



*DIPLOMA IN CLINICAL HYPNOTHERAPY  
+ ASSOCIATE OF OCCUPATIONAL STUDIES  
DEGREE IN MIND-BODY PSYCHOLOGY*

*2022/2023 INTERACTIVE DISTANCE LEARNING SCHOOL CATALOG*

## Welcome to the Hypnosis Motivation Institute

*Founded in 1968 by Drs. John and Alex Kappas and celebrating over 50 years of excellence, HMI is a Non-Profit Organization that holds the distinction of being America's First Nationally Accredited College of Hypnotherapy.*



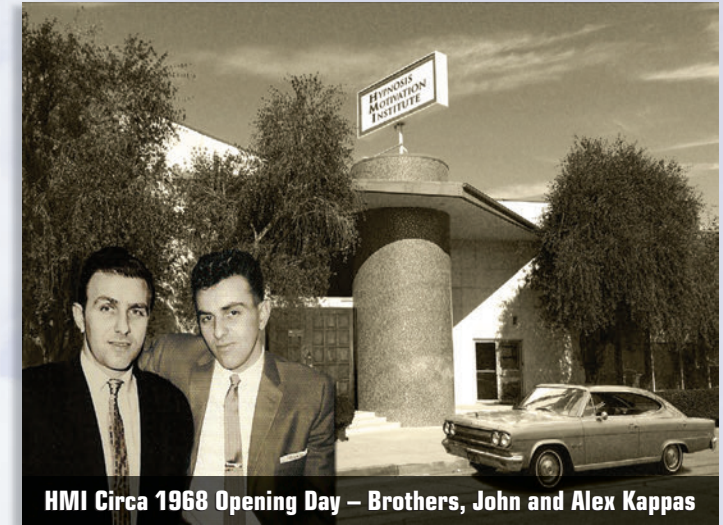
*Featuring the convenience, flexibility, and safety of learning from home, HMI features 24 Hypnotherapy Instructors, 10 Graduate Level Instructors of Clinical Psychology, 900 hours of prerecorded video lessons and 1,000 hours of interaction with Instructors.*

**Certified Hypnotherapist:** *HMI's first year of study results in a Diploma in Clinical Hypnotherapy which fulfills all the requirements for Certification as "Certified Hypnotherapist".*

**Certified Clinical Hypnotherapist:** *Graduates of HMI's first year of study now have the option to apply for a second year of study resulting in a 2-year, Accredited Associate of Occupational Studies (AOS) Degree in Mind-Body Psychology.*

*The combination of your Diploma in Clinical Hypnotherapy plus your AOS Degree in Mind-Body Psychology fulfills all the requirements for Certification as Certified Clinical Hypnotherapist.*

*For additional details and updated information on this program, or changes in fees or content, please go to: <https://Hypnosis.edu/Resident/Catalog/Addendum>*

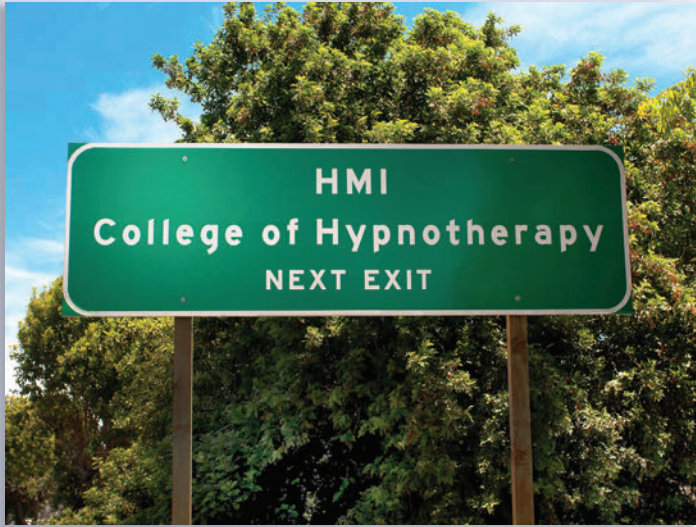


**HMI Circa 1968 Opening Day – Brothers, John and Alex Kappas**

1968–2022



**HMI Circa 2022 – Father and Son, George and LJ Kappas**



## Top 12 Features of HMI College of Hypnotherapy

1. America's First Nationally Accredited College of Hypnotherapy, 53 years of experience as a College and Clinic of Hypnotherapy.
2. Accredited Diploma in Clinical Hypnotherapy which fulfills all of the requirements for Certification as a Hypnotherapist (CHt) with the AFL/CIO Hypnotherapists Union Local 472.
3. Accredited Associate of Occupational Studies Degree (AOS) in Mind-Body Psychology which fulfills all of the requirements for Certification as a Clinical Hypnotherapist (CCHt) with the AFL/CIO Hypnotherapists Union Local 472.
4. 12 Senior Hypnotherapy Instructors each with 15+ years clinical experience.
5. 10 Clinical Psychology professors from nine prestigious graduate schools.
6. Up to 18 months of supervised clinical internship.
7. Includes training in marketing and advertising.
8. Over 900 hours of prerecorded video instruction lessons to choose from.
9. Option to attend up to 1,000 hours of interaction with Instructors and practice with peers via Zoom.
10. Study, practice, and start your new career all from the safety of your home, no travel required.
11. Earn While You Learn – Start marketing your private practice and charging fees while still in school.
12. Federal Financial Aid allows eligible students to start with no money down and no payments for 18 months.

*"Attending HMI was a life changing experience for me. I didn't just learn a new career, HMI gave me the tools and knowledge of the human mind, body and spirit that resulted in a personal transformation unlike any other I have known before. As a bonus, I acquired the skills to help others do the same. This was the best investment of my life that resulted in my most rewarding career I have ever had. Take the leap, you will thank yourself later."*



**Kristen Luman, CHt**  
Honors Graduate



## The Most Interesting, Impactful and Rewarding “Work From Home” Career Ever!

**The Event:** *Imagine if you will a new career, helping others from around the globe and from the safety and comfort of your own home.*

*On March 17, 2020, many people in America woke up to discover the vulnerability of their jobs, careers, and lifestyles to a worldwide pandemic.*

*This uncertainty with our traditional careers and freedom of movement is not expected to completely end anytime soon. We could return to normal life for a few months only to find ourselves and our world quarantined again.*

**The Revolution:** *Never in the history of counseling services have we seen a social revolution this dramatic. Before March 17, 2020, there was only a small market of people willing and able to consider Zoom or streaming counseling services in their home.*

*Today there are over 200 million Americans using Zoom on a regular basis for work, to interact with friends and family, and to receive a wide variety of consulting and counseling services.*

**The Result:** *Now your entire hypnotherapy practice can be conducted completely from your in-home Zoom office. No lease, no travel, no traffic, or parking issues, etc. From the comfort and safety of your home you can share rewarding, and impactful professional hypnotherapy services with people from all around the globe. Embracing a worldwide telehealth revolution, you too can provide your clients not only a caring, sensitive, and empathetic ear, but also a unique and powerful physical and emotional experience with the potential to provide relief from stress, fear, self-doubt, overload, and much, much more.*

*Let HMI and our unapparelled team of Instructors be your partners to train and prepare you for this wonderful opportunity to help yourself, your community, and the world from the safety and convenience of your home.*





## **HMI's IDL Programs NOW Flexible and Accessible from Around the World!**

*HMI's IDL Programs just became the most flexible, accessible, convenient, and boundaryless training programs ever! Now, no matter where you live in the world, no matter what your work schedule, childcare schedule, or transportation limits are, HMI Interactive Distance Learning (IDL) provides you with the ultimate in flexibility and learning options.*

**Good News/Bad Story:** *For more than 50 years, the "Good News" was that HMI's "former" Resident School offered the most intensive, extensive, thorough, rigorous, and Nationally Accredited Hypnotherapy Training anywhere in America and possibly the world. The "Bad News" was that you had to live in the Los Angeles, California area for a year to attend. With the*

*requirements of being on-campus two evenings a week, plus many Saturdays, only those who lived close enough to campus and whose schedules allowed them to brave the LA traffic three to four times a week, had the option to attend. Many students even considered relocation to attend, only to discover that the cost of relocation and living in LA for a year was generally 3 to 4 times the cost of tuition.*

**Now it's All Good News:** *HMI's new Interactive Distance Learning (IDL) program now offers you the most extensive, interactive hypnotherapy training program available today, delivered directly to the safety and convenience of your own home. Never before has this level of accredited hypnotherapy training, course hours, Instructor interaction, and supervised clinical internship been available anywhere outside the Los Angeles, California area. Offering the ultimate in flexibility and accessibility features up to 20 hours per week of live Instructor interaction via Zoom, supervised clinical internship, marketing and advertising training, and after graduation support. As if that wasn't enough, consider that eligible students can start HMI IDL with no money down and no payments for 18 months with the first 60 days of attendance offered to you with a money-back guarantee, and you will begin to realize the uniqueness of this program. Just keep turning the pages of this catalog and we think you will find every page continues to assure that you've finally found the level of professional hypnotherapy training you have been looking for.*

## Earn an Accredited Diploma and Degree

*Earning your Accredited Diploma in Clinical Hypnotherapy with the additional option of a second year of study for your Associate of Occupational Studies Degree in Mind-Body Psychology, plus 18 months of clinical internship, provides you the highest achievement and most extensive training, available in hypnotherapy today.*

## What is School Accreditation?

*When researching a school, you're likely considering cost and programs offered, but are you checking for accreditation? This is arguably one of the most important factors.*

*Accredited schools and colleges earn their accreditation from agencies authorized by the U.S. Department of Education who oversee the quality, integrity, and educational outcomes. In order to become accredited, schools and colleges must go through a lengthy process of review and continued on-campus visits to demonstrate their worthiness and integrity.*

*HMI is Accredited by the Accrediting Council for Continuing Education and Training (ACCET), an accrediting agency recognized by the U.S. Department of Education.*

## HMI Accreditation and Approvals





## Why Choose an Accredited School?

*Answer: Quality, integrity, and measurable outcomes. Unfortunately for the consumer, anybody can start a school or offer a hypnotherapy training course. They can give it any name they want, like the “American University of Hypnotherapy Training.” Many claim they are approved by a “Board” such as the “International Board of Hypnotherapy.” However, such claims mean nothing, because these “Boards” or “Hypnotherapy Associations” are private groups who make money by selling certifications.*

*Even “State Approved” or “State Licensed” is misleading. Most state agencies do not visit the school, do not review the curriculum, and make no claims about the quality of the education offered. State agencies do not police the schools regarding any claims they make on their website or advertising, so they can pretty much say anything they want.*

## How Can I Recognize a Diploma Mill?

*These are some common characteristics of diploma mills:*

- Claim “Accreditation” but are not accredited by an accrediting agency authorized by the U.S. Department of Education.*
- Offer degrees, diplomas, and certificates in an extremely short period of time.*
- Make claims and assert facts and statistics for which there is no proof.*
- Claim “Approval” by private business such as “Hypnotherapy Certification Agencies.”*

*“I was already successful in business but wanted a career that was more personally rewarding. After looking at a variety of hypnotherapy schools, choosing HMI was easy. Considering their Accreditation, 50-year history, huge and experienced instruction staff, advertising, and business classes and after graduation support, it was really a no brainer. I think the success I am having in private practice now really confirms that decision.”*



**Jake Rubin, CHt**  
Clinical Achievement Award



## What is Hypnotherapy Certification?

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*The most common question we hear is “Does your training make me a Certified Hypnotherapist?” It can be confusing to prospective students because every school claims to make you a “Certified Hypnotherapist,” most in time frames from one week to 60 days. In addition, there are six or more “Certification Agencies,” all representing themselves as “The One” you need to be “recognized.”*

*Most have official-sounding names that sound like government or international agencies. Those official-sounding names, however, are nothing more than businesses selling “Certifications.” None are government agencies, required for you to practice hypnotherapy, or play any role in your legal right to call yourself a “Hypnotherapist.”*

## Now Ask Yourself These Important Questions...

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*How would you feel if you went to a Hypnotherapist and later discovered they only completed one week of training? How about two weeks? How about 60 days? There are no other helping professions including Nurses, Massage Therapists, Doctors, Dentists, Dental Assistants, etc., that allow you to graduate from an unaccredited school or be trained in a two-month crash course.*

*None of those professions would allow you to offer your services to the public after attending a school that only had one or two Instructors, or a school that traveled state-to-state offering 10-day trainings in hotel rooms. HMI recommends that you use the same standards for choosing your hypnotherapy education as you would for any other healthcare career.*

## Hypnotherapy Training Worthy of a True Healthcare Professional

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*Capitalizing on more than 50 years of experience, HMI offers Accredited Hypnotherapy Training and Clinical Internship programs that provide the education and professional preparation appropriate for the serious healthcare professional. Explore the pages that follow and see the carefully crafted progression of educational experiences that systematically and comfortably prepare you for the rigors of clinical internship and private practice.*

*After graduation you will forever hold your head high when displaying your Accredited Diploma in Clinical Hypnotherapy and AOS Degree in Mind-Body Psychology for both clients and professional colleagues alike.*





