

# Coastal Academy

OF HYPNOTIC ARTS AND SCIENCE

## Professional Certification for Advanced Clinical Hypnotherapists

### Course Brochure



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#### Human Resources and Skills Development Canada



HRSDC has determined that tuition and textbook costs for training at **Coastal Academy of Hypnotic Arts and Science** may be claimed for the purposes of education tax credits on the student's annual income-tax return.



#### International Medical and Dental Hypnotherapy Association

Members must maintain the highest standards of competence in their work and training. The IMDHA strives to create harmony between Hypnotherapists and healthcare professionals.



#### International Association of Counselors and Therapists

The association is an educational and professional organization whose members are dedicated to the enhancement of the worth, dignity, potential, and uniqueness of each individual and thus to the service of society.



#### Private Career Training Institutions Agency

The PCTIA is the regulatory agency for private training institutions in the province of BC. Our school must meet rigorous standards to maintain its registered status, which mean that you are receiving the highest quality of training.



## **Coastal Academy of Hypnotic Arts and Science** "Where the professional Hypnotherapists go for training"



*We can live in balance. We can live free of fear and pain, and we can live with the highest regard for humanity, allowing us to serve others and ourselves for our highest good. This is our vision and our work.*

*The Coastal Academy has trained hundreds of Certified Clinical Hypnotherapists.*

*Our graduates actively help people achieve lasting change and wellness, and freedom from the crippling beliefs or behaviors that frequently prevent the attainment of balance, true health and fulfillment in life. Whether you have a new-found calling or helping others has been your life-long goal, we are your learning partner, here to bring out the very best in your unique work. You will receive intensive and personalized training from our faculty of expert, practicing Hypnotists who are skilled both in the theory and methodology of Clinical Hypnotherapy, and also in how to guide and teach you.*

*You will graduate with professional certification recognized around the world and become part of our thriving network of alumni practitioners. Together, we will empower others to heal and help themselves. If you choose to learn intensively, our 4-week training program may be for you. For those who wish to attend school on a part-time basis, our one weekend a month program may be your choice.*

**Leslie McIntosh, Dean of Education**

### **Professional Methodology**

Hypnotherapy Certification Training is offered by the Coastal Academy of Hypnotic Arts and Science through our professional certification Programs courses.

Our graduates are unique in that they are cross-trained with the wisdom and techniques of modern thinkers such as Gil Boyne, David Elman, Milton Erickson, Roy Hunter, John Kappas, Gerald Kein, Charles Tebbetts, Terence Watts and Brian Weiss.

This provides the Coastal Academy of Hypnotherapy graduates with a flexible toolkit to meet the needs of their clients.

The training is done in a comfortable, casual classroom format. Participants are encouraged to wear loose, casual clothing. There is both practical and lecture format each day, to make the classes more enjoyable, to ingrain the learning, and to facilitate the best adult-learning practices.

To provide the optimal learning experience for participants, the Clinical Hypnotherapist program is limited to 8 students per instructor for practical studies.

Students will receive 160 hours of classroom training and will complete an additional 60 hours of self-study, practice and preparation of case studies.





## Curriculum for the Full-Time Clinical Hypnotherapist Program.

Delivered in three stages:

Stage 1: **Hypnotist** 50% of your time in these 5 days is doing practical work.

- Deepening Techniques
- How the Mind works
- Hypnosis Challenges
- Hypnosis Depths
- Hypnosis Myths and Facts
- Hypnosis Signs
- Hypnosis Trance Types
- Hypnotic Equations
- Inductions
- Progressive Relaxations
- Manifesting
- Patter & Semantics
- Self-hypnosis
- The importance of Breathing
- Theory of Physical and Emotional Suggestibility
- Understanding Clients (child or adult)
- What hypnosis is, its features and benefits
- Formal classroom theory plus practicum
- Practical application of hypnosis daily, including working with groups
- Demonstrated examinations

Stage 2: **Master Hypnotist** Builds on the Hypnotist program. 50% practical time.

- Abreactions
- Additional Inductions
- Advanced Deepening Techniques
- Belief Systems
- Body Syndromes
- Expanded Consciousness
- False Memories
- Hypnosis and Healing
- Hypnosis and Religion
- Ideomotor Responses
- Initial Sensitizing Event
- Milton Erickson techniques
- NLP and Hypnosis overlap
- Rapid Reactional Hypnosis- fractionation
- Scripting Techniques
- Stage Hypnosis
- Theory of Physical and Emotional Sexuality
- Transpersonal Hypnotherapy
- Understanding ADD/HD
- Understanding Dental Anxiety
- Understanding Habits
- Understanding Sleep Loss and its effects
- Formal classroom theory plus practical application of hypnosis daily
- Written and demonstrated examinations

Stage 3: **Clinical Hypnotherapist Certification** Builds on the Hypnotist and Master programs. 60% practical application of learned skills.

