



Pre-Conference Training hosted by FMHCA

Trainer: Elvis Lester, MA, LMHC, NCC, MAC, NBCFCH, ACHMP

**Hypnosis Basic Training Program
Ericksonian, NLP & Design Solution Hypnosis™**

The Hypnosis Basic Training Program is designed for participants who have no prior knowledge of or experience in Hypnosis or hypnotic changework or interventions. The program emphasizes the elicitation of trance & various altered states & ways to utilize these states in focused interventions for optimal functioning.

The programs also allow for the development of knowledge & experience in working with the essential patterns of hypnotic elicitation, indirection & utilization of resources with a “design solution-focus”. Through didactic presentation & practical demonstrations participants are provided opportunities for practice & experience personally the effectiveness of Hypnosis.

Hypnosis is widely recognized as a tool for exploring the realms of the unconscious mind, discovering new ways to resolve inner conflicts & handle obstacles encountered in our lives. By learning hypnosis you will discover how the unconscious mind is a vast source of wisdom, creativity & inner resources that you can tap into not only with clients but yourself. Using hypnosis & focusing on “designing solutions” with ease you’ll begin to develop a deeply satisfying relationship with your unconscious via self-hypnosis & learn powerful tools to tap into unlimited sources of possibilities enabling you to be a beacon for those who will also benefit from your expertise.

The Benefits of Hypnosis are many.

- Resolving inner conflict & enhancing inner harmony, centeredness & balance
- Being more focused & optimizing your ability to problem solve
- Remaining more calm during difficult times & challenging situations
- Enhancing your creativity & increase your artistic expression
- Freeing yourself from unwanted & nonproductive habits
- Managing pain/dealing with stress productively, falling asleep more easily & restful sleeps
- Lowering blood pressure, controlling heart rate & breathing
- Being more empowered & developing peak performance states
- Learning more effective ways of communicating with others & much more

Whether you’re interested in this course for personal development or becoming a Hypnotherapist & developing proficiency as a hypnotherapist, or acquiring greater depth & flexibility as a communicator, you’ll learn powerful skills & techniques that you can immediately incorporate into your life & work.

Date: February 5, 2014 Time: 10:00 AM – 6:00 PM Registration: 9:00 AM

Cost: Early Registration prior to November 14, 2014, \$110

Regular Registration: After November 15 - January 30, 2014, \$140

Register for the Pre-Conference Training hosted by FMHCA online now at:

<https://events.r20.constantcontact.com/register/eventReg?llr=hlvygggab&oeidk=a07e9nub08q30f7fd11>

Location: Orlando Marriott - Lake Mary

Call (407) 995-1100 for reservations

HOTEL MUST BE RESERVED BY JAN. 12th, 2015 Orlando Marriott - Lake Mary group room rate is \$121 per night. Go to [Orlando Marriott Lake Mary](#) or call (407) 995-1100 for reservations.



Skills & Techniques you will learn & be introduced to include:

- Intro to Self-Hypnosis & Therapeutic use of Hypnosis
- The Utilization Approach – Ericksonian
- Intro to Design Solution Questioning™
- Trance Induction & Deepening techniques
- Intro to Hypnotic Language Patterns, Conversational Trance & “other-than-conscious” communications
- Unconscious Symbolic Communication
- Intro to Hypnotic Phenomena & How to integrate into your work
- How to work with “historical” issues & the future
- Posthypnotic Suggestions & Cueing – Future Pacing

▼ Intro to NLP – These are some models & techniques you may be introduced to:

- a) Rapport, Anchoring & State Accessing & Control
- b) VAK Model & Submodalities – Working with the Senses & Internal Representations
- c) Milton Model & Meta-Model – Language of NLP & Hypnosis
- d) Time-Lines, Submodalities & Future Pacing, etc. – Working w/ Trauma, Re-imprinting & Change History
- e) NLP Modeling, Well-formed Conditions & Changework Techniques
 - i. Formula for a Behavioral Change

▼ Hypnosis Basic Training Program (6 Hours)

Basic Level Hypnosis & Introduction to NLP, Ericksonian & Design Solution Hypnosis™

▼ Teaching Methods

Presentation – Demonstration – Supervised Practice/Exercises with supervision by Instructor
Debriefing, Discussion & Review of Exercises & Question & Answer Sessions as needed
Daily Applications of Skills/Techniques, Closed-Eye Induction, Handouts & Multi-media resources

Your Trainer

Elvis Lester, MA, LMHC, NCC, MAC, NBCFCH, ACHMP a Licensed Master Trainer of NLP In Hypnosis (Society of NLP), Qualified Teacher of Hypnosis (State of FL) & Licensed Mental Health Counselor (State of FL) teaches this course personally. **Web:** <http://www.execulearn.com/events.php>

▼ Approved Training by:

ExecuLearn®/E. Keith Lester, PA is an approved provider of CEUs for hypnosis training

State Of Florida: [Division of Medical Quality Assurance](#) – BAP#289 - CE Broker# - 50-1190 - Exp. 3/2015. Nurses, Licensed Clinical Social Workers, Licensed Marriage & Family Therapists & Licensed Mental Health Counselors (LMHC, LMFT, LCSW) as well as Licensed Psychologists & Limited Licensed Psychologists. Sessions (or programs) for which approved clock hours will be awarded are identified in the program bulletin or listing on the website.

NBCC #: FMHCA, ACEP #2058. FMHCA is an NBCC Approved Continuing Education Provider (ACEPT) & may offer NBCC approved clock hours for events that meet NBCC requirements. Sessions (or programs) for which NBCC approved clock hours will be awarded are identified in the program bulletin. The ACEP is solely responsible for all aspects of the program.



NBCCH (<http://www.natboard.com>). ExecuLearn®/E. Keith Lester, PA is approved to provide Hypnotherapy training which qualifies toward the hours required by the National Board for Certified Clinical Hypnotherapists (NBCCH, Inc.) for certification as a National Board for Certified Clinical Hypnotherapist. ExecuLearn®/E. Keith Lester, PA maintains sole responsibility for the content & quality of training program.