



Scott Lea - Internationally Certified Hypnosis Instructor

# AN INTRODUCTION TO YOUR HYPNOSIS CERTIFICATION COURSE

2021 / 2022 PROSPECTUS

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## WELCOME

A warm welcome to the latest edition of our Hypnosis Certification Course prospectus. The aim of this booklet is to provide prospective students with a comprehensive guide to the course, and the information you need as a beginner or to take your studies further, whether you are pursuing a new career or broadening your existing skills.

This prospectus covers the distance-learning course via Zoom, which can be followed online and studied at your own pace. You can learn hypnosis in your own home and virtually on your own time.

Setting up your own hypnotherapy practice can also be financially rewarding. You can work when you like, and set your own rates. You can qualify in just a few weeks or a few months and enjoy a career for life as a hypnotist / hypnotherapist.

I hope that you find this prospectus informative and helpful. If you have any further questions, please call direct at 973-388-8794 or email [ContactScottLea@Gmail.Com](mailto:ContactScottLea@Gmail.Com)

Scott Lea, BH., CH.t., Mh.t.  
Course Instructor



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## A BRIEF HISTORY OF HYPNOSIS

The use of hypnosis for healing purposes can be traced back thousands of years. More than 4,000 years ago, ancient Egyptians attended the temple of Imhotep, where they would engage in healing rituals involving a trance-like state.



German physician Franz Mesmer (1734-1815) suggested that humans are affected by 'magnetic tides' in a similar way to the forces which affect planets. Mesmer used magnets with Francisca Österlin, a patient suffering from hysteria. He claimed that his newfound techniques had helped the patient. However, it is believed that it was in fact Mesmer's use of hypnotic suggestions which had brought about changes in his patient. Today, the term mesmerism is synonymous with hypnosis.

In 1845, surgeon James Esdaile travelled to India and gained respect for his successful use of hypnosis. He reduced mortality rates in surgery from around 50 percent to just 8 percent, and his patients recovered more quickly and easily than the average surgical cases of his day.

By 1847, James Braid discovered that all the major phenomena of hypnotism, such as catalepsy, anaesthesia and amnesia, could be induced without sleep. Realizing that his choice of the term hypnosis had been a mistake, he tried to rename it monoideism, but it was too late: hypnosis and hypnotism had already gained widespread use.

Today, hypnotherapy is used in many diverse areas including conventional medicine, counselling, dentistry, psychology, sports psychology, personal development, and in business.

[Watch our FAQ video](#)

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Popular portrayals of hypnosis, as well as stage hypnosis as a form of entertainment, may lead you to imagine swinging watches, spinning spirals and on-stage antics when you think of 'hypnosis'. But the therapeutic application of hypnosis - hypnotherapy - is considerably different from these preconceptions.

[Read more FAQ's on our website](#)

**What is hypnosis?** Hypnosis is a state of altered awareness during which our subconscious mind is more open and receptive to suggestions that are given. We drift in and out of different levels of awareness many times each day, absorbing information on a subliminal level as well as a conscious one. A hypnotherapist will work with a client's imagination to help them to achieve their goals, such as overcoming habits and phobias, or losing weight.

**Can anyone be hypnotized?** All hypnosis is in essence, self-hypnosis, and few people are incapable of being hypnotized. Therefore, most people can benefit in some way from hypnosis provided they are guided by an experienced individual who understands the way in which the subconscious mind functions. A thorough understanding of the developing mind and therapeutic approaches is essential for hypnotherapists, as dealing with personal problems is a great responsibility.

## Training with the Anti Stress Center

The professional hypnosis courses offered by the Anti Stress Center provides every student with comprehensive knowledge and professional training. If you decide to become a hypnotist / hypnotherapist, you will undoubtedly find it an interesting and rewarding career.

You will meet all kinds of people from all walks of life and no two cases will be exactly the same. You may be invited to appear on radio, TV or to write articles for magazines or newspapers.

