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

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

- a minimum of 180 hours face to face training in a minimum of 24 days
- "Hypnosis Practitioner, WHO" can be accepted as 90 hours / 12 days of the minimum of 90 hours / 12 days. In this case the module "Hypnosis Master, WHO" training has at least 90 hours in 12 days.
- case reflections of Hypnosis applications as hypnotist and as client
- a written and a practical test

Training content of: "Hypnosis Master, WHO"

- for the first 90 hours / 12 days please see the content of "Hypnosis Practitioner, WHO"
- for the 90 hours / 12 days please cover the following content in addition:
- dealing with dependency, addiction, depression
- being in contact with own personal values
- dream work (lucid dreaming, symbols in dreams)
- Virginia Satir categories
- dealing with anxiety, phobia, compulsion, obsession and panic
- development of positive emotions and relaxation
- different hypnosis approaches: classic hypnosis, Davis Elman, Dr. Flower...
- positive therapeutic hallucinations
- hypnosis and sexuality

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

1. the correct title of the qualification: "Hypnosis Master, WHO"
2. the duration of the face to face training with precise information regarding training days and hours (at least 180 hours in 24 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.



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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 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>