## Become a Certified Hypnotherapist

*Achieving Certification in Hypnotherapy is the goal of most HMI Students and Graduates. HMI recommends the Hypnotherapists Union Local 472 for their Hypnotherapy Certification. The Hypnotherapists Union, a non-profit membership organization, is affiliated with the AFL/CIO and is not owned by any individual, family or business group. The Hypnotherapists Union is the only Hypnotherapy Certification agency that is democratically run. It is governed by an elected Board which consists of unpaid officials elected to serve three-year terms by the union members.*

*By affiliating with the AFL/CIO, the Board can tap into a nationwide source of lobbyists and governing bodies to help protect its members from any adverse legislation that would restrict the practice of Hypnotherapists at the state level.*

## Hypnotherapists Union Certification Levels and Requirements

**Certified Master Hypnotist** – *Completion of Semester One of HMI's Clinical Hypnotherapy Program fulfills all the requirements for certification as "Master Hypnotist" with the AFL/CIO Hypnotherapists Union Local 472. No additional testing is required.*

**Certified Hypnotherapist** – *HMI Graduates (who have earned their Diploma in Clinical Hypnotherapy) have completed both the classroom and supervised experience hours necessary to fulfill all the requirements for certification as "Hypnotherapist" with the AFL/CIO Hypnotherapy Union Local 472. No additional testing is required. There is no fee for upgrading from one level to another.*

**Certified Clinical Hypnotherapist** – *This title is reserved for individuals that have met the requirements of Hypnotherapist above, and also possess an accredited Masters, PhD, or AOS degree in Psychology.*

*For more information about the AFL/CIO Hypnotherapists Union Local 472 and the fees and annual dues of maintaining Certification, please visit their website at: <https://HypnotherapistsUnion.org/>*

## Alternative to a Traditional Psychology Degree?

*Many students are choosing HMI's Diploma in Clinical Hypnotherapy and Associate of Occupational Studies Degree Program as an alternative to a traditional psychology degree. Why? Because a Bachelor's Degree in Psychology does not make you eligible to practice psychology. Practicing psychology requires a minimum of a Master's Degree. If you're 35-55+ years old it can be a hardship to return to school for a Bachelor's Degree just to get a "general education."*

*Even if you already have a Bachelor's Degree, time is still an issue when you consider that after the two years it takes to finish your Master's Degree in Psychology, you then must still acquire 3,000 hours of Internship and pass a State Exam before you can begin private practice.*

*Top reasons to choose HMI as an alternative to a traditional psychology degree:*

- HMI's one- and two-year programs include clinical internship and the opportunity to "Earn While you Learn." Traditional psychology takes between 5 to 10 years before you can start your private practice.*
- HMI Tuition is a fraction of the cost of a traditional graduate school of psychology.*
- HMI training teaches you how to build a Zoom based private practice from the safety of your own home and the marketing and supervision psychology programs generally do not.*
- HMI courses are fun, entertaining and prepare you to immediately begin helping people with a wide variety of self-improvement goals.*





## Diploma in Clinical Hypnotherapy – 12 Months

HMI's one-year Clinical Hypnotherapy Training and Clinical Internship is 52 weeks, 24 semester credits and 720 clock hours in length.

### Semester One – 26 Weeks, 12 Credits, 360 Hours

- Hypnosis 101 4 Weeks, 8 Classes, 24 Hours
- Clinical Hypnosis 201 8 Weeks, 16 Classes, 48 Hours
- Hypnotherapy 301 12 Weeks, 24 Classes, 67 Hours
- Elective Courses 401 26 Weeks, 183 Hours
- Practicum Workshops 26 Weeks, 36 Hours
- Internship Indoctrination 2 Hours

### Semester Two – 26 Weeks, 12 Credits, 360 Hours

- Advertising and Promotion 4 Weeks, 4 Classes, 12 Hours
- Business Practices 4 Weeks, 4 Classes, 12 Hours
- Clinical Case Conference/Supervision 26 Weeks, 24 Hours
- Clinical Case History Series 12 Weeks, 12 Classes, 36 Hours
- Clinical Internship/Client Contact 26 Weeks, 72 Hours
- Counseling and Interviewing 4 Weeks, 4 Classes, 12 Hours
- Elective Courses 401 26 Weeks, 135 Hours
- Ethics in Therapy 2 Weeks, 2 Classes, 6 Hours
- Handwriting Analysis 6 Weeks, 6 Classes, 18 Hours
- Practicum Workshops 26 Weeks, 36 Hours
- Speech Master 4 Weeks, 4 Classes, 12 Hours
- Therapeutic Journaling 4 Weeks, 4 Classes, 12 Hours

"HMI has changed my life. The Instructors, the students, the energy, the information, the lifelong friends you make, all of it. If they would let me enroll again I would. My only disappointing day at HMI was the day my classes ended. Even then you're connected with a community of graduates and the Instructors through online interactive clinical supervision sessions. I love my HMI Family and the new life and career they helped me achieve."



**Anna Alagoyzyan, CHt**  
Honors Graduate



## Senior Hypnotherapy Instructor Credentials

*One of the key features of HMI's training is 12 Senior Hypnotherapy Instructors with over 200 years of combined professional experience. Instructors are HMI Graduates with 10 to 20 years of clinical experience. Every Instructor is active in the private practice of hypnotherapy and represents a specialized area of expertise within the field of Hypnotherapy. For biographies and photographs of HMI Instructors please see: <https://Hypnosis.edu/Resident/Instructors>*

### **George J. Kappas, MA, LMFT**

Licensed Marriage and Family Therapist  
Certified Hypnotherapist

### **Bruce Bonnett, CHt**

Graduate Harvard Law School  
Certified Hypnotherapist

### **Michael Kamins, MA, LMFT**

Licensed Marriage and Family Therapist  
Certified Hypnotherapist

### **Susie Kappas, CHt**

Certified Hypnotherapist  
Certified Advanced EFT Practitioner

### **Katt Lowe, CHt**

Certified Hypnotherapist  
Certified Reiki Master/Teacher

### **Lisa Machenberg, CHt**

Certified Hypnotherapist  
Medical Hypnosis Specialist

### **John Melton, CHt**

Certified Hypnotherapist  
Smoking-Cessation Specialist

### **Ted Moreno, CHt**

Certified Hypnotherapist  
Certified High Performance Coach

### **Tanya Nord, MA, AMFT**

Associate Marriage and Family Therapist  
Certified Reiki Master/Teacher

### **Cheryl O'Neil, CHt**

Certified Hypnotherapist  
Therapeutic Imagery Specialist

### **Elaine Perliss, CHt**

Certified Hypnotherapist  
Handwriting Analyst

### **Joe Tabbanella, CHt**

Certified Hypnotherapist  
Certified NLP Trainer



**Dr. John G. Kappas**  
HMI Founder



**Dr. Alex G. Kappas**  
HMI Co-Founder



**The Kappas Family Management Team**  
Susie, George, LJ and Sandy

## Your Senior and Associate Hypnotherapy Instructors – An Instruction Staff Second-to-None



**BRUCE BONNETT**



**MICHAEL KAMINS**



**GEORGE KAPPAS**



**SUSIE KAPPAS**



**KATT LOWE**



**LISA MACHENBERG**



**JOHN MELTON**



**TED MORENO**



**TANYA NORD**



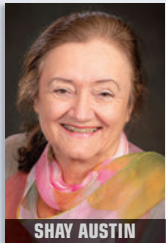
**CHERYL O'NEIL**



**ELAINE PERLISS**



**JOE TABBANELLA**



**SHAY AUSTIN**



**JOHN BROWN**



**SHELBY BROWN**



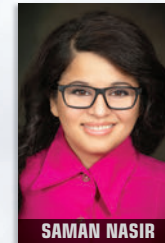
**JOE BURNS**



**LAURA DEWITT**



**LOIS LORBACK**



**SAMAN NASIR**



**NIKI PAYNE**



**MARIO PESCATORE**



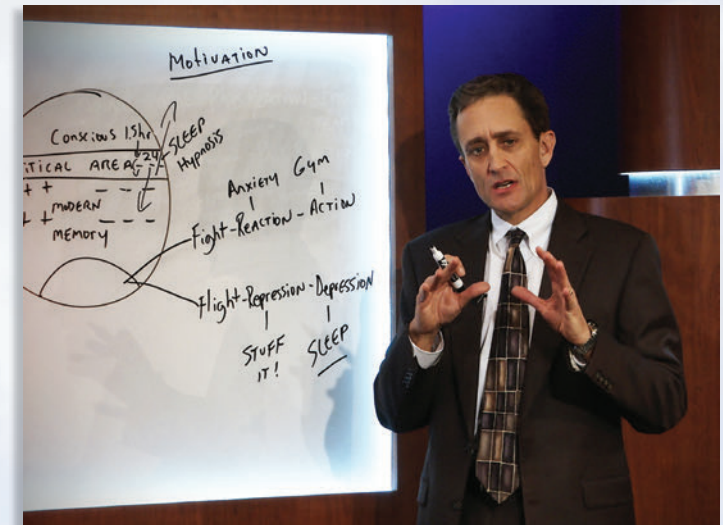
**KAREN VELOZ**

## Hypnosis 101

- **Length:** 4 Weeks, Clock Hours: 24
- **Attend:** 4 Prerecorded Video Classes  
8 Live Q&A with Instructors
- **Days/Times:** Tuesdays and Thursdays, Choice of 2 Class Times
  - **Zoom Q&A with Instructors**
    1. Tuesdays from 4:00 PM to 5:30 PM Pacific Time
    2. 7:30 PM to 9:00 PM Pacific Time
  - **Zoom Lecture and Supervised Practice**
    1. Thursdays from 3:00 PM to 6:00 PM Pacific Time
    2. 7:00 PM to 10:00 PM Pacific Time

The Hypnosis 101 course represents the first step in your HMI journey. Many students consider it one of the most fun and exciting stages of the training. Featuring two HMI Staff Instructors, Hypnosis 101 is balanced between lecture, demonstrations, and supervised practice, with the express purpose of teaching you the foundations of what hypnosis is and “How to Hypnotize.”

**Enrollment Guarantee** – The 101 course serves as a trial period. Successful completion is required to complete your enrollment application. If at any time during the first sixty days of your enrollment, you or HMI determines that this school/program is not the right match, then your enrollment application is cancelled and there is no cost or obligation to continue, or explanation required by either party.





## Practicum Workshops – Semesters One and Two

- **Length:** 52 Weeks, Clock Hours: 72
- **Attend:** 5 Practicum Workshops are scheduled each week Live on Zoom, attend as many as your schedule permits.
  1. Tuesdays from 10:00 AM to 1:00 PM Pacific Time
  2. Wednesdays from 12:00 PM to 3 PM Pacific Time
  3. Thursdays from 3:00 PM to 6:00 PM Pacific Time
  4. Saturdays from 9:30 AM to 12:30 PM Pacific Time
  5. Saturdays from 1:30 PM to 4:30 PM Pacific Time

*Practicum Workshops provide students the opportunity to build their confidence by practicing with other students under the supervision of HMI Instructors. It is in these workshops that students perfect the skills of hypnotic inductions and hypnotic techniques. Practicum Workshops include lectures, demonstrations, Q&A discussions, and most importantly, practice.*

*Students attending Practicum Workshops receive live demonstrations via Zoom and are then placed in Zoom Breakout Rooms of two students each, to practice with each other while Instructors move group to group offering advice, direction, and feedback.*

*HMI offers a total of 15 hours of supervised practice every week. Students are encouraged to attend as many Practicum Workshops as they can per week. A minimum of 12 Practicum Workshops are required for each Semester One and Two for a total of 24 for the year.*

*“One of the biggest reasons I wanted an in-person training program is the opportunity to have hands-on practice with a teacher in the room. I’m the kind of person who just learns better if I can practice in-person, ask questions directly and get that immediate feedback. When I read that HMI offers up to 12 hours a week of supervised practice with other students, I knew that was the program for me.”*



**Richard Cicetti, CHt**  
Director's Award



## Clinical Hypnosis 201

- **Length:** 8 Weeks, Clock Hours: 48
- **Attend:** 16 Prerecorded Video Classes  
16 Live Zoom Q&A with Instructors, 24 Elective Hours
- **Days/Times:** Mondays and Wednesdays, Choice of 2 Class Times
  - **Zoom Q&A with Instructors**
    1. 4:00 PM to 5:30 PM Pacific Time
    2. 7:30 PM to 9:00 PM Pacific Time

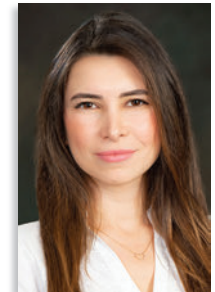
The 101 Course laid the foundation for hypnosis theory and learning how to hypnotize. The 201 Course builds upon that foundation by introducing you to a wide variety of hypnotherapy styles, theories, and modalities. Each lecture features a different Instructor, representing their expertise on each style or modality. Students complete two prerecorded video lessons per week and attend a live Zoom Q&A, interactive discussion with Instructors and peers for each lesson.

### 201-1 – Hypnotic Modalities

Featuring HMI Director George Kappas, MA, LMFT, at his philosophic best, this entertaining lesson explores a unique and alternative perspective on the hypnotherapy profession. Starting with a definition of what constitutes a “Hypnotic Modality,” Mr. Kappas breaks down the three essential elements for all hypnotic modalities and how we identify hypnotic modalities in society under a variety of different names.



