

# SHEENA

*Eizmendiz*

## **Course Outline**

Sheena Eizmendiz, CH.t

Provider # CT-183-02

### **Module 1:**

Intro to Hypnosis  
How the Subconscious Mind Works  
Different Levels of Hypnosis  
Basic NLP- Neuro-Linguistic Programming  
Age Regression  
Brain vs Mind  
Stage Hypnosis vs. Hypnotherapy  
Key Words

### **Module 2:**

Hypnosis Practices  
Self Hypnosis Techniques  
Group Hypnosis  
Relaxation & Deepening Techniques  
Post Hypnotic Suggestions  
Laws & Regulations  
How to Write Your Hypnosis Scripts  
Frequently Asked Questions

### **Module 3:**

Building Rapport  
Matching & Mirroring  
The Acquiescent Client  
The Resistant Client  
Biochemical and Psychological Disorders  
Suggestibility Tests

### **Module 4:**

Logos: The Power of Word & Predicates  
Laymen's Term  
Conditioning  
Repetition  
Positive Speaking  
Affirmations

## **Module 5:**

Referrals

Pre-Hypnosis Interview

Right Fit Conversation

How to Close on Your Initial Consultation

Building a Successful Practice

The Structure of a Hypnosis Session

Process & Expectations

### **Treatable Conditions**

- Stress/Anxiety
- Weight Loss
- Stop Smoking
- Low Self-Esteem
- Relationship Issues
- Insomnia
- Phobias/Fears
- Addictions
- Depression
- Panic Attacks
- Divorce
- Childhood Issues
- Public Speaking
- Grief/Loss of a Loved One
- Anger Management
- Test Anxiety
- Eating Habits
- ADHD/ADD
- Tension/Migraine Headaches
- Sports Performance
- Pre/Post Surgery
- Co-Dependency Issues
- Nail Biting
- Fibromyalgia
- Stuttering
- Terminal Illness
- Dental Phobia
- Guilt
- Bed Wetting
- Trauma

## Course Fees

### **Hypnotist & Hypnotherapy Certification Course**

Hypnotist Certification:

This certification is for those who are not licensed in mental health.

Hypnotherapy Certification:

This certification is for those who are licensed in mental health.

Materials included: Course workbook

1 year membership with the International Association of Counselors & Therapists

**Group:** \$2777.00 Early Bird / \$3777 Regular Price

\$500 / Non-refundable deposit required for payment installment by 11/22/2021

**Former Hypnosis and Hypnotherapy Certification Student:** \$950.00

**Private Hypnosis Certification Course:** \$6000.00

**We accept the following forms of payments:**

PAYPAL: [sheena@sheenaeizmendiz.com](mailto:sheena@sheenaeizmendiz.com)

Venmo: @Sheena-Eizmendiz

Zelle: 305-747-3000

**Course Schedule**  
2022  
Format

**Dates:**  
February 24 - 28

**Time:**  
9AM-5PM

**Class Location:**  
ALOFT Miami Dadeland  
7600 North Kendall Drive  
Miami, Florida 33156

## Practical Hours

### Requirements:

#### Hypnotic Scripts:

Write 4 scripts on any topic of your choice. Only write out your inductions, no need to add the relaxation exercise. Scripts should be at least 2 paragraphs.

#### Recorded Hypnosis Practice:

- You are expected to practice on your own for a minimum of 150 hours. You can do so with a friend, family member, client, patient or yourself by inducing “self-hypnosis”. You can also use a hypnosis audios. Please let me know if you do this.
- You should not charge for any “practice sessions” until you have completed the course & obtained your business license or you are a licensed mental health practitioner.

#### Practice Hours:

Under these guidelines you are required 50 internship hours. These are internship hours that will enable the student to practice in a professional environment.

## Irrevocable Certification Agreement

This agreement for Hypnotist / or Hypnotherapy Certification between **Sheena Eizmendiz** and student \_\_\_\_\_ shall govern all professional relations between parties.

The professor is Sheena Eizmendiz His/Her certification(s) is Hypnotherapist (CH.t) provider # CT-183-02.

### **Payment Policy:**

We require a \$500.00 non-refundable/non-transferable deposit for all payments not paid in full and entering a payment installment plan. Payments payable via credit cards will incur a 3% merchant processing fee. Payments payable to: Sheena Eizmendiz, LLC

### **Payment Dates:**

Will only apply if not paying in full upon registration

### **Cancellation Policy:**

Occasionally, circumstances dictate that confirmed services be amended or canceled. When these changes result in a modification of confirmed project plans, each party agrees to notify the other in writing within 24 hours of all changes/ or as soon as they are known. All payments are paid in full regardless of unforeseen circumstances, crisis, natural disaster, or pandemic or any other reason for cancellation. No refunds are provided for any reason. Any balance remaining will be paid in full within 7 business days of cancelling agreement and initial deposit in the amount of \$500 is non-refundable.

On this day, \_\_\_\_\_ of \_\_\_\_\_ 2021, the undersigned agree not to void, cancel or revoke in any way this agreement and honor all provisions as stated in this document.

\_\_\_\_\_  
Sheena Eizmendiz  
Approved Instructor

\_\_\_\_\_  
Student