

# *National Association of Transpersonal Hypnotherapists*

## Course Catalog



[www.NATH.world](http://www.NATH.world)

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# Entry Level Hypnotherapy Certification Program “Certified Hypnotherapist”

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

After the American Medical Association’s endorsement of hypnosis in 1958, there has been a notable expansion in methods and applications. Hypnotherapy cannot be considered a panacea, nor a replacement for proper medical attention, however, it has been proven to produce quick, effective therapeutic changes that are atypical of other forms of treatment.

The uses for hypnotherapy are wide and varied, addressing common psychosomatic problems such as: weight control, smoking addiction, insomnia, fears, phobias, habits, low motivation, anxiety, stress, headaches, and other problems including, but not limited to, memory retrieval, self-image, pain management, sports attainment, performance anxiety, spiritual exploration, and more.

After certification, graduates may choose to synthesize their knowledge and skills with their present profession, or one may conduct a private practice centering on hypnotherapy. Graduates who have found hypnotherapy to be a valuable asset include those in: Medical Professions, Relaxation Therapy, Mental Health, Holistic Health, Metaphysical Research, Business/Motivational, Pastoral Counseling, and more...

## Course Outline

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

## Certification Requirements

Participants are required to formally register for the class and attend a minimum of 80% of the 40 in-class hours. In the event of absence, it is the student’s responsibility to complete assignments and make up class information by buying and listening to the course CDs. The NATH Certification Program leads the student through entry level and intermediate training and introduces advanced methods within the final segment of the course. The CHt class is rated at 100 hours; a combination of in-class and outside study.

Each participant is required to complete in-class assignments, and an open book exam, which can be downloaded at [holisticstree.com/CHt](http://holisticstree.com/CHt) Test, or it is included in the manual given out on the first day of class. The exam is derived from the primary course text and is graded the last day of class. Each student will also submit a short book report (due within 30 days of class end) from any books in the resource department at [www.holisticstree.com](http://www.holisticstree.com). Assignments and exams are graded on a pass/fail/incomplete basis (80% or more = Pass). Withdrawals are prorated with class hours/days. Graduates who have met scholastic and financial requirements will receive an attractive certification and may then display “CHt” after their name, or “Certified Hypnotherapist.” NATH reserves the unconditional right to grant or deny certification for any reason.

Required Reading: *Clinical Hypnotherapy: A Transpersonal Approach* \$29.95

*Script Magic: A Hypnotherapist’s Desk Reference* \$39.95

The NATH training manual is given to students on the first day of the course.

Each participant will have several opportunities to experience group and individual demonstrations, and apply hypnotherapy to other participants throughout the course. Training generally includes individual demonstrations, experiential participation, audio/video, lecture, in-class assignments and homework.

## Registration, Groups, NATH Membership

NATH reserves the unconditional right to grant or deny admission; however, the institute does not discriminate on the basis of race, age, sex, religion, national origin, or handicap. High school diploma or G.E.D. is required, and some college education is suggested, due to the nature of the accelerated learning format. Group discounts of 10% are available for two or more students. Graduates may retake or assist the course at no charge.

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

# Hypnotherapy Master Certification Program

## “Certified Master Hypnotherapist”

The Master Hypnotherapy program offered by the National Association of Transpersonal Hypnotherapists is designed for the Certified Hypnotherapist or Professional Hypnotherapist who is licensed or certified as a helping professional and is familiarized with regressive trance-state therapy.

Master level Hypnotherapy maintains the view that the client already holds the answers to his/her trilogy condition within the conscious, unconscious, and superconscious dimensions of mind. Trilogy condition here is defined as the integral condition of mind, body, and spirit (intellectual/emotional, physiological, and spiritual/purpose), which are driven by the internal representations (a compilation of memories) of the individual. In the regressive mode, the trilogy condition can be directly accessed and transformed.

On an advanced level, hypnotherapy is a modality used for both emotional clearing and re-perceptual change. The Master Hypnotherapist may thereby utilize the imagery presented by the client for creation and facilitation of both internal and external transformations. NATH theorizes that therapists may better facilitate the healing journey when they experience healing themselves. Internal balance, peace, and harmony may be achieved when negative feeling states involving oneself or others and other learned-repetitive patterns are resolved.