“I absolutely loved my 201 Course. Every class opened my eyes to a new and exciting style and technique in hypnosis. It is in 201 that you begin to experience the depth of the Instruction Staff and their collective experience and expertise in so many aspects of hypnotherapy. Every class was fun and exciting. I could feel my energy and excitement rising every time I rode up the elevator to the campus.”



**Begum Uz, CHt**  
Honors Graduate







## 201-2 – Neuro Linguistic Programming Part 1

*Neuro Linguistic Programming (NLP) enjoys a strong following with both therapists and clients. In this lesson, Certified NLP Trainer and Hypnotherapist Joe Tabbanella introduces NLP and the techniques of “anchoring a state of excellence into your client’s subconscious mind,” how to “reframe” a problem to take away its negative impact, and how to “pace” and then “lead” your client to a more resourceful state.*

## 201-3 – Neuro Linguistic Programming Part 2

*In part 2 of this NLP series, Certified NLP Trainer and Hypnotherapist, Joe Tabbanella demonstrates NLP strategies to assist your clients in achieving their desired outcomes, how to develop states of excellence for yourself or your clients through role modeling, and how to recognize and interpret the subconscious patterns that are a constant in all therapy sessions to create the change they seek.*

## 201-4 – Ericksonian Hypnosis

*HMI Ericksonian Hypnosis expert Michael Kamins, MA, LMFT, introduces the life, work, and language patterns of one of the most well-known Hypnotherapists in history, Dr. Milton Erickson. In this lesson Mr. Kamins demonstrates how Hypnotherapists can use these patterns and the “Meta-Model” to provide clients an alternative perspective on their issue and a path to create the change they seek.*

*“My HMI experience was nothing short of outstanding! Instructors are completely relatable, knowledgeable, and very concerned with students realizing their personal best. Every Instructor specializes in a different subject matter and has their own individual style, which enabled me to identify characteristics of each to incorporate into my own personal style. We are completely supported throughout the program and after graduation.”*



**Jayne Goldman, CHT**  
Honors Graduate



## 201-5 – Hypnotic Regression/Past Life

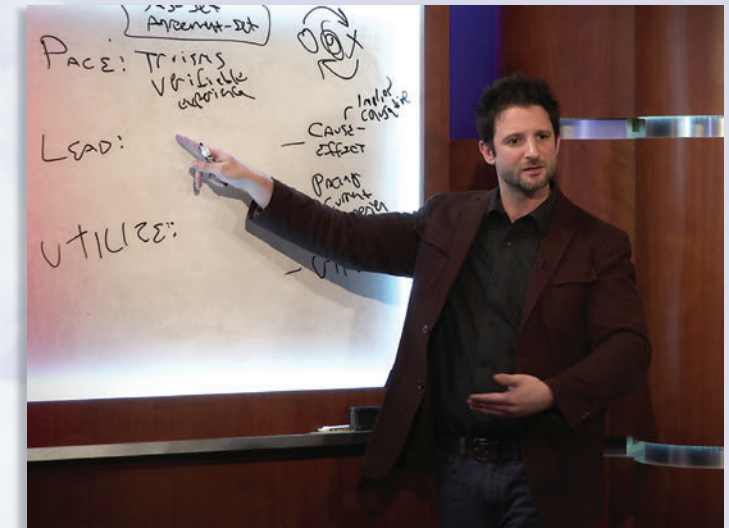
Regression has been commonly associated with hypnosis since the days of Freud. In this class Lisa Machenberg, CHt, explores the past and present of hypnotic regression and the many controversies and legalities surrounding it. The techniques of age regression as well as past life regression and their appropriateness and ethics are explored fully as Lisa relates HMI's discretionary use of this most controversial of hypnotic tools.

## 201-6 – Dream Therapy

Listening to the client's subconscious is as important, if not more, than the giving of hypnotic suggestion. Understanding dreams provides us that opportunity and more. HMI provides an approach to Dream Therapy that is simple, powerful, and effective. Presented in his unique style of humor and metaphor, HMI Director George Kappas, MA, LMFT, outlines his inviting style and strategy for Dream Therapy.

## 201-7 – Fears and Phobias

From mild symptoms to acute disorders, fears and phobias commonly hold people back from achieving their full potential. Every therapist will eventually have clients who fall somewhere in this range of symptomology. In this lesson HMI Instructor Elaine Perliss, CHt, introduces HMI's Circle Therapy and its comparison to standard Systematic Desensitization to demonstrate the hypnotic extinction of fears and phobias.



"Attending HMI College of Hypnotherapy is one of the best decisions I have ever made. The curriculum is extremely thorough and taught by the top in this field of work. By the end of the year, one can begin a career in hypnotherapy with absolute confidence. The things I have learned have given me the understanding and ability to live my best life and help others do the same."



**Linda Pallini, CHt**  
Academic Achievement Award





## 201-8 – Review and Test

*The 201 course is divided into two rotating sections. It does not matter which section the student does first. In the Review and Test class, HMI Instructors conduct a thorough review of each half of the 201 course. This is the student's opportunity to ask questions and seek clarity on any concepts or content from the previous classes in the section of the course before taking the exam.*

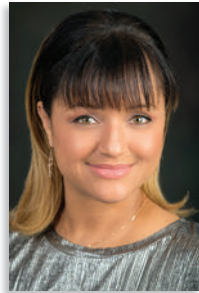
## 201-9 – First Consultation

*The First Consultation is your most important session. In this insightful lesson HMI Instructor John Melton, CHt, shares his 20+ years of private practice experience to explain how the first session is used to lay the foundation of the therapeutic journey. Breaking down key elements in Dr. Kappas' approach, Mr. Melton defines what he calls the "Pillars" of therapy that will determine his hypnotic strategy.*

## 201-10 – Therapeutic Imagery 1

*Certified Hypnotherapist and Therapeutic Imagery Trainer Cheryl O'Neil shares her 20+ years of experience as she introduces you to the wonderful world of Imagery. In this introductory lesson you will begin your discovery of Imagery in relationship to Hypnosis and how to fill your Hypnotherapy toolbox with a large selection of options that will empower you and help your clients to achieve their goals.*

*"HMI was the best professional decision I've ever made! This school is a wonderful blend of science, psychology, and metaphysics. The staff has exceeded my expectations time and again. I'm so grateful to receive a top-notch education in Hypnotherapy and Therapeutic Imagery. My clients can trust me because I am working from a solid foundation of in-depth training and mentorship. I will forever be a cheerleader of this institution."*



**Stephanie Nicole Wright, CHt**  
Clinical Achievement Award



## 201-11 – Therapeutic Imagery 2

*In part 2 of this Imagery series, Cheryl guides you deeper into the Imagery experience as she explores the mind/body connection and the uses of Imagery in health. Cheryl also explores images and symbols from the subconscious and demonstrates how the Imagery processes can provide important messages for discovery and insight, while providing rich material from which to build suggestions.*

## 201-12 – Hypno-Diagnostic Tools A

*A Hypnotherapist can never have too many tools to assist clients in reaching their goals. HMI Staff Therapist John Melton, CHt, shows you how to incorporate Erik Erikson's Stages of Development into your hypnotherapy practice. Plus, learn how and when to use tools such as a biofeedback machine, hypno-disc, pen-light, and pendulum in conjunction with hypnotic techniques.*

## 201-13 – Hypno-Diagnostic Tools B

*Tanya Nord, MA, CHt, introduces the use of "Hypno-Diagnostic Tools," a phrase HMI coined to describe a collection of techniques designed to give the subconscious mind a voice, helping to reveal the underlying beliefs that shape the emotional responses and automatic behavior of the client. Through her guidance and demonstration, you can begin exploring these fascinating tools with both yourself and your clients.*



*"HMI is the most comprehensive training course I have ever had. HMI truly covers every aspect of hypnotherapy in a year-long program. The founder, Dr. John Kappas, Ph.D., was responsible for HMI achieving National Accreditation by the US Department of Education. I look for these kinds of credentials when I am searching for the best school. And I found it in HMI! I highly recommend it!"*



**Hanneke C. P. Hermsen, CHt**  
Academic Achievement Award





## 201-14 – Emotional Freedom Technique

*Certified EFT Trainer Susie Kappas, CHt, introduces Emotional Freedom Technique (EFT) and how to use it as an extraordinary addition to your hypnotherapy practice. EFT is like acupuncture for the emotions. It uses gentle tapping on the body's energy meridians while tuned into an issue. It balances your energy around that issue and releases negative thoughts, events, pain, fear, stress, cravings, and so much more.*

## 201-15 – Law and Ethics

*The legal and ethical “Scope of Practice” of a Hypnotherapist is without question the most important aspect of your HMI training and perhaps the greatest element that separates HMI Graduates from others. HMI Director George Kappas, MA, LMFT, provides a surprisingly entertaining lesson, including when and how to work under referrals from Medical Doctors and Psychotherapists, and the necessary forms and documents to do so.*

## 201-16 – Review and Test

*The 201 course is divided into two rotating sections. It does not matter which section the student does first. In the Review and Test class, HMI Instructors conduct a thorough review of each half of the 201 course. This is the student's opportunity to ask questions and seek clarity on any concepts or content from the previous classes in the section of the course before taking the exam.*

*“Of all the many strengths that HMI's program has to offer, perhaps the most important is how thoroughly they prepare you in the subject of Law and Ethics. From the Director, with 40 years of experience, to a Harvard Law Graduate who is also the President of the Hypnotherapists Union, the instruction and expertise could not be stronger. HMI's law and ethics training helps me feel confident when working with other professionals.”*



**Marva Jackson, CHt**  
Academic Achievement Award



## Hypnotherapy 301

- **Length:** 12 Weeks, Clock Hours: 72
- **Attend:** 24 Prerecorded Video Classes  
24 Live Q&A with Instructors, 36 Elective Hours
- **Days/Times:** Tuesdays and Thursdays, Choice of 2 Class Times
  - **Zoom Q&A with Instructors**
    1. 4:00 PM to 5:30 PM Pacific Time
    2. 7:30 PM to 9:00 PM Pacific Time
  - **Clinical Case Presentations**
    1. 3:00 PM to 6:00 PM Pacific Time
    2. 7:00 PM to 10:00 PM Pacific Time

*The 301 Course is divided into three rotating sections with a new group of students joining the classes every month. Like the 201 Course, the 301 Course also features a different Instructor for each lesson.*

*Students in 301 complete two prerecorded video lessons per week and attend a live Zoom Q&A interactive discussion with Instructors and peers for each lesson.*

*Every fourth lesson of 301 is a Clinical Case Presentation. These 2-hour presentations are actual therapies with real clients. Clinical Case Clients are not students, have never been hypnotized before and are representative of the wide range of presenting issues that students will experience in private practice during their Internship and after graduation.*



*"The 301 Course is when we got to start seeing the Senior Instructors work with real clients in the classroom. For me that is when all the pieces of the puzzle started coming together. I can't imagine a more important teaching strategy for how to apply the learning in the real world. The client cases were so varied and fascinating. The experience really shows you what type of people seek Hypnotherapy and what the results can be."*



**Jade Calkins, CHt**  
Honors Graduate





## 301-1 – Emotional and Physical Sexuality 1

*Developed by HMI Founder Dr. John Kappas, PhD, LMFT, the model of Emotional and Physical Sexuality (E&P) is without question, one of HMI's most powerful tools for understanding and predicting the behavior of clients. In this lesson, HMI Director and Marriage Family Therapist George Kappas will introduce you to the E&P model in a presentation you are not likely to forget.*

## 301-2 – Emotional and Physical Sexuality 2

*In E&P Part 2, Mr. Kappas expands on the model of E&P to explain the influences of ethnicity, incongruities, defense mechanisms and other possible mitigating factors in the relationship behavior of clients. This class leaves students with a greater confidence and assimilation of the E&P model and their ability to apply it in a therapeutic setting.*

## 301-3 – Child Hypnosis

*HMI's resident Child Hypnosis expert Lisa Machenberg, CHt, has appeared on numerous television shows exploring child hypnosis, earning the nickname "Hypno-Mom." In this lesson, Lisa shares her 25+ years' experience working with children. She demonstrates how to gain rapport and communicate effectively with them, in and out of hypnosis, to make the experience both fun and productive for all.*

*"HMI is hands down the most extensive and all-encompassing education I found to become a Certified Hypnotherapist. The program delves into all areas of hypnotherapy and includes business and marketing classes. The classes are conducted by knowledgeable, caring and experienced teachers. I learned so much, not only about my clients, but about myself, which has been an invaluable experience."*



**Cherry Bligh, CHt**  
Academic Achievement Award



## 301-4 – Mental Bank Seminar

*Created by HMI Founder Dr. John Kappas, the Mental Bank Program is a powerful tool to help you and your clients reprogram your subconscious mind to attract more success, happiness, and prosperity. This 5-minute-a-day behavioral tool is a must for every hypnotherapy practice. HMI Director George Kappas provides a personal and entertaining presentation that both instructs and motivates you to start your Mental Bank tonight.*

