



Institute of Clinical Hypnosis and Related Sciences

✓ 12+ Years in operations

✓ 2000+ Practitioners Trained

✓ 50k+ Lives touched

Cognitive Hypnotic Coaching®

Comprehensive Coaching Approach that not just focuses on helping clients define their current situation, desired outcome and plan of action but also helps them **overcome conscious and unconscious hindrances** that stop them from naturally and effortlessly applying the plans and work towards the desired outcome



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Curriculum

Practitioners Course in Cognitive Hypnotic Coaching

Psycho-Education:

- Introduction to CHCP
 - Coaching vs Therapy
 - Coaching Process
 - Pre-Coaching Interviews
 - Hypnosis - State or Process
- Hypnosis and NLP
- History
- Meaning
- Myths / Misconceptions

Psycho-Education:

- Working of Mind
- Conscious
- Unconscious
- Critical Filter
- NLP Presuppositions
- Suggestibility
- Meaning
- Applications
- Laws

Hypnotic Inductions:

- Balloon-Book
- Hand Movement
- Hand Magnetism
- Hand-shake
- Betty Erickson
- Reverse Count
- Arm Raising
- Auto Dual
- Dave Elman
- Past Experience

Curriculum

Practitioners Course in Cognitive Hypnotic Coaching

Psycho-Education:

- Re-hypnosis
- Waking up process
- (Re)Conditioning Mind
- Suggestions & Imagery
- When not to use it
- Positive thinking
- Benefits and Fallacies
- Meditation
- Meaning
- Types
- How to get new clients

Change Processes

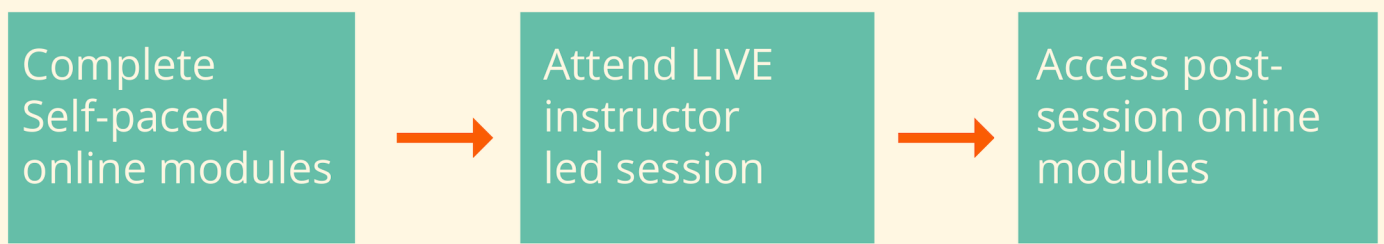
- IF-Then for thought restructuring
- Anchoring for emotional Conditioning
- Hypnotic Suggestions
- Complete Sequence for holistic change
- Self-Hypnosis
- Meditation

What you can do after this level

You will be able to induce any willing person in a deep hypnotic trance and help yourself and others in many ways:

- Deep Relaxation
- Confidence Building
- Emotional Intelligence
- Goal setting
- Goal accomplishment
- Emotional Re-conditioning
- Stage Fears
- Stress Management
- Developing Self-esteem
- Sustainable Motivation
- Developing Focus
- Performance improvement

ICHARS BLENDED LEARNING PATHS



Reviews from past participants

Ramneet Kaur



I have attended the Practitioner Course for Cognitive Hypnotic Coaching and I am glad I did. It now makes more sense to me as to learn Hypnosis as a therapy to help people and myself. The way it is taught and inducted is so enhancing that I could believe I could do it too after practice

Isha Sawant



Being a psychology student, I was always fascinated about hypnosis and the way it works. I was looking for the right place from where I can learn hypnosis. ICHARS gave me that platform where I didn't only learn different hypnotherapy and NLP techniques but also was able to successfully practice it under the guidance of sir Nitin Shah. I'm so grateful to have completed my course here. I'd highly recommend this place to anyone who is willing to learn and apply hypnotherapy and NLP techniques successfully and effectively not only in practice but also in daily life.

FAQ ABOUT THE COURSE?

Who can attend

I am only looking for self growth and do not wish to practice, can I attend this course?

The short answer, this course is not for you.

The long answer, one of the most important features of the course is the emphasis on practicing these skills, not only with others but also yourself. In other words, each participant personally experiences the transformation in his/her own life.

Having said that the primary focus is on helping you develop advanced coaching and therapeutic skills – skills that are powerful enough to transform lives and hence people who are looking at becoming practitioners themselves to join us for this program.

If participants experience breakthroughs, why not encourage everyone to join?

For a course to be highly effective, its format and style of delivery needs to be in sync with the end objective. The ideal course format and delivery style for a practitioner program is very different from a self help program.

Also giving practitioners certificate to those who were looking for self-help is not a good idea.

But if they were not focused on working with others during classroom practice and training, they do not have the necessary skills to become a practitioner.

At ICHARS, being responsible is one of our core values and hence we wouldn't be comfortable encouraging such practice.

FAQ ABOUT THE COURSE?

Post Enrollment Support

Is it possible for me to change the dates I would like to join the live training on?

We provide our participants the flexibility to join for a batch different from the one they enrolled for provided we are informed at least a week before the starting date of the batch you had enrolled for.

In case you have to make changes less than 7 days before the batch starts you can but you will need to pay additional venue charges for the next workshop.

What if I want to repeat the workshop again

Once you have paid for a workshop, you can attend the same workshop twice without paying anything extra. If you would like to repeat a workshop after that you can by only paying a marginal cost of 500 INR per day of the workshop

What type of support can I expect after completing this Psychotherapy Diploma?

Participants receive support through WhatsApp groups for course queries, direct connections with trainers, lifetime access to online modules, updates, and weekly online practice sessions via Zoom for old participants.

Participate in regular case discussion sessions

If you are a trainer and would like to incorporate some of the topics in your trainings, we also provide guidance for the same.

Through our tie up with citationsy, you also get access to many research papers for which you would otherwise need to pay for.

FAQ ABOUT THE COURSE?

Legal Status

Is ICHARS Registered with MSME or ISO certified?

Yes, ICHARS is registered with MSME and we are in the process of our ISO registration **but** please remember these registrations and certifications have no relations whatsoever with the quality of psychology training provided by us or any other organisation. Any organisation that says otherwise is not being completely honest with you.

Are you affiliated to organisation A, B or C?

We are affiliated to multiple international organisations but please remember that all these affiliations that we or other organisations claim to have affiliations to are also private organisations.

Only because the affiliation body has the word council or board in their name or is an NGO, doesn't really mean that they have any statutory authority to certify other organisations.

Can participants practise these fields legally?

Certificate programs focusing on coaching or therapeutic skills are skill building programs without regulatory authority. Legal validity depends on the application area. However, if promoting as a doctor, psychologist, or psychiatrist handling emotional or psychosomatic issues, educational prerequisites must be fulfilled to use these titles.

This is one of the key reasons why we have the eligibility criteria for level 3 and 4 of the Cognitive Hypnotic Psychotherapy Curriculum.



100% MONEY BACK GAURANTEE

If for whatever reason you are not satisfied with the quality of the course, let us know within 7 days of completing the Level 1 and we will refund the course purchase

Do connect with our team for complete details

Enroll Now

<https://ichars.com/enroll-l1>