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## Some Applications of Hypnotherapy

Hypnotherapy helps people to overcome, or to provide relaxation techniques for, a range of issues including:

- Abuse
- Addictions
- Agoraphobia
- AHDD
- Alcoholism
- Amnesia
- Anger Management
- Anorexia
- Anxiety
- Arthritis
- Asthma
- Back Pain
- Bed Wetting (Enuresis)
- Blushing
- Boosting Confidence
- Bruxism
- Bulimia
- Child Abuse
- Delinquency
- Dental Problems
- Depression
- Drug Abuse
- Eating Disorders
- Ego Strengthening
- Exam Nerves
- Family Problems
- Frigidity
- Gagging
- Gambling
- Guilt
- Headaches and Migraines
- Hysterical Symptoms
- Impotence
- Infertility
- Insecurity
- Irritable Bowel Syndrome
- Irrational Fears
- Insomnia

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|----------------------------------|---------------------------|----------------------|
| • Low or High Blood Pressure     | • Performance Anxiety     | • Social Phobia      |
| • M.E.                           | • Phantom Limb Pain       | • Sports Improvement |
| • Motivation Problems            | • Phobias                 | • Stammering         |
| • Nail biting                    | • PMT                     | • Stress             |
| • Natural Childbirth             | • Post Traumatic Stress   | • Terminal Illness   |
| • Nervousness                    | • Psychosomatic Sterility | • Thumb Sucking      |
| • Obsessive Compulsive Disorders | • Relationship Problems   | • Timidity           |
| • Pain Relaxation                | • Sexual Problems         | • Tinnitus           |
| • Panic Attacks                  | • Self Esteem             | • Trauma             |
|                                  | • Shyness                 | • Weight Control     |
|                                  | • Slimming                | • Worrying           |
|                                  | • Smoking (Stopping)      |                      |

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## COURSE OVERVIEW

### COURSE MODULES

The Basic Certification Course consists of 5 modules and optional practical training. Each module contains in-depth, easy-to-understand content covering specific areas of study.

You can work through each module in your own time and at your own pace. After completing each course section, you will be asked to complete and return an end-of-module test, which will enable your personal tutor to ensure that you are on-track and to provide you with helpful feedback before you proceed to the next module.

### COURSE SYLLABUS

The Basic Certification Course can lead you to a new and exciting career as a hypnotherapist. The course consists of 5 written modules and optional practical training, along with personal guidance throughout.

The course is designed to be completed at your own pace - with a recommended maximum of 3 months. You will also receive a recommended reading list. Whilst not essential to the course, you will find each of these books a valuable source of additional information and inspiration.

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## MODULE ONE

- A. Introduction To Hypnosis
- B. What Hypnosis Can Co For You
- C. Suggested Uses / What Hypnosis Is Not
- D. How The Memory Works
- E. History
- F. Dangers Of Hypnosis

## MODULE TWO

- A. Pre-talk Or Consultation
- B. Building Rapport With Client
- C. Classification Of Subjects & Dangers Of Hypnosis
- D. Suggestibility Tests
- E. Depth Levels Of Hypnosis
- F. Awakening Procedures

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## MODULE THREE

- A. Deepening Techniques
- B. Post Hypnotic Suggestions
- C. The Use Of Mechanical Aids
- D. Applications For Hypnosis i.e.: Stress, Weight, Smoking
- E. Convincers

## MODULE FOUR

- A. Self – Hypnosis
- B. Teaching Self-Hypnosis
- C. Inductions
- D. Hypnosis For Anesthesia And Bleeding

## MODULE FIVE

- A. The Do's And Don'ts Of Hypnosis
- B. Misconceptions
- C. Conclusion
- D. Recommended Books And Glossary

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## PRACTICAL TRAINING AND INTERNSHIP

Practical training enables you to apply the techniques that you have learned in the course modules, as well as to receive guidance and advice directly from Scott Lea, your instructor. It is recommended that students participate in some form of practical training. To become "Internationally Board Certified", it is required that the student participate in a live or virtually observed session with a subject.

While we suggest that students take advantage of the benefits that practical training offers, this is an optional component of the course, as the correspondence-based modules cover the key aspects of your hypnotherapy training.

