

Mastery of Mind Body Practices

A Comprehensive Hypnosis Certification Program

Dr. Funda Kahn, CHI

The Mastery of Mind Body Practices program is a comprehensive Hypnosis Certification Program incorporating complimentary alternative well-being applications. This is a one-of-a-kind, 5-month training course intended to have you hit-the-ground running.

Class Meetings: **January 26, 2020 – June 21, 2020**
 9:30am-2:30pm
 Held once a week on Sunday

Location: **Garrett Hypnosis & Wellness Center - Classroom**
 3020 N. Kimball Avenue
 Chicago, IL 60618

Registration: **Funda 847-971-1221**

Certification Program \$1,900

Payment accepted in form of a Check or Zelle®

Registration Fee Due: 1/10/2020

Certification program requires a \$300 not-refundable Commitment/Registration Fee (NGH Student Packet Order)

Remainder is due in two installments:

- 1st Installment Payment
 - Due 1/26/2020 \$800

- 2nd Installment Payment Due in April
 - Due 4/5/2020 \$800

Lifetime Coaching Guaranteed

Drop-ins welcome, \$45 per class

2020

PROGRAM OUTLINE

Please begin to build a list of volunteer subjects for hypnosis. Friend, family, etc. Each class meeting, the last hour will be allotted for hands-on practice.

Please bring a lunch to each meeting. We will take a ½ hour meal break. There is a refrigerator and microwave available for use.

Class 1 **1/26/2020**

Instructor: Funda Kahn

Introduction to the Human Mind

Body|Mind Connection Overview

- Huna Philosophy
- Levels of Consciousness
- Comparison of Huna Mind with today's psychology
- Practice simple vipassana mediation
- Importance of using the 5 senses

Connecting to Subconscious/Inner Child

- Safe place and why it is important
- Progressive relaxation/eye roll method

Lemon Exercise

- Connecting with the lower self/inner child
- Anchoring, Triggers and Rules of Suggestion

Overview of Mind Body Practices

- Body Mind Connection: The Research of Candace Pert, Ph.D.
- Your Body Speaks Your Mind: Deb Shapiro Author

Introduction to Hypnosis

- What is Hypnosis? What is it not?
- Favorable & Unfavorable Influences of Hypnosis
- Abreactions and what to do
- Hypnotic Miscellany
- Comparison of Hypnosis and Meditation
- Visualization and the importance of using the five senses

Homework: 10-Minute Meditation/Connection with consciousness and practice connecting to inner child

Practice Sleep Hypnosis, Watch YouTube: Video of Neuroscience and Hypnosis

Dr. David Spiegel, Stanford Professor in the Department of Psychiatry and Behavioral Sciences

Class 2

***Sunday, 2/2/2020**

Instructor: Funda Kahn

Introduction to the Human Mind: Ego

- What is ego?
- Progressive Relaxation
- Connecting with Ego

Homework: Practice

** GWC 1st Sunday Circle Meeting 1:00pm-3:00pm*

Class 3

2/9/2020

Instructor: Funda Kahn

Depth of trance and use of depth testing

LeCron-Bordeaux Scale of Depth Testing in hypnosis

Electronic Stress Depth Testing Instrument

Deepening Techniques/Inductions
Fractionization

How to hypnotize (Mechanical Aids/Spiral, Pendulum, Sound, Light)
Importance of Relaxation

Forms of Relaxation (Progressive & Guided)
Anchoring, Triggers, Rules of Suggestion

Instructor: Carm Blacconaire

Demonstrations of the Subconscious Mind / Suggestibility Tests

- Hand Clasp
- Pendulum
- Arm Levitation

Homework: Practice

Class 4

2/16/2020

Instructor: Funda Kahn

Finding your hypnotic voice

Your first phone call

Homework: Be prepared for instructor to call you as client.

Closing/Emerging

Post Hypnotic Suggestions

Practical: Hypnosis using ready scripts

Homework: Prepare Post Hypnotic Suggestions for your own need

How to write your own script according to your client's needs

Homework: Prepare a script

Self-Hypnosis

Homework: Practice self-hypnosis

Importance of Pre-Talk

Connecting with your client

Importance of listening

Clearing your energy and holding a space for you client

Class 5

2/23/2020

Instructor: Lewis Dark

History of Hypnosis & Why it is Valuable

- Franz Mesmer
- Emile Coue
- James Esdaile
- Milton Erickson
- James Braide

Homework: Conduct internet search of each founder and tell us which is the most valuable or interesting to you.

