

IFTA

Hypnotherapist Practitioner Learning Hours Specification

Foundation to Advanced Practitioner

215-HOUR LEARNING PATHWAY

60 hours guided tuition • 80 hours structured study/coursework • 75 hours practitioner practice

Programme basis

Three comprehensive training manuals totalling approximately 1,835 pages, supported by video/guided tuition, structured study, workbook tasks, case analysis, script and session design, practitioner practice, written assessment and practical assessment.

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1. Purpose and use of this specification

This document records the planned learner-effort calculation for the Instinct Field Training Academy (IFTA) Hypnotherapist Practitioner pathway. The published learning-hour figure represents expected total learner engagement rather than video duration alone.

Learning hours include guided tuition, required reading/study, workbook and written tasks, script/session construction, practitioner practice and assessment activity. The allocation should be reviewed if course content, required assignments or assessment demands materially change.

Recommended public wording: “Over 200 Hours of Hypnotherapy Training, Study & Practitioner Development.”

2. Programme-level summary

Course / Stage	Guided tuition	Study & coursework	Practice	Total
Foundation Hypnosis	15	15	15	45
Advanced Practitioner – Volume 1	20	30	30	80
Advanced Practitioner – Volume 2	25	35	30	90
COMPLETE PATHWAY	60	80	75	215

The three stages therefore produce a planned total of 215 learning hours: 60 guided, 80 structured study/coursework and 75 practice/development hours.

3. Course 1 — Foundation Hypnosis

Core manual: Learn Hypnosis and Self-Hypnosis: A Modular Training System to Build a Wellness Business and Help People Overcome Anxiety, Stress and Habits

Planned learning time: 45 hours

Component	Activity	Hours	Evidence / output
Guided tuition	Video/course tuition covering foundation hypnosis, safety, session structure, inductions, deepeners, emotional exchange, scripts and practitioner application	15	Completion of taught course/video modules
Structured study	Required guided reading and study of the 564-page foundation manual	15	Reading/study completion and course notes

Practitioner practice	Self-hypnosis, induction/deepener rehearsal, script delivery, session planning and practical application	15	Practice record / exercises / session preparation
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Foundation scope

- Safety and ethics
- Hypnosis foundations and session mechanics
- Six-stage Emotional Exchange framework: Doorway → Signal Contact → Allowance → Exchange → Alignment → Return
- Inductions and deepening methods
- Technique, script and metaphor libraries
- Practitioner session flow and reintegration
- Introductory Subconscious Navigation (SN) and MISST/Instinct Field material
- Professional and wellness-practice application

Foundation total: 15 + 15 + 15 = 45 hours.

4. Course 2 — Advanced Hypnotherapist Practitioner, Volume 1

Core manual: Advanced Hypnotherapist Certification — Volume 1

Planned learning time: 80 hours

Component	Breakdown	Hours	Required learner activity
Guided tuition	Advanced course/video tuition and guided demonstrations	20	Work through advanced taught modules in sequence with the manual
Structured study & coursework	Directed reading and consolidation	12	Study Chapters 1–24 and associated advanced theory
Structured study & coursework	Workbook exercises	12	Complete chapter workbook exercises, reflections, case analysis and mapping tasks
Structured study & coursework	Session/script construction assignments	6	Design deepeners, emotional pathways, practitioner plans and structured sessions
Practitioner practice	Self-practice allocation	10	Rehearse delivery, states, pacing and practitioner observation
Practitioner practice	Peer practice allocation	10	Structured practice with a suitable peer/partner
Practitioner practice	Observed practice allocation	5	Practice capable of review/observation
Practitioner practice	Case-study/application practice allocation	5	Apply session planning and practitioner reasoning to case work

Volume 1 assessment and development scope

- Emotional architecture and behavioural mechanics

- The 16-State session architecture
- Advanced deepener construction systems
- Emotional Exchange Matrix and safe replacement-state planning
- Practitioner applications and treatment/session pathways
- Advanced language, confusion architecture and observation
- Safety, ethics, referral and reintegration
- Workbook portfolio across Chapters 1–24

Volume 1 total: 20 guided + 30 study/coursework + 30 practice = 80 hours.

