

# Transpersonal Hypnotherapy Home Study Program

by  
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A Dissertation Submitted in Partial Fulfillment  
of the Requirement for the Degree  
Doctor of Philosophy in Transpersonal Psychology  
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## ABSTRACT OF THE DISSERTATION

Transpersonal Hypnotherapy Home Study Program

by

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Doctor of Philosophy in Transpersonal Psychology with emphasis in Hypnotherapy

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This study investigated and designed a Transpersonal Hypnotherapy Home Study program. The study was based on the author's personal experience of Hypnotherapy training resulting in personal growth and increased professional skills as a therapist.

This personal Hypnotherapy training experience was compared to other training programs with an emphasis on distance learning resulting in the design of a classroom and distance learning combination model of Transpersonal Hypnotherapy training.

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## **Chapter 1**

### **Problem Formulation**

#### **Section 1.0 Introduction**

This is a heuristic study. The intent is not to test a hypothesis, nor am I interested in proving anything. The goal of this study is to design and describe a distance-learning transpersonal hypnotherapy program, which will benefit persons interested in becoming a transpersonal hypnotherapist. It is based on the author's experience of training as a hypnotherapist personally and professionally. The result may prove beneficial to other training programs.

There are many hypnotherapy training programs. One can do a search of the word "hypnotherapy" on the Internet and get a response of around 3500 entries. There are also many definitions for the words commonly used in this field, such as hypnosis and hypnotherapy. The training programs vary greatly and offer a variety of skills and training.

#### **Section 1.1 Background of the Study**

The use of hypnosis and hypnotherapy is not new. It's use waxed and waned in time. It began as far back as Egypt, Greece and Rome BC in what were called "sleep temples". The Maya of South America, Hindu fakirs, Celtic druids and African witch doctors have used hypnosis in their various rituals, although, I am sure, they didn't call it hypnosis.

I will identify important pioneers in the field of Hypnosis as explained by Hunter (1994) beginning in the 18<sup>th</sup> Century when the use of hypnosis became again evident beginning with Franz Anton Mesmer who was called the Father of Hypnosis as he began

to “mesmerize” people with the use of magnets. Father Gassner as a contemporary of Messmer mastered the art of suggestion as a means of faith healing and Marquis Chastenet de Puysegar is credited with discovering the sleep-like trance state and who gave it the name “somnambulism”.

The 19<sup>th</sup> Century continued to see more people who were discovering more about hypnosis. Abbe Jose Castodi de Faria was the first man to state that psychological attitudes had anything to do with a hypnotic condition and taught a trance could not be induced against one’s will. John Elliotson began to use hypnosis with his patients during major surgery in England. Scotland had it’s own hypnosis pioneers in James Braid and James Esdaile. James Braid was a prominent surgeon who coined the word “hypnosis”. James Esdaile was another Scottish doctor who used hypnosis with amazing results in India.

In France, practitioners at the Nancy School of Thought: Bernliem and Liebault determined that psychological forces rather than physical forces caused hypnosis. Dr. James Martin Characot experimented at the same time with hypnosis at his clinic in Salpetriere. He was the first to identify the various levels of hypnotic depth using the terms lethargy, catalepsy and somnambulism. Dr. Joseph Breuer used hypnosis to treat a hysterical girl and found she could remember the cause and Sigmond Freud eventually stopped using hypnosis and created the technique of psychoanalysis, which is basically a self-induced hypnotic trance state.

The 20<sup>th</sup> Century had significant events, which encouraged the use of hypnosis. During WW I the medical profession began to use hypnosis to treat patients who had neuroses and trauma caused by the war. Again in WW II hypnosis was used. This time it

began to treat Prisoners-of-War with hypnosis who were denied drugs. The American Medical Association finally accepted the use of hypnosis in 1958. Dr. Milton Erickson, a psychiatrist, started the use of counseling hypnotherapy to help people improve their lives. In 1987 Washington State passed a state law recognizing the hypnotherapy profession and the State of Indiana passed a hypnosis certification law in 1997 with recommended training standards.

Professional organizations also began to form. The National Guild of Hypnotists is a not-for-profit, educational corporation in the State of New Hampshire. Founded in Boston, Massachusetts in 1951 the Guild is a professional organization comprised of dedicated individuals committed to advancing the field of hypnotism. In 1980 IARRT- The International Association of Regression Research and Therapies, Inc. was founded as APRT- the Association of Past Life Research and Therapies. It is a non-profit organization dedicated to increasing acceptance and use of professional and responsible past life regression through education, association and research. The National Association of Transpersonal Hypnotherapy was founded in 1989 and states on it's website: "One of the primary purposes of NATH includes educating the public on the higher levels of awareness that hypnosis can bridge one into, in addition to the usual results that are achieved through more traditional clinical hypnotherapy approaches." (<http://www.holistictree.com/>)

The last three centuries show how much has happened in the field of hypnosis and hypnotherapy. Much training is now offered in this field. In order to talk about the various training programs it is important to define the terms commonly used. Many

programs teach a variety of skills and terms are used interchangeably. I will define the terms and explain what this kind of training entails.

### Hypnosis:

Hypnosis is a state of focused awareness. The critical left-brain is put aside leaving the subconscious open to suggestions and able to recall information from the soul mind. (Maynard (1989), Krasner (1991), Alman (1992)

### Hypnotherapy:

Hypnotherapy is the application of the state of hypnosis for therapeutic purposes such as goal achievement, to enhance motivation or change, to enhance personal or spiritual growth or to release clients of problems and the causes of problems as done in past life regression therapy. (Hunter 1995)

### Clinical Hypnosis:

The Mission Statement of ASCH - American Society of Clinical Hypnosis, defines clinical hypnosis as “the use of hypnosis in health care”. (<http://www.asch.net/>) Here are examples of use in Medicine, Psychotherapy and Behavioral Medicine and Dentistry according to ASCH:

#### USES OF HYPNOSIS IN MEDICINE

- *Gastrointestinal Disorders*
- *Dermatologic Disorders*
- *Surgery/Anesthesiology*
- *Acute and Chronic Pain*
- *Burns:*
- *Nausea and Vomiting*
- *Childbirth:*
- *Hemophilia:*
- *Allergies, asthma;*
- *High blood pressure (hypertension);*
- *Raynaud's disease*

### USES OF HYPNOSIS IN PSYCHOTHERAPY AND BEHAVIORAL MEDICINE

- *Trauma* (incest, rape, physical and emotional abuse, cult abuse);
- *Anxiety and stress management;*
- *Depression;*
- *Bed-wetting* (enuresis);
- *Sports and athletic performance;*
- *Smoking cessation;*
- *Obesity and weight control;*
- *Sexual dysfunctions;*
- *Sleep disorders;*
- *Concentration difficulties, test anxiety and learning disorders*

### USES OF HYPNOSIS IN DENTISTRY

- *Behavior Modification*
- *Relaxation, Anxiety Control*
- *Fear Elimination*
- *Quelling Undesirable Habits, Tongue Thrust, Reverse Swallowing, TMJ Dysfunction, Bruxism, Clenching*
- *Amnesia*
- *Analgesia, Anesthesia, Pain Control*
- *Prevention of Gagging and Nausea*
- *Control of Saliva and Bleeding*
- *Creative visualization for healing*
- *Restorative Appliance Tolerance, Pretreatment Desensitization*
- *Self-image, Self-esteem, and Confidence*

### Ericksonian Hypnotherapy:

Ericksonian Hypnotherapy is named for Milton Hyland Erickson. He was an American psychiatrist specializing in medical hypnosis and family therapy and is most famous as a hypnotherapist. Many of his techniques are not explicitly hypnotic, but they are extensions of hypnotic strategies and language patterns. Erickson recognized that resistance to trance resembles resistance to change, and developed his therapeutic approach with that awareness. The Confusion Technique and the Handshake Induction are a couple of the techniques he developed.

([http://en.wikipedia.org/wiki/Milton\\_H.\\_Erickson](http://en.wikipedia.org/wiki/Milton_H._Erickson))

### Transpersonal Hypnotherapy:

Transpersonal Hypnotherapy is a therapeutic approach for accessing and transforming that which is “trans”-across or beyond-the “personal”, conscious dimension. In this approach there is an emphasis on the innate spiritual resources within each individual along with the assumption that the guidance of a higher power will prevail within the therapeutic process, bringing those insights and experiences that lead to the client’s highest good. (Maynard 1989, NATH-<http://www.holistictree.com/>)

#### Age Regression:

In hypnotherapy the term Age Regression describes a process in which the patient returns to an earlier stage of life in order to explore a memory of an event or to get in touch with some difficult-to-access aspect of their personality.

([http://en.wikipedia.org/wiki/Age\\_regression\\_in\\_therapy](http://en.wikipedia.org/wiki/Age_regression_in_therapy))

According to Hunter (1995) “age regression is the most common uncovering technique used in hypnotherapy. It is one of the fastest and surest ways to uncover repressed materials and is often successful in the first session”.

#### Past Life Regression Therapy:

Past Life Regression is a hypnotherapy technique that uses the state of hypnosis to recover, what most practitioners believe are, memories of past lives or incarnations. Past life regression is typically undertaken either in pursuit of a spiritual experience, or in a psychotherapeutic setting for the purpose of changing a pattern of thought or behavior in the current life. Transpersonal Past Life Regression therapy accesses guidance to give understanding to the client and instructions on how to change the dysfunctional pattern of thought or behavior. For Past Life Regression therapy to be successful adherence to belief in reincarnation on the part of the client or the therapist is not essential, the past life

“story” can be seen and worked with as a metaphor.

([http://en.wikipedia.org/wiki/Past\\_life\\_regression](http://en.wikipedia.org/wiki/Past_life_regression))

In reading the definitions above, one gets an idea that the practice of hypnosis varies greatly depending on the purpose of using trance state. Training programs therefore also vary in their focus of training and use of these skills. Some programs are limited to one particular use of hypnosis or hypnotherapy whereas other programs incorporate a variety of uses.

The length of training to become certified as a Hypnotherapist can vary from a 2-day Weekend Training to a program that has 200 hours or more as a requirement for certification. The State of California has no regulation for hypnotherapy training or practice. In some states, Utah as an example, there is a requirement to have a “license” as a doctor or psychotherapist to practice as a hypnotherapist. Those who do not have this background are called “lay hypnotists” by the ASCH -American Society for Clinical Hypnosis. In other states, such as Florida and New York, one can practice as a Hypnotherapist under the scope of practice of a “licensed” physician.

## **Section 1.2 Statement of the Problem**

Is it necessary to take “in-person” training to become a good hypnotherapist? Does it warrant traveling to go to a program that offers the program of study one wants? Is taking classes on the Internet or on CD’s a way to learn the material? What about working with other people to develop the skills needed to provide hypnotherapy services?

These are questions one asks when considering a Hypnotherapy training program; classroom learning and practice vs. learning via CD’s and DVD’s.

### **Section 1.3 Purpose of the Study**

The purpose of this study is to design a distance learning hypnotherapy program. It will investigate various hypnotherapy distance-learning programs offered in the United States and abroad. Various distance learning programs will be described to show what is offered for hypnotherapy training. The author has experienced various training hypnotherapy programs in her own certification process as a hypnotherapist and will describe her learning process personally and professionally. Based on the research of other distance learning programs and her own experience of hypnotherapy training programs, the author will design a Transpersonal Hypnotherapy distance-learning training program.

### **Section 1.4 Importance of the Study**

This study is important in presenting a unique distance learning approach to hypnotherapy training that provides professional training and encourages personal growth to potential hypnotherapy practitioners.

### **Section 1.5 Questions and Assumptions**

Based on this study the following questions may be answered:

- 1) What type of program provides quality transpersonal hypnotherapy training; distance learning program, an in-person training program or a combination of distance learning and “in-person” training?
- 2) What skills and content should quality hypnotherapy training have?

- 3) Does a distance-learning program provide for personal growth?
- 4) What is the length of training needed for the training of a hypnotherapist?

From the author's perspective, other questions to be answered are:

- 5) How does hypnotherapy training influence the student's life personally?
- 6) How does hypnotherapy training influence the student's life professionally?
- 7) How is today's' economy influencing the need for distance learning?

### **Section 1.6 Scope and Limitations of Study**

This study is confined to exploring distance learning programs that provide hypnotherapy training with transpersonal components and past life regression therapy but not excluding hypnosis, clinical hypnosis, Ericksonian hypnotherapy or age regression. This information will be used to design a program that incorporates the best aspects of various programs.

## **Chapter 2**

### **Description and Review of Distance Learning Hypnotherapy Programs**

#### **Section 2.1 Distance Learning**

Distance learning is defined by the U.S. Department of Agriculture as “a process to create and provide access to learning when the source of information and the learners are separated by time and distance, or both. (Honeyman and Miller, 1993) Distance education goes as far back as 1840 when Isaac Pitman taught shorthand via correspondence in the 1840’s. Soon after universities began offering degree programs: University of London in 1858, the University of Queensland in Australia in 1911, the University of South Africa in 1946, Massey University of New Zealand in 1960, Spain’s Public UNED began in 1972 and Germany’s Fern Universitat in Hagen was founded in 1974. ([http://en.wikipedia.org/wiki/Distance\\_education#History](http://en.wikipedia.org/wiki/Distance_education#History))

The home study format is now being used in many schools, businesses, hospitals and other institutions to provide education to students and skills training to employees. In 2006, the Sloan Consortium reported that more than 96 percent of the largest colleges and universities in the United States offered online courses and that almost 3.2 million U.S. students were taking at least one online course during the fall of 2005.

([http://en.wikipedia.org/wiki/Distance\\_education#History](http://en.wikipedia.org/wiki/Distance_education#History))

Distance learning is available online in the form of streaming video, prerecorded video, with or without interaction on the part of the student. Home study also comes in the form of DVD’s or CD’s accompanied by printed materials and correspondence courses. Interaction with mentors can be by phone or email. Technology is providing many avenues for home learning.

Distance learning provides benefits and opportunity to people who cannot attend the school that offers the educational service they generally desire because they live too far away or in today's economy travel by air is too expensive. It is an opportunity for learning for all age groups and educational institutions are adapting their curriculum to the rapid technological changes.

## **Section 2.2 Distance Learning Hypnotherapy Programs**

The following institutions provide home study programs in some form related to our focus of distance learning hypnotherapy programs. I am sure there are other programs but these are the ones I found at the time I started the research on this topic. I looked for programs on the Internet with components which I felt were important to a Transpersonal Hypnotherapy Training program; Hypnosis, Hypnotherapy, Transpersonal emphasis and Past Life Regression Therapy.

### **• Alpha University**

Alpha University is chartered and licensed in the State of Alabama. It offers a Bachelor of Science Degree in Behavioral Sciences with a major in Hypnosis, an MS Degree in Behavioral Science with a major in Clinical Hypnotherapy and a Ph.D. in Behavioral Science with a major in Clinical Hypnotherapy. This University prides itself on having established many affiliations worldwide. It offers a multidisciplinary approach to have adults receive education. This approach includes home study in addition to previously acquired classes and experience. (<http://www.alphau.info/>)

- **American Hypnosis Association**

The American Hypnosis Association is located in Tarzana, California. It offers a 4-week Hypnosis 101 Course for no charge in Hypnosis Motivation Institute (HMI) Resident School or as a course in HMI's Distance Education School. This course is a prerequisite to Past Life Regression certification course. The 4-hour certification in Past Life Regression Course is offered on line and available for viewing for 30 days. The student receives a workbook and can view the class via streaming video. The cost is \$ 98.00 and a certificate is provided upon completion of a final exam.