The National Association of Transpersonal Hypnotherapists trains and certifies professionals from various backgrounds at several locations throughout the United States.

### Course Outline

Strategic therapy; the multisession format  
Client centered therapy within “the process”  
Unconscious triggers-finding the engram  
Goal management and clinical formatting  
Re-perceptual vs. cathartic methodology  
NLP for reframing negative feeling states  
Emotional clearing techniques  
Timeline induction and regression methods  
Affect Bridge- rapid induction for regression  
Psychophysical Transformation & Healing  
Advanced study in transformational models

Phobia, fear, and anxiety models-  
Physiological/emotional centers & addiction  
Hypnotherapy for briefest grief recovery Healing  
and blending the wounded child Retrieving  
fragmented selves (Soul Retrieval) Hypnotherapy  
for briefest trauma recovery Generational  
timelines & forgiveness Utilizing the  
“Multidimensional Self” & time Entity/Parts  
Releasement Theory & Practice Archetypes;  
alternate realities & guidance Achieving  
homeostasis- the end result

### Certification Requirements

The NATH Master Certification program is rated at 150 hours: a combination of in-class and outside study.

Required Pre-reading *Mind Probe Hypnosis*, by Irene Hickman

Online exam due from: *Regression Therapy: A Handbook for Professionals, Volume 1 and 2*, by Winifred Blake-Lucas

Exam: The open book exam can be downloaded at [www.holistictree.com/MHtTests](http://www.holistictree.com/MHtTests), and they are given out the first day of the class. One open-book exam from one of the volumes must be taken online within 90 days of the end of class. The enrollment key for the exams will be given to students during the class.

Requirements for certification include:

1. Fifty hours of in-class instruction including video instruction in the evenings. Eighty percent attendance is required. Students who miss class time are required to purchase the course CD set and listen to the portions missed of the in-class segment prior to certification.
2. Seventy hours out of class assignments. One open book exam, which is derived from the books, *Regression Therapy: A Handbook For Professionals, Volume 1 and 2*, must be passed at 80%. This is due within 90 days after the class.
3. Thirty hours of experiential sessions

Three in class documented sessions where the student is the client and three where the student is the therapist. In addition, one session of supervised interviews on the first day. Assignments are detailed in the Master training manual, given to students on the first day of class Length: Five Days. The class manual is a collection of advanced “regressive transformational models” that Dr. Allen Chips has researched and utilized over 20 years of clinical private practice. These are highly regarded by many as the most advanced and effective models for achieving transformation within individuals undergoing regression. The manual serves as an in-class reference and includes scripts, procedures, and more. Each participant will have opportunities for experiential learning on many occasions throughout the course. Training includes individual demonstrations, experiential participation, audio/video, lecture, and independent study.

Those who have met scholastic and financial requirements will receive an attractive Masters Certificate and may then display MHT. after their name for Master Hypnotherapist or Certified Master Hypnotherapist.

## PAST LIFE/LIFE BETWEEN LIVES THERAPY CERTIFICATION PROGRAM “Past-Life Therapist” and “Life between Lives Therapist”

The modern definitive work using interlife exploration was researched by Canadian psychiatrist Joel Whitton, in collaboration with Joe Fisher, who published the first book on the subject in 1986 titled, *Life Between Life*. This concept was later popularized through the literary works of a California licensed counselor by the name Michael Newton when *Journey of Souls* was published in 1994. Our first Life Between Lives training program was designed and implemented by Allen Chips, DCH and Dee Chips, BSW, MHT, in collaboration with Michael Newton, PhD. The first LBL Class Graduates were from the September 2001 NATH Class!

### **This program offers specific regression methodologies which include:**

Past Life Therapy: Although past life therapy techniques are taught in this segment, further embraced is that reincarnation is an important segment of the “life cycle of the soul.” Therefore, a philosophical basis for the work is the locus from which the teachings stem, which are relative to both incarnate and discarnate existence.

