

## HYPNOSIS Courses



### Sports Hypnosis Certification Course (20 hr Intensive)

**Pre-requisite:** Hypnotist Certification or extensive hypnosis experience

- This course is delivered on-ground as a 3-day intensive for a total of 20 contact hours of continuing education.
- This course meets the Specialty Certificate Requirements of the National Guild of Hypnotists (NGH).
- Participants will receive a comprehensive workbook and a copy of Bob's popular book *Develop the Winner's Mentality* (Xlibris, 2005).

Sports and Athletic Performance is an area in which Hypnosis can have an immediate and positive impact. It is a tangible area where results can be measured and quantified. Working with athletes at any level can give you credibility in other areas of your practice.

#### Course Description

This course provides the Certified Hypnotist with the skills and techniques to become expert in the delivery of hypnosis and hypnotherapy for enhancing sport (or any) performance, and for practicing interventions for the most common performance issues not only in sport, but also in any endeavor needing peak performance.

The Certified Sports Hypnotist will be able to teach the athlete the ability to maintain a positive self-image in adverse situations. This course integrates principles from cognitive, behavioral, motivational, social, positive, and sport psychology in its learner-centered curriculum. Five core mental skills and interventions for performance anxiety, slumps, tanking, and pain management will be taught in practicums. A unit is devoted to best practices in communication, ethics, and confidentiality issues facing the sports hypnotist associated with the ancillary influences on the athlete including: parents, coaches, agents, general managers, sponsors, and the media.

#### Course Objectives

Upon successful completion of this course, the participant will be able to:

- Enhance focus & concentration
- Differentiate between *Flow State* and *The Zone*
- Describe techniques utilized at the West Point Center for Enhanced Performance
- Identify The 5 Essential Mental Skills
- Apply the powerful component of *Feelazation*
- Establish rapport and build trust with athletes (clients)
- Identify The 5 Obstacles to Peak Performance

- Develop interventions for slumps & tanking
- Discuss the importance of self-hypnosis for athletes
- Design and deliver powerful hypnosis and self-hypnosis scripts
- Discover what *NOT* to say to coaches & athletes
- Create *Power Animals* to enhance performance
- Identify and apply *Emotional Recall*
- Transfer sport psychology mental skills to life skills

### **When & Where The Sports Hypnosis Certification Course is offered:**

- This course was offered annually in the Summer (August) at the National Guild of Hypnotists International Convention and Educational Conference from 2002-2014.
- Due to scheduling conflicts, this course will no longer be available at the NGH Convention
- An OnLine Course is under development. Contact [bob@nextstepfacilitations.com](mailto:bob@nextstepfacilitations.com) for dates and details.

**NOTE:** This course does **NOT** teach hypnosis techniques. It teaches the Certified Hypnotist how to best integrate what they already know in hypnosis with the essentials of applied sport psychology and mental skills training.

**NOTE Also:** While a unit is devoted to marketing these much needed skills, this is **NOT** a seminar in marketing. If you have no experience in marketing your business, it is strongly suggested you take a course online or at a community college.

## **Self-Hypnosis: Foundation of Transformation (4 hr workshop)**

### **Pre-requisite: None**

This workshop provides personal & professional development for the prospective hypnotist or hypnotherapist, for counselors, coaches, mental skills trainers, personal trainers, and for anyone desiring personal and professional growth. Participants will receive thorough understanding and practicum on self-hypnosis, engaging the power of the mind through self-hypnosis, and the foundations of transformation. An easy step-by-step method of self-hypnosis is taught, demonstrated, and practiced, along with its application to attaining goals, to accessing creativity and wisdom, and also stress management. Participants learn principles of effective goal setting, of empowering self-talk, and of creating congruent imagery, along with reinforcement and encouragement of desired goals and behaviors.