Instructor: Funda Kahn

Starting your own practice
Room Rentals/Home Office
Important Client Forms
Pricing Your Sessions
Hands-on practice: Client

Class 6

***Sunday, 3/1/2020**

Instructor: Larry Garrett 9:30am-11:30am
Smoking Cessation & Habit Control

Instructor: Funda Kahn

Weight Loss
Smart Goals

Homework: Prepare a goal for yourself for class discussion

* GWC 1st Sunday Circle Meeting 1:00pm-3:00pm

Class 7

3/8/2020

Instructor: Funda Kahn

- Stress Management
- Insomnia
- Dreams

Law of Attraction, Vision Board and Huna Prayer
Manifesting what we desire

- Visualize and Tune-in

Homework: Start your vision board and write down your life time wishes

Class 8

3/15/2020

Instructor: Funda Kahn

Cognitive Theory in Psychology
What is Cognitive Behavioral Therapy (CBT) and how to apply it in the Huna mind
Homework: Create an awareness to your habitual negative behaviors and bring to class for discussion

Instructor: Karen Hand

Intro to Neurolinguistic Programming:

- What is NLP?
- How to apply NLP?

Class 9

3/22/2020

Instructor: Funda Kahn

Chakras and Chakra Opening

Homework: Do the exercise on your own and/or a client

Cutting energetic chords

Homework: Practice on someone that is suffering with an unhealthy relationship

Instructor: Ollie Shelkey

Introduction to Holographic Memory Resolution (HMR)

Class 10

3/29/2020

Instructor: Funda Kahn

What is EFT? Energy Psychology (Part 1)

- Introduction to EFT
- Science behind EFT/Gene in Your Genes
- Rules for a successful EFT Session

Homework: Watch Dawson Church and Gary Craig on YouTube

How to integrate EFT and Hypnosis?

- Tapping points and practice
- Integrating EFT and hypnosis

Homework: Practice tapping and bring a list of negative aspects of your time line

Class 11

***Sunday, 4/5/2020**

Instructor: Funda Kahn

EFT

- Tapping – Time Line Stories & TELSI Method
- Importance of teaching your clients how to tap
- EZ Tapping (EZ Tapping available through innerchildconnection.com)

Hands-on practice: EFT

Homework: Practice EFT and bring your experience to share

* GWC 1st Sunday Circle Meeting 1:00pm-3:00pm

Class 12

4/19/2020

Instructor: Funda Kahn

Hands-on practice

- Student to bring “volunteer” to class to demonstrate tapping

Homework: Connect to EZ Tapping through Funda’s website

Class 13

4/26/2020

Instructor: Funda Kahn

Anxiety & Panic Attacks

Tapping techniques for anxiety

- 9 Gamut Process

- Practical/Client Hands-on
- Homework: Practice

Class 14 **5/3/2020**

Instructor: Funda Kahn
Consultations, Session Structure & Foundation
NGH Ethics and Standards
Additional Scripts and Techniques (NGH Folder)
Homework: Read NGH Ethics

Class 15 **5/17/2020**

Instructor: Funda Kahn
Practice, questions and catch-up

Instructor: Brain Gilbert 12:30pm-2:30pm
Introduction of Stage Hypnosis

Class 16 **5/24/2020**

Instructor: Funda Kahn
Medical Hypnosis & Pain Management
Control Room
Past Life Regression

* Memorial Day Weekend*

Class 17 **5/31/2020**

Instructor: Larry Garrett 9:30am-11:30am
Electronic Hypnosis

Instructor: Funda Kahn
Introduction to the Human Mind: Parts Therapy

- Parts Therapy integrated with Huna Mind
- Parts Therapy integrated with Roy Hunter's technique

Class 18 **6/7/2020**

Instructor: Funda Kahn
Hands-on practice

Class 19 **6/14/2020**

Instructor: Funda Kahn
Hands-on practice

Class 20 **6/21/2020**

Instructor: Funda Kahn
Exam & Graduation Party