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

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

- a minimum of 30 hours face to face training in a minimum of 4 days
- a written test

Training content of: "Hypnosis Technician, WHO"

- how to work ecological within the professional WHO frame of ethics
- basics about Milton Erickson and Ericksonian Hypnosis
- fundamentals in hypnosis history
- different types of hypnosis
- Steps of a hypnosis session
- basic elements of induction techniques in the Milton Model (voice, rapport, using/integrating everything, metaphors, giving permission, vague language, sensory facts and inner states, truism, linkage words, cause and effect, negation, hidden messages, quotes)
- Standard induction
- Ideomotor signalling
- Signs of a trance state
- how to get someone out of trance
- Work without content
- Indications and contraindications for hypnosis

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

1. the correct title of the qualification: "Hypnosis Technician, WHO"
2. the duration of the face to face training with precise information regarding training days and hours (at least 30 hours in 4 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"



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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 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>