### Life Between Lives:

- A) past life regression therapy techniques which eventually lead one through the death scene
- B) regressive methodology and deepening exercises for reaching the superconsciousstate
- C) sequencing sessions based on the life cycle of the soul from death to gateway, orientation, soul groups, traffic zones, learning zones/schools, spirit guidance, life reviews, pre-birth planning, and more
- D) Cayce concepts regarding astral planes of existence
- E) life-between-lives video learning includes past life regression into life between lives
- F) experiential learning where each student enters into practicums as client and therapist
- G) question and answer with experienced past life therapists and trainers.

### **Admission requirements:**

#### **Students must be certified hypnotherapists.**

An open book exam will be given out the first day of class and graded on-site the last day. This exam may be downloaded early from [www.Nath.world](http://www.Nath.world). The LBL Class is rated at 120 hours; a combination of in-class and outside study. In addition there will be a constructive evaluation of student experiential Past Life/Between Lives sessions. Passing grades and documentation of 10 successful experiential past lives sessions (which includes the session conducted during class) are due within 90 days following the class in order to become certified as a Past Life therapist and a Life Between Lives therapist.

Conferees should bring a recorder for their 3-5 hour personal, experiential session. Graduates may advertise Past-Life and Life Between Lives sessions for private practice. The LBL class is rated at 120 hours; a combination of in class and outside study.

### Recommended Reading/Video:

*Life Between Life*, by Whitton and Fisher

*Journey of Souls*, and *Destiny of Souls*, by Michael Newton

*Clinical Hypnotherapy: A Transpersonal Approach*, by Allen Chips

Spiritual Regression: A Past Life - Life Between Lives Video Demonstration, by Allen Chips

### Required Reading:

*Life Patterns: Soul Lessons & Forgiveness*, by Henry Leo Bolduc

*Life Between Lives: Hypnotherapy for Spiritual Regression*, by Michael Newton

# Trainer's Program

## “Certified NATH Trainer”

Would you like to teach a state approved curriculum and certify entry-level hypnotherapy students with a nationally renowned transpersonal program that has a proven track record of success? Would you like to be recognized as an expert in your community and attract more prosperity while maintaining a higher purpose in the field? Would you like to have a national organization stand behind you to certify your students in a mind-body-spirit approach to learning and practicing hypnotherapy? If you answered “Yes” to any of these, then you may want to consider the new requirements to become a Certified Trainer for the National Association of Transpersonal Hypnotherapists (NATH).

### Current benefits for becoming a trainer include:

Teach a state approved curriculum that could assist you in obtaining state approval from your state's board of education, with licensed use of our course catalog, policies, and forms (optional: requirements to operate a hypnotherapy school vary from state to state, so each trainer is advised to look into these requirements, if they do exist.

Use the NATH Approved Training manual and literature with the option of adjusting these on disk to suit your needs. These forms are patterned after the successful certification program of the National Association of Transpersonal Hypnotherapists.

Receive an ongoing free listing on [www.NATH.world](http://www.NATH.world) as an approved NATH Training Institute.

Advertise your institute's direct affiliation with NATH, including NATH's approved literature, logos, etc.

Automatically have NATH certify your students as a “Certified Hypnotherapist,” with the President's signature listed on the diploma. Through the membership application process, the student will also become a Registered Transpersonal Hypnotherapist with the NATH (a total of two certifications for each of your students).

Directly experience the marketing edge of becoming part of an elite group of trainers who are sought after, and in high demand, due to the popularity of the transpersonal approach.

### Steps/Requirements for Becoming a Certified NATH Trainer:

1) If you are a certified hypnotherapist (a requirement), request and fill out:

A) the NATH Entry-Level Hypnotherapy Trainer's Registration & Materials Order Form, and

B) the “licensed use agreement” and the “trainer's agreement” from the NATH offices for review.

2) Take the certification course as a trainer in training: by assisting Linda Thunberg with an actual on-site training of your choice.