(<http://www.hypnosis.edu.aha.certification.past-life-regression/>)

- **American Pacific-School of Esoteric and Hypnotherapy Studies**

American Pacific University offers a Certificate in Clinical Hypnosis. The training for this course is offered in various locations and has a hands-on practice component. The University also offers degree programs: Bachelor Hypnosis degree program, a Bachelor of Clinical Hypnotherapy degree, and a Doctorate of Clinical Hypnotherapy. It appears that some of the coursework for the degree program is residential and some of it may be home study or transferred credit. The home study portion is not defined and therefore unclear. The coursework includes content of Hypnosis, Clinical Hypnotherapy, Ericksonian Hypnotherapy, Transpersonal Hypnotherapy, and Regression Therapy.

([http://www.ampac.edu/SEHS/hypnosis\\_courses-BCG.aspx](http://www.ampac.edu/SEHS/hypnosis_courses-BCG.aspx))

- **Atkinson-Ball College of Hypnotherapy and Hypnohealing**

The head office for the Atkinson-Ball College of Hypnotherapy and Hypnohealing is located in Merseyside, United Kingdom. Weekend classes in Hypnosis, Hypnoanalysis and Hypnohealing are given in London and Liverpool over a period of six weeks with

emphasis on practical hands-on work. The college offers a correspondence course for the Foundation Course. This Foundation Course consists of 6 modules and is to be taken only by those people who plan to take the Advanced Course. The Home study course consists of the following 6 topics: 1.The History of Hypnosis, 2.What is Hypnosis, 3. The Various Methods of Hypnotherapy, 4.The Subconscious Mind, 5.Hypnotherapy in Action, and 6.What makes a good Therapist. The timing to take these modules is at the discretion of the student. The cost is 300 English pounds. The Advanced Course is to be taken in person. (<http://www.abc-hypnotherapy.co.uk/>)

• **Awareness Engineering**

Mary Lee LeBay is the owner of Awareness Engineering and is located in Seattle, Washington. Awareness Engineering offers a home-study course to become a Past Life Regression Specialist. Seven CD's present the training in Audio form and there are also 2 DVD's with live demonstrations. There are also exercises and practice assignments to be completed. The cost of the course is \$ 299.00 and a certificate will be given through the International Hypnosis Association upon completion of a test.

([http://www.awarenessengineering.com/products/detail.php?id\\_pic=3&id\\_pro=24](http://www.awarenessengineering.com/products/detail.php?id_pic=3&id_pro=24))

• **Breyer State University**

Breyer State University offers Degree programs and Certification programs in Hypnotherapy and Clinical Hypnosis: A Doctorate in Clinical Hypnotherapy as an on-line degree program, a Bachelor's Degree in Metaphysical Clinical Hypnotherapy as an on-line degree program, a Bachelor's Degree in Clinical Hypnotherapy, a Bachelors of Science in Clinical Hypnotherapy, and a certificate program in Clinical Hypnotherapy.

For the on-line Certificate program in Clinical Hypnotherapy there is a prerequisite of a Bachelor Degree in Education or Psychology. In this certificate program there are 4 courses: Basic Clinical Hypnotherapy, Advanced Clinical Hypnotherapy, More Advanced Clinical Hypnotherapy and Classical Hypnotic Techniques. This certificate program costs \$ 400.00 and there is open enrollment; students may enroll and begin their studies at any time. There are study guides, readings and assignments to complete, recordings to listen to and a paper to write in order to receive a certificate.

The Bachelor's Degree in Clinical Hypnotherapy requires completion of 120 hours in 12 Course study modules. It has a prerequisite of being certified as a Certified Hypnotist or a Certified Clinical Hypnotherapist. The cost is \$ 400.00 per course bringing the total cost of the degree to \$ 4800.00. Students are permitted to take 10 weeks to complete a course module.

The other Bachelor degree in Metaphysical Clinical Hypnotherapy is also online. This program requires 128 hours with a prerequisite of having a certificate in Clinical Hypnotherapy. The cost is also \$ 400.00 per course and students may register for one course module at a time. The total cost of this degree program is \$ 5200.00. Also, in this program, the student may take up to 10 weeks to complete a course module.

The Doctorate in Clinical Hypnotherapy is also an online program. The prerequisite to this program is a bachelor's degree. Students must have an equivalent of 20 semester hours of credits in hypnotherapy and education and are certified as a clinical hypnotherapist. In addition to the prerequisite of 20 hours, this program offers 65 hours of doctoral level courses. The cost is \$ 550.00 per course module and \$ 650.00 for the dissertation course. The cost comes to a total of \$ 5550.00 plus cost for books and

admission processing fee. The student is allowed 10 weeks for the completion of each course module and a full year for the completion of all Dissertation/Doctoral Project courses.

Regression Therapy training is part of the Doctoral Clinical Hypnotherapy program. It includes Past Life Regression Therapy and also Age Regression. This course is one of the course modules and one can take 10 weeks to complete it. This is a distance-learning course. There will be an examination at the end of the course. The prerequisites to take this class are a bachelor degree and the certificate program in Clinical Hypnotherapy. There is the option to take this course on its own without having to be enrolled in the Doctoral Clinical Hypnotherapy program. The cost would be prorated.

(<http://www.breyerstate.com/>)

• **Calamus Extension College**

Calamus Extension College is based in London, United Kingdom and offers distance-learning courses internationally. The certification or diploma is through Calamus International University. It does not offer classroom learning in the United Kingdom. Enrollment for any course can be done at any time of the year. The College offers a variety of classes and among them some courses of study that pertain to this particular investigation. There is Reincarnation@Regression Studies: Past-Life Studies, Past Lives. In this course of studies there are 40 course modules with a range of 2 to 5 credit hours for various courses. The Shamanic Studies course has 33 course modules with a range of 3 to 5 credit hours. There is also a Transpersonal Psychology course of studies. This course of studies has 34 course modules, again with a range of 3 to 4.5 credit hours per course module. There is also an offering of Hypnotherapy. This course of study

contains 89 course modules ranging in class credit from 2 to 6 credit hours. This course of study includes stage hypnosis, self-hypnosis, ideo-motor signaling, clinical hypnotherapy, Ericksonian hypnotherapy and other classes. The classes in the Hypnotherapy course of study can be applied to a BA in Hypnotherapy, MA in Hypnotherapy, Doctor of Clinical Hypnotherapy, and postdoctoral degrees of Analytical Hypnotherapy and Doctor of Transpersonal Hypnotherapy. There is no specific information about the management of distance learning with the student.

(<http://www.unicalamus.org>)

• **Carole Carbonne**

A Past Life Certification Program is offered by Carole Carbonne as a home study course. This study course includes a series of DVD's with demonstrations and shows an on-site program held in Seattle, WA. Students receive an 80-page script book. A final examination is required to receive a certificate. The cost of the program is \$ 395.00.

([http://www.pastlives.net/Past\\_Life\\_Program.html](http://www.pastlives.net/Past_Life_Program.html))

• **College's School of Hypnosis and Hypnotherapy**

Located in London, UK, the College's School of Hypnosis and Hypnotherapy offers a wide variety of Correspondence Courses and Home Distance Learning. Among these are Hypnosis and Hypnotherapy, Advanced Hypnosis and Shamanism. The Hypnosis and Hypnotherapy course includes past life regression and future life progression. The cost is 235 English pounds and there is no other specific information on their website to let one know what kind of materials are provided or the support provided the student during their course of study. (<http://www.hypcourses.org.uk>)

• **Elestial Training UK LTD**

This study program is located in Cardiff, United Kingdom. This program provides a variety of formats in their Hypnotherapy Training program. There is a 4 Day Intensive Practical Training program, a 16-Day practical Hypnotherapy Training Course spread over one weekend a month over 8 months and their Distance learning program. Students taking the Distance Learning Hypnotherapy Training Course are provided with course literature, treatment strategies literature, 7 audio CD's, a training DVD with guide, distance learning guide, and assignments.

The Distance Learning Course is available in printed form at the cost of 300.00 English pounds and the CD-Rom Format of the Course costs 150.00 English Pounds. Certification is given upon completion of a final examination.

(<http://www.elestialtraining.co.uk/Distance.htm>)

• **Healthy Hypnotherapy Institute**

Online Clinical Hypnotherapy Training is available through the Healthy Hypnotherapy Institute located in Point Richmond, CA. Their online program is based on classroom lectures and techniques used by their instructors over a number of years. Courses offered are Clinical Hypnotherapy, Medical Hypnotherapy, Transpersonal Hypnotherapy and a number of advanced courses which includes "Past Life Regressions as a Tool for Psychotherapy". A student can receive certification as a Clinical Hypnotherapist or Medical Hypnotherapist. The online learning process is interactive, there is an exam to be taken and the fee is \$ 10.00 per course. The Transpersonal (Clinical) Hypnotherapy track has 11 course modules and the Medical Hypnotherapy track has 10 course modules. (<http://www.expandmyknowledge.com/>)

- **New England Institute of Hypnotherapy**

The New England School of Hypnotherapy offers Advanced Clinical Hypnotherapy Training in both classroom and distance learning format. There are 3 levels of this class. The curriculum is focused on Pain Management, Stress Reduction and Regression Therapies, Advanced Marketing and working with groups. The online program provides 8 DVD's, workbook, script book and mini-practicum completion instructions. There is phone support for the student. The cost is \$ 595.00. Upon completion, a certificate is awarded. (<http://www.neih.com>)

- **The Past Life Therapists Association**

The Past Life Therapists Association is located in Devon, United Kingdom. The Association offers a Past Life Regression and Hypnotherapy correspondence course. The course is offered in two formats; a paper version sent via the mail and an online version with phone and email support of a tutor. The cost is the same for both versions; 300 English pounds. (<http://www.pastliferegression.co.uk/pastlifecourse.html>)

- **The Ravenheart Center - A Mystery School for the Advancement of the Soul**

The Center offers Past Life Regression Training as home study in the form of an online course. It is located in Boulder, CO. It is affiliated with the Transpersonal Hypnotherapy Institute in Golden, CO where students can get their prerequisite of Hypnosis. The Past Life Regression Training is an on-line study course. The student receives a training manual, a DVD demo of a past life regression session, power point, email discussion, a weekly conference phone call, practicum and spiritual practice. This course mirrors the RavenHeart Center's classroom course. The cost is \$ 850.00. The

course is based on an 8-week time frame.

(<http://www.ravenheartcenter.com/training.html>)

• **The School of Natural Health Sciences**

The Past Life Therapy or Past Life Regression course is a home study diploma course offered by the School of Natural Health Sciences located in London, United Kingdom.

This diploma correspondence course consists of 10 lessons. The course can be taken as a self-study course or tutored. The cost is different for the two options; self study course 95 English pounds and for the tutored course the cost is 195 English pounds.

(<http://www.naturalhealthcourses.com/PLT.htm>)

• **Transpersonal Hypnotherapy Institute**

The Institute offers certification as a Certified Hypnotist, Hypnotherapist, Clinical Hypnotherapist, Transpersonal Hypnotherapist, Medical Hypnotherapist, Past Life Regression Hypnotherapist and Transpersonal NLP Practitioner. The hypnotist course is 25 hours long to learn self hypnosis and language skills. The Hypnotherapist course takes 150 hours for mastering transpersonal hypnotherapy for a professional practice. The Clinical Hypnotherapist Course takes 300 hours inclusive of medical hypnotherapy, transpersonal NLP, past life regression, intuitive skills and more. This home study program provides DVD's from live classes with the ability to see techniques in action, workbooks, reference books and CD's. Review is provided for practice sessions, and unlimited fax and email support is given throughout the training.

(<http://www.TranspersonalHypnotherapy.com/>)

### Section 2.3 Summary of Distance Learning Programs

The distance learning programs described above vary greatly in their content, learning style, and support materials provided for the student. I will focus mainly on the content of the various programs and learning methods since my focus is to design a distance-learning Transpersonal Hypnotherapy program.

Every program I reviewed is a distance-learning program. There are variations in the description of this learning modality. Within this category there is on-line studies and correspondence studies. There is also the use of live video or previously taped classes or use of CD's or DVD's which are supported by workbooks, scripts or paperwork. Some programs have time limits for completion and others leave this to the student's discretion. Availability of a mentor to the student varies from program to program. Cost varies greatly and could not really be compared due to limited knowledge given on-line about the exact services and support materials provided.

There are programs with degree studies and those with certification programs and others with a combination of degree program and certification programs. The following programs offered Degree programs:

- Alpha University

BS in Behavioral Science with a major in Clinical Hypnotherapy

- Breyer State University

Bachelor's Degree in Metaphysical Clinical Hypnotherapy

Bachelor's Degree in Clinical Hypnotherapy

Bachelor of Science in Clinical Hypnotherapy

Doctorate in Clinical Hypnotherapy

- Calamus International University

BA in Hypnotherapy

MA in Hypnotherapy

PHD in Clinical Hypnotherapy

Post-doctoral degrees in Analytical Hypnotherapy and Transpersonal Hypnotherapy

The above three Universities also offer certification in Hypnosis and Hypnotherapy.

Below, I will now list the various Training programs, which offer training and certification in the areas of Hypnosis, Hypnotherapy, Clinical Hypnosis, Transpersonal Hypnotherapy, Age Regression and Past Life Regression Therapy. I will use a separate listing for each category.

**Hypnosis** certification training:

- Atkinson-Ball College of Hypnotherapy and Hypnohealing
- College's School of Hypnosis and Hypnotherapy
- Essex Institute
- Transpersonal Hypnotherapy Institute.

**Hypnotherapy** certification training:

- Atkinson-Ball College of Hypnotherapy and Hypnohealing
- Bryer State University
- Calamus International University
- College's School of Hypnosis and Hypnotherapy
- Essex Institute
- The Past Life Therapists Association

- Transpersonal Hypnotherapy Institute

**Clinical Hypnosis** certification training:

- Bryer State University
- Healthy Hypnotherapy Institute
- New England School of Hypnotherapy
- Transpersonal Hypnotherapy Institute

**Ericksonian Hypnotherapy** certification training:

- Transpersonal Hypnotherapy Institute

**Transpersonal Hypnotherapy** certification training:

- Healthy Hypnotherapy Institute
- Transpersonal Hypnotherapy Institute

**Age Regression**

- Breyer State University

**Past Life Regression Therapy** certification training:

- American Hypnosis Association
- Awareness Engineering
- Calamus International University
- Carole Carbonne
- College's School of Hypnosis and Hypnotherapy
- New England School of Hypnotherapy
- The Past Life Therapists Association
- The Ravenheart Center
- The School of Natural Health Sciences

- Transpersonal Hypnotherapy Institute

In looking at all these content categories the Transpersonal Hypnotherapy Institute has the most comprehensive program; it offers Hypnosis, Hypnotherapy, Clinical Hypnosis, Ericksonian Hypnotherapy, and Past Life Regression Therapy.

It is interesting to note that the Ravenheart Center collaborates with the Transpersonal Hypnotherapy Institute for prerequisites in hypnosis training for their past life regression training. Also, there is collaboration between Alpha University and American Pacific University for their various programs.

Overall, in looking at distance learning content offerings and support material provided for the various courses, the Transpersonal Hypnotherapy Institute appears to have the most developed coursework and support materials provided the student. On the internet their program is well developed, outlined and specific in what the student can expect to receive.

One more note of interest, out of the seventeen programs with a distance-learning program, four of them also had in-person or residential training. Some of these programs offered their distance-learning students the option to participate to get hands-on skills training but it was not a requirement in any of these four programs.