## 301-5 – Sexual Dysfunction

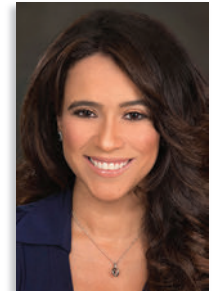
*Hypnosis is considered one of the most powerful behavioral modification techniques for dealing with sexual dysfunction. HMI Instructor Lisa Machenberg shows you how to apply hypnosis to common sexual problems such as performance anxiety, orgasmic difficulties, and premature ejaculation. In this lesson, Lisa outlines a six-week intimacy therapy for struggling relationships, and she discusses the causes, consequences, and solutions for sexual dysfunction.*

## 301-6 – Clinical Case Presentation

*Clinical Case Presentation classes provide students the opportunity to see HMI Instructors work privately with real clients, one-on-one via Zoom. These clients have never been to HMI, have never been hypnotized before, and each have a different presenting issue for therapy. Clinical Case Presentation classes are perhaps one of the most unique and valuable features of the training offered at HMI.*



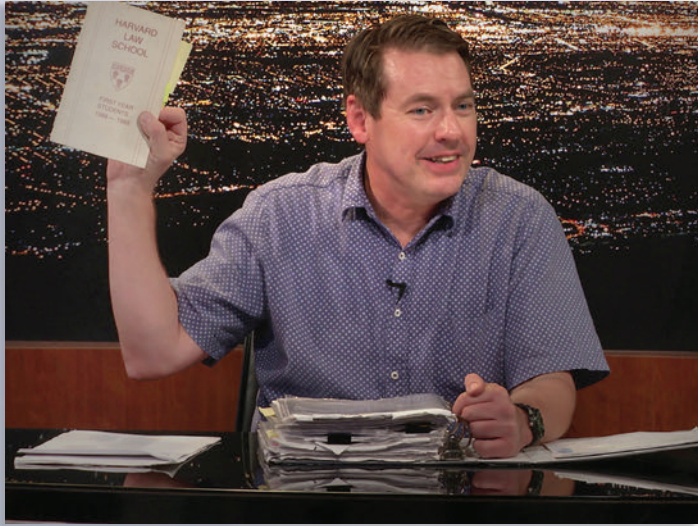
*“You will be blown away at what you will receive when you choose HMI. I began with my primary specialty of hypnotherapy, expanded into other specialties offered at HMI and now have a well-rounded business that offers one-on-one coaching, group workshops, speaking engagements, employee training and more. The possibilities are endless.”*



**Jessica I. Morales, CHt**  
Clinical Achievement Award







## 301-7 – Advanced Law and Ethics

*Bruce Bonnett combines his experience as a Certified Hypnotherapist, past President of the Hypnotherapists Union, and Harvard Law Graduate, to deliver this important presentation on Advanced Law and Ethics. This class includes specifics on the use of disclaimers and recommended practices to limit liability, how laws vary state to state, region by region and clear guidance for the road to professional success.*

## 301-8 – Review and Test

*The 301 course is divided into three rotating sections. It does not matter which section the student does first. In the Review and Test class, HMI Instructors conduct a thorough review of each section of the 301 course. This is the student's opportunity to ask questions and seek clarity on any concepts or content from the previous classes in the section of the course before taking the exam.*

## 301-9 – Crisis Intervention

*At some point during your career you may encounter clients experiencing some type of crisis in their lives. It could be a relationship breakup, a death in the family, or concerns of self-harm. HMI Instructor Lisa Machenberg, CHt, guides you through the legal responsibilities as well as the successful strategies and resources to prepare you to handle such situations with confidence and grace.*

*"HMI is the best thing I've ever done in terms of self-help/helping others! Since graduating, not only have I helped others achieve their inner sense of well-being, I've been happier and more self-aware. This is not a weekend warrior course; this is like a graduate school for higher minded people, psychologists and medical personnel... and anyone else wanting to practice the art of Hypnotherapy."*



**Mira Wilder, CHt**  
Honors Graduate



## 301-10 – Clinical Case Presentation

*Clinical Case Presentation classes provide students the opportunity to see HMI Instructors work privately with real clients, one-on-one via Zoom. These clients have never been to HMI, have never been hypnotized before, and each have a different presenting issue for therapy. Clinical Case Presentation classes are perhaps one of the most unique and valuable features of the training offered at HMI.*

## 301-11 – Biofeedback 1

*HMI Instructor Joe Tabbanella, CHt, also works at an addiction recovery facility where he extensively utilizes his biofeedback techniques to augment his hypnotherapy sessions. In this lesson Joe guides HMI students through this Introduction to Biofeedback in the hypnotherapy setting, providing both the theoretical understanding and the practical applications of incorporating this powerful tool into your hypnotherapy practice.*

## 301-12 – Biofeedback 2

*In Biofeedback Part 2, Joe Tabbanella, CHt, takes you further in the exploration of biofeedback techniques and how they can augment your hypnotherapy sessions. In addition, Joe introduces you to the world of Neuroscience, its theory, and practical applications with your hypnotherapy clients. Demonstrations help the student explore this cutting-edge tool and lay the groundwork for further exploration and training.*



*"Thank you, HMI, for providing online clinical supervision groups after we graduate. The ability to ask questions and get advice, even after we graduate, is just one more reason why HMI is the best. The HMI Clinical Supervisors are not only experienced, but helpful and caring too. Just knowing they are always there to assist gives me a feeling of confidence and support. I am so proud to be an HMI Graduate."*



**Justin Hickerson, CHt**  
Honors Graduate





### 301-13 – Habit Control

*Habit Control Hypnosis is commonly associated with quitting smoking and losing weight. Many Hypnotherapists make a comfortable living from these two areas alone. HMI Instructor Ted Moreno, CHt, shares his considerable experience and expertise to demonstrate how you too can help people to successfully lose weight, stop smoking, and overcome other habits such as nail biting, tardiness, study habits and more.*

### 301-14 – Clinical Case Presentation

*Clinical Case Presentation classes provide students the opportunity to see HMI Instructors work privately with real clients, one-on-one via Zoom. These clients have never been to HMI, have never been hypnotized before, and each have a different presenting issue for therapy. Clinical Case Presentation classes are perhaps one of the most unique and valuable features of the training offered at HMI.*

### 301-15 – General Self Improvement

*Susie Kappas, CHt, teaches how to create life-long habits that support your goals. It is those daily habits and tiny routines that make big dreams come true! Presenting the Hypnotherapist as powerful Life Coach for the subconscious mind, Susie, in her sweet and lively way, will fill your toolbox with the day-to-day tried and true workhorses of a successful hypnotherapy practice. This class is as personally empowering as it is fun.*

*“Credibility and trust are the qualities that mean most to me, that’s why I chose HMI. The fact that they are accredited, feature a dozen Instructors, each with 20 years’ experience and offer an onsite Clinical Internship, were all key factors in my decision to enroll. I don’t believe I could have found this depth of knowledge at any other school. I found not only the school I was looking for, but a career helping others that I absolutely love.”*



**Brian Beth, CHt**  
Academic Achievement Award



## 301-16 – Review and Test

*The 301 course is divided into three rotating sections. It does not matter which section the student does first. In the Review and Test class, HMI Instructors conduct a thorough review of each section of the 301 course. This is the student's opportunity to ask questions and seek clarity on any concepts or content from the previous classes in the section of the course before taking the exam.*

## 301-17 – Low Blood Sugar

*Dr. John Kappas was a pioneer in the Mind/Body connection, and revealing how our diets and blood sugar fluctuations can affect our mood and behavior. In this fun and enlightening lesson, Susie Kappas, CHt teaches us how understanding the effects of low blood sugar can greatly enhance your hypnotherapy practice. She provides a detailed understanding of the syndrome as well as strategies that can provide your clients life-changing results.*

## 301-18 – Clinical Case Presentation

*Clinical Case Presentation classes provide students the opportunity to see HMI Instructors work privately with real clients, one-on-one via Zoom. These clients have never been to HMI, have never been hypnotized before, and each have a different presenting issue for therapy. Clinical Case Presentation classes are perhaps one of the most unique and valuable features of the training offered at HMI.*



*"Nothing compares with the experience of watching the Senior Staff work with real clients in the classroom. The wide variety of both Instructors and clients provides a truly comprehensive learning experience. I'm not aware of any other school that offers that. The three months of Clinical Case Presentation classes in 301 totally prepares you to start seeing clients in Internship. Thank you, HMI, for always striving to be the best."*



**Maleya Tran, CHt**  
Honors Graduate





### 301-19 – Substance Abuse

*Substance abuse is a pervasive issue in society today. It would be almost impossible to be in private practice for any length of time without encountering clients who may or may not realize they have this issue. Using humor and personal experiences, HMI Director George Kappas, MA, LMFT, provides a frank presentation of what the role of the Hypnotherapist should be in the treatment of substance abuse.*

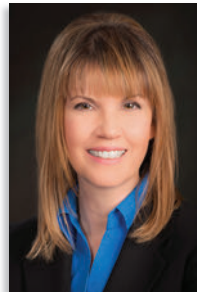
### 301-20 – Medical Hypnosis

*Hypnosis is a clinically proven adjunctive tool for the treatment of a wide variety of medical issues. HMI Instructor Lisa Machenberg, CHt, demonstrates how to work in conjunction with medical professionals and how hypnotic pain control techniques can assist with childbirth and pre- and post-surgery applications. Lisa's 25+ years of experience make her the perfect guide for your introduction to this important field of study.*

### 301-21 – Advertising and Promotion

*Advertising, promotion, and business practices are important skill sets for students who desire a private practice in hypnotherapy. In the first lesson of this 5-part series, HMI Director George Kappas, MA, LMFT, will outline a simple 12-step process that will serve as the foundation of your marketing strategy. These simple and effective steps will guide you on the launch of the private practice you desire.*

*"HMI is such a great adjunct or alternative to a traditional psychology degree. My psychology Graduate School didn't offer sufficient direction on starting or marketing a private practice. HMI's 12-point plan for launching your private practice alleviated my biggest concerns about starting this new career. It was so specific, and they provided not just the guidance but all the tools as well. Now I am starting and loving my new career."*



**Valerie J. Garrett, LMFT**  
Academic Achievement Award



## 301-22 – Clinical Case Presentation

*Clinical Case Presentation classes provide students the opportunity to see HMI Instructors work privately with real clients, one-on-one via Zoom. These clients have never been to HMI, have never been hypnotized before, and each have a different presenting issue for therapy. Clinical Case Presentation classes are perhaps one of the most unique and valuable features of the training offered at HMI.*

## 301-23 – Family Systems

*Presented by Tanya Nord, MA, CHt, the Family Systems model provides the Hypnotherapist with an alternative outlook on the client's symptoms as functional in the context of the subconscious forces inherent in romantic and family relationships. This understanding opens the door for HMI graduates to work in conjunction with LMFTs and LCSWs, whose clinical viewpoint originates from this basic tenet.*

## 301-24 – Review and Test

*The 301 course is divided into three rotating sections. It does not matter which section the student does first. In the Review and Test class, HMI Instructors conduct a thorough review of each section of the 301 course. This is the student's opportunity to ask questions and seek clarity on any concepts or content from the previous classes in the section of the course before taking the exam.*



*"I've gotten multiple degrees from prestigious universities along my journey. No educational experience has been as rewarding as HMI. It's been absolutely life-changing. I feel incredibly fortunate to have had the opportunity to be able to experience this process! If your passion is to help others along their journey of life, this is the best place you can go! Truly incredible."*



**Kyle Michael Dory, CHt**  
Honors Graduate





## Elective Courses 401

- **Length:** 26 Weeks, Clock Hours: 183
- **Attend:** Scheduled Independently

*HMI Elective Courses provide students the opportunity to self-direct a portion of their curriculum to match their individual interests and professional goals. Elective Courses run concurrent with both Semesters One and Two. Students have two options to earn these hours.*

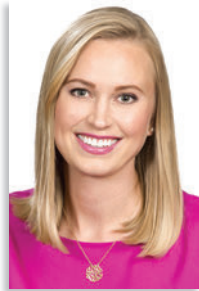
**Elective Course Library** – *The HMI Elective Course Library includes 1,500 hours of streaming video featuring more than 200 Guest Speakers and hundreds of live therapy recordings with clients on a vast array of presenting issues and are included in the cost of tuition.*

**Elective Courses, Seminars and Conferences** – *Students also have the option to earn Elective Hours by attending specialty certification seminars and hypnotherapy conferences, held on-campus or via Zoom, by the American Hypnosis Association (AHA).*

*Elective Courses can provide students the opportunity to earn additional certifications in such subjects as NLP, Therapeutic Imagery, Past-Life Regression, ADHD, PTSD, and more.*

*Please note these seminars and conferences offered by the AHA and other Hypnotherapy Associations generally do require additional fees and are not included in the cost of HMI Tuition. A calendar for those events listing dates, costs and hours can be found at: <https://Hypnosis.edu/AHA/Calendar/>*

*“HMI Elective Courses allowed me to personalize my education to match my preferences for my Hypnotherapy training. Receiving specialized certifications in Hypnosis and Childbirth, ADHD and Pre- and Post-Surgery served my professional goals. Other students focused on certification in EFT, Energy Healing and Reiki to match their interests. The wide range of choices available at HMI means there is something for everyone.”*



**Lauren Berman, CHt**  
Academic Achievement Award



## Clinical Hypnotherapy Course 501 – Semester Two

- **Length:** 26 Weeks, Clock Hours: 360
- **Attend:** 1-2 Prerecorded Video Classes Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Weeknights, Choice of 2 Class Times
  - **Zoom Q&A with Instructors**
    1. 4:00 PM to 5:30 PM Pacific Time
    2. 7:30 PM to 9:00 PM Pacific Time

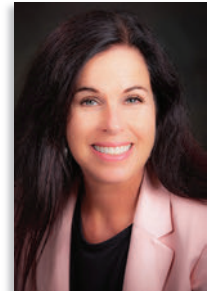
Semester Two at HMI represents your transition from student to Intern to working professional. HMI Interns start working with clients from all over the world via Zoom. Interns discuss their work with clients with HMI Senior Staff Instructors in group supervision classes. Case Conferences are offered five days a week.