During a live training program in progress, you will be mentored during breaks on the lecture and training exercises and assist with the experientials to better understand the best ways to help students succeed with a combination of lecture/theory, hands-on, and experiential learning. You will take the essay exam while you attend filling these out as you go through the course and assist. Interested parties contact the NATH at [Info@Nath.world](mailto:Info@Nath.world) or [Linda@Nath.world](mailto:Linda@Nath.world) and/or see the NATH training schedule at [Nath.world](http://Nath.world).

Once you find a date that works for you, notify us of your interest for pre-approval.

3) Order trainer's course materials (required if you don't have).

A) Your Creative Voice: Reaching and Teaching... by Henry Bolduc

B) Clinical Hypnotherapy: A Transpersonal Approach, (2nd edition) by Allen Chips

C) Script Magic: A Hypnotherapists Desk Reference, (second edition) by Allen Chips

D) The NATH Hypnotherapy Certification course CDs, live & edited

4) By course end, submit a copy of your essay exam (80%=pass), as you will want to refer to this exam to review for formatting your training program in the future, and submit your public speaking exam (80%=pass). Upon passing, we will send you a “certified trainer” certificate, and emails containing all NATH course materials: manual, course catalog, school forms, etc....

**These and other NATH Certification Courses available periodically at the NATH annual conference or on location by request:**

**Trance & Trauma:  
Techniques for Hypnotic Treatment of PTSD (2 Days)  
Instructor: Michael McGee, LPC, MS, CHt, MHt, DCH**

Exposure to trauma and PTSD are far becoming a new epidemic for our society. The program will include an overview of PTSD and the current statistics from Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). The triggers and symptoms that are unique to this population and will influence treatment are discussed. Specific techniques for hypnotic treatment, a combination of hypnosis and CBT, and imaginal exposure therapies will be presented in detail.

Upon completing this session, the participant should be able to understand and apply these techniques to enhance therapeutic hypnosis for PTSD and use hypnotic exposure techniques for non-threatening memories with one another to develop improved skills in this area.

\*A test will be given and the passing score is 80% or higher. Those requesting certification will need to pay an additional \$25.00 certification fee to NATH.

**Addictions Hypnosis:  
Techniques for Hypnotic Treatment of All Addictive Behaviors (1 Day)  
Instructor: Michael McGee, LPC, MS, CHt, MHt, DCH**

Many persons seek treatment for addictive behaviors through hypnosis. The program will include an overview of Addictions theory and current treatment models. The development of symptoms that are unique to this population and common misconceptions are discussed. Specific techniques for hypnotic treatment, a combination of hypnosis and Motivational Enhance Therapy, and therapeutic assignments to enhance motivation and create individualized scripts will be presented in detail.

Upon completing this session, the participant should be able to understand and apply these techniques to intervene with therapeutic hypnosis for all addictive behaviors, create individualized scripts and develop enhanced coping skills in this area.

\*A test will be given and the passing score is 80% or higher. Those requesting certification will need to pay an additional \$25.00 certification fee to NATH.

**Transpersonal NLP PRACTITIONER  
Certification Course (4 Days) Instructor:  
Yvonne Oswald**

**Dual Certification Intensive Training – Transpersonal NLP Practitioner  
and the Every Word has Power Life Coach Certification.**

This powerful and unique transpersonal NLP practitioner certification course is full of exciting and way ways to initiate and bring fast changes to your client's life and increase their (and your!) motivation and goal setting. Success is guaranteed once you realize that it is as easy as deleting old files on your computer and replacing them with new ones.

You'll learn practical, easy marketing techniques to increase your client base, plus the 5 step NLP sales technique. You'll also learn persuasion conversational Hypnotic and NLP language patterns. This great course includes training in Rep Systems, Anchoring, Eye Patterns, Reframing, Sub modality Mapping, Core Consciousness and Strategies.



## NATH Membership Requirements and Dues

**Certified Members** Must have earned a certification in Hypnotherapy from a professional training institution with 100 hours minimum and submit copies of these with the NATH registration coupon or have been practicing hypnotherapy professionally and are willing to submit proof of proficiency in hypnotherapy skills, as per request by the NATH staff.

Certified Members use the honor system to obtain 15 professionally related contact hours per year for renewal, and these may be obtained by reading books, listening to tapes, attending chapter meetings, professional hypnotherapy workshops, and/or hypnotherapy organization's conferences.