## MEET SCOTT LEA, YOUR INSTRUCTOR



Scott Lea, founder of the [Anti Stress Center](#) is an Internationally Certified Clinical Hypnotherapist and Hypnosis Instructor and has been in private practice since 2002. Mr. Lea is a sought after motivational speaker and has given lectures on the benefits of hypnosis and multiple related topics at top hospitals and Fortune 500 companies.

As well as lecturing and seeing private clients, he also enjoys teaching classes, courses and giving free workshops to educate as many as possible on the incredible benefits of hypnosis and the subconscious mind.

The NBPES, The Professional Board of Hypnotherapy and The British Association of Therapeutic Hypnotists, recognize

Mr. Lea and all of his accomplishments in the profession of Clinical Hypnotherapy. His international certifications include, Master Clinical Hypnotherapist, M.ht., Clinical Hypnotherapist, C.ht., Hypnotist BH., NLP Practitioner and Hypnosis Instructor.

Mr. Lea also has an extensive background in professional music production and as a musician. He utilizes his knowledge of music and how the mind responds to music, rhythm and melodies in combination with hypnosis. This combination makes his private sessions and audio downloads exceptionally unique and highly effective.

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## ASSESSMENT AND QUALIFICATION

Learn about the assessment methods, the final examination, the Diploma / Certificate in Hypnosis awarded to successful students and recognition of the Basic Certification Course by other associations and organizations.

### FINAL ASSESSMENT

Accompanying each Module are assignments, discussions and quizzes. At the completion of Module 5 is a multiple choice / written examination that can be completed and returned in your own time. Should you need to retake the exam, we provide this option at no extra charge. Remember, individual help and advice are available to guide you through the course.

### QUALIFICATION

The Basic Hypnosis Certification is issued by The National Board of Professional & Ethical Standards to successful students upon completion of student grade review. There is no charge for the examination. While there is limited legislation governing the practice of hypnotherapy, your clients will expect to see evidence that you have trained and qualified in this field and your framed Certificate will give you confidence in your own ability, knowing that you have learned all that you need to know to practice your skills effectively.

All schools, boards and colleges of hypnotherapy are equal and no single organization has any credence over another. On completion of the examination you will be fully entitled to use the designatory letters **BH after your name.**

If for any reason a student does not meet the requirements of the examination they will receive constructive feedback and guidance to enable them to succeed. Successful students will be recommended for membership to a selection of hypnotherapy associations.



## PERSONAL TUTOR AND STUDENT SUPPORT

Scott Lea prides himself on providing students with world-class support throughout the entire process of taking this course and well after they have completed their hypnotherapy training.

**DEDICATED PERSONAL TUTOR** Scott will be your personal tutor who can provide support whenever you require it by email, telephone or Zoom. He can help with any questions that you may have regarding your training, including queries regarding the subjects covered in the course.

**ONGOING SUPPORT** We realize that, even though the course is comprehensive and will teach you all you need to know to practice hypnotherapy successfully, there may still be times when you need extra advice and support after setting up your practice. The student support line provides ongoing support, and you will be given personal assistance with your enquiries.

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## MEMBERSHIPS AND PROFESSIONAL AFFILIATIONS

Upon completion of this course you will become a member of The National Board of Professional & Ethical Standards (NBPES). The NBPES is also affiliated with The Professional Board of Hypnotherapy located in Canada, The American Board of Hypnotherapy, The Australian and Spanish Hypnotherapy Associations, and The UK's Psychological Society. The board can recommend you to these fine hypnosis organizations as well.

NBPES membership is required upon completion of the course. The separate membership fee is \$125.00 USD first year Registration / Certification and is handled directly through the NBPES.



## COURSE FEES AND ENROLMENT

We believe that everyone should be able to learn and benefit from hypnotherapy. The Anti Stress Center offers flexible, affordable pricing and payment methods. We are confident that no other course offers such individual support and advice both throughout the course and at any time after enrolment. You will be advised on hypnotherapy journals, legal requirements, and you will receive a marketing blueprint to help you start your practice.