From watching classes anytime, day or night to interacting with Instructors and fellow students learning to market your private practice, and getting clinical experience all from the comfort and safety of your home, starting a new career has never been more convenient.

In addition to Internship, students continue to attend one or two prerecorded classes per week, plus live Q&A with Instructors via Zoom. These classes include the applied skills of advertising, marketing, business practices, therapeutic ethics, counseling skills, group presentation skills, and much more. This combination of classroom instruction, client contact, and group supervision define the experience of Semester Two.



*“Clinical Internship was the main reason I chose HMI. Even before I discovered the great Instructional staff, course curriculum, extensive library and student camaraderie, the fact that HMI included an on-site, six-month clinical internship that included a professional office, clinical supervision, and clients, told me everything I needed to know about the integrity of this school. The opportunity to earn while I learn, made the tuition costs seem like a bargain.”*



**Carol Benton, CHt**  
Academic Achievement Award







## Internship/Client Contact

- **Length:** 26 Weeks, Clock Hours: 72
- **Attend:** Hours Scheduled Independently

HMI Interns start seeing clients and building a telehealth practice on Zoom, providing students the opportunity to **earn while they learn**, with six months experience of marketing, charging fees, and building their private practice.

## Clinical Case Conference/Supervision

- **Length:** 26 Weeks, Clock Hours: 24
- **Attend:** Mondays through Thursdays and Saturdays  
Choice of 2 Class Times
- **Live Zoom with Instructors**
  1. Mondays through Thursdays from 6:00 PM to 7:00 PM Pacific Time
  2. Saturdays from 12:30 PM to 1:30 PM Pacific Time

HMI Interns receive their clinical supervision in the intimate setting of a small group via Zoom. Scheduled five days a week and featuring a different supervisor each day, Interns discuss their clinical work with supervisors and receive advice, direction, and feedback between each session they have with clients. Students learn not only from the direct advice provided for their clients, but from the advice provided by their peers as well. HMI provides an online Client Contact Log to document and track supervised hours.

*"Nothing prepared me for private practice more than the clinical internship I did at HMI. I can't imagine that people would consider doing this work after a crash course and no supervised internship. The experience of seeing clients, marketing my practice, and being guided, week-by-week, session-by-session by the experienced instructional staff at HMI, is what I believe to be the foundation of my success in hypnotherapy."*



**Ayelet Bisson, CHt**  
Academic Achievement Award



## Advertising and Promotion

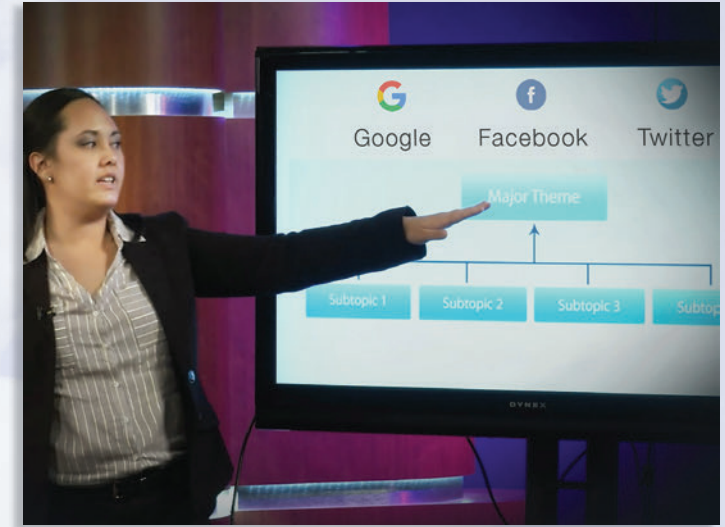
- **Length:** 4 Weeks, Clock Hours: 12
- **Attend:** 1 Prerecorded Video Class Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Live Zoom Q&A, Weeknights, Choice of 2 Class Times
  1. 4:00 PM to 5:30 PM Pacific Time
  2. 7:30 PM to 9:00 PM Pacific Time

Learn to use digital marketing to attract the kind of clients you desire. In this day of digital marketing, HMI prepares students in the skills of Google Ads, Facebook, Instagram, personal websites, blogging, and more.

## Business Practices

- **Length:** 4 Weeks, Clock Hours: 12
- **Attend:** 1 Prerecorded Video Class Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Live Zoom Q&A, Weeknights, Choice of 2 Class Times
  1. 4:00 PM to 5:30 PM Pacific Time
  2. 7:30 PM to 9:00 PM Pacific Time

The Business Practices course makes the development of their own business plan fun by creating teams of students to brainstorm and develop a vision for their hypnotherapy practice.



*"I wanted a training program that included a strong curriculum in marketing, advertising, and business practices. Most graduate schools in Psychology either gloss over this or don't include it at all. I now have the cutting-edge digital marketing skills that are so necessary these days and the business course really pulled it all together. These classes combined with the strong clinical work really helped me pursue my new career with confidence."*



**Amelia Fortes, CHt**  
Clinical Achievement Award





## Clinical Case History Series

- **Length:** 12 Weeks, Clock Hours: 36
- **Attend:** Live on Zoom, 12 Classes, 1 Per Week
- **Days/Times:** Weeknights, Choice of 2 Class Times
  1. 3:00 PM to 5:00 PM Pacific Time
  2. 7:00 PM to 9:00 PM Pacific Time

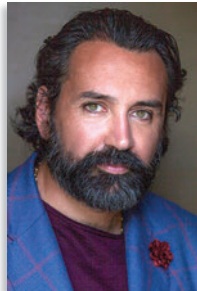
*This course features HMI Staff Therapists conducting two series of therapy sessions, six weeks each, with a real client demonstrating the process and procedures of clinical hypnotherapy from beginning to end.*

## Counseling and Interviewing

- **Length:** 4 Weeks, Clock Hours: 12
- **Attend:** 1 Prerecorded Video Class Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Live Zoom Q&A, Weeknights, Choice of 2 Class Times
  1. 4:00 PM to 5:30 PM Pacific Time
  2. 7:30 PM to 9:00 PM Pacific Time

*The Counseling and Interviewing course demonstrates and guides students through the process of clinical note taking skills, evaluation of clients' appropriateness for Hypnotherapy, and the practice of directive and nondirective counseling and interviewing techniques.*

*"Watching real clients coming in with all sorts of presenting issues and problems in the Clinical Case History Series, you really get to see what private practice is like. Seeing the clients progress over a series of weeks and sessions provides a roadmap of what to do in hypnotherapy. That experience combined with the Counseling and Interviewing classes was the type of clinical training I was hoping to find."*



**Leonardo Lupori, CHt**  
Clinical Achievement Award



## Ethics in Therapy

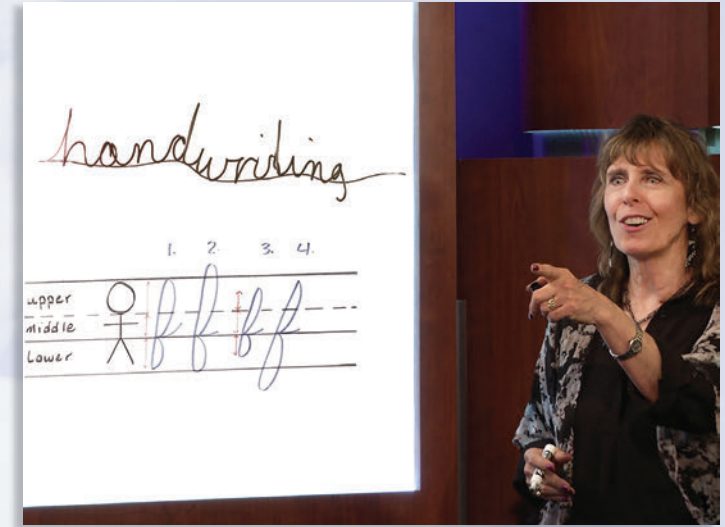
- **Length:** 2 Weeks, Clock Hours: 6
- **Attend:** 1 Prerecorded Video Class Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Live Zoom Q&A, Weeknights, Choice of 2 Class Times
  1. 4:00 PM to 5:30 PM Pacific Time
  2. 7:30 PM to 9:00 PM Pacific Time

The Ethics in Therapy course guides the student through the labyrinth of potential ethical dilemmas in therapy and prepares the student for a successful, ethical and spiritually sound career in hypnotherapy that is fulfilling for both the therapist and their clients.

## Handwriting Analysis

- **Length:** 6 Weeks, Clock Hours: 18
- **Attend:** 1 Prerecorded Video Class Per Week  
1 Live Zoom Q&A with Instructor
- **Days/Times:** Live Zoom Q&A, Weeknights, Choice of 2 Class Times
  1. 4:00 PM to 5:30 PM Pacific Time
  2. 7:30 PM to 9:00 PM Pacific Time

This six-week course prepares students to recognize handwriting traits and patterns as a tool for developing personality profiles for use in a clinical setting.



"The support and confidence I gained from interacting with my fellow students in workshops, classes and even at breaks and study groups, was a benefit I didn't take into consideration when I first enrolled at HMI. With 120 plus other students enrolled at that same time, with the same goals, interests and aspirations, you are actually enrolling in a community and a family that can last a lifetime."



**Lyudmyla Rybak, CHt**  
Academic Achievement Award





## One-On-One Practical Skills Review

- **Clock Hours:** 3
- **Attend:** Scheduled Independently

*Students receive three private sessions with an Instructor for a one-on-one review of their practical hypnotic skills. This personalized attention to their hypnotic induction and suggestion giving skills serves as a final fine tuning for their work in clinical internship.*

*These three private sessions can also assist you with your motivation, fears, and questions about private practice, and serve as your personal role model for a successful hypnotherapy career.*

## Speech Master

- **Length:** 4 Weeks, Clock Hours: 12
- **Attend:** 4 Classes, 1 Per Week
- **Days/Times:** Weeknights, Choice of 2 Class Times
  1. 3:00 PM to 6:00 PM Pacific Time
  2. 7:00 PM to 10:00 PM Pacific Time

*HMI's Speech Master course provides a comfortable and systematic means to develop and improve professional presentation skills before groups and in your practice. Many HMI students are pleasantly surprised at how fun, supportive, and beneficial this experience proved to be for them.*

*"HMI far exceeded all my expectations. The Instructors are world class and the Internship is unparalleled. And to top it all off, my relationship with my HMI Mentor was unbelievable. She gave me unconditional love and held my hand every step of the way. HMI and my Mentor made sure that I was prepared for success. My private practice dreams came true and it's even better than I imagined."*



**Margaret Register, CHT**  
Clinical Achievement Award



## Therapeutic Journaling

- **Length:** 4 Weeks, Clock Hours: 12
- **Attend:** 4 Classes, 1 Per Week
- **Days/Times:** Weeknights, Choice of 2 Class Times
  1. 3:00 PM to 6:00 PM Pacific Time
  2. 7:00 PM to 10:00 PM Pacific Time

*Therapeutic Journaling can be a powerful adjunct to your hypnotherapy practice. This course guides students through a four-week journey by guiding them through a series of journaling assignments to be completed between classes. Utilizing ideomotor response to tap powerful subconscious resources, HMI students experience firsthand the benefits and how to apply them with their private practice clients.*

## Specialty Elective Courses

- **Length:** 26 Weeks, Clock Hours: 135
- **Days/Times:** Scheduled Independently

*Students pursue Elective Courses throughout Semesters One and Two. Elective Courses and the Elective Course Library enable students to explore their specialty interests and to self-direct a portion of their training from a combination of live seminars, Elective Course Video Library, and Zoom Q&A with Instructors. For a description of courses and costs go to: <https://Hypnosis.edu/AHA/Calendar/>*



*"I found the HMI Elective videos featuring Dr. John Kappas to be one of the richest sources for insights and understanding on the subtleties of hypnosis and therapy. The opportunity to learn directly from HMI's Founder and watch him work with so many different clients supercharged my understanding of the process and really helped prepare me for the clinical internship program that followed."*



**Jeffrey E. Williams, CHt**  
Academic Achievement Award





## Congratulations... Your Future Awaits!

Upon completion of HMI's One-Year Training and Internship you are awarded one of the highest achievements in the hypnotherapy profession, HMI's Nationally Accredited Diploma in Clinical Hypnotherapy. Your Accredited Diploma also fulfills all the requirements for your designation as "Certified Hypnotherapist" with the AFL/CIO, Hypnotherapists Union Local 472.

Your Accredited Diploma, combined with your Union Certification and Membership in the American Hypnosis Association, will be your Trifecta of Hypnotherapy, representing you to the world as the most qualified hypnotherapy professional today.

