, will prepare you for the in-class experiential portions of the course. These books and the complete manual will be given to you in the class. Books may be mailed earlier on request.

