

DIPLOMA IN HYPNOSIS & DELTA HEALING

PAPER 1

Psycho Analysis

UNIT 1: HYPNOSIS--Introduction – Definition of Hypnosis -History of Hypnosis: Mesmerism – Nervous sleep – Psycho Analysis (talking cure) – World War and Hypnosis - Types of Hypnosis

UNIT 2: PSYCHOLOGY--Indian Psychology – Feelings – Emotions - Stress - Stressors – Types of Ego - Psychological Games people play – Conscious mind – Sub conscious mind - Message Unit – Fight or Flight

UNIT 3: APPLIED PSYCHOLOGY--Methods of Psychology - Humanistic Model: Existential Theory – Gestalt Theory – Attention - Motivation - Frustration and Conflicts – Personality – Brain and Nervous System – Sports Psychology

UNIT 4: MILTON H ERICKSON MODELS--Reality – Eye Accessing Cues – Visual – Kinesthetic – Auditory -Internal Dialogue -Modalities -Sub Modalities – Meta Model: Deletions – Distortions – Generalizations – Mind reading – Milton Model

UNIT 5: SUGGESTIONS--Suggestions: Laws of suggestibility: Repetition – Association – Reverse Action –Delayed Action -Dominance -Delta State -Visualization -Imagery -Left Brain -Right Brain – Types of relaxation : Waking Stage – Cataleptic stage – Lethargic Stage -Somnambulistic Stage

PAPER 2

Delta Healing

UNIT 1: PSYCHOSOMATIC DISEASE

Psychosomatic diseases: Bio Psycho Social factors -Pre-Induction Interview: Modalities - Defense Mechanisms -Dysfunctional Families: Enmeshed family system – Disengaged family system – Role of Children in Dysfunctional Family: Hero – Scapegoat – Lost Child - Mascot - Diagnostic tools: Corrective Therapy - Stages of Development – Stages of Loss - Body Syndrome

UNIT 2: RELATIONSHIP COUNSELLING Relationship Counselling: Emotional and Physical Sexuality -Development of Sexuality – Physical and Emotional Female Traits - Physical and Emotional Male Traits – Honey Moon stage - Familiarity -Priorities for a Physical – Priorities for an Emotional – Psychodrama – Empty Chair Technique

UNIT 3: INFLUENCE OF THOUGHTS

Causes of discomforts in physical and mental body – Mind Scan – Colours -Catharsis -Dream Analysis: Dynamic Symbols – Sleep Cycles - Sleep Deprivation Studies – Drugs and REM Deprivation – Sleep Disorders - Hand Writing Analysis – Neuro pathways - Hypnodrama in Sports

UNIT 4: CLINICAL HYPNOSIS

Phobia - Low Blood Sugar: effect on behaviour – Basic Guidelines – Stages of Recovery – Hypnotic approaches -Eating Disorder: Anorexia Nervosa : Causes – Treatment approaches – Bulimia: Symptoms - Treatment -Substance Abuse: Reasons -Resistance – Private Violence : Signs of physical abuse

UNIT 5: SELF PROTECTION

Self Efficacy and Health Behaviour – Exercises Versus Stress – Explosive Personality Disorder and Treatment -Habit Control:
Smoking – Nail biting – Tardiness – Weight Control – Study Habit – Examination Anxiety - General Self Improvement: Relationships – Dream Therapy – Memory Improvement – Motivation – Weight Issues – Stress Management -Sports – Other Applications

PAPER 3 PRACTICALS

UNIT 1: PRE INDUCTION

Client Interview Guideline--Mind--Cognitive Session--Hypnotic Modalities--Indirect Approach--Gathering Information

UNIT 2: INDUCTIONS

Healing Procedure--Primary Inductions--Deepening Techniques--Muscle Testing

UNIT 3: DELTA SESSIONS

Goals of Psycho Drama--Regressions--Script for Age Regression--Inner Child Sessions--Mind Scan--Dream Interpretation

UNIT 4: SYNDROMES AND APPLICATIONS

Script for Anxiety--Desensitization Script--Models and Therapy--General Syndromes

UNIT 5: EMPOWERING SCRIPTS

Circle of Excellence--Crisis--Habit Control--Inductions--Healing Scripts--Past Life Therapy--Incompatible Energy