## The Trifecta of Hypnotherapy

### UNION CERTIFICATION



### ACCREDITED DIPLOMA



### PROFESSIONAL MEMBERSHIP



## Tuition Costs – Federal Financial Aid

*Because HMI is a Nationally Accredited College of Hypnotherapy, eligible students are able to utilize Federal Financial Aid programs like they would any other accredited college.*

*Eligible students can start their hypnotherapy training with no money down and no payments for 18 months. This gives you one full year of building your private practice before you make your first payment of approximately \$98 per month towards tuition.*

*The total cost of HMI's tuition for the first year of study, the Diploma in Clinical Hypnotherapy Program is \$16,097. But, after federal grants, scholarships and discounts eligible students may receive, the average out of pocket cost to the student is reduced to approximately \$9,500. That tuition is then divided into monthly payments of approximately \$98 per month, beginning 18 months after you start your course. Prices are subject to change.*

*After speaking with an HMI Admissions Representative, your next step is to have a Zoom meeting with the Financial Aid Office to determine your eligibility to receive financial aid. During this appointment, the Financial Aid Officer will be able to tell you which financial aid programs you are eligible for and how they work. There is no cost or obligation for this appointment.*

*HMI tuition covers the entire first year of hypnotherapy training, including your education, six-month clinical internship, and clinical supervision. The additional instruction in marketing, business practices, and digital advertising included in the second semester makes HMI a smart investment in your education.*



*"The ability to start my training and not make any payments for 18 months seemed incredible to me. Six months into the training I started my internship and private practice and began charging fees as a Hypnotherapist. I earned income for a whole year before making my first \$98 payment towards tuition. The added savings of not having to rent an office or pay for supervision made this one of the smartest investments of my life."*



**Steven Lee Stinnett, CHt**  
Clinical Achievement Award







## Determining Eligibility

*If you are a U.S. citizen, or have a Green Card and are not currently in default on any Federal Student Loan, then you are eligible for Federal Financial Aid programs. Your eligibility is not determined by your credit score, bad debt, IRS problems or because your income is too high or too low.*

*There are a variety of different Federal Financial Aid programs, as well as community service discounts available. After the initial Zoom interview with Admissions, applicants can then schedule a Zoom meeting with HMI's Financial Aid Officer to determine their financial aid eligibility. All Financial Aid and tuition options are done through the Financial Aid Office and can be done from the convenience of your own home.*

## HMI Students May Apply For...

- Federal Stafford Loan – Subsidized and Unsubsidized  
<https://StudentAid.gov/understand-aid/types/loans/subsidized-unsubsidized>
- Federal Plus Loan – Parent Loan  
<https://StudentAid.gov/plus-app/>
- Community Service Discount  
<https://Hypnosis.edu/Resident/Catalog/Addendum>
- Federal Pell Grant – FAFSA – Free Application for Federal Student Aid  
<https://StudentAid.gov/h/apply-for-aid/fafsa>

*"Federal Financial Aid made it possible for me to attend the Hypnosis Motivation Institute, change my career and change my life. HMI made the application process simple and easy. Richard explained everything and completed the application with me in less than an hour. Providing me the first four weeks of the 101 course to change my mind if I wasn't 100% sure, eliminated any doubts or fears I had. As it turns out, I was sure and still am."*



**Margarita Sanchez Carrillo, CHt**  
Academic Achievement Award



## HMI's New Associate of Occupational Studies Degree in Mind-Body Psychology

HMI is now proud to offer a new “one-plus-one” educational program. This one-plus-one means that graduates of HMI's one-year Diploma in Clinical Hypnotherapy program now have the option to apply for a second year of study resulting in a 2-year, Accredited Associate of Occupational Studies Degree.

After completing the combined two years of applied learning, which includes 18 months of clinical internship, HMI graduates enter private practice with a winning combination of an Accredited Diploma in Clinical Hypnotherapy and an Associate of Occupational Studies Degree in Mind-Body Psychology. This combination provides students the most extensive and thorough preparation for a career in Hypnotherapy available anywhere in the world today.

### A Second Full Year of Study



As students reach the end of their one-year, Diploma in Clinical Hypnotherapy Program, we conduct exit interviews every month for each graduating group. For many years we have heard from these new graduates that they wished we offered a “second year” of study. For some time, we have pondered what that “second year” of study might look like. What would be the purpose? How would it benefit them? What need would it fulfill?

In the pages that follow we hope to address those questions and more as we proudly introduce HMI's new Associate of Occupational Studies Degree in Mind-Body Psychology.



## Top 12 Features of HMI's Associate Degree in Mind-Body Psychology



1. Receive a graduate level equivalent education in Mind-Body Psychology without the requirement of a bachelor's degree.
2. Earn a degree in Mind-Body Psychology for a fraction of the cost of graduate school.
3. Includes clinical supervision from Clinical Psychologists.
4. Gain an additional 12 months of clinical internship and supervision.
5. In-depth training to recognize and understand DSM disorders.
6. Interactive Distance Learning (IDL) allows you to attend classes from anywhere in the world.
7. Additional year of Supervised Internship/Case Conference classes.
8. Evening and Saturday class schedules.
9. 12 months additional access to HMI's Elective Course Library and the Psychotherapy.net Library.
10. Opportunity to build your professional library of clinical psychology texts.
11. Qualify for Certified Clinical Hypnotherapist (CCHt).
12. Professionally represent yourself with the impressive combination of an Accredited Diploma in Clinical Hypnotherapy and an Accredited Degree in Mind-Body Psychology.

## The AOS Degree Program Story

*Hypnotherapists in various states across the country generally work in two areas of private practice:*

- 1. “Vocational and avocational self-improvement as long as it does not constitute the treatment of emotional or mental disorders.”*
- 2. Working as adjunct professionals “under referral of persons licensed in California to practice medicine, psychology or dentistry.”*

*Your first year, the Diploma in Clinical Hypnotherapy Program provides the foundational education in behavioral science and applied psychology with an emphasis in hypnotherapy, to assist clients with Vocational and Avocational self-improvement. The second year, the AOS Mind-Body Psychology program provides a broad overview to prepare Hypnotherapists to work as an adjunct to licensed health professionals. This “One-Plus-One” program offers the student the option to tailor their hypnotherapy outcomes specifically for their professional goals.*

*So often is the case that clients’ vocational and avocational goals overlap or rest on the cusp of crossing over into areas of DSM diagnosis. The Mind-Body Psychology Degree is designed to address those cases in which Hypnotherapists are called upon to work in conjunction, or under referral of licensed psychotherapists.*

*The goal of the AOS Degree Program is not to train Hypnotherapists to do psychotherapy, but to put them on a more equal educational footing with psychotherapists in order to open doors and foster greater working relationships between the two disciplines, enabling clients to receive the best of both philosophies and applied applications.*

*Taken a step further, HMI’s AOS Degree Program represents a revolution in hypnotherapy training, integrating graduate-level clinical psychology education into an applied vocational training for professional Hypnotherapists. Never before has a Hypnotherapist had the opportunity to enhance their general knowledge of psychology and the human condition to this level without the time, cost, or prerequisite requirements of traditional graduate school of psychology.*



## The AOS Degree Program Story

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*HMI's AOS program offers these three benefits to graduates of its Hypnotherapy training:*

- 1. Education in Mind-Body Psychology to better prepare them for interacting and assisting medical and psychological professionals.*
- 2. Access to graduate-level psychology professors and concepts that might otherwise be unavailable to them.*
- 3. An additional year of Clinical Internship, supervised practical experience, and more in-depth applications of psychology models to their hypnotherapy practice.*

*The opportunity to study directly under psychology professionals and become better acquainted with their terminology, concepts, and methodologies, elevates their status and preparedness in the eyes of referring medical and mental health care providers.*

*The average age of an HMI student is 44 years of age. For these students, the requirement of a four-year general education degree before being able to access graduate-level courses in psychology, means that exposure to those courses, concepts, and opportunities to learn from graduate-level Instructors may be logistically and financially beyond their reach.*

*Unlike other fields of study, in psychology the first four years are a truly general education degree. It isn't until you get to the graduate level that you get any real training on the actual clinical applications and practice of psychology.*

*It is not hard to imagine that the prospect of attending a general education degree program full-time for four years before being able to study the types of course that really appeal to you, would dissuade many a working adult supporting themselves and a family.*

*After graduation from HMI's Diploma in Clinical Hypnotherapy Program, some graduates are motivated to pursue higher levels of education by applying to master's or doctorate degree programs in psychology. The majority of HMI students however (over 60%), do not have a bachelor's degree and are not eligible to do so.*

## Year One – Associate of Occupational Studies Degree

HMI's Year One is 52 weeks, 24 semester credits and 720 clock hours and results in a Diploma in Clinical Hypnotherapy. \* General Education Course

### Semester One – 26 Weeks, 12 Credits, 360 Hours

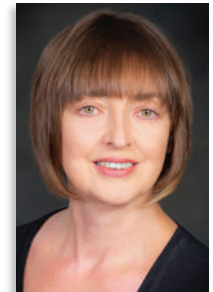
- Hypnosis 101 4 Weeks, 8 Classes, 24 Hours
- Clinical Hypnosis 201 8 Weeks, 16 Classes, 48 Hours
- Hypnotherapy 301 12 Weeks, 24 Classes, 67 Hours
- Elective Courses 401 26 Weeks, 183 Hours
- Practicum Workshops 26 Weeks, 36 Hours
- Internship Indoctrination 2 Hours

### Semester Two – 26 Weeks, 12 Credits, 360 Hours

- Advertising and Promotion 4 Weeks, 4 Classes, 12 Hours
- Business Practices 4 Weeks, 4 Classes, 12 Hours
- Clinical Case Conference/Supervision 26 Weeks, 24 Hours
- Clinical Case History Series 12 Weeks, 12 Classes, 36 Hours
- Clinical Internship/Client Contact 26 Weeks, 72 Hours
- Counseling and Interviewing 4 Weeks, 4 Classes, 12 Hours
- Elective Courses 501 26 Weeks, 135 Hours
- Ethics in Therapy 2 Weeks, 2 Classes, 6 Hours
- Handwriting Analysis 6 Weeks, 6 Classes, 18 Hours
- Practicum Workshops 26 Weeks, 36 Hours
- Speech Master 4 Weeks, 4 Classes, 12 Hours
- Therapeutic Journaling \* 4 Weeks, 4 Classes, 12 Hours



*"HMI has changed my life. The Instructors, the students, the energy, the information, the lifelong friends you make, all of it. If they would let me enroll again I would. My only disappointing day at HMI was the day my classes ended. Even then you're connected with a community of graduates and the Instructors through online interactive clinical supervision sessions. I love my HMI Family and the new life and career they helped me achieve."*



**Anna Alagyozyan, CHt**  
Honors Graduate





## Year Two – Associate of Occupational Studies Degree

HMI's two-year program includes the 720 hours from year one, and the 720 hours from year two, for a total of 104 weeks, 1,440 hours and 77 academic credits that results in an Associate of Occupational Studies Degree in Mind-Body Psychology. \* General Education Courses

### Semester Three – 26 Weeks, 12 Credits, 360 Hours

- CBT, ACT, and Positive Psychology \* 8 Weeks, 36 Hours
- Mind-Body Psychology \* 8 Weeks, 36 Hours
- Diagnostic Systems in Psychology \* 8 Weeks, 36 Hours
- Clinical Internship/Client Contact 26 Weeks, 150 Hours
- Clinical Case Conference/Supervision 26 Weeks, 12 Hours
- Clinical Research Course 26 Weeks, 40 Hours
- Specialty Elective Courses 26 Weeks, 50 Hours



### Semester Four – 26 Weeks, 12 Credits, 360 Hours

- Transpersonal Psychology \* 8 Weeks, 36 Hours
- Depth Psychology \* 8 Weeks, 36 Hours
- Existential/Humanistic Psychology and Diversity \* 8 Weeks, 36 Hours
- Clinical Internship/Client Contact 26 Weeks, 150 Hours
- Clinical Case Conference/Supervision 26 Weeks, 12 Hours
- Clinical Research Course 26 Weeks, 40 Hours
- Specialty Elective Courses 26 Weeks, 50 Hours

## Graduate Level Psychology Instructors from these Universities

*Imagine if you could hand pick your choice of graduate-level professors from the top Universities in Southern California and then assemble them to empower your hypnotherapy practice with a broad education in Mind-Body Psychology, that teaches you the newest, most interesting, innovative, and applied models and concepts in psychology and alternative health available today. Then imagine that this personally interactive, comprehensive education was delivered to you in just one year, all from the convenience of your own home. HMI's Associate in Occupational Studies Degree in Mind-Body Psychology does that and more.*





## Your AOS Degree Faculty – HMI's A-Team for Clinical Psychology



## Professor Betsy Bates Freed, PsyD

*Dr. Betsy Bates Freed enjoyed a 30-year career as a medical journalist (Internal Medicine News, Pediatric News) before becoming a licensed clinical psychologist. She has worked with the Cancer Center of Santa Barbara, The Family Medicine Residency Program at Glendale Adventist Medical Center, and the Children's Clinic of Santa Barbara County.*

*In addition to her psychotherapy practice, she has been teaching at both Colorado State University and Antioch University Santa Barbara for a number of years, supporting students through their writing and research process and educating doctoral students about integrative approaches to psychological care. A past president of the Santa Barbara County Psychological Association, she remains actively involved on their Board of Directors.*