## Chapter 3

### Research Methods: Heuristic Research/Heuristic Inquiry

#### Section 3.1 Definitions

The methodology used for this study is called Heuristic Research or Inquiry. Definitions will contribute to the meaning of this research style. The term “research” is defined as a “systematic inquiry into a subject in order to discover or revise facts, theories, etc.” Inquiry is defined as “a seeking for truth, information or knowledge.” (Random House Dictionary, 1968)

Using both definitions, this study of transpersonal hypnotherapy will use a systematic inquiry and the seeking for knowledge. David Hiles (2002) in his paper *Narrative and Heuristic Approaches to Transpersonal Research and Practice* speaks to the nature of using inquiry in a transpersonal paradigm: “The very nature of the transpersonal paradigm requires an approach to inquiry that is necessarily somewhat in contrast to other areas of scientific inquiry. Transpersonal inquiry is no less scientific, or empirical, than any other area of inquiry, but the empirical data may be different, as they take the form of subjective experience, discernment and direct knowing, etc. “

Several authors talk about heuristics being directly related to a personal experience. “Heuristic is a form of phenomenological inquiry that brings to the fore the personal experience and insights of the researcher.” Paul C. Gorski (1998) states and also mentions that heuristic research must have personal experience with an intense interest in the phenomenon under study. Moustakas (1990 ) states that heuristic: “refers to a process of internal search through which one discovers the nature and meaning of experience and develops methods and procedures for further investigation and analysis. The self of the

researcher is present throughout the process and, while understanding the phenomenon with increasing depth, the researcher also experiences growing self-awareness and self-knowledge.”

In the immersion of my hypnotherapy training the excitement built and increased over a number of years as I experienced the depth of transformation within myself and eventually saw this happening in my clients.

For the purpose of this study, heuristic research/inquiry will mean that this study is based in experience and systematic in the discovery of knowledge and truth for self and others.

Leslie Deluz states that heuristic research can be applied to the field of education, specifically that of transformational education and quotes Miller (2006) as he acknowledges heuristic research as an educational process: “when engaging in transformation learning (which) acknowledges the inner life of the student and seeks to nurture that inner life.” Leslie Deluz continues and states the entire field of education can be an inquiry process in which the student can transform him or herself.

This study has primarily used the research method of heuristic inquiry as I explored and experienced transformation in myself during my education in transpersonal hypnotherapy at the Institute of Thought and through IARRT – The International Association of Regression Research and Therapies, Inc.

### **Section 3.2 Introduction to Heuristic Research/Inquiry**

Leslie Deluz refers to an article *Heuristic Research as a Vehicle for Personal and Professional Development* by Kim Etherington (2004) who states: “... the choice of

research topic often has personal significance for the researcher, whether conscious or unconscious. (Deveraux 1976/Etherington p. 49)

The title of this article caught my attention because my training experience in hypnotherapy was very personal but developed into a professional specialty of using past life regression therapy in my repertoire as a psychotherapist. My training also became the impetus to develop the program described in this study.

Moustakas (1990) describes the focus in a heuristic inquiry as “a recreation of a lived experience.” During my hypnotherapy training in the years of 1991-1994 and the application of that training by teaching hypnotherapy and the use of hypnotherapy with clients I have never lost the excitement for this transpersonal process. This excitement of my personal experience led to the development of the curriculum for the Transpersonal Hypnotherapy Home Study Program. As I developed the curriculum of this program I relived particulars of my training and could remember various intense transpersonal experiences.

### **Section 3.3 Methodology**

This study uses heuristic research/inquiry as described by Douglas and Moustakas (1985). It is a first person report of the author’s personal experience of Hypnotherapy training in a particular transpersonal hypnotherapy training program and this training is compared to other distance learning program as found on the Internet. The steps of my unfoldment of my own experience and extension into this particular transpersonal home study program has been a unique journey,

As Douglass and Moustakas (1985) imply,

The steps of heuristic inquiry unfold spontaneously, yet they are guided by a desire to illuminate the phenomenon. In the spirit of this flow, it is appropriate to change methods of procedures in midstream, according to the requirements of levels of meaning connected with the investigation.

In this study an effort is made to follow the steps of heuristic inquiry: immersion, acquisition, realization and application as described by Douglas and Moustakas (1985)

(1) Immersion (exploration of the question, problem or theme)

Indwelling

Internal frame of reference

Self-search

(2) Acquisition (collection of data)

Tacit knowing

Intuition

Inference

Self-dialogue

Self-disclosure

Signitive-symbolic-representation

(3) Realization (synthesis)

Intentionality

Verification

Dissemination

### **Immersion**

During the immersion phase, the author was involved personally and professionally in the hypnotherapy training she was receiving. As the author wrote about this subject, she

expresses her personal experience as seen by her. Her personal growth and professional training are unique.

### **Acquisition**

An immediate purpose of a dissertation is the presentation of new data or a new idea. In this study a new idea was conceived in the form of a desire to share with others the possibility of transformation resulting from the author's personal experience and information gleaned from research on the internet.

### **Realization**

The final phase of heuristic inquiry is called "realization" by Douglas and Moustakas (1985). This is the identification of some idea resulting from the immersion and research. It is to find a deeper meaning in what one has experienced and studied. The final result in this study is the product of a transpersonal hypnotherapy home study program which can provide opportunity for more people to experience transformation in a way the author experienced it.

### **Application**

The process of the study is explained in the next chapter. It contains personal experiences of the author, which happened during the hypnotherapy training, a description of the program she attended, and a review of other programs she researched and the resulting design of a transpersonal hypnotherapy home study program.

## Chapter 4

### Results of the Study

#### Section 4.1 Description of the Institute of Thought program

I took my Hypnotherapy training at the Institute of Thought in San Diego. The instructors were Joseph Costa Ph.D. and Irv Katz Ph.D. The idea to get Hypnotherapy training was conceived when I attended a Hypnosis workshop taught by Dr. Irv Katz and Dr. Richard Landau at a NASW - National Association of Social Workers Conference at Asilomar, CA. I was so impressed with the workshop that I asked Dr. Katz at the end of the workshop where to get the training. He referred me to the Institute of Thought in San Diego where I registered for the Hypnotherapy training.

The program at the Institute of Thought is a Transpersonal Hypnotherapy program with an emphasis on Past Life Regression Therapy. This program is taught in 12 increments of a weekend a month over the course of one year for basic certification. If one is interested, one can attend another year for Advanced Certification with the designation as an Altered States Therapist.

This is the description taken directly from the Institute of Thought website:

[www.instituteofthought.com](http://www.instituteofthought.com).

“All training is presented from a transpersonal perspective integrating consciousness and altered states information. Classes blend presentation with demonstrations, training exercises, group and individual inductions and audio/videotaping, thereby encouraging learning on both theoretical and experiential levels. A special emphasis on the way these skills are used to expand personal and professional abilities is given to each student centering on the specific needs and interest of the individual.”

The twelve weekend class topics are given below. Each weekend requires 16 hours adding up to a total of 192 hours.

### **Transpersonal Training at Institute of Thought in San Diego**

Scheduled times for both Saturday and Sunday programs are 10 AM to 6 PM.

|           |   |
|-----------|---|
| January   | Mind, Brain, Altered States, Induction Processes, 15th Step Process |
| February  | Critical Incident Solutions and Self Hypnosis for Self Improvement  |
| March     | Pacing, Reframing Trauma, Intensifying Sensory Imaging              |
| April     | Hypnosis and Bodywork, Addictions and Past -Life Connections        |
| May       | Family Dynamics, Reincarnation, Transference Issues                 |
| June      | Past-Life Therapy Practicum, Healing Ancient Wounds                 |
| July      | Regression Therapy and Metaphors, Belief Systems @ Soul Mind        |
| August    | Transpersonal Hypnotherapy, Signs, Symbols and Dreams               |
| September | Death, Transition, NDE's, Entities and Possession                   |
| October   | Past-lives and Ego Constructs, Grounding the Body                   |
| November  | Sexuality and Regression Therapy, Male/Female Energies              |
| December  | Business Principles, Interviewing and Money Consciousness           |

Every class during a weekend training session is structured with a lecture given on a specific topic by the instructor on Saturday. There is an emphasis during the lecture to involve the student and get them to relate the topic to their own life. To relate it to their life, to be introspective, to ask questions and become aware of their feelings about it is a process of immersion in preparation for the personal therapy session the next day.

At the end of the day there is discussion to identify the topic or question the student wants to pursue for their therapy on Sunday when it is their turn to be a client. They are also encouraged to ask for a dream in which they expect to get a message about the question or topic to work on in the experiential session.

The Sunday experiential sessions starts with every student sharing their dream of the previous night with the rest of the class. This helps all students learn to do dream interpretation and the student gets input from a variety of sources to come to a more defined question/topic for their upcoming practice session. The students are paired as

either therapist or client. During the day the paired students will trade their role as therapist or client for the second session. The instructor, for the benefit of the student's learning to become therapists, reviews each session with classroom discussion and critique for technique and connection to the client during the process.

Every student is also required to have a videotaped practice session during the course of his or her training. The videotape is played for the entire class and the student therapist gets valuable feedback from the instructor and also from the other students.

The strength of the Institute of Thought program is in the personalization of the information for the student and the transpersonal emphasis of the program. The classes are taught so the emphasis is placed not only on skills learning for becoming a professional hypnotherapist but also to use the training as a therapeutic opportunity.

Each student is expected to personalize the presented information by looking at himself or herself and to identify an issue based in feeling that correlates to the topic of the hypnotherapy weekend. During the experiential section of the training weekend, each student works on their personal issue when they are designated as client. Personal growth happens as old beliefs are changed and understanding given to the student/client during this process. The student changes during the hypnotherapy training and also learns the skills to be an excellent therapist.

The transpersonal component of the Institute of Thought program is strong. Let's define "transpersonal". The word "transpersonal" means "beyond" (or through) the personal and refers to experiences, processes and events in which our normal limited sense of self is transcended and in which we obtain a higher, greater understanding of

ourselves and the world(s) we inhabit.

(<http://www.transpersonalscience.org/traintro.aspx>)

According to the Wikipedia Encyclopedia: “the term transpersonal is often used to refer to psychological categories that transcend the normal features or ordinary ego-functioning. That is, stages of psychological growth or stages of consciousness that move beyond the rational and precede the mystical.”

(<http://en.wikipedia.org/wiki/Transpersonal>)

At the Institute of Thought the students are taught the principle of who they truly are; a spirit being in a human body who is in this material world to learn lessons through the human experience. They are given to understand that any individual has teachers in the Inner world who help and that one has access to guidance to get information needed during the hypnotherapy process.

Therefore, the focus of the program needs to be transpersonal to access both worlds; the Inner world (non-material) and the Outer material world to meet the needs of both aspects, non-material and material, of the person.

The field of study that deals with altered states of consciousness accessed in the training program at the Institute of Thought is called Transpersonal Psychology.

Transpersonal Psychology came into it's own in the 1960's through the work of Abraham Maslow, Stanislov Grof, Anothony Sutich and others. ([www.johndavis.com/tr/tpern.htm](http://www.johndavis.com/tr/tpern.htm))

The Journal of Transpersonal Psychology suggests that transpersonal psychology “is concerned with the study of humanity's highest potential and with the recognition, understanding, and realization of unitive, spiritual, and transcendent states of consciousness”. (Lajoie and Shapiro, 1992) According to the work by Lajoie and

Shapiro (1992) over a period from 1969 to 1991 there are five key themes that figure prominently in all definitions of the word “transpersonal”: states of consciousness, higher or ultimate potential, beyond the ego or personal self, transcendence and the spiritual.

The ATP-Association of Transpersonal Psychology was founded in 1972 to “investigate and promote ultimate states – also described as peak experiences, being states, or mystical states of consciousness.” ([www.atpweb.org/about\\_atp.asp](http://www.atpweb.org/about_atp.asp)) The term “peak experience” was coined by Abraham Maslow, a noted American psychologist who conceptualized a “hierarchy of human needs”. He sought to naturalize those experiences which had generally been seen as religious experiences. Peak experience is the term used to describe certain transpersonal states that touch harmonization and interconnectedness.

The Institute of Thought program is a transpersonal hypnotherapy program because it uses hypnotherapy as a means to access altered states of consciousness or trance states.

NATH – National Association of Transpersonal Hypnotherapy

(<http://www.holistictree.com/>) defines transpersonal hypnotherapy as a “therapeutic approach for accessing and transforming that which is “trans”-across or beyond-the “personal” conscious dimension.

The methodology taught at the Institute of Thought is past life regression therapy. It is a hypnotherapy technique that uses the state of hypnosis to recover memories of a particular past life or event for the purpose of changing a pattern of thought or behavior that is affecting the person in his/her current life.

Rabia Lynn Clark, Ph.D. a member of IARRT – the International Association of Regression Research and Therapies, Inc. founded in 1980, explains the early history of Past Life Regression Therapy in her book *Past Life Therapy: The State of the Art* (1995).

She describes IARRT formerly known as APRT – Association of Past Life Research and Therapies as an organization that made it possible for past life therapists to come together as a professional group who practiced a professional therapeutic modality.

Winafred Blake Lucas Ph.D. and Hazel M. Denning Ph.D. are examples of the professional caliber of this organization. They were early pioneers and long time members of IARRT and I had the privilege of knowing both of them.

Winafred Blake Lucas wrote a two volume book: *Regression Therapy: A Handbook for Professionals. Volume I: Past Life Therapy and Volume II: Special Instances of Altered State Work* (1993) It is highly recommended to students and professionals in the field of Past Life Regression Therapy.

Hazel Denning was one of IARRT's founders and Executive Director. She did a research project in 1993 entitled *Altered States of Consciousness: A Technique for Healing the Body*. This research project was published in the *Journal of Regression Therapy, Monograph Number 1-1993*. In this study hypnosis and regression techniques were used "to provide evidence that man's mind does have the ability to heal the body when the cause of a pathology is brought to conscious awareness ...".

There are many other IARRT members who have written and published books and often give presentations at the annual IARRT conference. I have been a member, board member and past-president of this professional organization since 1994.

The focus of past life therapy is not to just recall or find a past life. One can go to a psychic for this information. Past life therapy is a short-term therapeutic modality. The purpose of past life therapy is to go back to the "core issue". It involves going back to the first time (in this life or another life) where the client experienced the problem.

Once the “core issue” is identified the therapist uses therapeutic tools to change the identified thought pattern, decision, or behavior.

The Institute of Thought program is based on principles of Thought and Thinking taught by the founder Joseph Costa Ph.D. He developed the content of the Hypnotherapy program and the use of Past Life Regression therapy to change patterns of thought instilled through our belief system. Joseph Costa is an expert in the field of Thought and Thinking and wrote the book: *Primal Legacy: Thinking for the 21<sup>st</sup> Century* (1995). Dr. Costa is a mystic who had a personal experience where his Inner World teachers showed him how to change a personal past life event that showed a thought pattern of arrogance. This experience became the model for the Rescripting technique used in the Institute of Thought hypnotherapy program.

Rescripting is a controversial technique used in Past Life Regression Therapy. The *Journal of Regression Therapy*, Volume XIII, Number 1, December 1999, published by the IARRT-The International Association of Regression Research and Therapies, Inc. expresses pros and cons on this technique used in Past Life Regression Therapy.

In the Institute of Thought Hypnotherapy program both reframing and rescripting are taught as techniques to change the attitude or pattern of thought of the client. This can be done directly to the events in the past life if so indicated by the wisdom of the client. This brings about a change in the thinking pattern of the client and therefore causes a change in behavior in current time.

I would like to explain the “Critical Incident Process” used in the Past Life Regression training at the Institute of Thought. Credit for the phrase “critical incident” of this process goes to Irv Katz Ph.D. who coined the term. This process is taught as a

construct or outline for the student to use in getting to the “critical incident” in this life or another past event that directly links to a thought pattern or behavior of today that the client wants to change. The process outlines all the steps of getting to the critical incident, accessing higher consciousness to get understanding about it and how it links to the current life and get information to either do a reframe or a rescript to change the thought pattern or behavior.

## **Section 4.2 My personal experience of Transpersonal Hypnotherapy Training at the Institute of Thought**

### **Personal Growth**

The learning for me by taking the Institute of Thought Hypnotherapy training was two-fold: personal growth and learning professional skills as a hypnotherapist. I’ll talk first about my growth as a person through the therapeutic use of past life regression therapy. As I experienced personal work during my hypnotherapy classes at the Institute of Thought when it was my turn to be client, I became fascinated with the process, which resulted in change of personal habits and patterns of thought. Every weekend of the training there was focus on a different topic in class as outlined in the Institute of Thought curriculum. This in turn was the topic for the introspection and focus of the practice session of the students. In general there was always a transpersonal focus and the method was past life therapy.