**Basic Hypnosis Certification \$1,895 USD**

**Virtual Via Zoom (Limited Time Offer) \$995.00 USD**

[Please join our email list as there are frequent promotions and updates on these courses.](#)

NBPES membership is required for this course. The separate membership fee is \$125.00 USD first year Registration / Certification and is handled directly through the NBPES.

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## ENROLL ANYTIME

Request enrollment information at any time by [email](#) or [filling out this short enrollment form](#).

If you have any questions regarding hypnotherapy training, please contact Scott Lea directly at 973-388-8794 or [contactscottlea@gmail.com](mailto:contactscottlea@gmail.com)

## INVESTING IN YOUR FUTURE

Training in hypnotherapy is an investment in your future. You will have provided yourself with another means of income for the rest of your life, as the cost of the course can be covered within your first few months of practice. There is no upper age limit for hypnotherapists and many people continue in this profession for as long as they desire.

## YOUR SATISFACTION GUARANTEED

If, for any reason, you are not completely happy with the course content after the first module, we will refund your course fee in full, provided any materials are returned intact, within one week of receiving it.



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## FREQUENTLY ASKED QUESTIONS

Below you will find answers to frequently asked questions about the **Basic Hypnosis Certification** Course.

Have a question that isn't answered here? [Please fill out this question form](#), or email Scott directly at [contactscottlea@gmail.com](mailto:contactscottlea@gmail.com).

### WHAT QUALIFICATIONS DO I NEED TO TRAIN IN HYPNOTHERAPY?

No formal qualifications are required to begin training as a hypnotherapist; for some people the aim is to help friends or family or just to satisfy their own curiosity, others go on to make a successful and rewarding career out of hypnotherapy. All you really need is a genuine interest and a desire to succeed.

### HOW LONG DOES IT TAKE TO COMPLETE THE COURSE?

This depends on individual students and the time that they have to work through the modules. Students have completed the course in 3 weeks while others choose a slow pace and can take up to 3 months.

### WHAT IF I DON'T UNDERSTAND ANY PART OF THE COURSE?

Scott ea is your personal tutor throughout the entire course and is available every day to help you along.

### I CAN'T AFFORD THE FEES AT THE MOMENT, IS THERE A LESS EXPENSIVE WAY OF PAYING?

You can talk to Scott to work out a comfortable payment plan.

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### WILL THE COURSE ENABLE ME TO START MY OWN HYPNOTHERAPY PRACTICE?

Yes - most students who successfully complete the course proceed to set up their own private hypnotherapy practice, holding client consultations at home or elsewhere. We provide details of insurance providers who can offer professional indemnity insurance. Your personal tutor will also be able to offer support and guidance throughout the course and as you begin your career in hypnotherapy.

### WHAT HAPPENS IF I FAIL THE EXAM?

Your understanding of the course is assessed at each level through question papers that are included with each lesson. If you do not appear to have understood any particular aspect of the course you will be guided in the right direction with valuable feedback. In the unlikely event of failing, students are given the opportunity to retake exams free of charge.

### WHAT AWARD OR QUALIFICATION WILL I RECEIVE?

Upon successful completion of the Final Examination, students receive a Certificate as a "Certified Hypnotist" and can use the letters BH in recognition of their studies.

### CAN I JOIN A PROFESSIONAL BODY UPON COMPLETING THE COURSE?

Once you have received your Certificate in Hypnosis, you can apply for associate membership of the organizations mentioned above.

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## HYPNOSIS CERTIFICATION COURSE

ENROL TODAY AT <https://AntiStressCenter.Com/Enrollment>

Email: [Info@AntiStressCenter.Com](mailto:Info@AntiStressCenter.Com)

Web: [AntiStressCenter.Com](https://AntiStressCenter.Com)

Facebook: <https://www.facebook.com/AntiStressCtr>

Twitter: <https://twitter.com/MrScottLea>

YouTube: [Anti Stress Center](https://www.youtube.com/AntiStressCenter)

Telephone Support: 973-388-8794



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