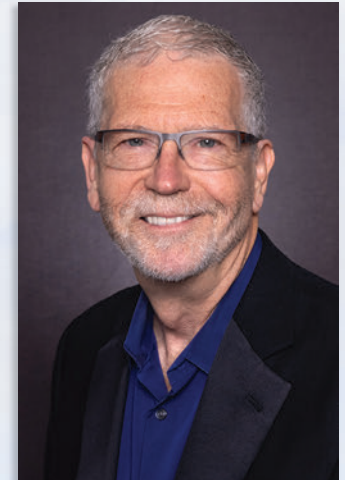


## Professor Glenn Hartelius, PhD

*Dr. Glenn Hartelius is an internationally known scholar in transpersonal psychology and is the editor of the International Journal of Transpersonal Studies (IJTS), the Secretary of the International Transpersonal Association and member of the Association for Transpersonal Psychology Board of Directors.*

*Glenn serves as Associate Professor for the East-West Psychology department and is the founding Director of the online PhD degree in Integral and Transpersonal Psychology at the California Institute of Integral Studies in San Francisco, California, where he also teaches. He has taught graduate-level courses at the Institute of Transpersonal Psychology, Naropa University, Saybrook University, and Middlesex University.*

*As a scholar, he has published professionally in both psychology and Near-Eastern archeology publications and garnered over 140 citations in the literature.*



## Professor Johanna Hays, PsyD

*Dr. Hays has been an educator of doctoral students in clinical psychology at Antioch University Santa Barbara for a number of years. She has presented her work for Division 30: Society of Psychological Hypnosis at the annual national convention of the American Psychological Association and at Pacifica Graduate Institute, among others.*

*An alumna of HMI, Dr. Johanna Hays has a deep understanding of the benefits of hypnosis in psychological and physical health and wellness. She is a trauma specialist, as well as a body-based therapist and works closely with the symptoms and reactions in the body as well as with thoughts, feelings, and emotions. Her doctoral work involved post-Jungian, depth psychology approaches. In this approach, therapist and client gently explore feelings, dreams, unconscious processes, and motivations, and connect with the wisdom of the psyche.*



## Professor William James Jones, PhD

*Dr. Jones received his master's degree in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University, and completed his PhD in Clinical Psychology with an emphasis in Depth Psychology from Pacifica Graduate Institute.*

*Dr. Jones has proudly served as an Adjunct Professor at Azusa Pacific University, and the clinical psychology master's program at Pepperdine University and clinical psychology doctoral students at Antioch University, Santa Barbara, and Pacifica Graduate Institute, Santa Barbara.*

*Dr. Jones published work in the Journal of Humanistic Psychology on the topic of self-actualization among African American men. Dr. Jones is also a winner of the American Psychological Association's Division 39 Multicultural Scholar Award.*



## Professor Randy Kasper, PhD

*Randy Kasper, PhD, LCSW, BCD, has been a professor at the Graduate School of Social Work California at CSU (Dominguez Hills and San Marcos) for 12 years, where she specializes in clinical practice and internship supervision. She is on faculty as Clinical Supervisor with the American Institute for Mental Imagery where she studied and worked with the late Dr. Gerald Epstein for almost 30 years. She also taught Group Dynamics and Theory in Alliant International University's doctoral forensic psychology program.*

*She has been a featured guest on various television shows and featured in print. She has led hospital-based programs for Addictive Disorders, Domestic Violence and Employee Assistance. She is/has been on boards of Imagery International, the Employee Assistance Program Association, Making Right Choices, ContinuingEdCourses.net, and National Repertory Theatre. She maintains a private practice as a therapist, trainer, and supervisor in Southern California.*



## Professor Indhushree Rajan, PhD

*Dr. Rajan is a licensed clinical psychologist and teaches in the doctoral Clinical Psychology program and the Depth Psychology: Integrative Therapy and Healing Practices doctoral specialization at Pacifica Graduate Institute. She teaches courses such as Multicultural Psychology and Trauma, Imaginal and Experiential Practices, Foundations of Depth Psychology, and Psychopathology, and she facilitates practice consultation groups. Her work has been published in several peer-reviewed psychological journals and books.*

*She has spent over 20 years working with child, adolescent, and adult survivors of physical, sexual, and psychological trauma, in diverse cultural and socio-economic communities in California, among others. She has spoken worldwide at psychological conferences on a variety of topics having to do with trauma including, medical trauma, human trafficking, issues impacting immigrant populations, intersectionality, attachment, and identity as well as soul consciousness and spirituality. In 2008 Dr. Rajan founded the non-profit, Project Satori.*



## Professor Charlotte Reznick, PhD

*Charlotte Reznick, PhD, a child educational psychologist and former UCLA Associate Clinical Professor of Psychology, is considered a foremost authority on how to engage with and develop mindfulness, meditation, and imagination in children and teens. Her book chapters and journal articles have appeared in a variety of international publications.*

*Dr. Reznick is the author of the LA Times bestselling book, *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success*. Dr. Reznick has a 30-year meditation practice and is the creator of *Imagery For Kids: Breakthrough for Learning, Creativity, and Empowerment*, a mindful, positive coping skills program. In addition to her private practice in Los Angeles, California, she creates therapeutic meditation CDs and teaches workshops internationally on the healing power of children's imagination.*



## Professor Victoria Stevens, PhD

*Victoria Stevens, PhD is a licensed clinical psychologist and psychoanalyst, as well as an adjunct faculty member of Pacifica Graduate Institute in the Clinical Psychology PsyD and PhD, and Depth Integrative Healing PhD programs. She is also on the faculty at UC Santa Barbara and is an assistant Professor for the Clinical Psychology Program at Antioch University at Santa Barbara where she co-created and is founding faculty for the Somatic Certification and Concentration program at Antioch SB with a focus on Trauma Treatment.*

*She holds an MA and PhD in clinical psychology from The Chicago School of Professional Psychology, and specialized certifications in Hypnosis and the Treatment of Victims and Perpetrators of Violent Crimes. Her psychoanalytic certification is from the Psychoanalytic Center of California, mentored by James Grotstein, and she has studied interpersonal affective neurobiology with Allan Schore for ten years.*



## Professor Terry Marks-Tarlow, PhD

*Terry Marks-Tarlow, PhD, is a Licensed Clinical Psychologist (PSY8853) in private practice in Santa Monica, California. She is a Visiting Professor at Italian Universita Niccolo Cusano London, an Adjunct Professor at Pacifica Graduate Institute, a Core Faculty Member of the Insight Center, Los Angeles, a Research Associate at the Institute for Fractal Research in Kassel Germany, and a Faculty Member at California Institute of Integrative Studies, CIIS.*

*She is on the Board of Directors of the Los Angeles County Psychological Association (LACPA), where as Community Outreach Co-Chair, she curates an annual exhibition of visual and performance arts, "Theater of the Mind: The Psychotherapist as Performing Artist". Recently she was awarded by LACPA's highest honor: Distinguished Service to the Field of Psychology. Her book, *Awakening Clinical Intuition*, also recently received the Gradiva Nomination for Best Book.*



## Professor Radhule Weininger, PhD, MD

*Radhule Weininger, PhD, MD, a clinical psychologist, teaches mindfulness, dreamwork, and somatic contexts at Pacifica Graduate Institute in the Depth Psychology: Integrative Therapy and Healing Practices doctoral specialization. She has taught doctoral students in clinical psychology at Antioch University Santa Barbara as well. She has been supervising doctoral and post-doctoral psychological assistants from UCSB and other doctoral programs and has taught mindfulness workshops at UCSB for staff.*

*Radhule has a psychotherapy practice, in which she sees individuals and groups. Integrating psychodynamic, Jungian and Gestalt psychotherapies, she is finding innovative ways to complement Western with Buddhist psychology. She is a successful author and founder of the One Dharma Sangha and co-founded the non-profit Mindful Hearts Foundation.*



## Your AOS Curriculum – Psychology Lecture Series

### 6 General Education Clinical Psychology Courses

- **Weeks:** 52, **Lecture Hours:** 216, **Homework Hours:** 108, **Credits:** 14.4
- **Lecture Live on Zoom:** Mondays from 7:00 PM to 10:00 PM (Pacific Time)
- **Q&A Live on Zoom:** Fridays from 4:00 PM to 5:30 PM and 7:30 PM to 9:00 PM (Pacific Time)

*The Psychology Lecture Series features a one-year progression of Zoom lessons/lectures, recorded live in the HMI Studio, followed by an interactive Q&A session with the Instructor on Fridays. Students are to complete reading assignments from selected texts between each lecture and Q&A session. The recorded lectures can be watched anytime day or night. Q&A sessions on Fridays are Live on Zoom and offered at two convenient times, providing students the flexibility to attend one or the other.*



*Do you think you could walk into a prestigious graduate-level school of psychology and dictate to them exactly what courses, psychology theories, models, and applications interested you and then have those Psychology courses delivered directly to your home? Well, that's exactly what HMI did and what they are now offering you.*

*In the pages that follow you will find a hand-picked, carefully crafted series of lectures, topics, courses, and lessons specifically designed and tailored for you the HMI Hypnotherapist. There is nowhere else in the world where this level of training and education is available outside of the university setting. And we can't say it enough times, at a fraction of the cost!*



# CBT, ACT, and Positive Psychology



## Adjunct Professors

### **Betsy Bates Freed, PsyD**

Antioch University Santa Barbara  
Colorado State University

### **Randy Kasper, PhD**

California State University San Marcos

### **Victoria Stevens, PhD**

Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara

### **Terry Marks-Tarlow, PhD**

California Institute of Integral Studies  
Pacifica Graduate Institute

## Course Description

*Cognitive Behavioral Therapy (CBT) expands upon the traditional classical and operant conditioning models of understanding about behavior and furthers the exploration into core beliefs and themes in patterned thinking and the impact on behavior.*

*Positive Psychology emerged as an outbranch of operant conditioning, emphasizing the idea that if helplessness can be learned, then positive feelings may be learned as well.*

## Course Outline

*Week 1: The Basics of CBT*

*Week 2: CBT Treatment Examples*

*Week 3: Case Conceptualization, Assessment, and the Therapeutic Alliance*

*Week 4: Positive Psychology Core Principles*

*Week 5: Clinical Intuition, Positivity, and Growth Models*

*Week 6: Transcendence in Positive Psychology*

*Week 7: ACT's Six Core Processes and Life Map*

*Week 8: Connecting with the Future Self in ACT*





# Mind-Body Psychology



## Adjunct Professors

**Betsy Bates Freed, PsyD**

Antioch University Santa Barbara  
Colorado State University

**Johanna Hays, PsyD**

Antioch University Santa Barbara

**Randy Kasper, PhD**

California State University San Marcos

**Indhushree Rajan, PhD**

Pacifica Graduate Institute

**Charlotte Reznick, PhD**

Former UCLA Associate Clinical  
Professor of Psychology

**Victoria Stevens, PhD**

Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara

**Terry Marks-Tarlow, PhD**

California Institute of Integral Studies  
Pacifica Graduate Institute

## Course Description

The paradigm is shifting in therapy and inviting transdisciplinary and integrative frameworks in applied models of care. While psychoneuroimmunology set the stage for embracing ancient understandings of the crucial relationship between mind-body-spirit, current research in psychoneuroimmunology, affective regulation, somatic psychology, vagal system therapy, and health psychology, among others, advocate for approaching whole person wellness. This course will take you through a variety of mind-body contexts in therapy.