- Addictions: Control and Motivation
- Age Regression Therapy
- Business: Planning and Marketing Concepts
- Client Communications
- Compounding
- Cording Therapy - Techniques and Benefits
- Corrective Therapy
- Dehypnosis
- Dreams
- Endorphins
- Fears, Phobias and Circle Therapy
- Forensic Hypnosis
- Habits: Control and Motivation
- Hypersuggestibility
- Interactive Therapies
- Benefits of Laughter
- Memory
- Neurotic Behaviour
- Pain Therapy
- Parts Therapy
- Past Life Regression Therapy including Soul Screening© (unique to Leslie McIntosh)
- Pregnancy and Childbirth
- Preparing Case Studies
- Script Recording
- Understanding Depression and Grief
- Diabetes & Hypnotherapy
- Understanding Weight Management
- Formal classroom theory and practical application daily
- Written examinations for Coastal Academy and IMDHA
- Clinical Referrals to and from medical practitioners

The full **Clinical Hypnotherapist Program** qualifies the graduate for IMDHA, IACT and NGH certification. Classes are held Monday to Friday. Week-ends are for home study and practicum work. Pre-applications for this class can be completed on-line on our contact page.

**Investment for the full 4 week program is \$3850.00.**

The program may also be taken as three separate components:

**Week 1- Hypnotist Certification \$975**

**Week 2- Master Hypnotist Certification (builds on Hypnotist) \$1275**

**Week 3 and 4 - Clinical Hypnotherapist \$1900.00**

*Includes a \$250.00 (Non-Refundable) Application Fee applied to your tuition. This fee does not include text books (\$125), and registration and examination fees with IMDHA.*



### **Part-Time Option: 10 Month Clinical Hypnotherapist Program**

This part-time program normally runs once a year from Sept to June and is the same number of hours and the same curriculum as the full-time program..

Classes are held one weekend a month for 10 months. (Register early as space is limited.)

Pre-applications for this class can be completed on-line on the contact page. Investment for this program is also \$3850.00. A deposit of \$250.00 will hold your spot and you will make 10 payments of 400.00 over your first 9 weekends

This part-time program normally runs once a year from Sept to June and is the same number of hours and the same curriculum as the full-time program.



### **5/5/5 Coaching Skills Training Program™**

Have you thought about what it takes to be a Coach? How about adding the skill of coaching to the other skills/tools and experience you already have acquired?

If you answered yes to these questions, this program is for you. This coaching program is available to anyone who is interested, not just Hypnotherapists.

#### **What can learning coaching skills do for you?**

- When people learn coaching skills they also learn how to truly listen to one another and hear things that bring whole new perspectives, ideas and new ways of collaborating.
- When people learn coaching skills they also learn to be curious, ask questions and be a student of others and their surroundings.
- When people learn coaching skills they learn how to truly support others.

**Imagine what could happen if EVERYONE knew this.**



## 5/5/5 Coaching Skills Training Program™

### Key Skills Covered

- Multi-dimensional listening.
- Encouraging action, growth and new awareness.
- Asking powerful questions that accelerate development and new insights.
- Catalyzing bigger, bolder actions.
- Establish meaningful and motivating goals and workable plans to achieve them.

### Benefits of Participating

Learners acquire tools that move them...

- from talking at others to new ways of listening.
- from building walls to building trust.
- from telling others what to do to asking powerful questions.
- from harsh truths to productive feedback.
- from problem solving for others to developing resourceful, self reliant problem solvers.

### The Box:

Each participant receives a box full of resource materials for learning and supporting their coaching. The box includes a Participant's Workbook, Desk Reference Pyramid with the 5/5/5 model, 365 Coaching Questions booklet, 50 Coaching Questions quick reference bookmark and The Airplane Journals DVD, a documentary on coaching by an award-winning documentary filmmaker which includes coaching demonstrations and instruction.

Delivered by Coaching Out of the Box® Licenced Trainer:

**Dianne McCoy, MA, CHt, PCC**     <http://spiraleffects.com>

Dianne is a passionate and trained executive coach, facilitator and speaker. Her career in the public service provided her with a range of opportunities in leading and serving others including acting as a coach and mentor for many years. She now works with clients across Canada and internationally in delivering leadership development training and coaching. She operates her business *Spiral Effects Coaching and Consulting* out of rural Manitoba and she works with clients from around the world to assist them in getting clarity on their direction and in moving their desires and dreams to reality.

She is currently an Associate Faculty member at Royal Roads University in the Executive Coaching Program. She is also an Associate Faculty member with the University of Winnipeg. She has a BA in Conflict Resolution from the University of Winnipeg, MA in Leadership and Training and a Graduate Certificate in Executive Coaching from Royal Roads University and she holds the Professional Certified Coach (PCC) designation from International Coaching Federation (ICF).