**Non-Certified Members** Receive the same benefits as the above except they do not receive a registration certificate, they will not be listed on the referral directory, and they are not required to submit annual CEU's. Non-Certified Members may upgrade to certified member status once they are certified and submit verification of certification at no additional charge.

**Registration and Renewal** Any professional hypnotherapist may register and pay dues. Approximately 12 or 24 months later, members will receive a renewal notice through the mail. Registration certificates are usually printed around the 15<sup>th</sup> of each month.

**Two Year Discount** You may pay member dues for one year plus pay next year's dues now and receive a discount on the second year (See registration coupon).

### **NATH is A Member of the Council of Professional Hypnosis Organizations (COPHO)**



Founded in 1990, COPHO is a cooperative organization of national and international professional hypnosis organizations that seek to maintain high standards in the hypnotherapy profession, provide leadership in the field, track legislation affecting the profession, and promote unity and cooperation between different hypnotherapy associations.



***Linda Thunberg-Dobson, MHT, CCP***, is the current President and CEO of NATH-National Association of Transpersonal Hypnoterapists. A Certified Master Transpersonal Hypnoterapist, an Addictions Hypnoterapist, Life between Lives Hypnoterapist; and authorized Trainer of all NATH courses, a Certified Life Coach, a Delphi University Certified Medium, a Reiki practitioner and an Ordained Minister. A member and recognized school with the IHF (International Hypnosis Federation), a member of NGH (The National Guild of Hypnotists) and IACT (International Association of Counselors and Therapists). She truly believes in collaboration with others. Her private practice [transpersonalpower.com](http://transpersonalpower.com) is located within her metaphysical center, Our Place LLC in Wilmington, NC

Linda is a 20 year student of metaphysics, and has gifts of clairvoyance, clairaudience, and clairsentience- she is a natural Intuit and Channel of Spirit. Mrs. Dobson teaches numerous classes on hypnosis, metaphysics, intuition, spirituality and prosperity around the U.S.

New Board forming 2nd quarter of 2017



# Join Today

Mail this coupon and your payment to:

## National Association of Transpersonal Hypnotherapists

4320 Wrightsville Ave. Wilmington, NC 28403

OR Email: **Linda@NATH.world**



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### I want to join NATH! Sign me up today...

Name \_\_\_\_\_

#### Membership Dues

\*Please print legibly as you want it to appear on your certificate!

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Office: \_\_\_\_\_ cell: \_\_\_\_\_

Email \_\_\_\_\_

Please indicate one or two years!

**Certified and Non-certified Members**

Joining for one year = \$70 \_\_\_\_\_

**Join and save! Two year Membership**

(To be paid up for a full 2<sup>nd</sup> year)

...add \$60 \_\_\_\_\_

**International Members add \$10 \_\_\_\_\_**

(Funds must be in US dollars)

**Total \$ \_\_\_\_\_**

**\*\* REQUIRED \*\*** I hereby certify that I have never been convicted of a Felony nor am I a Sex Offender (please verify with signature and date) \_\_\_\_\_

Print legibly (to receive NATH newsletter and reply to emails)

School, Date & Hours of Training

\_\_\_\_\_

Check \_\_\_\_\_ Money Order \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ AMEX \_\_\_\_\_ Disc. \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. \_\_\_\_\_ (OR CALL 855-772-0459 to give info over phone)

Billing Address \_\_\_\_\_ Zip \_\_\_\_\_

**\*All new members must check here & enclose copies of hypnotherapy training certificate (s), or proof of training, including the appropriate fee & this form!**



In gratitude and loving memory of the former President, Trainer and Co--Founder of NATH: Dr. Allen Chips, DCH, PhD. 1/13/1962-12/5/2012

And in appreciation for former President, Trainer and Co-Founder of NATH: Dee Chips, BSW, MHT, CRM.

*And in the end, it's not the years in your life that count. It's the life in your years.*  
-Abraham Lincoln



Office use only: Acct/Copy made

Database entry

Certificate Print date:

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