





Manav Rachna International Institute of Research and Studies

Introduction to Hypnotherapy

The Hypnosis Training course conducted by Ms. Kirti Khurana and organized by Dr. Divya Dhawan (Assistant professor – DOAP,SBSS) at Manav Rachna International Institute of Research and Studies, Faridabad, aimed to provide participants with a comprehensive understanding of hypnosis, its history, techniques, and practical applications. The course spanned four days, from 17th July 2023 to 20th July 2023, with a minimum of 20 hours of training. Participants were trained on various aspects of hypnosis, self-hypnosis, and post-hypnotic suggestions, among other topics. The primary objectives of the Hypnosis Training course is to provide participants with a foundational understanding of hypnosis and its historical development and to familiarize participants with the theory of mind and how it relates to hypnosis.



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

DEPARTMENT OF APPLIED PSYCHOLOGY, SBSS
In Collaboration With
CALIFORNIA HYPNOSIS INSTITUTE - USA
Is Organizing

LEVEL 1:
**Introduction to
Clinical Hypnotherapy**

- Brief History of Hypnosis
- History & Development of the Human Mind
- The Theory of Mind
- Creating Hypnotic States
- The Theory of Suggestibility
- The Laws of Suggestibility
- How to Conduct a Hypnosis Session
- Deepening Techniques
- Wordings of Effective Suggestions
- Post-Hypnotic Suggestion for Re-Hypnosis
- Awakening Techniques
- Self-Hypnosis

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