**Cost is \$895.00** register here





## Peaceful Pregnancy Practitioner Course

**The Peaceful Pregnancy™ Philosophy:** The Peaceful Pregnancy Program is a comprehensive hypnosis for pregnancy and childbirth program.

Peaceful Pregnancy Practitioners understand pregnancy, childbirth and hypnosis. We are advocates of choices; women choosing the pregnancy and childbirth experiences they desire. The Peaceful Pregnancy Program teaches expecting parents how to use hypnosis to experience a peaceful pregnancy and calm childbirth. Mom and her chosen partner will learn how to hypnotize each other for the purpose of relaxation, sleep, physical comfort, bonding with baby, preparation for childbirth, preparation for parenthood and more.

### Certification for non-Hypnotists:

You can become a Peaceful Pregnancy Practitioner by taking our 5 day Hypnotist training, and our one day Peaceful Pregnancy Certification. **Total cost \$1100.00**

### Certification for Hypnotists:

One day certification workshop. **\$300.00**

## Virtual Gastric Band

Join Leslie for two days to learn about this amazing technique that you can use for immediate weight release results with your clients.

You will receive complete scripts for this 4 session program, CD and material for use with your clients. The Sheila Granger Virtual Gastric Band is world renowned as **the** technique for creating a gastric band with Hypnosis. As well as all of Sheila's material, attendees will learn how to apply their Parts Therapy skills into the program for continued use after the 4 weeks of VGB.

**This program is \$500.00.** To register, please contact the registrar@coastalacademy.ca for a registration form.

## Spiritual and Intuitive Workshops

We also offer workshops to increase your intuitive or spiritual practices with programs such as **Heart Resonance Therapy** taught by Susan Turner and Leslie McIntosh, and **intuitive development** workshops offered by guest consultant Cheryl Lee Harnish.





## COURSE APPLICATION FORM

Thank you for submitting your completed Application and Domestic Enrolment Forms together with your Application Fee (Non-Refundable) to:

Head office (mailing address): #236 – 20071 – 24 Ave.  
Langley, BC V2Z 2A1  
email: [coastalacademy@shaw.ca](mailto:coastalacademy@shaw.ca)

*To send by email with filled fields: **first** 'Save as' to your harddrive or mobile pdf application. Then attach and email to above address. If you have opened this in your internet browser, hover mouse inside the lower right hand corner of the window to see saving options.*

*To Print for faxing or to send by post: Indicate pages 7 and 8 in your your print dialogue window.*

Applicant Name

Mailing Address

City/Province

Postal Code

Telephone

*Home*

*Cellular*

Email

Fax

Date of Birth (mm/dd/year)

Gender

Male

Female

Applicant's Emergency Contact Information

Name (please print):

Relationship to applicant:

Home telephone:

Cellular:

Highest Level of Education

Other Related Courses Taken Previously

How did you hear about these Programs?

**Please check/tick the Program you are applying for:**

Chosen Course Dates

**Hypnotherapist Certification 10-month Part-Time, Weekends**

- Tuition: \$3,850.00 includes a \$250.00 (Non-Refundable) Application Fee.
- This fee does not include text books (\$125) and registration and examination fees with IMDHA (\$159 US).
- Application Fee due in advance to reserve seat, which then applies to the last month's tuition.
- Balance of Tuition Payments: \$400 per month x 9 months (\$3600.00) (Deposit is applied to the June payment).
- There are no other costs to the student.
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**Hypnotherapist Certification 4-week Full-Time Intensive, Monday-Friday**

- Tuition: \$3,850.00 includes a \$250.00 (Non-Refundable) Application Fee.
- This fee does not include text books (\$125), and registration and examination fees with IMDHA (\$159 US).
- Application Fee due in advance to reserve seat.
- Balance of Tuition Fee: \$3600.00 payable upon accepted registration.
- There are no other costs to the student.

Course Dates:

<b>5/5/5 Coaching Skills Training Program™</b>	3-Days	\$895.00
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**Peaceful Pregnancy Practitioner Course**

Certification for non-Hypnotists:	1+5 Days	\$1275
Certification for Hypnotists:	1-Day	\$300

<b>Virtual Gastric Band</b>	4-Sessions	\$500
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What is your reason for taking this Program? (i.e.: you are planning to open a business, or just for personal interest or to add to your package of existing skills, or other.)

Hypnotherapist Certification Application (\$250.00 Non-Refundable) Payment Method:  
Cash      Credit card      Cheque (Payable to Coastal Academy of Hypnotic Arts and Science)

My signature confirms I have attained the age of 18 years and have NO criminal record that would preclude me from working as a Clinical Hypnotherapist.

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

Checking this box constitutes my signing of this application form.

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