I want to share some past life regression sessions that led me to become mindful of my emotion. I have always been an emotional person. My mother told me a few years ago that when she was pregnant with me she cried a lot which she didn’t do with her other 10 pregnancies. My mother is a very rational person who tends to not share her

feelings. I remember that as a child I cried easily and when I cried too much, my mother would send me to bed and told me I would feel better in the morning, which was true. I would be my happy, playful self the next day.

As an adult, I became aware that I go to extremes with my emotion. I can be very stoic and hold in my feelings or I can very emotional and get into the drama of what is happening. Over the last few years I discovered that while I was in a relationship I could also get angry quickly and lose my temper.

In my training, I have done a number of past life regression therapy sessions to learn to better manage my emotion. I have described 4 of those sessions below.

**Session 1: May 25, 1998** The question formulated for the session: What is the cause that prevents the proper management of my emotion?

The past life event is about a male, named George, age 28 in France. He stands on top of a wall in armor holding a spear. He is on guard on the walking wall. He sees a line of horses on the road; visitors are coming towards the castle. It looks all right but it feels wrong. There are blankets on the saddles. The courtyard gates have been opened and soon he hears fighting. He feels responsible because he was on 'watch' duty and goes down to fight.

The Astral self or observer, during the therapy process, gives the information that George feels desperate, that he noticed the feeling but had no experience with knowing what to do with this feeling of which he was aware.

The instruction was given to go to a time when this person learned to turn off his feelings. We find ourselves again in the body of George, age 8, watching his friends playing and dancing with the black goats among flat stones. These stones are a standing

circle of stones and are called “the stones of witches”. He is not supposed to be there and is curious to go into the circle. George, as the oldest of the group, has a feeling in his stomach and won’t go in the circle. The other children he knows are inside the circle. Their play gets rough and one of the boys falls on the flat stone in the middle and is hurt. George runs to get help. He is blamed as the oldest of the group and his mother whips him without being asked what happened. George learned not to use his feelings.

Asked, in the process, if this can be done differently. The Inner Wise Self gives an answer of “yes”.

In the rescripting of this event, George runs to Wise Gertrude, an older woman in the village and tells her about the boy who got hurt. She compliments George and goes with him to the stones. She winds a bandage around the head of the boy who fell and has him drink something. George watches from outside the circle. Gertrude invites him into the circle of ceremonies. She tells George and his friends that it is all right to play among the stones but they must be respectful of the circle. The boy that got hurt is now in the middle of the circle made by Gertrude and the other children. They feel the energy going through their hands. George also feels the energy in his solar plexus.

The client is aware that the feeling is in the same location and similar to what he felt as a soldier.

Transferring back to George as a soldier. George is on the top of the wall as he sees the men with horses. He notices that the column is too big, too controlled and stiff and he can’t see any weapons or ladies. The feeling is growing and nagging. Going to the heart, George is antsy and knows something is wrong and he has to do something. He hollers: “Danger, danger, do not open the gate”. Troops join George on the wall as other soldiers

are reinforcing the gate. Archers shoot their arrows and buckets of tar are being thrown off the wall. The approaching horseman are surprised and become confused as arrows hit the horses. George and his men win the scuffle and the castle is safe.

Later that day there is a celebration in the main hall and the Lord cheers because the castle was defended and there is toasting for having won the scuffle. The Lord calls George by name: “George” and there is toasting to him. George is sitting, drinking in reverie and feels proud; pleased he noticed something was wrong by paying attention to the feelings of his body.

This feeling is shared with Maggie as client in the future.

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Continuing the theme of learning to manage emotion I want to share another session.

**Session 2: January 11, 1998** The question for this session is: “Why do I allow emotion to interfere with clear communication?”

Subsequent to the induction and the suggestion to go to the root cause or origin of the question I find myself in a physical body of a person who is wearing green/yellow booties with bells, brown stockings, yellow/green pants, green jacket, red hair and a colorful cap with a bell. My name is Leo, age 25 and I entertain at the court of the king by reading poetry, singing, dancing and telling jokes.

The people in the hall are eating. Today I’m nervous because my left arm isn’t working right. It makes me feel uneasy because I need this job to make a living. People are laughing thinking my left arm movements are part of the act.

Moving to the Astral Self in the process and being an observer of Leo below, it is noticed that there is something wrong with his body; his body is twitching. Information

is given that this twitch is caused by the breaking of blood vessels in his brain affecting the nerves to the muscles of his left arm. Leo was worried about his job.

When asked of the Higher Self what would happen if this scenario were to continue, the information is that Leo would feel embarrassed and hurt that people don't understand that he is not acting and he interprets their laugh as an insult. As a result he has a stroke and becomes useless as an entertainer.

In consulting with the Higher Wisdom, the therapist asks what Leo's experience has to do with Maggie in 1998. A picture of the brain was shown with lots of light and the information given was that unmanaged emotion cuts off access to the higher self.

Then asking, "What is the best way to help Leo help Maggie so emotion does not cut off access to Higher Self? The instructions are that Leo, when he first feels something is wrong, should speak to someone and tell them so he doesn't perform that night. He is to take care of self and listen to his body.

Following these instructions, the client is back in Leo's body. It is before the performance and he has a headache, his head hurts. Leo is aware, tells someone and this person tells him to suck on lemons. In the meantime the physician is sent for. The physician instructs Leo to lie down, to not perform and he'll get an herb concoction for him to drink to heal the head.

In the therapy process the client, as Leo, is instructed to move forward 2 months and Leo is seen to be performing well and the audience claps. The physician has told him he's doing well and taking care of his body. He compliments him for having spoken up and prevented greater damage to his body. As Leo performs, everyone is getting the ACT and Leo's timing and communication is perfect. Leo feels pride in his heart.

Maggie, as client, on returning to Beta consciousness is aware of a feeling of pride and knows how to communicate clearly with humor.

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These sessions are but a couple in a series of learning to manage emotion in my life. Here is another session.

**Session 3: May 4, 1997** The question for this session is: Why do I lose control of my emotion so easily?

The hallway of doors indicates 5 doors; 2 on the left, 2 on the right and one at the end. The number of doors in the hallway are in indication of the number of past events there are to answer this particular question. The door at the end of the hallway is indicated. This particular door is made of dark wood and is carved with a cross that has a cloth over it.

In the event of a past life experience the person is a male, wears sandals, has strong legs, and the draped cloth he is wearing goes to below his knees and is slung over one shoulder. He holds a staff carved from a tree branch. He is walking alone on a dirt road, tired from a long walk. He is educated, 29 years old and one of Jesus' disciples. He is going to the next town to teach what the Master Jesus taught him. He's tired but must hurry to an event. He is aware that something is wrong because he feels it in his belly. There are many people on the road. He must hurry to Jerusalem. He has heard that something happened to Jesus. Something is wrong and therefore he worries. He sees carts with families hurrying to an event.

Instructions are to go to the event.

From the Astral perspective I see the place of crucifixion and Jesus on the cross being lifted into place. The disciple is with Mother Mary, watching. The cross is made of round posts with a flat cross bar. The disciple is worried about Mary and supports her with an arm. He needs her strength and feels it. There is no conversation. Jesus looks at Mary and the disciple feels their bond and an exchange of energy between Jesus and his mother. She understands and is connected to him but there is a part of her that is sad. The disciple is angry with Jesus because he feels that Jesus had the power to stop being taken prisoner. He is also confused and asks: “now what” and wonders if this is the end of their plans. He feels lost.

The question is asked: “What is the root correlation to Maggie in 1997?” It has to do with confusion about thinking that something wonderful is happening and there are changes and then it all stops. For Maggie it happens when things are OK in her life and then there is the realization that things are not what she thought.

In the altered state of consciousness the disciple finds himself with lots of light and the shape of Jesus. Jesus sends love. He communicates with light, love and presence and says: “Nothing is lost, nothing is gained, All is always, no beginning and no end, always, with Now forever, always, Alpha and Omega, totality of all things.

As Maggie in the Astral self I am aware of the disciple getting the understanding of the communication and watch as the expanding light encircles him and Mary. The disciple is now strong, pleased, accepts and understands what is happening and is connected.

There is a connection made to Maggie in 1997. Energetically, she is washed and cleansed and this creates a balance and harmony of emotion. She feels peaceful all over and there is a focus of energy in her body brain as pure energy circles and vortexes there.

Back in the hallway, at the doorway she used to enter the past life, there is light. The carved cross on the door is finer, the cloth is gone and light emanates from the cross on the door.

Maggie states to feel good at the end of the session.

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Another session was done on

**August 14, 1999** The question posed is: "What is the emotion around feeling alone?"

When the client is in the event of the past life she feels light, has little feet and walks on high shoes. Her feet hurt when she stands. She wears a soft kimono with long, big sleeves to her wrists. She has black hair, which is pulled back, and she has a pin in her hair. Her name is Sacha, is 24 years old and is in her home in Beijing, China.

She is in a big room that has a green carpet and a screened bed. Sacha is getting dresses to go out with her husband and a maid helps her get dressed. They are going to see the Emperor. Sacha states: "My husband is important and it is important that I go with him. Duty comes first. It is my duty that my husband will be seen with me. It doesn't matter what I want or not. My feet are bound and they hurt when I walk. Walking hurts but to be seen is important. It is not for me to say that my feet hurt. I feel helpless but it is my duty to serve. My face hurts and throbs as the pain goes from my feet up to my face."

In the astral body, or observer, we get the information that it is painful for Sacha to leave her room. She cannot say that she has pain. It is her duty as a wife and it is honorable to have small feet. Her husband chose her because she has small feet. It is to be accepted even though to walk and do one's duty is painful. One is not to talk or say anything about it. Sacha would prefer to not walk and would prefer to stay home.

It is asked what this has to do with Maggie in 1999. It is stated that there is a part of Maggie that prefers not to be seen, however she has chosen a role that is public in this life. She has accepted that choice and is willing to move forward. She cannot talk about the pain. She has chosen a role of service and dedication, a role of doing it alone and coming out from that which is comfortable to that which is outside regardless of personal preference.

In going back to the life of Sacha she is seen with her mother. She asks her how it is possible that she not go to the Emperor with her husband. Her mother tells her that her husband must be honored, to do it for him and understand duty. Sacha decides she will do her duty and go beyond her pain.

The understanding is given that this has to do with recognition as partner to her husband. It is because of who she is that he will get recognition. She is part of who he is. She cannot think of herself. She has to see herself as part of him so that he is visible and honored because of her. She has to go beyond her own pain.

At the court in front of the Emperor, I as Sacha, stand next to my husband who stands tall and strong. He smiles. I take pleasure because I know why he smiles. I know that it is because of me that he is honored. My body feels fine because I am focused on my

husband. I send him energy. My face feels and my bones feel fine. It is because I feel the pride in my husband that I do not feel the pain in my face.

Sacha then talks to Maggie and tells her what happened for her. She tells Maggie that her husband is important and even though she liked to stay home but needed to go with him and forget her pain. She tells Maggie that she chose her duty and to go forward and beyond that of being alone and to take pleasure in her work. She tells her that she will be well by facing her duty and service to mankind, and no longer feel pain in facing her work and she will have pleasure and recognition in her work.

When Maggie is back in the hallway the door is covered with pure white light and purple light. She says that there is white light all around her.

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As a result of doing past life regression therapy sessions, similar to the ones described, I have learned to recognize and manage my emotion better, my communication has improved, I speak up more and I am more objective in my interaction with others.

There are hundreds of other past life regression therapy sessions I have done over the years with various patterns of learning I needed.

I began doing the Past Life Regression therapy as part of the experiential portion in the Hypnotherapy training classes and I have continued doing this kind of personal therapy until today. Whenever there is something happening in my body or in my life that lets me know I am not in balance, I will do a Past Life Regression therapy session.

## **Professional Training**

By background and training I am a teacher and taught children in Elementary and Junior High school for 22 years. The next step in my career was that of a Clinical Social Worker and am licensed as a psychotherapist. I had received training in Biofeedback, some NLP - Neuro Linguistic Programming, Guided Visualization and use of Relaxation techniques but no formal hypnosis or hypnotherapy training in my course of studies as a Clinical Social Worker at the University of Utah.

I received my skills as a hypnotherapist at the Institute of Thought as I took 2 years of Hypnotherapy training. Dr. Costa came to Berkeley and taught Hypnotherapy at the Better Life Center and supervised me as a Hypnotherapy Teacher intern during those initial years of the Center. I also received Hypnotherapy training through IARRT - The International Association of Regression Research and Therapies as I went through this organization's 4 level course of hypnosis and hypnotherapy training. I am currently a teacher for the Association.

During the Institute of Thought training I learned interviewing skills, inductions, reading the level of trance of a client and how to guide them in the process of a Past Life regression session and how to do therapy in this unique modality. Doing hypnotherapy is very different from doing psychotherapy. In hypnotherapy one becomes a guide to the client in their process of discovery using their Mind and inner resources to make change in their thinking and belief system. I also learned to rely on my inner resources or Mind when I am in the role as therapist.

I flew by airplane to San Diego once a month for my Hypnotherapy training over a period of two years. I received my Advanced Certification as a Hypnotherapist in 1994.

Following my certification I added hypnosis, hypnotherapy and past life regression therapy to my practice of Psychotherapy.

In 1999 I established The Better Life Teaching and Counseling Center with my business partners Christine Bartlett and Katherine Dresser in Berkeley, California. The Better Life Center is a sister school to the Institute of Thought in San Diego. Dr. Joseph Costa played an active role during the beginning years of the Center. We have been in business now for 10 years. As I see clients, more of them request past life regression therapy than psychotherapy. I find it a most effective method to change patterns of thought and therefore behavior.

Currently I am a teacher and manager of the Transpersonal Hypnotherapy program in Berkeley. I supervise student teachers at the Institute of Thought in San Diego, and am a teacher in the education program of IARRT-International Association of Regression Research and Therapies, Inc.

#### **Section 4.3 Need for Transpersonal Hypnotherapy Distance Learning Program**

I want to give what I have received to other people because the process I learned and now use with clients has changed me and also changes the life of my clients as I work with them. Every time I do a process with a client, it is unique to that particular client and never boring.

As a therapist, I find that the transpersonal hypnotherapy process taught at the Institute of Thought is an issue focused and short-term therapeutic modality. This process even gives the therapist indicators that lets one know the approximate number of sessions needed to resolve the proposed problem of the client.

In reviewing many hypnotherapy distance-learning programs, I found that they were truly distance learning programs. Some of the programs were excellent with their support materials; DVD's, CD's, printed materials and mentor support. However, there was not one program that required their distance learners to attend hands-on training in person.

The hands-on training component is critical in my opinion. It is important to learn to do therapy and get guidance and critique during and following the process. To me, it is the practice as a student therapist that starts the reliance on one's skills but also in allowing Mind to guide the process to meet the needs of the client.

From the immersion in my own training and research into other distance-learning programs I realize that hypnotherapy distance learning is a possibility for learning transpersonal hypnotherapy. However, I do not think it holds enough.

I propose a hypnotherapy distance-learning program that is a combination of distance learning with support materials and attendance in person at hypnotherapy training classes.