## Course Outline

*Week 1: Mind-Body Psychology in Context*

*Week 2: Cultivating Body Awareness and Somatic Systems*

*Week 3: Anchoring and Energetic Development*

*Week 4: Subtle Movement, Sound, and Silence in Therapy*

*Week 5: Ancient Wisdom Traditions and Creating Healing Stories*

*Week 6: Attachment, Interpersonal Neurobiology and Affect Regulation*

*Week 7: Mindfulness in Mind-Body Psychology*

*Week 8: The Sensorimotor System, Trauma, and Mindfulness*



# Diagnostic Systems in Psychology



## Adjunct Professors

### **Betsy Bates Freed, PsyD**

Antioch University Santa Barbara  
Colorado State University

### **Johanna Hays, PsyD**

Antioch University Santa Barbara

### **William James Jones, PhD**

Azusa Pacific University  
Pacifica Graduate Institute  
Pepperdine University

### **Randy Kasper, PhD**

California State University San Marcos

### **Indhushree Rajan, PhD**

Pacifica Graduate Institute

### **Victoria Stevens, PhD**

Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara

## Course Description

*It is important to know when hypnosis is contraindicated with certain psychological features. Developmental and systemic implications will be discussed as well as how to distinguish between issues of adjustment as opposed to more complex issues such as psychosis.*

*This course will review the Diagnostic Manual and relevant examples of what to look for in working with a variety of individuals and families.*

## Course Outline

*Week 1: DSM Overview*

*Week 2: Post Traumatic Stress Disorders*

*Week 3: Personality Disorders and Schizophrenia/Dissociative Disorders*

*Week 4: Borderline Personality Disorder*

*Week 5: Distinctions in Bipolar Diagnosis*

*Week 6: Schizoaffective and Schizotypal Features*

*Week 7: Levels of Depression and Anxiety*

*Week 8: Addictive Behaviors*



# Transpersonal Psychology



## Adjunct Professors

### **Glenn Hartelius, PhD**

Middlesex University  
California Institute of Integral Studies

### **William James Jones, PhD**

Azusa Pacific University  
Pacifica Graduate Institute  
Pepperdine University

### **Randy Kasper, PhD**

California State University San Marcos

### **Indhushree Rajan, PhD**

Pacifica Graduate Institute

### **Victoria Stevens, PhD**

Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara

### **Terry Marks-Tarlow, PhD**

California Institute of Integral Studies  
Pacifica Graduate Institute

## Course Description

*Transpersonal Psychology is a field or school of thought in psychology centered on the spiritual aspects of human life. The term Transpersonal Psychology was first introduced in the 1960s by psychologists such as Abraham Maslow and Victor Frankl.*

*Transpersonal therapy is transformational in that it explores the whole person with special attention to how states of consciousness contribute to such an approach. This course will review eight core aspects of transpersonal therapy and applications.*

## Course Outline

*Week 1: Transpersonal as an Integrative Whole/All Person Psychology*

*Week 2: Transpersonal as a Scientific Whole Person Psychology*

*Week 3: Transpersonal as an Embodied Psychology*

*Week 4: Transpersonal as a Psychology of Diversity*

*Week 5: Transpersonal as a Relational, Transformative Psychology*

*Week 6: Play, Creativity, Metaphor and Transformative Processes*

*Week 7: Transpersonal as an Ecopsychology*

*Week 8: Transpersonal as a Spiritual Psychology*



## Depth Psychology



### Adjunct Professors

**Johanna Hays, PsyD**

*Antioch University Santa Barbara*

**William James Jones, PhD**

*Azusa Pacific University  
Pepperdine University*

**Randy Kasper, PhD**

*California State University San Marcos*

**Indhushree Rajan, PhD**

*Pacifica Graduate Institute*

**Victoria Stevens, PhD**

*Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara*

**Terry Marks-Tarlow, PhD**

*California Institute of Integral Studies  
Pacifica Graduate Institute*

**Radhule Weininger, PhD**

*Antioch University Santa Barbara  
Pacifica Graduate Institute*

### Course Description

*Depth Psychology refers to approaches to therapy that are open to exploration of the subtle, unconscious, relational, and transpersonal aspects of human experience. A depth approach may include therapeutic traditions that explore the unconscious and involve the study and exploration of dreams, complexes, and archetypes.*

*Embedded in humanistic principles, it is strength affirming and focuses on meaning-making, the psyche, human development, personality formation, and individuation.*

### Course Outline

*Week 1: Contemporary Psychoanalysis*

*Week 2: Psychoanalytic Intersubjectivity and Therapy*

*Week 3: Jungian Approaches to Therapy*

*Week 4: Archetypes, Shadow, Complexes*

*Week 5: The Transcendent Function, Dreams, and Trauma*

*Week 6: Fairytales and Art in Depth Psychology*

*Week 7: Post-Jungian Therapy, Cultural and Collective Contexts*

*Week 8: Depth and Near-Death Experience*



# Existential/Humanistic Psychology and Diversity



## Adjunct Professors

**Betsy Bates Freed, PsyD**

*Colorado State University*

**Johanna Hays, PsyD**

*Antioch University Santa Barbara*

**William James Jones, PhD**

*Azusa Pacific University  
Pepperdine University*

**Indhushree Rajan, PhD**

*Pacifica Graduate Institute*

**Matthew Silverstein, PhD**

*Antioch University Los Angeles  
Pacifica Graduate Institute*

**Victoria Stevens, PhD**

*Antioch University Santa Barbara  
Pacifica Graduate Institute  
University of California Santa Barbara*

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## Course Description

*Emerging from philosophical considerations about human existence, Humanistic/Existential approaches to therapy are most interested in present moment awareness and authenticity. Making meaning out of the inevitability of death and the capacity for intimate relationship with self and others are main aspects of this approach as well.*

*Questions of being-ness are forefront in this approach and applications may be focused on the context of individuals, couples, families, groups, and sociocultural frameworks.*

## Course Outline

*Week 1: Existential Psychology*

*Week 2: Human-Centered Psychology and Diversity*

*Week 3: Gestalt Psychology*

*Week 4: LGBTQ Culture, Intergenerational Trauma, and Resilience*

*Week 5: Family Systems and Diversity*

*Week 6: Feminist Psychology*

*Week 7: Constructivist and Narrative Psychology*

*Week 8: Existential/Humanistic Psychology as an Awe-Based Approach*



## Internship/Client Contact

- **Length:** 52 Weeks, Client Contacts: 100, Internship Hours: 300
- **Days/Times:** Hours Scheduled Independently

HMI's AOS program provides students an additional year of supervised internship. AOS Interns are required to complete a minimum of 100 more client contacts/300 hours of supervised experience.

During the twelve months of AOS Internship students are encouraged to continue to develop their private practice marketing skills and are allowed to charge professional fees and build their practice and income during Internship.

## AOS Lecture Review and Clinical Case Conference

- **Length:** 52 Weeks, Clock Hours: 50
- **Days/Times:** Tuesdays from 6:00 PM to 7:00 PM  
Saturdays from 12:30 PM to 1:30 PM (Pacific Time)

Saturday Clinical Case Conference provides AOS students the opportunity to meet with AOS Professors weekly to discuss how to integrate what they are learning in their AOS psychology lectures, into their work with their hypnotherapy clients in internship.

Tuesday Lecture Review is a guided peer discussion where AOS students can discuss among themselves and with an HMI Hypnotherapy Instructor, their thoughts, feelings, concerns, and comments about each week's AOS lecture.



## Specialty Elective Courses



- **Length:** 52 Weeks, Lecture Hours: 378, Homework Hours: 150
- **Days/Times:** Scheduled Independently

*Students pursue Elective Courses throughout semesters one and two. Elective Courses and the Elective Course Library enable students to explore their specialty interests and to self-direct a portion of their training. Students have the following options to fulfill their elective hour requirement.*

**Specialty Certification Seminars** – *The American Hypnosis Association (AHA) conducts a wide variety of specialty certification seminars throughout the year. These seminars are generally held on Saturdays or Sundays or weeknight evenings. In addition, the AHA conducts a wide variety of continuing education courses and guest lectures and conferences. Some of these are free to AHA Members and many require additional costs, not included in tuition.*

**HMI Elective Course Library** – *This library contains over 1,600 hours of lectures, recorded therapy sessions, research articles, documentaries and courses more all designed to supplement your hypnotherapy education. These elective course hours are logged electronically and provide online quizzes and exams that allow you to earn Elective Hours.*

## Clinical Research Course

*This Clinical Research Course provides a comprehensive overview of the clinical research that supports the effectiveness of Hypnotherapy in 53 of the most common applications that a Hypnotherapist may encounter in private practice. Instructor, Bruce Bonnett is a graduate of Harvard Law school where he learned the value and skill of finding the answers to your client's needs by reviewing the research.*

*Once you are fully aware of the research available you will be able to quickly access it, refer to it and even print out specific study results in a usable format to share with clients and healthcare professionals. Mr. Bonnett also conducts weekly Q&A live on Zoom, answering questions and providing guidance on the proper use of clinical research as a valuable resource in your hypnotherapy practice. You must successfully complete all 53 quizzes and passed the course with an average score of at least 70%.*

# The Four Cornerstones – The New Gold Standard for Hypnotherapy Training

## ACCREDITED DIPLOMA



## ACCREDITED DEGREE



## PROFESSIONAL MEMBERSHIP



## UNION CERTIFICATION







## Federal Financial Aid

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*HMI's AOS Degree Program, like our Diploma in Clinical Hypnotherapy Program, provides eligible students the option and opportunity to utilize Federal Financial Aid to finance their tuition costs.*

*Federal Financial Aid offers the AOS degree student options to start their degree program with no money down and no payments for 18 months.*

*In addition, students enrolling in the AOS Degree Program have the option to defer their payments on the first year of study for another 18 months. This provides the student a full 30 months of study, internship, marketing, and building of their private practice in hypnotherapy, before they make their first payment.*

## Tuition

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*The total cost of HMI's second year of study is \$17,879. But, after federal grants, scholarships and discounts eligible students may receive, the average out-of-pocket cost to the student is reduced to approximately \$10,392. That tuition is then divided into monthly payments of approximately \$100 per month, beginning 18 months after you start your course. Prices are subject to change.*

*If a student defers the payments on their diploma program and combines their financial aid for the first year and second year programs, their first payment of approximately \$191 per month will begin 6 months after completion of their AOS degree, or approximately 30 months after they first enroll as a student at HMI.*

## Admissions

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*Enrollment in HMI AOS Degree Program is limited and not guaranteed. Students do not apply for year two until completion of year one. Applicants will be selected by committee on merit based on their performance in their first-year program.*

## After Graduation

HMI and the American Hypnosis Association have partnered to provide students and graduates access to more than 100 world-class online Specialty Certification and Continuing Education Seminars to supplement and continue their education during and after graduation.

These affordable courses are conducted live on Zoom and provide you cutting edge professional development for your hypnotherapy career.

## Specialty Certification and Continuing Education Seminars

- Hypnosis and ADD
- Hypnosis and Pain Management
- Hypnosis and Weight Loss
- Hypnosis for Immune Disorders
- NLP Practitioner Certification
- Past Life Regression Therapy
- Pre and Post Surgery Hypnosis
- Stop Smoking
- Therapeutic Imagery Certification
- Trauma Recovery Hypnosis – and more...

For a complete listing of courses descriptions, costs and details please visit <https://Hypnosis.edu/AHA/>. For a calendar of AHA Seminars Live on Zoom visit <https://Hypnosis.edu/AHA/Calendar/>.





## Membership in the American Hypnosis Association

*Affiliated with HMI College of Hypnotherapy is our sister organization, the American Hypnosis Association (AHA). HMI recommends students and graduates join the AHA for access to specialized certifications and continuing education after graduation.*

*The AHA specialty certification seminars are scheduled throughout the year via Zoom. See the AHA Calendar at: <https://Hypnosis.edu/AHA/Calendar/>*

*Membership in the AHA is open to anyone with an interest in hypnosis, with a yearly membership fee ranging from \$139 to \$179 per year.*

## AOS Students Get Free Access to Psychotherapy.net

*Learning therapy without watching videos is like learning to play the flute by reading a book about Mozart.*

*“There’s no better way to become a great therapist than to watch great therapists in action. And there’s no better collection of great therapists on video than what’s available on Psychotherapy.net.”*

*HMI provides AOS Students with free, anywhere, anytime access, to videos on Psychotherapy.net which offers the best training in the fields of Psychotherapy, Counseling and Social Work. This is a great way to learn from other practitioners, stay current in the field... and best of all, they’re free for AOS Students under HMI’s Psychotherapy.net Group Membership!*



## Six Easy Ways to Explore and Learn More

Here are six free, fun, and easy ways to help you discover if a career helping others as a Certified Hypnotherapist might be right for you.

### 1. Take a Free Class Online

HMI offers a wide variety of free self-improvement classes online. This is a great opportunity for you to see what hypnotherapy and HMI classes are all about. Read the descriptions and pick a class that interests you.

<https://Hypnosis.edu/Streaming/>

### 2. View HMI's Documentary Series "HYPNOTIZED"

Watch as real clients receive professional hypnotherapy sessions in the HMI classroom. Their life-changing transformation provides an intriguing and educational experience that will demonstrate exactly what the career of Hypnotherapy is like. Watch it free at: <https://Hypnosis.edu/Hypnotized/>

### 3. Watch Hypnosis TV – 24/7

Hypnosis TV is just another reason why you'll want HMI to be your partner in success for your Hypnotherapy education. Streaming 24 hours per day, 7 days per week, Hypnosis TV features live Hypnotherapy sessions, self-improvement classes, guest speakers and a variety of original programming. Download the Hypnosis TV Channel on your Roku, iPhone, iPad or Android phone or tablet. Watch Hypnosis TV on your personal computer or other device at: <http://HypnosisTV.com/>





## 4. Hypnosis in History – Free Online Course

Begin your HMI journey right now with instant access online to your first introductory lesson. A prerequisite for your application to HMI is the successful completion of our Hypnosis in History Course. This course will take you from the Ancient Egyptians through modern day, tracing the existence and evolution of hypnosis over the past 5,000 years. Enroll online at: <https://Hypnosis.edu/History/Register/>

## 5. Online Admissions Application and Personal Interview

Our online Admissions Application and personal interview with an Admissions Representative will help answer all your questions, explain in detail the scheduling of classes. We are happy to explore how our flexible schedule can accommodate and meet your personal needs. We schedule interviews via phone or Zoom on Mondays through Saturdays from 11:00 AM to 8:00 PM Pacific Time. Your application will become available upon completion of your Hypnosis in History course.

## 6. Begin Risk Free – HMI Enrollment Guarantee

Your decision to pursue a career helping others as a Hypnotherapist is one of the most important decisions in your life today. Now you can make that decision with a feeling of confidence and security with the following guarantee: If at any time during the first sixty days of your enrollment, you or HMI determines that this school/program is not the right match, then your enrollment application is cancelled and there is no cost or obligation to continue, or explanation required by either party.





**HMI** *NATIONALLY ACCREDITED*  
**COLLEGE OF HYPNOTHERAPY**



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