5. Course 3 — Advanced Hypnotherapist Practitioner, Volume 2

Core manual: Advanced Hypnotherapist Practitioner — Volume 2

Planned learning time: 90 hours

Component	Breakdown	Hours	Required learner activity
Guided tuition	Advanced video/guided tuition and demonstrations	25	Complete advanced teaching, demonstrations and session-construction guidance
Structured study & coursework	Directed reading and consolidation	12	Study Volume 2 advanced material and practitioner frameworks
Structured study & coursework	Workbook and chapter assignments	10	Complete Volume 2 workbook tasks and advanced practitioner analysis
Structured study & coursework	Case studies and written practitioner work	8	Complete case-study and ethics/written requirements within the allocated coursework time
Structured study & coursework	Final written/session-design assessment preparation	5	Prepare for MCQ, short-answer, scenario and complete-session design requirements
Practitioner practice	Self-practice allocation	10	Develop fluent advanced delivery and decision-making
Practitioner practice	Peer practice allocation	10	Advanced practice with suitable peer/partner
Practitioner practice	Observed practice allocation	5	Practice capable of formal observation/review
Practitioner practice	Case-study/application practice allocation	5	Apply advanced methods to structured case work

Volume 2 advanced scope

- Natural, medical/clinical and advanced environmental deepeners
- Emotional Exchange pathways: anxiety, shame, exhaustion, rage and identity
- Relationship, attachment, body-image, parenting, sports and performance applications
- Medical/care staff and social interaction applications
- Embedded commands and behavioural language
- Advanced confusion architecture and practitioner observation

- Safety, reintegration and ethical practice
- Complete advanced state-navigation architecture and demonstrations
- Practitioner assessment, case formulation and complete session construction
- Final assessment and master-session development

Volume 2 total: 25 guided + 35 study/coursework + 30 practice = 90 hours.

6. Advanced pathway assessment requirements

The advanced qualification is designed around evidence of practitioner development. The following requirements are incorporated into the allocated study/coursework and practice hours above; they should not be added again when quoting the 215-hour total, otherwise the same learner effort would be double-counted.

Assessment requirement	Programme treatment
Workbook portfolio	All required exercises across Volume 1 and Volume 2
Case studies	Five case studies at approximately 1,000 words each
Ethics paper	Approximately 1,500 words
Final written examination	50 multiple-choice questions plus 20 short-answer questions
Scenario assessment	Assessment, structure, deepener choice, exchange pathway and reintegration reasoning
Session-design assessment	Complete 16-State session design
Practitioner logbook	60 hours: self-practice 20; peer practice 20; observed practice 10; case-study practice 10
Practical assessment	20-minute induction; 20-minute deepener; 20-minute IFSA immersion; 20-minute Subconscious Navigation; full 60-minute session (2 hours 20 minutes assessed practical performance)

7. Full 215-hour calculation

Learning category	Foundation	Advanced Vols. 1–2	Pathway total
Guided tuition	15	45	60
Structured study & coursework	15	65	80
Practitioner practice & development	15	60	75
TOTAL	45	170	215

$$45 + 80 + 90 = 215 \text{ HOURS}$$

8. Recommended wording and reporting rules

Recommended headline

Over 200 Hours of Hypnotherapy Training, Study & Practitioner Development

Recommended detailed description

215-hour Hypnotherapist Practitioner Learning Pathway comprising approximately 60 hours of guided tuition, 80 hours of structured study and coursework, and 75 hours of practitioner practice and development.

Supporting line

3 comprehensive training manuals • approximately 1,835 pages • video/guided tuition • structured study • workbook assignments • case studies • session design • practitioner practice • written assessment • practical assessment

Reporting controls

- Use “learning hours”, “training, study & practitioner development”, or “learning pathway” when describing the 215-hour figure.
- Reserve “video tuition” or “guided tuition” for the relevant taught-hours figure; do not describe all 215 hours as video teaching.
- Do not add the 60-hour logbook or practical assessment again on top of 215 hours: these requirements are incorporated into the course allocations above.
- Retain student evidence such as workbook submissions, case studies, practice logs and assessment records where certification requires them.
- Review this specification whenever the manuals, course videos, required workbook tasks or assessment structure materially change.

9. Final programme specification

Foundation Hypnosis	45 hours
Advanced Practitioner — Volume 1	80 hours
Advanced Practitioner — Volume 2	90 hours
COMPLETE IFTA HYPNOTHERAPIST PRACTITIONER PATHWAY	215 hours

Internal basis: Learn Hypnosis and Self-Hypnosis foundation manual (564 pages); Advanced Hypnosis Volume 1 (585 pages); Advanced Hypnosis Volume 2 (686 pages). Approximate combined page count: 1,835 pages. Learning-hour values are programme allocations and should be supported by required activities and learner records.