#### **Section 4.4 Institute of Thought Transpersonal Hypnotherapy Home Study Program**

In my experience as a hypnotherapy student and later as a teacher and now a hypnotherapy teacher supervisor, I am aware that students need to learn the content of the classes and the skills necessary to be an excellent hypnotherapist. Both are necessary. Besides learning the content and skills, there is another aspect of being a hypnotherapist that comes into play in a transpersonal hypnotherapy program. As a therapist works with a client, we understand that the client is in an altered state and gets information from Mind or the subconscious. It is also imperative that the hypnotherapist works from Mind so that there is input for the therapist during the process. Winafred Lucas refers to this in

her Mirror research. (Lucas 1993) The learning of being in Mind for the therapist comes by experience. This experience, initially, starts by working with clients in a classroom setting in a residential or hands-on hypnotherapy training program. After training is complete and the hypnotherapist begins her/his practice, the beginning therapist will start working by using the left-brain but learns with practice that there is intuitive insight as she/he works with more clients. This experience of learning to work from Mind is vital in the hypnotherapist's training.

In researching the various hypnotherapy distance-learning programs I found that all programs had distance-learning but none of the programs had a required hands-on practice component and only a few had the option open to students to participate in a classroom setting.

The Hypnotherapy home-study program I designed, has both the distance-learning component and a required attendance classroom participation component. The reason is to give students content, skills, but also in-person experience to begin working with student/clients and learn to work from Mind.

The Institute of Thought Hypnotherapy Home Study program is based on the Institute of Thought in-person training program. The content is the same. It has 12 study units or modules:

|          |   |
|----------|---|
| January  | Mind, Brain, Altered States, Induction Processes, 15th Step Process |
| February | Critical Incident Solutions and Self Hypnosis for Self Improvement  |
| March    | Pacing, Reframing Trauma, Intensifying Sensory Imaging              |
| April    | Hypnosis and Bodywork, Addictions and Past -Life Connections        |
| May      | Family Dynamics, Reincarnation, Transference Issues                 |

|           |  |
|-----------|--|
| June      | Past-Life Therapy Practicum, Healing Ancient Wounds          |
| July      | Regression Therapy and Metaphors, Belief Systems @ Soul Mind |
| August    | Transpersonal Hypnotherapy, Signs, Symbols and Dreams        |
| September | Death, Transition, NDE's, Entities and Possession            |
| October   | Past-lives and Ego Constructs, Grounding the Body            |
| November  | Sexuality and Regression Therapy, Male/Female Energies       |
| December  | Business Principles, Interviewing and Money Consciousness    |

Designing the Institute of Thought Hypnotherapy Home Study program is based on meeting a need in this economy for persons who live at a distance and who want to take the hypnotherapy program provided by the Institute of Thought in San Diego or at the Better Life Teaching and Counseling Center in Berkeley. Much education is offered by distance learning and this works fine for general content learning. It is an answer to a person who lives as a distance, has limited financing and time. The Institute of Thought Transpersonal Hypnotherapy Home Study Program answers both the need of the student and the need to have quality training for content, skills and experience.

The Institute of Thought Transpersonal Hypnotherapy Home Study program incorporates distance learning and hands-on experience and therefore unique. It is designed to have six (6) units by distance learning and six (6) units by attending classes in person. It is recommended these units be taken in an alternating process but individual accommodations are made. This design cuts travel expenses and time in half thereby allowing more students access to the excellent training at the Institute of Thought.

This Transpersonal Hypnotherapy Home study program is explained in the Orientation packet, which each student receives upon exploring the Institute of Thought Transpersonal Hypnotherapy Home Study program. The requirements and process are expressed in this packet. 12 MP3 recordings of actual IOT classroom lectures support the home study program. Recommended reading, paperwork and a unit test support the information of the recordings for each of the 12 units. The student has a mentor who supports the student during their course of study to answers questions. There is a required monthly discussion of the unit's material under study and the client will also do a personal therapy session on the content of the unit. There is also a requirement that the student tape-record two practice sessions with a client to be reviewed by the mentor.

Following this short explanation you will find the Institute of Thought Hypnotherapy Home Study program Orientation packet, the Hypnotherapy Home Study units and supporting office forms.

Institute of Thought Transpersonal Hypnotherapy  
Home Study Program

1. Orientation Packet
2. Hypnotherapy Home Study Units
3. Office support forms

**Institute of Thought  
Transpersonal Hypnotherapy School  
of  
San Diego**

# **Transpersonal Hypnotherapy Home Study Program**

## **Orientation Packet**

QuickTime™ and a  
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are needed to see this picture.

**3511 Camino Del Rio #404  
San Diego, CA 92108  
619-516-3999 • [joseph@15thstep.com](mailto:joseph@15thstep.com)**

**revised 8/09**

# Institute of Thought

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TIFF (Uncompressed) decompressor  
are needed to see this picture.

Joseph Costa Ph.D.

Founder of the Institute of Thought

Director - EROO-54FNR T2001

The Institute of Thought was founded in 1981 by Joseph Costa Ph.D. The Institute of Thought is a mastery school that involves teaching ancient truths of life and learning to apply the self in the challenges of life in a way that results in the gaining of wisdom. Wisdom is the understanding one has as the result of gaining knowledge and experiencing the knowledge.

The Institute's "Better Life" self-mastery teaching is comprehensive involving training in transpersonal psychology and concepts of thought and thinking. Emphasis centers on providing the finest training available in regression and past life therapy, the 15th Step, relationships; male and female issues and business principles.

The workshop format is an ongoing training program where students may enter at any point. Classes blend presentations with demonstrations, training exercise, group inductions and audio/video thereby encouraging learning on both theoretical and experiential levels. Special emphasis is given to the specific interests of the participants and how these skills may be used to expand personal and professional abilities.

## Word of Welcome

It is a special opportunity to partake of studies through the Institute of Thought. I welcome you!

Participation in the Transpersonal Hypnotherapy Home study program is unique in that the studies will partially be done in person and partially in the comfort of your home. The requirements are stringent in order to ensure the quality of your learning and the final result of being able to practice as a hypnotherapist. You will find your studies of high quality. I encourage you to go in depth in your studies, be curious, be passionate. Use the staff for advice and do your personal hypnotherapy sessions for growth and understanding. I look forward to seeing you in the program.

## Staff

Joseph Costa Ph.D.

Founder Of the Institute of Thought

Director

Post secondary Director Certificate EROO- 54FNRT2001

Joseph Costa, Ph. D. is a teacher of ancient wisdom. He is an authority on psychic phenomena, altered states and mysticism. His degree is in Transpersonal Psychology, a new branch of psychology which includes the existence of the soul and acknowledges supernatural experiences as part of the healthy human reality. He is the founder of the Institute of Thought in San Diego, CA where he sees clients and teaches seminars in past-life therapy, using intuition, self-mastery and integrating the paranormal. He has discovered the 15th Step Process, a simple way or method that all people can use to "access" the Inner World, talk intimately with ascended Divine masters and receive Divine answers and Divine healing; healing that is physical and measurable. He is a member of the International Association for Regression Research and Therapies, Inc. and the Association For Transpersonal Psychology in Stanford, California.

He is the author of four books,

*YESHU HANNOSRI: For God So Loved The World*

written on the mystic life of Jesus,

*THE SECOND COMING OF YESHU*

a motion picture about the life and lives of Jesus with his ascended masters and healers,

*PRIMAL LEGACY: Thinking For The 21st Century*

, a metaphysical text about the relationship

between the soul and the human animal and how to balance the two and

*BRINGING THE EAGLES OF CONSCIOUSNESS TO THE WORLD*

the "Shift" and 2012

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are needed to see this picture.

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, a channeled  
**Maggie van Staveren LCSW, CHT**

soon to become a major  
**Hypnotherapy Program Manager**

**Post secondary Instructor Certificate: COAFS - 03-369789**

Maggie is a transpersonal hypnotherapist, licensed psychologist and reiki master. She is the cofounder of the Better Life Center where she provides individual/couple therapy using a variety of therapy. Maggie teaches personal growth classes, provides and manages the Transpersonal Hypnotherapy Training program where clients find their own voice to resolve what's not working in life. She received her Master's degree in Human Development from Michigan and a Master's Degree in Social Work, mental health. Maggie has Advanced Certification in Hypnotherapy from the

Maggie is a member of the Hypnotherapist Union, NASW, TI and is past-President of the International Association of Regress-

**Christine Bartlett PT, CHT**  
**15th Step Program Director**

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 TIFF (Uncompressed) decompressor  
 are needed to see this picture.

Christine Bartlett is a licensed Physical Therapist and Advanced Certified Hypnotherapist, 15th Step Therapist and Trainer with the Institute of Thought, the World Healer Institute and the International Association of Regression Research & Therapies, Inc. (IARRT). She served on the Board of Directors for IARRT for 10 years and is Past President of IARRT and Past organizing Committee Chair for the World Congress of Regression Therapists held in New Delhi India, March 2006, led by Sunny Satin Ph.D..

Christine co-taught with Dr. Joseph Costa the 15th Step Post Congress training in New Delhi in 2006 and on a 3 city/ 9 day 15th Step training program in New Delhi, Mumbai and Bangalore, India in 2008 as well as at sites across the USA.

She is Co-developer and organizer of the 15th Step programs with Dr. Joseph Costa since 2000 and is Co-director for national and international programs for the 15th Step program in the USA and abroad. She is Co-director and Founder of the Better Life Center in Berkeley, CA, a sister school to the Institute of Thought in San Diego, CA. and works with clients and teaches training in the Bay area. Christine serves on the World Healer Institute Board of Directors in Education and Training.

**Cory Cochiolo CHT, AST**  
**Executive Director of the Institute of Thought**  
**Transpersonal Hypnotherapy Teacher**

Cory Cochiolo is the Executive Director of the Institute of Thought.

She is a certified Advanced Altered States Therapist and Hypnotherapist. Cory teaches Hypnotherapy in San Diego. She is a Therapist/Teacher/Co-Director of the 15th Step Program. Cory is the Executive Assistant to Dr. Joseph Costa, CEO/Founder of World Healer Institute.

She is pursuing her doctorate in Transpersonal Psychology through the International University of Professional Studies. She is a professional lecturer with the International Association for Regression Research and Therapies, Inc. (IARRT).

# Transpersonal Hypnotherapy Certification Program

## Philosophy

The Hypnotherapy Certification program is designed to allow students time to incorporate new skills and apply them to their daily life. Our program is unique, in that our philosophy is not just to teach techniques and skills of becoming a hypnotherapist, but to teach therapists how to apply these skills in their own life for personal transformation.

The Institute of Thought Transpersonal Hypnotherapy Program is a comprehensive program designed to teach career skills, while incorporating self-transformation and personal development.

The Hypnotherapy Courses are designed for:

- \* Self-help seekers
- \* Psychologists
- \* Physicians
- \* Marriage family counselors
- \* Social workers
- \* Health care professionals
- \* Body workers
- \* Alternative healers
- \* Anyone interested in healing and transformation

## What is Transpersonal Hypnotherapy?

In transpersonal hypnotherapy one focuses on the whole person, the inner and the outer aspects of the person; the goal being to help clients wake-up to who they truly are. You learn how to facilitate your client's inner journeys and help them connect with their inner wisdom and intuition to get understanding. Having understanding helps the client to adjust their thinking patterns and broaden the belief system.

## Structure

The program is a series of twelve core courses (see schedule) offered in 16 hour weekend workshops once a month over the course of one year. Classes blend lecture and presentation with demonstrations, training exercises, group inductions and audio/video, encouraging learning on both theoretical and experiential levels.

The program is designed to accommodate students with job schedules and to facilitate personal growth and expansion of the belief system. It can be entered at any point and taken in non-sequential order. All twelve core courses must be taken to receive Basic Certification. Advanced Certification is received through an additional 108 hours of training. Hypnotherapy Training Courses are tax deductible if you are updating or advancing your skills as part of your current profession. Please contact your professional license board or accountant for more information on Hypnotherapy training as a tax deduction.

## **Hypnotherapy Certification Training Curriculum Objectives**

- \*Mind, Brain, Illusion, Altered States, Induction Processes and 15th Step program
  - You will come to an understanding of the 2 Thinking systems in a human being.
  - Learn about thought and how it creates illusion in the material world.
  - Learn to identify an altered state and a variety of induction processes to assist a client to go into an altered state.
- \*Critical Incident and Self Hypnosis for Self Improvement
  - Learn to identify and understand the Critical Incident, the deep underlying cause, in a hypnotherapy process.
  - Learn Self-Hypnosis and how it is used to have more control over the left brain and the physical body.
  - Learn Self-Hypnosis for use with habit changes, weight loss, smoking, phobias and self improvement.
- \*Pacing, Reframing, Rescripting Trauma and Intensifying Sensory Imaging
  - Learn the transpersonal hypnotherapy techniques of pacing, reframing, rescripting, intensifying sensory imaging and other aspects of regression and past life hypnotherapy.
- \*Hypnotherapy/Bodywork, Addictions and Past Life Connections
  - You will get understanding about addictive behavior and how it can have a direct connection to past life behavior and soul lessons.
  - Learn how past life therapy can free the client from addictive behavior and promote body healing.
  - Interviewing client with physical body issues and/or addictions.
  - Focusing Technique
- \*Family Dynamics, Reincarnation and Transference Issues
  - You will learn about Family dynamics and how these dynamics affect each family member.
  - The Family is viewed with a Reincarnation perspective and how the family unit becomes a vehicle for soul learning.
  - Family issues may be a cause for Transference by the client to the therapist.
- \*Past Life Therapy Practicum: Healing Ancient Wounds
  - A powerful and enlightening weekend of lecture and experiential processes.
  - Learn to erase old programming and discover how events and choices from the past holds one back from living the present.
  - A weekend which you are required to attend in San Diego or Berkeley.
  - During this weekend the regression process will be videotaped.
  - Role-playing as therapist, client and observer.

\*Regression Therapies, Metaphors, Belief Systems and Soul Mind

- Learn that Regression Therapy is a tool to come to a new understanding which expands the belief system and resolves trauma.
- Metaphors as messages of the unconscious.
- How beliefs are part of the thinking systems and are an integral part of yourself and client's lives.

\*Transpersonal Hypnotherapy; Signs, Symbols and Dreams

- Learn how dreams, signs and metaphors can be used as tools in hypnotherapy.
- Learn how the guides from the Inner World use signs, symbols and dreams to give information for soul growth.
- Past Life can be seen as a metaphor.

\*Death, Transition, NDE's, Healing, Entities and Possession

- Learn that by using the hypnotherapy process one can access information about soul lessons, learning through the death experience, interlife, and afterlife.
- One learns to assist clients through transitions.

\*Past Lives and Ego Constructs, and Grounding the Body

- Learn about the multiple components of the Ego Construct.
- Regression in this life and past lives can be instrumental in developing the ego construct.
- Grounding yourself as a therapist.
- Teaching your client to ground the physical body.

\*Sexuality and Regression Therapy; Male and Female Energies; Millennium Woman

- Learn the difference between sexuality and sensuality and the purpose of Male and Female energies.
- Differences in communication and thinking of the male and female.

\*Business Principles, Interviewing and Money Consciousness

- Learn Business Techniques and Principles to create abundance and to assist yourself and your clients, using hypnotherapy, to create and manifest the life you've always dreamed of living.
- How to start and build your business.
- Learn Interviewing Skills to use with your clients.

## **Hypnotherapy Home Study Program**

The Transpersonal Hypnotherapy Home Study program is an extension of the Institute of Thought's ongoing Transpersonal Hypnotherapy Training and Certification program. It is designed to meet the needs of students who are interested in becoming a certified Hypnotherapist but are unable to attend all classes in person.

The Home study program is a combination of attending 6 weekend trainings in person at the Institute of Thought in San Diego or at the Better Life Center in Berkeley and home study for the other 6 weekends by using study materials, tapes, CD's and videos of actual classes taught by Joseph Costa at the Institute of Thought in San Diego, CA. The student will have a faculty member as an advisor for guidance, required personal sessions, and review of written materials.

Students will receive a Certificate of Completion upon completion of all program requirements and may call themselves a Certified Hypnotherapist.

### **A. Format**

The home study format is being used by universities nationwide. You can learn and retain more when you have the ability to rewind and re-watch professionally made CD's or video taped trainings from the comfort of your home.

