



WHO Standards & Curriculum for: “Hypnosis Coach, WHO”

Duration & procedure of the training of: "Hypnosis Coach, WHO"

- a minimum of 120 hours face to face training in a minimum of 16 days (incl. 10 hours of supervision)
- case documentations and reflections of 3 Hypnosis sessions as hypnotist and as client
- Hypnosis Coach Conception as written test and a practical test

Training content of: "Hypnosis Coach, WHO"

Module 1

- History and definition of coaching
- Main approaches of coaching
- Principles/Axioms
- Systemic approach in coaching
- Hypnosis over time
- Different approaches to hypnosis
- **TECHNOLOGIES**
 - calibration
 - synchronization
 - obtain permission
 - dealing with language
- **METHODS**
- Transaction analysis; Eric Berne
- I-Conditions
- Views of life
- Conflicts
- **Hypnoses Milton Erickson**
 - approach
 - attitude
 - technique
- Maslow Pyramid
- The attitude of the coach
- Process of Coaching



Module 2

- **Strengths and limits in everyday actions**
- Ratings
- Define goals
- **Importance of the qualification certificate of the coach**
- Competence assessment
- Evaluation and history
- Coaching: own and foreign drawbacks
- Anchor techniques
- Values
- **Deepening of the trance**
- Ideomotor signs
- Amnesia – memory loss
- Posthypnotic proposals
- Search for creative solutions
- Developing strategies
- Drawing up an action plan
- Research for/invention of solutions
- Age regression

Module 3

- Isomorphic metaphors
- Ericksonian metaphors
- Magic formula for constructing metaphors
- The 4 archetypes of metaphor creation
- Change and transition
- The mourning phases
- The journey of the hero
- e.g. Hudson Coaching Process – Model of a structure
- e.g. Ofman's Quadrant: core qualities and self-awareness
- **Hypnotic techniques**
- Grant permission
- Submodality and state change
- The concept of the parts
- Negotiations between the parts



- Development of a replacement strategy in trance
- Visual fading

Module 4

- Logical levels of existence
- Alignment of the planes of existence
- Time distortion
- Convictions
- Limitation of beliefs and rational-motive approach
- Change a conviction on an unconscious level
- If the relationship is affected
- Check the relationship
- e.g. Johari window: recognize blind spots
- Power structures in companies
- Coaching of entrepreneurs

The WHO certificate for: "Hypnosis Coach, WHO" must include the following:

1. the correct title of the qualification: "Hypnosis Coach, WHO"
2. the duration of the face to face training with precise information regarding training days and hours (at least 120 hours in 16 days)
3. the date of the first and last day of the training
4. a statement that all WHO guidelines have been met
5. the WHO seal (sticker with WHO logo and seal number)
6. the signature of the "Hypnosis Master Trainer, WHO"

Training content for the qualification: We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Hypnosis on the backside of the certificate or on a separate signed document.

The following statement is optional for an WHO sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Hypnosis."

More details: A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Hypnosis Master Trainer, WHO“). We highly recommend assistants for trainings bigger than 10 participants. An WHO certification training with WHO sealed certificates (sticker



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with WHO logo and seal number) has to be conducted at least 80% of the time by an approved "Hypnosis Master Trainer, WHO". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Hypnosis Master Trainer, WHO" please see: <https://www.world-hypnosis.org/mastertrainer/>

For more details please see the “WHO Certification Guidelines”
<https://www.world-hypnosis.org/resources/languages/EN/pdf/guidelines.pdf>