

MIND SCIENCE PRACTITIONER CERTIFICATION

Hypnosis | Cognitive Behavioral Therapy (CBT) | Dialectical Behavior Therapy (DBT)

A structured professional certification designed to develop foundational competency in hypnosis and evidence-based cognitive-behavioral approaches for coaching and non-clinical practice.

Program Duration

3 Months | Sundays Classes | 3:00 PM - 6:00 PM

Course Fee

- **Installments:** PKR 15,000 per month
- **One-Time Payment:** PKR 40,000

Certifying Bodies

- **Skill Development Council Karachi (SDC)**
A Project of the Ministry of Federal Education & Professional Training, Government of Pakistan
- **AASAAN CAREER – The Institute of Mind Sciences and Personal Development**

PROGRAM STRUCTURE (Competency-Based Model)

The curriculum follows an internationally aligned structure:

1. Theoretical Foundations
2. Applied Techniques
3. Supervised Skills Practice
4. Ethical & Legal Framework
5. Competency Assessment

SECTION I - HYPNOSIS PRACTITIONER TRAINING

Module 1: Foundations of Hypnosis (Theory)

- History and contemporary models of hypnosis
- Myths vs. scientific understanding
- States of consciousness & brainwave patterns
- Conscious vs. subconscious processing
- Suggestibility principles

Learning Outcome:

Participants will demonstrate understanding of hypnosis theory and differentiate evidence-based practice from misconceptions.

Module 2: Mind-Body & Energy Concepts (Theory + Applied Discussion)

- Psychophysiological mind-body connection
- Emotional energy and stress response
- Introduction to chakra-based energy models (conceptual understanding)
- Aura and biofield concepts (non-medical perspective)
- Ethical presentation of energy-based frameworks

Important Scope Note:

Energy concepts are taught as complementary models for coaching and personal development, not as medical or diagnostic systems.

Learning Outcome:

Participants will explain energy models responsibly without making medical claims.

Module 3: Hypnotic Induction & Deepening (Skills)

- Pre-talk and expectation setting
- Informed consent procedures
- Progressive muscle relaxation induction
- Eye fixation & rapid induction methods
- Deepening techniques
- Safe emergence protocols

Module 4: Therapeutic Applications (Skills)

- Confidence & self-esteem enhancement
- Habit modification frameworks
- Stress & anxiety reduction
- Performance enhancement
- Goal programming

Learning Outcome:

Participants will design structured hypnosis sessions for non-clinical behavioral goals.

Module 5: Advanced Techniques (Introductory Level)

- Parts therapy (basic model)
- Age regression (ethical limitations emphasized)
- Inner child conceptual work
- Script writing methodology

Scope Limitation:

Regression techniques are not to be used for trauma processing unless practitioner holds recognized clinical credentials.

SECTION II - CBT PRACTITIONER TRAINING

(Based on evidence-based cognitive behavioral principles)

Module 6: Foundations of CBT (Theory)

- Cognitive Model (Thoughts - Emotions - Behaviors)
- Cognitive distortions
- Core beliefs & schemas
- Case conceptualization basics

Learning Outcome:

Participants will construct a basic CBT case formulation for non-clinical cases.

Module 7: CBT Interventions (Applied Skills)

- Cognitive restructuring
- Thought records
- Behavioral activation
- Exposure principles (non-clinical use)
- Structured homework planning

SECTION III - DBT PRACTITIONER TRAINING

Module 8: Foundations of DBT (Theory)

- DBT model overview
- Emotional dysregulation
- Dialectical thinking principles
- CBT vs DBT distinctions

Module 9: Core DBT Skills (Applied)

- Mindfulness skills
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

Learning Outcome:

Participants will demonstrate ability to teach at least two DBT skills in structured format.

SECTION IV - Ethics, Legal & Professional Standards (3 Hours)

- Scope of practice clarification
- Difference between coaching & psychotherapy
- Contraindications for hypnosis
- Referral protocols
- Documentation standards
- Confidentiality & informed consent
- Professional boundaries

PRACTICAL TRAINING REQUIREMENTS

To qualify for certification, participants must:

- Attend minimum 85% of contact hours
- Complete supervised practice sessions
- Submit one written case study
- Pass written/oral competency evaluation

ASSESSMENT STRUCTURE

Evaluation includes:

- Knowledge assessment (MCQs / short answers)
- Practical observation rubric
- Case study evaluation
- Final demonstration grading

Certification is competency-based, not attendance-based.

TRAINERS

Syed Muhammad Qadeer ul Haque (S.M. Qadeer)

Mind Science Expert | Master Trainer | Transformational Personality Coach

Dr. Shahrukh Ahmed

Clinical Psychologist | Mind Science Practitioner | Trainer

Ms. Rukhsar Rashid

Clinical Psychologist | Hypnosis Practitioner | Facilitator

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