You will have an advisor who is one of the instructors in the Home study program. In the San Diego program it will be Joseph Costa and in the Berkeley program it will be Maggie van Staveren. A particular advisor can be requested by the student or an advisor will be assigned.

During the transpersonal Hypnotherapy training, the faculty or graduate hypnotherapist interns, supervised by faculty, will review audio tapes of your practice sessions and give you professional feedback.

You can practice with friends and coworkers. It is amazing how many people will ask for a session when they know you are in hypnotherapy training. You can measure your progress through these processes. You will get feedback from your advisor from your two taped practice sessions.

You receive unlimited fax and e-mail support throughout your training from your advisor. You may also call your advisor for assistance.

### **B. Benefits of a Transpersonal Hypnotherapy Home Study Course**

- **Enhance your Professional Practice**

If you are a psychotherapist, massage therapist or other healthcare professional, you can successfully incorporate transpersonal hypnotherapy into your practice. This effective brief therapy appeals to both young and old, thereby increasing your practice and income.

- **Change your Career**

A practice in Transpersonal Hypnotherapy can be a valuable first or second career or an adjunct to your current career.

- **Grow personally and Spiritually**

Our program emphasizes the ongoing responsibility for personal growth. One will be an excellent therapist if one continues to heal the personal issues that surface as one lives one's life.

- **Study from Home**

Also called distance learning or independent study, home study allows you to study at home at the convenience of your schedule.

### **C. Hypnotherapy Home Study PROGRAM Requirements**

- Attendance of 6 weekend Hypnotherapy workshops in person at the Institute of Thought in San Diego or at the Better Life Center in Berkeley:
- Initial weekend
- Practicum weekend
- 4 other weekends
- For optimum learning alternate the "in-person" weekends with a Home study unit
- 6 Hypnotherapy reports of the weekends attended in person
- Fulfill requirements for each of the 6 Hypnotherapy Units through Home study - see "D" below
- 2 audio tapes recorded of 2 hypnotherapy practice sessions accompanied by hard copy typed dialog from tape.
- Video tape as therapist during Practicum weekend: Ancient Wounds.
- Written Final Exam
- As part of final Exam: two written reports of a hypnotherapy session as client or therapist
- Read required text books - see "F" below.

### **D. Hypnotherapy Home Study Requirements for each of the 6 UNITS**

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

### **E. Two Locations**

Students may attend the required "in person" weekends at either of the following 2 locations. The curriculum is the same but the calendar is staggered for the benefit of the student. Please register ahead at the location you plan to attend:

- Institute of Thought 3511 Camino Del Rio #404, San Diego, CA 92108  
Phone: 619-516-3999, email: joseph@15thstep.com
- Better Life Teaching and Counseling Center 2515 Milvia Street,

Berkeley, CA 94704  
 Phone: 510-486-8268, email: [maggie@value.net](mailto:maggie@value.net)

#### **F. Required Texts**

- Costa, Joseph Ph.D. *Bringing the Eagles of Consciousness to the World*
- Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*
- Gendlin, Eugene Ph.D. *Focusing*
- Gilligan, Stephan G. *Therapeutic Trances*
- Schlotterbeck, Karl. *Living Your Past Lives*

### **Overview of Process to Complete Hypnotherapy Home Study Program**

- **To register**, call Maggie van Staveren at the Better Life Center 510-486-8268
- You will receive:
  - Requirements for program
  - Current Hypnotherapy schedules
- Send completed Enrollment form to:
 

Better Life Center  
 Att. Maggie van Staveren/Home Study Hypnotherapy Program.  
 2515 Milvia Street  
 Berkeley, CA 94704
- **First weekend**
  - Meet with manager for Orientation:
 

Berkeley: Maggie van Staveren  
 San Diego: Cory Cochiolo
  - Complete forms
  - Pay monthly fee of \$250
  - Attend class Saturday and Sunday (16 hours)
  - Receive next unit for Home study:
  - Pay fee for next home study monthly unit
  - Student signs receipt
- **Upon completion of each Home study Unit**

Submit the following requirements to the Better Life Center, Berkeley by priority mail within 3 weeks of having received unit of study. 1 week prior to attending next weekend in person.

  - 7/8 page paper
  - report of personal session
  - tape recorded session if this unit was chosen for practice session

Office will provides you

  - certificate of completion for finished unit with completed assignments

- feedback on written paper of last session
- feedback on recorded session if this unit was chosen for practice session
- **Attend Practicum weekend**
  - video recording of your session as therapist
- **Attend in person, 6 Hypnotherapy Training weekends, including Practicum Weekend at**
  - Institute of Thought, San Diego
  - or
  - Better Life Teaching and Counseling Center, Berkeley
- **Complete final written Exam and final Report**
  - Better Life Center, Berkeley: Maggie van Staveren
  - You will be notified once your exam has been graded.

Upon completion of all requirements you will receive a Certificate of Completion.

## School Policies

- **Fees - Basic Hypnotherapy Certification Program**
  - Payment
 

|                                  |        |
|----------------------------------|--------|
| Monthly unit or weekend/16 hours | \$ 250 |
|----------------------------------|--------|
  - Individual Hypnotherapy sessions in person or by phone
 

|  |           |
|--|-----------|
| by Master Therapists   | \$ 90/100 |
| by Clinic Graduate Hypnotherapy Interns supervised by teachers | \$ 45     |

You may pay by cash, check, money order or credit card (Visa or Master Card). In-person appointment fees are due at the time of the session. By-phone appointment fees are due in the office before the session. You may mail your check or phone or fax your credit card charge. Any phone communication with the teacher is paid by the student.

- **Appointments**

It is up to you to arrive or call at your scheduled appointment time. If you need to change an appointment, please give 24 hour notice, otherwise you will be charged for that session. We return calls as soon as possible.
- **Risk-free Enrollment**

You have 3 days from your signature date on the Enrollment Form to cancel the agreement in writing.
- **Tuition**

Course tuition fees are listed in this Orientation packet. After reviewing and

approving your application, the unit materials will be given in person at the Orientation meeting. A \$ 25 fee is assessed on all returned checks.

- **Year-round Enrollment**

Enrollments are accepted on a year round basis. Tuition for the first hypnotherapy weekend is to be paid at orientation time of the first “in-person” weekend required for the Hypnotherapy Home study program.

- **Attendance Requirements**

For optimum learning it is important to attend the required weekends in person. If it is not possible to attend a particular weekend, please notify your advisor, then plan to attend the next weekend. The next packet of Home study learning materials will not be mailed. It will be given to you as you attend the next weekend. All course assignments are to be completed and received within 3 weeks of having received the unit of study. If you are unable to complete assignments within stated time frame, notify advisor by e-mail, phone or letter and request an extension.

- **Schedule**

Dates and times of scheduled Hypnotherapy Training weekends may be subject to change without notice due to unforeseen circumstances. It is the responsibility of the student to verify the date of the Hypnotherapy weekend you are planning to attend prior to making travel arrangements.

## **Registration & Directions**

### **Registration**

- Call the Better Life Center for Hypnotherapy Home study Orientation materials.
- Orientation packet and schedule will be mailed to you.
- Complete enrollment form, sign Waiver and Release form and send to:

Better Life Center  
Maggie van Staveren/ Hypnotherapy Home Study program  
2515 Milvia Street  
Berkeley, CA 94704  
510-486-8268

### **Directions**

**Institute of Thought**  
**3511 Camino Del Rio #404**  
**San Diego, CA 92108**

The San Diego Institute of Thought is located on the south side of I-8, take Texas St. off-ramp, turn left at corner of Texas Street and Camino Del Rio South. Go east on Camino Del Rio So until opposite of stadium to 3511.

from NORTH COUNTY

take 5 south to 805 south to 163 south to 8 east to Texas St.

from ESCONDIDO

take I-15 south to I-8 ramp, go straight to Camino Del Rio So, turn right and go two blocks to 3511.

Closest Airport

San Diego International Airport

**Better Life Teaching and Counseling Center**  
**2515 Milvia St. Berkeley, CA**

SOUTH BAY:

Take 101 to 80 east, cross Bay Bridge. Stay left, follow signs to 80 east Berkeley/Sacramento. Take second exit: Ashby. Stay left, go straight on Ashby several lights. Take left on Martin Luther King Blvd. Go down Martin Luther King Blvd. Take right onto Blake, left onto Milvia St.

EAST BAY:

680 to 24, through Caldecott tunnel. Take Berkeley Highway 13 exit. Follow to light at top of the hill. Go all the way down hill, down Ashby Ave., pass Claremont Hotel, cross College Ave & Telegraph Ave, take right onto Shattuck. Go straight through one light. Take left onto Blake. Right onto Milvia.

WEST BAY:

Take 580 east. Take right exit Berkeley/24. Stay in right lane. Go straight off ramp onto Martin Luther King Blvd. Follow MLK, cross Ashby Ave. go all the way to Blake St. take right on Blake, left on Milvia.

NORTH BAY:

Take San Rafael Bridge, 80 west toward Emeryville/Berkeley. Exit University Ave. Go right, over bridge into downtown Berkeley. Take right onto Martin Luther King Blvd. Left on Blake. Left on Milvia St.

BART:

Take BART to downtown Berkeley Station. Get off near Central St. on Shattuck. Go down Shattuck away from University. Go approximately six blocks. Right on Dwight. Left on Milvia St.

#### CLOSEST AIRPORTS

Oakland International

San Francisco International

**3511 Camino Del Rio #404  
San Diego, CA 92108  
Phone 619-516-3999 e-mail: joseph@15thstep.com**

## Transpersonal Hypnotherapy Home Study program

### Enrollment Form

(please print)

Name (as you want it on your certificate) \_\_\_\_\_

Mailing Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_ Sex (M or F) \_\_\_\_\_ Age \_\_\_\_\_

Where did you hear about Institute of Thought \_\_\_\_\_

Previous Certifications \_\_\_\_\_  
\_\_\_\_\_

Level of Education (Degrees & Majors) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Primary Occupation & Title \_\_\_\_\_

Previous Occupations \_\_\_\_\_  
\_\_\_\_\_

I have read and understand the Transpersonal Hypnotherapy Home study Orientation packet and my signature signifies that I agree to its contents.

Date \_\_\_\_\_ Signature of Applicant \_\_\_\_\_

**Institute of Thought**

**3511 Camino Del Rio #404  
San Diego, CA 92108  
phone 619-516-3999 • e-mail: joseph@15thstep.com**

**Transpersonal Hypnotherapy Home Study Program**

**Waiver and Release Form**

I, the undersigned, do hereby acknowledge, understand and agree that:

1. Participation in any hypnotherapy training or processor Better Life Seminar class is by my own decision and free choice.
2. I shall hold the Institute of Thought and the Better Life Teaching and Counseling Center, it's directors, students and staff harmless for any negative or harmful physical process or mental effects which I may perpetrate or experience in connection with such processes.
3. I acknowledge that any materials provided by the Institute of Thought or the Better Life Teaching and Counseling Center that I may use, and any information and /or experiences in which I take part, as part of any class, are the property of the Better Life Teaching and Counseling Center and the Institute of Thought.
4. My name and address, and the names and address of any persons that I am connected to, shall be held confidential by the Institute of Thought and the Better Life Teaching and Counseling Center and shall not be used or disclosed without prior written authorization.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Print Name \_\_\_\_\_

Director's signature \_\_\_\_\_

Date \_\_\_\_\_

Print name \_\_\_\_\_

**Institute of Thought  
3511 Camino Del Rio #404**

San Diego, CA 92108  
Phone 619-516-3999 e-mail: joseph@15thstep.com

### Transpersonal Hypnotherapy Home Study Program

### Student Requirements Check-off list

#### General Requirements

Attended 6 weekend Hypnotherapy workshops in person:

|                         |            |             |            |
|-------------------------|------------|-------------|------------|
| _____ Initial weekend   | date _____ |             |            |
| _____ Practicum weekend | date _____ |             |            |
| _____ 2nd weekend       | date _____ | 4th weekend | date _____ |
| _____ 3rd weekend       | date _____ | 5th weekend | date _____ |

- \_\_\_\_\_ Fulfilled Unit requirements for each Hypnotherapy Unit through Home study (see below)
- \_\_\_\_\_ Recorded 1st Audio tape of practice hypnotherapy session accompanied with typed dialog
- \_\_\_\_\_ Recorded 2nd Audio tape of practice hypnotherapy session accompanied with typed dialog
- \_\_\_\_\_ Video tape as Therapist during Practicum weekend: Ancient Wounds/Interviewing
- \_\_\_\_\_ Final Exam
- \_\_\_\_\_ As part of final Exam: two written reports of a hypnotherapist session as client or therapist
- \_\_\_\_\_ Paid tuition in full
- \_\_\_\_\_ read *Primal Legacy; Thinking for the 21st Century* by Joseph Costa Ph.D.
- \_\_\_\_\_ read *Living Your Past Lives* by Karl Schlotterbeck
- \_\_\_\_\_ read *Therapeutic Trances* by Stephan G. Gilligan

#### Requirements for each Hypnotherapy Unit through Home study (6 remaining units)

- Unit 1 - Title \_\_\_\_\_
- \_\_\_\_\_ listened/viewed class tape/video/CD
  - \_\_\_\_\_ studied unit written materials
  - \_\_\_\_\_ took test
  - \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.
  - \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
Name \_\_\_\_\_ date \_\_\_\_\_
  - \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.
  - \_\_\_\_\_ took test
  - \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

- Unit 2 - Title \_\_\_\_\_
- \_\_\_\_\_ listened/viewed class tape/video/CD
  - \_\_\_\_\_ studied unit written materials
  - \_\_\_\_\_ took test
  - \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.
  - \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
Name \_\_\_\_\_ date \_\_\_\_\_
  - \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.
  - \_\_\_\_\_ took test
  - \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

- Unit 3 - Title \_\_\_\_\_

\_\_\_\_\_ listened/viewed class tape/video/CD  
 \_\_\_\_\_ studied unit written materials  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.  
 \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
                     Name \_\_\_\_\_ date \_\_\_\_\_  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

Unit 4 - Title \_\_\_\_\_  
 \_\_\_\_\_ listened/viewed class tape/video/CD  
 \_\_\_\_\_ studied unit written materials  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.  
 \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
                     Name \_\_\_\_\_ date \_\_\_\_\_  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

Unit 5 - Title \_\_\_\_\_  
 \_\_\_\_\_ listened/viewed class tape/video/CD  
 \_\_\_\_\_ studied unit written materials  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.  
 \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
                     Name \_\_\_\_\_ date \_\_\_\_\_  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

Unit 6 - Title \_\_\_\_\_  
 \_\_\_\_\_ listened/viewed class tape/video/CD  
 \_\_\_\_\_ studied unit written materials  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ wrote 7/8 page paper describing my insights and learning from tape and written materials.  
 \_\_\_\_\_ did a personal hypnotherapy session on topic of unit in person or phone with  
                     Name \_\_\_\_\_ date \_\_\_\_\_  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Use required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ mailed test, tape, paper, hypnotherapy report on (date) \_\_\_\_\_

# Institute of Thought Transpersonal Hypnotherapy School San Diego, California

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

## Hypnotherapy Home Study Program

### **Mission Statement**

The Institute of Thought is a mastery school that involves teaching ancient truths of life and learning to apply the self in the challenges of life in a way that results in the gaining of wisdom. Wisdom is the understanding one has as the result of gaining knowledge and experiencing the knowledge.

### **Staff**

Joseph Costa, Ph.D. Founder, Director

Maggie van Staveren, LCSW, CHT Hypnotherapy Program Manager

Christine Bartlett, PT, CHT 15th Step Director

Cory Cochiolo, CHT, AST Transpersonal Hypnotherapy Teacher

### **Required Texts for Course**

- Costa, Joseph Ph.D. *Bringing the Eagles of Consciousness to the World*
- Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*
- Gilligan, Stephan G. *Therapeutic Trances*
- Schlotterbeck, Karl. *Living Your Past Lives*
- Gendlin, Eugene Ph.D. *Focusing*

# Mind, Brain, Illusion, Altered States, Induction Processes

16 Certification credits

## Course Objective

The purpose of this course is to come to an understanding of the two Thinking systems of the human being and how they function in the Inner and the Outer world of the 3rd dimension. To learn about thought and how it creates illusion in the material world, to understand an altered state and learn a variety of induction processes to assist a client to go into an altered state.

## Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## Certificate of completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Gendlin, Eugene Ph.D. *Focusing*  
 Besant, Annie and Leadbeater, C.W. *Thought Forms*  
 Rosen, Sidney. *My Voice Will Go With You; Teaching Tales of Milton Erickson*  
 Joy, W. Brugh MD. *Joys Way*  
 Tart, Charles. *Altered States*  
 Tart, Charles. *Waking Up*  
 Van Deusen. *Frontiers of Consciousness*

## Mind, Brain, Illusion, Altered States Induction Processes

### Study Guide

#### Vocabulary

|               |              |               |
|---------------|--------------|---------------|
| brain         | mind         | illusion      |
| induction     | body brain   | altered state |
| hypnosis      | human animal | soul          |
| transpersonal | spirituality | mass thought  |

#### To Learn

- Animal thinking system; primal brain is in charge of the physical body.
- Focusing is an induction using physical pain as a bridge to access the event that is the root cause of trauma
- Soul mind thinking system uses events and relationships in a person's life to work through lessons.
- An altered state has a different level of vibration from the norm; this can be accessed by use of voice or sound, or lack of sound.
- Memory are thoughts recalled from mass thought fields.
- There are as many inductions as a therapist is creative.
- Thought particles contain Yin-Yang energy.
- The soul-mind functions as a thinking system entirely separate from the brain in the head.
- The soul-mind holds the truth of what is most beneficial for our growth and understanding.
- The human animal brain has developed a false ego which works constantly to suppress beliefs that might in some way take power away from the true Self.

## Mind, Brain, Illusion, Altered States Induction Processes

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

#### True/False

#### Circle correct response

1. The human animal offers the soul an opportunity for growth.  
 A) True                      B) False
2. Without the body there can be no material experience for the soul with it's mind.  
 A) True                      B) False
3. To be truly a human being, we need a physical body and a soul mind.  
 A) True                      B) False
4. If the left brain is developed far in excess of the right brain, or visa versa, the life is constantly out of balance.  
 A) True                      B) False
5. The mind of the soul can access any thought particle ever expressed by any thinker that ever existed.  
 A) True                      B) False

#### Complete each statement by using the following words

pacing      illusion      hypnosis      mind      transpersonal      trance state

6. \_\_\_\_\_ Thinking system of the soul.
7. \_\_\_\_\_ An evenly measured rate of motion.
8. \_\_\_\_\_ Perception of something objectively existing in such a way as to cause misinterpretation of its actual nature.
9. \_\_\_\_\_ A state induced to ensure consciousness and access to the Inner
10. \_\_\_\_\_ A state that resembles sleep but is induced by a hypnotizer.
11. \_\_\_\_\_ Extending or going beyond the personal to include the Inner realm.

# Critical Incident Self-Hypnosis for Self-Improvement

16 Certification Credits

## **Course Objective**

The purpose of this course is to identify and understand the Critical Incident in a hypnotherapy process.

Also, to understand that Self-Hypnosis is used to have more control over the left brain and the physical body.

## **Hypnotherapy Home Study Requirements for each of the 6 UNITS**

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## **Certificate of completion**

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## **Reading References**

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*

Gilligan, Stephan G. *Therapeutic Trances*

Schlotterbeck, Karl. *Living Your Past Lives*

Gendlin, Eugene Ph.D. *Focusing*

Costa, Joseph Ph.D. *Self Hypnosis Made Easy*

Alman, Brian M. Ph.D., Lambrou, Peter, *Self Hypnosis; The Complete Manual for Health and Self-Change*

# Critical Incident Self-Hypnosis for Self-Improvement

## Study Guide

### Vocabulary

|                   |               |             |
|-------------------|---------------|-------------|
| Critical Incident | anxiety       | trauma      |
| ego               | emotion       | rescripting |
| hypnosis          | self-hypnosis | trance      |
| self-esteem       | body brain    |             |

### To Learn

- Self-hypnosis is designed to help the client get over immediate human difficulties until and the underlying cause can be worked on.
- Self-esteem is the regard one holds for oneself.
- Critical Incident is a traumatic event that is cause for imbalance in one's life.
- Anxiety is an energy.
- Critical Incident is something critical from the past which affects the energy of anxiety or emotion.
- Having gained understanding about a certain imbalance, the less influence it has on the person. One gets the understanding by going back to the cause.
- Self-hypnosis can be compared to a computer program: "insert a new program".
- Optimum Self-Hypnosis requires the use of both thinking systems.
- Identify specific stages that need to be stated in the self instruction portion of the Self-Hypnosis process.
- Identify the problem areas for which Self-Hypnosis is most effective.

## Critical Incident Self-Hypnosis for Self-Improvement Test

Name \_\_\_\_\_ Date \_\_\_\_\_

**True/False                      Circle correct response**

1. Self-hypnosis is designed for a specific purpose.  
                     A) True                      B) False
2. The Critical Incident was identified by Irving Katz.  
                     A) True                      B) False
3. A person with Bipolar diagnosis has the challenge of learning to manage emotion.  
                     A) True                      B) False
4. Anxiety and emotion are energies to be managed.  
                     A) True                      B) False
5. The Critical Incident can be rescripted or reframed.  
                     A) True                      B) False

**Complete each statement by using the following words**

ego      self-esteem      emotion      anxiety      trauma

6. \_\_\_\_\_ The composite of beliefs a person has.
7. \_\_\_\_\_ the regard one holds for oneself.
8. \_\_\_\_\_ The affective aspect of consciousness.
9. \_\_\_\_\_ An abnormal and overwhelming sense of apprehension often marked by physiological signs of sweating and tension.
10. \_\_\_\_\_ A disordered psychic or behavioral state resulting from mental or emotional stress or physical trauma.

# Pacing, Reframing, Rescripting Trauma, Intensifying Sensory Imaging

16 Certification Credits

## Course Objective

The purpose of this course is to learn the transpersonal hypnotherapy techniques of pacing, reframing, rescripting, intensifying sensory imaging and other aspects of regression and past life hypnotherapy training.

## Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*

Gilligan, Stephan G. *Therapeutic Trances*

Schlotterbeck, Karl. *Living Your Past Lives*

Gendlin, Eugene Ph.D. *Focusing*

*The Journal of Regression Therapy*, Volume xiii (1), 1999 Rescripting: Yes or No? An Opinion

## Pacing, Reframing, Rescripting Trauma Intensifying Sensory Imaging

### Study Guide

#### Vocabulary

pacing  
focusing

reframing  
sensory imaging

rescripting

#### To Learn

- when doing therapy with a client: Re: pacing; there are 4 vibratory rates to contend with:
  1. planetary rate
  2. town rate where office is
  3. client rate
  4. therapist rate.
- The vibratory rate of the fearful client may be as high as 132 beats/minute.
- Pacing can be the mirroring of a client's movements.
- Using the intensification of sensory imaging allows a person to go deeper into the past life experience.
- A therapist, using good pacing, has better harmony with the client.
- Rescripting is changing "the story" of the past life event.
- New understanding gained during a past life regression session changes the belief system.
- Pacing can be done by sound, sight, or physical movement.
- Rescripting can work more powerfully than reframing.

## Pacing, Reframing, Rescripting Trauma Intensifying Sensory Imaging

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

#### True/False

Circle correct response

1. Pacing is a rate of motion or sound to induce an altered state.

A) True                      B) False

2. The natural pacing of client and therapist may be very different.

A) True                      B) False

3. New understanding is needed for reframing and rescripting.

A) True                      B) False

4. Pacing is not important during an induction process.

A) True                      B) False

5. Milton Erickson used pacing masterfully in his interaction with clients.

A) True                      B) False

**In one paragraph describe the difference between reframing and rescripting.**

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# Hypnotherapy/Bodywork Addictions & Past Life Connections

16 Certification Credits

## **Course Objective**

The purpose of this course is to provide understanding about addictive behavior and how it can have a direct connection to past life behavior and soul lessons. This course will also explore how past life therapy can free the client from addictive behavior and promote body healing.

## **Hypnotherapy Home Study Unit Requirements**

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## **Certificate of completion**

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## **Reading References for this Unit of Study**

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Gendlin, Eugene Ph.D. *Focusing*

# Hypnotherapy/Bodywork Addictions & Past Life Connections

## Study Guide

### Vocabulary

Addiction  
emotion  
fear sense  
behavior pattern

traits  
change sense  
soul lesson

habits  
need  
patterned body

### To Learn

- addiction is some sort of communication involving an intense need.
- look at the body, the more distorted the body the deeper the psychological root of the trauma.
- when emotion is triggered, positive or negative, the need is triggered.
- everybody is addicted to something; everyone has a need that is unfulfilled.
- an emotional impulse rises from a past event into the present.
- an addicted person may destroy everything around him/her to face the lesson.
- when an addiction has you, you're not in control; it has you.
- addiction is in the vibrations of the person and permeates all levels or bodies.
- patterned or perfect body - we distort the perfect body with addictions
- "hitting bottom" causes a vibratory activation of the change sense and person is then forced to change.
- focusing is an effective bridging technique from the body discomfort to the Critical Incident.

IOT4/B3

## Hypnotherapy / Bodywork

## Addictions & Past Life Connections

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

**True/False**                      **Circle correct response**

1. Everyone has an addiction

A) True                      B) False

2. The root of an addiction is often in the past.

A) True                      B) False

3. The "fear sense" causes a person to change.

A) True                      B) False

4. Past Life Therapy can free a client from addictive behavior.

A) True                      B) False

5. An addiction is often connected to a lesson.

A) True                      B) False

6. Emotion is the key to identifying the presence of an addiction.

A) True                      B) False

**Multiple choice**

7. Addictive behavior is caused by

- A. current life challenges
- B. drinking water
- C. past life event
- D. all of the above

8. The "change sense" means

- A. money for change
- B. feeling
- C. working on a chain gang
- D. this kicks in when you hit rock bottom

# Family Dynamics

## Reincarnation & Transference Issues

16 Certification Credits

### Course objective

The purpose of this course is to provide understanding of Family dynamics and how these dynamics affect each family member and the unit.

The Family is viewed with a Reincarnation perspective and how the family unit serves as a vehicle for soul learning.

Family issues may be cause for transference by the client to the therapist.

### Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

### Certificate of completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

### Reading References

McGoldrick, Monica, Pearce, John K. and Giordano, Joseph. *Ethnicity and Family Therapy*

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*

Gilligan, Stephan G. *Therapeutic Trances*

Schlotterbeck, Karl. *Living Your Past Lives*

Gendlin, Eugene Ph.D. *Focusing*

Janet Cunningham Ph.D. *A Tribe Returned*

Rieder, Marge. *Mission to Millboro*

Bowman, Carol. *Children's Past Lives*

Bowman, Carol. *Returned from Heaven*

Lucas, Winfred. Ph.D. *Regression Therapy: A Handbook for Professionals*

## Family Dynamics Reincarnation & Transference Issues

### Study Guide

#### Vocabulary

ethnicity  
"farthest harmony"  
essence

"closest harmony"  
"transference"  
yin

soul lessons  
family therapy  
yang

#### To Learn

- family is chosen by soul being for learning with parents, siblings, or other family members.
- group reincarnation: be aware of spiritual, biological, adopted, and business groups.
- key is to know the Self; family helps us do that.
- identify possible soul lesson by looking at relationship with closest harmony and relationship with farthest harmony.
- be aware from which dominant chakra each family member functions.
- knowing one's ethnicity and race give clues about soul learning.
- sensual and sexual issues may be related to past lives
- understanding sibling order is helpful in understanding family dynamics.
- identifying dysfunctional patterns in the family
- is there a family/group lesson
- parents can be helpful to children as they experience past life memories
- is there a religious/spiritual focus in the family
- look at parent/mother/father/child roles.
- parents can work with children by using their dream experiences
- look at financial/money consciousness of a family
- look at male/female composition in family
- attraction between therapist and client may stem from past life experience; this may contribute to transference

IOT5/B6

## Family Dynamics Reincarnation

## Transference Issues

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

#### True/False

Circle correct response

1. Members in a family come together for soul learning.  
 A) True                      B) False
2. A person may not have the same lesson with each family member.  
 A) True                      B) False
3. The redirection of feelings and desires from family towards a therapist is called transference.  
 A) True                      B) False
4. Members of each race have a specific learning unique to their race.  
 A) True                      B) False

#### Multiple Choice

5. The dominant trait of Jewish people is:  
 A) control                      B) following                      C) to be first                      D) reserved
6. The dominant trait of German people is:  
 A) control                      B) following                      C) to be first                      D) reserved
7. The dominant trait of English people is:  
 A) control                      B) following                      C) to be first                      D) being proper
8. The dominant trait of French people is:  
 A) control                      B) following                      C) passion to be free                      D) reserved

# **Past Life Therapy Practicum Healing Ancient Wounds**

16 Certification Credits

This is a powerful and enlightening weekend of lecture and experiential processes. You will learn to erase old programming and discover how events and choices from the past holds one back from living the present.

This is a weekend which you are required to attend in San Diego or Berkeley.

During this weekend the regression process will be videotaped.

There will be role-playing as therapist, client and observer

A report to be completed as therapist, client or observer.

# Regression Therapy, Metaphors, Beliefs

16 Certification Credits

## Course objective

In this chapter you will learn that Regression Therapy is a tool to come to a new understanding which expands the belief system and resolves trauma.

## Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*

# Regression Therapy, Metaphors, Beliefs

## Study Guide

### Vocabulary

metaphor  
trait  
trauma  
past lives  
mind-body  
Masters

beliefs  
habits  
critical incident  
ego  
ego construct  
Inner World

astral self  
Higher Self  
focusing  
hall of records  
altered state

### To Learn

- The belief system is a left brain oriented formula for thinking that sets boundaries for thought.
- Most beliefs are set in our thinking through experience and repetition.
- The left brain is designed to stay within the conditioned beliefs.
- The right brain extends itself and tests the limits of the belief.
- "Expanding of beliefs" is another term for "raising of consciousness".
- It is one's purpose to expand beliefs to encompass and accept the reality of all there is.
- Regression Therapy is a method by which one expands the belief system.
- A past life experience can be seen as a metaphor.
- The belief system is a composite of our essences and what we have mentally accumulated in our current life.
- Masters of the Inner World use metaphors as a means of communication so we get the message.

## Regression Therapy, Metaphors, Beliefs

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

#### True/False

Circle correct response

1. A belief is only built over many life times and is powerful in it's energy.  

A) True
B) False
2. The intent of the belief system is to keep one safe.  

A) True
B) False
3. When one goes beyond the belief system there can be fear.  

A) True
B) False
4. It is important to work within the belief system of the client in order to expand it.  

A) True
B) False
5. Past Life Therapy does not affect the existing belief system.  

A) True
B) False

#### Complete each statement by using one of the following words

metaphor          belief          trait          habit

\_\_\_\_\_ a figure of speech in which a picture, word, phrase or story is used in place of another to suggest a likeness or analogy between them.

\_\_\_\_\_ a tenet or body of tenets held by a person or group.

\_\_\_\_\_ an acquired mode of behavior that has become nearly or completely involuntary.

\_\_\_\_\_ a distinguishing quality or peculiarity.

# Transpersonal Hypnotherapy

## Signs, Symbols and Dreams

16 Certification Credits

### Course Objective

The objective in this course is to learn how dreams, signs and metaphors can be used as tools in hypnotherapy. Learn how the guides from the Inner World use signs, symbols and dreams to give information for soul growth. Also learn how a Past Life can be seen as a metaphor.

### Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

### Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

### Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Tanner, Wilda B. *The Mystical, Magical, Marvelous World of Dreams*

# Transpersonal Hypnotherapy

## Signs, Symbols and Dreams

### Study Guide

#### Vocabulary

|                 |               |             |           |
|-----------------|---------------|-------------|-----------|
| communication   | intuition     | soul        | dreams    |
| daydream        | brain dream   | metaphor    | sign      |
| mind dream      | Inner voice   | Inner World | mind      |
| transpersonal   | altered state | outer world | soul mind |
| recurring dream |               |             |           |

#### To Learn

- Transpersonal hypnotherapy is a process of accessing both the material level and the non-material levels of thought.
- Mind dreams are given to reveal the truth of what is occurring in the life of the dreamer.
- Mind dreams serve the purpose of keeping us on the path of soul lesson learning.
- Most dreams are messages from our soul mind guides.
- The brain dream (left brain) uses dreams to gain or maintain human ego control over the thinking processes.
- The mind (right brain) presents the dream in symbols, so the left brain is less able to interfere with the message.
- Dreams are a necessary tool to attain self-knowledge and balance.
- Transpersonal; bringing the Inner World and Outer World together.
- There is nothing in a person's reality that wasn't brought there by the soul.
- The soul mind gives us messages through signs and symbols during the day and night.
- Dream work is a way to interpret communication from the soul mind.
- Dreams tells one what is happening in the life and how to look at.
- Dreams can give information to be used in a hypnotherapy process.
- Visions and nightmares are a different classification of altered state events.
- Soul lesson; a reminder to balance life's energies.

## Transpersonal Hypnotherapy Signs, Symbols and Dreams

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

**True/False      Circle correct response.**

1. Dreams can be messages from the soul mind.  

A) True
B) False
2. A brain dream is usually a interpretation of the previous day's events.  

A) True
B) False
3. A mind dream is a message for growth and change.  

A) True
B) False
4. Using dreams tare not important to come to truths about life's lessons.  

A) True
B) False
5. Transpersonal Hypnotherapy brings the soul-mind understanding to one's physical presenting problem.  

A) True
B) False
6. A recurring dream is the left brain effort to get truth to a person.  

A) True
B) False
7. A nightmare is an urgent message.  

A) True
B) False
8. Signs and Symbols need to be interpreted from one's true perspective.  

A) True
B) False
9. A brain dream is a tool to enhance the hypnotherapy process.  

A) True
B) False
10. Daily happenings (day dreams) need to be looked at as messages.  

A) True
B) False

# Death, Transition, Healing

## NDE's - Near Death Experiences

16 Certification Credits

### Course Objective

The purpose of this course is to learn that by using the hypnotherapy process one can access information about soul lessons and healing, through the death experience, interlife, and afterlife experiences. One can learn to assist clients through transitions and psychic trauma

### Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

### Certificate of completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

### Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Moody, Raymond. *Coming Back*  
 Elizabeth Kubler-Ross. *The Wheel of Life*  
 Greaves, Helen. *Testimony of Light*

# Death, Transition, Healing NDE's - Near Death Experiences

## Study Guide

### Vocabulary

afterlife  
pre-life

death  
NDE

interlife

transition

### To Learn

- Transition is eased by having the transitioner meet someone familiar to them from the other side.
- A donated organ will have the essence of the donor in it's cells.
- During the death process, the physical body dies and the mental being transitions.
- One may go through a NDE when life has reached a crisis and one part of the person wants to die and another doesn't.
- A person, having experienced a violent death, may be unaware that they have transitioned, may find themselves surrounded by blackness and in great fear.
- An NDE is the first stage of a human being facing transition and may be faced with an entity informing them to stay in human form for soul lesson reasons.
- The NDE thinking processes take place in the soul-mind of the person and are transmitted to the brain to be remembered for soul growth reasons.
- There is much to do after death, usually in preparation for the return to the material third dimension.
- During the pre-life stage, a person prepares to reenter the human dimension to learn soul lessons.
- During the afterlife, there is a debriefing of the human experience and a letting go of that experience.
- There are those souls who do not go through phases and can instantly return to human form.

## Death, Transition, Healing NDE's - Near Death Experiences Test

Name \_\_\_\_\_ Date \_\_\_\_\_

### True/False

Circle correct response

1. Every death is a happy reunion with loved ones on the other side.  
 A) True                      B) False
2. We learn all our lessons in 12 life times.  
 A) True                      B) False
3. An organ recipient needs to be aware of the essence of the donor.  
 A) True                      B) False
4. When a person dies in fear, they will have all their emotion and feelings at the moment of death.  
 A) True                      B) False
5. When a person has no "interest in life", they have begun the process of dying.  
 A) True                      B) False

### Complete each statement by using the following words

afterlife                      interlife                      pre-life                      NDE                      transition

6. \_\_\_\_\_ a phase, on the "other side" , where there is learning and more.
7. \_\_\_\_\_ the phase, on the "other side" where there is direct planning for the next human experience.
8. \_\_\_\_\_ a change from one life experience to another life experience.
9. \_\_\_\_\_ the phase, on the "other side" where there is debriefing of the previous human experience.
10. \_\_\_\_\_ the first stage of a human being facing transition and being informed of having to stay in human form.

# Past Lives and Ego Construct

16 Certification Credits

## Course objective

In this chapter you will learn about the multiple components of the Ego Construct. Regression in this life and past lives can be instrumental in developing the ego construct.

## Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*

## Past Lives and Ego Construct

### Study Guide

#### Vocabulary

ego  
multiple personalities  
personality  
belief system

ego construct  
essence  
true ego  
altered states

soul lesson  
need versus wants  
false ego

#### To Learn

- There are multiple components to the Ego Construct
- The two main components of the Ego Construct are physical and psychic.
- The key to growth is to know yourself.
- Each past life has its own ego personality.
- The basic belief system automatically controls and manages the individual's life.
- Past Lives can be seen as happening at the same time.
- The Heart is the Center of the being and the Center of the body is the Heart of the being.
- The human ego wants to be right and will insist on it.
- When one knows Truth with understanding, there is satisfaction and contentment.

## Past Lives and Ego Construct Test

Name \_\_\_\_\_ Date \_\_\_\_\_

### True/False

#### Circle correct response

1. The false ego is the composite of all beliefs.  
 A) True                      B) False
2. The base layer of the false ego construct contains the essences of the physical genetics, the personality and cellular memory receptors.  
 A) True                      B) False
3. Layers of the ego contains the beliefs of our present life training.  
 A) True                      B) False
4. The false ego makes the decisions in the material world.  
 A) True                      B) False
5. The true self (ego) seeks wisdom.  
 A) True                      B) False
6. The essences of us are a permanent aspect of us.  
 A) True                      B) False
7. In hypnotherapy, it is necessary to discover which personality is in charge, then do the work to have the correct personality be in charge of the current lifetime.  
 A) True                      B) False
8. Our decisions and choices are necessarily based in our beliefs.  
 A) True                      B) False
9. To Know Oneself is the basic tenet of spiritual growth.  
 A) True                      B) False
10. The belief system is raised consciousness through Past Life work.  
 A) True                      B) False

# Sexuality and Regression Therapy

## Exploring Male and Female Energies

16 Certification Credits

### Course Objective

In this unit you will learn the difference between sexuality and sensuality and understanding Male and Female roles and choices.

### Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

### Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

### Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Cunningham, Janet Ph.D. *Soulmate Ahead*  
 Garrison, Omar. *Tantra: The Yoga of Sex*

# Sexuality and Regression Therapy

## Exploring Male and Female Energies

### Study Guide

#### Vocabulary

sexuality  
yang energy  
energy

sensuality  
Tantra

yin energy  
life force

#### To Learn

- The female's natural expression of power is through the use of yin energy.
- The male energy is the manifestor of matter and the projector of will.
- The animal drive of the male in an intimate experience with a female, causes his thoughts to include physical sexual activities.
- The most powerful factor of male/female relating is the need to feed one another life force.
- Sexual abuse can happen when the male misunderstands the surges of life force he is experiencing with a female child.
- Expressed sensuality is one of the main sources of life force energy for the male and he unknowingly depends on it.
- In a true bonding of female and male, the soul-mind of each has access to the essence of yin or yang powers of the mate.
- Yang force builds or destroys; yin force binds and welds.
- The driving need to be together is for the male and female to balance and perfect themselves in an ongoing process; that is part of the human search to discover and understand the self.
- Understanding the differences in communication of the male and the female.

## Sexuality and Regression Therapy Exploring Male and Female Energies

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

**True/False**

**Circle correct response**

1. The choosing of the relationship by the female bonds the relationship.  
A) True                      B) False
2. In the ideal marriage, the focus has to be the UNIT.  
A) True                      B) False
3. The only time that the male is free of his burden to sustain the material world is immediately after orgasm.  
A) True                      B) False
4. The purpose of using Tantra is the feeding of life force to the partner.  
A) True                      B) False
5. When the female uses her own yang power she becomes a stronger individual.  
A) True                      B) False
6. Relating starts when there are differences and finding a way to make it work.  
A) True                      B) False
7. Retaining the joy of sensual energy lasts forever.  
A) True                      B) False
8. Sexual energy without sensual energy dissipates quickly after intercourse.  
A) True                      B) False
9. When a male loses his woman, he loses his mind, has less energy to live, and can't be as successful.  
A) True                      B) False
10. In an unhappy couple, even with sex, there is no feeding of energy.  
A) True                      B) False

IOT11/B10

# Business Principles, Interviewing Money Consciousness

16 Certification Credits

## Course Objective

In this unit you will learn Business Techniques and Principles to create abundance and to assist yourself and your clients, using hypnotherapy to create and manifest the life you've always dreamed of living

## Hypnotherapy Home Study Requirements for each of the 6 UNITS

- listen/view class tape(s), CD, or video
- learn unit vocabulary and have understanding of study guide objectives
- take unit test
- write 7/8 page paper describing your insights and learning from the tapes
- do a personal hypnotherapy session on content of weekend by phone or in person
- write Hypnotherapy report on personal session (use format)
- pay fee of \$250

## Certificate of Completion

A certificate of completion of 16 hours of credit will be issued when the above requirements are completed.

## Reading References

Costa, Joseph Ph.D. *Primal Legacy: Thinking for the 21st Century*  
 Gilligan, Stephan G. *Therapeutic Trances*  
 Schlotterbeck, Karl. *Living Your Past Lives*  
 Costa, Joseph Ph.D. *Self-starter Handbook*  
 Costa, Joseph Ph.D. *Creating Money*

# Business Principles, Interviewing Money Consciousness

## Study Guide

### Vocabulary

manifest  
equity

money  
abundance

asking  
attract

### To Learn

- Money is an instrument to measure action.
- Money is equity.
- More belief in self will bring more money.
- If you have something that people need, they're willing to pay for it.
- Getting serious about money breaks the Law.
- Change from "looking for money" to "expecting it".
- To have a successful business, there must be passion and desire.
- A person who understands money understands value.
- The interview is used to find the real question to be used in the therapy session.
- The client needs to be clear on their question in their thinking before going into the altered state.
- Be open and allow yourself to attract what you need.
- You are a Creator, because you have the ability to use thought to create what you desire.
- Having a business plan with long-term and short-term goals helps to bring it into reality.

## Business Principles, Interviewing Money Consciousness

### Test

Name \_\_\_\_\_ Date \_\_\_\_\_

#### True/False

Circle correct response

1. Money consciousness is directly connected to one's belief system.  

A) True
B) False
2. Knowing the total value of all things owned gives one a sense of one's worth.  

A) True
B) False
3. An interview is not necessary to do a past life therapy session.  

A) True
B) False
4. To do business, one must have a strong desire to do business.  

A) True
B) False
5. To be successful, one must be that which one aspires to become.  

A) True
B) False

**In one paragraph, explain how you can get something you want in your life by using the following words from The Procedural Thought process.**

possibility                      probability                      decisions                      action                      desire

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## Transpersonal Hypnotherapy Home Study Program Office Tracking Sheet of Student Requirements

Name of Student

## Advisor

## General Requirements

Attended 6 weekend Hypnotherapy workshops in person:

|       |                         |            |
|-------|-------------------------|------------|
| _____ | Initial weekend         | date _____ |
| _____ | Practicum weekend       | date _____ |
| _____ | 2nd weekend             | date _____ |
| _____ | 3rd weekend             | date _____ |
| _____ | 4 <sup>th</sup> weekend | date _____ |
| _____ | 5th weekend             | date _____ |

\_\_\_\_\_ Fulfilled Unit requirements for each Hypnotherapy Unit through Home study (see below)

\_\_\_\_\_ Recorded 1st Audio tape of practice hypnotherapy session accompanied with typed dialog.

\_\_\_\_\_ Recorded 2nd Audio tape of practice hypnotherapy session accompanied with typed dialog.

\_\_\_\_\_ Video tape as Therapist during Practicum weekend: Ancient Wounds/Interviewing

\_\_\_\_\_ Final Exam

\_\_\_\_\_ As part of final Exam: two written reports of a hypnotherapy session as client or therapist

\_\_\_\_\_ Paid tuition monthly: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

### Requirements for each Hypnotherapy Unit through Home study (6 remaining units)

Unit 1 - Title

\_\_\_\_\_ received 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ received Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date) \_\_\_\_\_

Unit 2 - Title \_\_\_\_\_

\_\_\_\_\_ received 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ received Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date)\_\_\_\_\_

Unit 3 - Title \_\_\_\_\_

\_\_\_\_\_ wrote 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date)\_\_\_\_\_

Unit 4 - Title \_\_\_\_\_

\_\_\_\_\_ wrote 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date)\_\_\_\_\_

Unit 5 - Title \_\_\_\_\_

\_\_\_\_\_ wrote 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date)\_\_\_\_\_

Unit 6 - Title \_\_\_\_\_

\_\_\_\_\_ wrote 7/8 page paper describing insights and learning from tape and written materials.  
 \_\_\_\_\_ wrote Hypnotherapy report on personal session. Used required form.  
 \_\_\_\_\_ took test  
 \_\_\_\_\_ completed unit requirements (date)\_\_\_\_\_

## **Chapter 5**

### **Discussion and Conclusion**

Since the design of the Institute of Thought Hypnotherapy Home study program I have had the opportunity to be the mentor to a student who wanted to take the distance-learning program. The student lives in Pennsylvania and agreed to follow the requirements of the IOT Hypnotherapy Home study program by attending the classes in person by coming to San Diego and studying at home the alternate units of the program.

The student has followed the requirements of the program meticulously and states to be learning a lot. She has completed 2/3 of the program and is very happy with her learning process.

As her mentor I met with her for an hour each month to discuss the unit materials and answer any questions. This session proves to be productive and helps her understand the concepts of the unit. She does her written work thoroughly and writes a thorough paper to complete the unit. This is as much the quality of a good student as it is a recommendation for the program materials.

When she comes to the classes in San Diego she fits in with her knowledge and skills as compared to the other students. She is very inquisitive and asks questions about content and the process of past life regression therapy.

Even though she is not present in class every month, she states: "From the very beginning I have felt very accepted by everyone and more connected than I have with any other group."

She has commented that as she follows the program, it is becoming easier. Since the program has a transpersonal focus it has taken adjustment on her part to use less left brain processing and think more with her right brain.

One of the negatives about the program is the quality of the MP's. The MP3's are copies of actual class lecture recordings and at times the recording is not high quality. However by adjusting the settings on the computer adjustments can be made for better sound quality.

Overall, I am pleased with the Institute of Thought Hypnotherapy Home Study Program in the materials of which the program is composed. To improve the program I would change the MP's to quality video DVD's and also have the paperwork for the student available on computer.

## **Appendix**

QuickTime™ and a  
PDF decompressor  
are needed to see this picture.

## Spreadsheet of Hypnotherapy Distance Learning Programs

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