

CURRICULUM

“HYPNOSIS Magic Words, WHO”

From understanding hypnosis to its safe and purposeful application in work with clients

1. Introduction to the Program

About the program

“HYPNOSIS Magic Words, WHO” is a practical, experience-based program that guides participants from a foundational understanding of hypnosis and trance to the application of hypnotic methods in work with clients. Participants learn to use hypnotic language, trance, inner imagery and other interventions to make conversations more focused, to help clients access their inner resources, and to create space for new possibilities and change.

The program is built on learning through demonstrations, personal experience, practical exercises, peer practice, feedback and reflection.

Who is this program for?

The programme is designed for counsellors, coaches, therapists and other helping-profession professionals, as well as individuals who wish to develop in these fields and apply the knowledge and experience gained in their current or future professional work.

No prior experience with hypnosis is required.

2. Format and Hours

- Format: online or in person
 - Duration: 40 hours of training + 20 hours of peer practice
 - Total: 60 hours | 8 training days
 - Completion: practical exam – working with a client in front of the group
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3. Programme Content

1. Introduction to Hypnosis

Fundamentals of hypnosis and trance, conscious and unconscious processes, problem trance, safety and the professional framework of practice.

2. Trance Induction and Inner Imagery

Different ways of inducing and deepening trance, hypnotic language, suggestions, metaphors, inner imagery and accessing resources.

3. Hypnotic Conversation and Self-Hypnosis

The structure of a hypnotic conversation, directing attention, interrupting problem trance, opening space for solutions, and the fundamentals of self-hypnosis.

4. Feelings and Emotions in Hypnosis

Working with emotional states, regulating intensity, and activating and strengthening inner resources.

5. Resistance, Blocks and Inner Conflicts

Recognising unconscious blocks and protective mechanisms, understanding the function of resistance, and working with inner conflicts and resources.

6. The Psychosomatic Perspective

The connection between psychological and physical experience, working with bodily sensations and the inner representation of symptoms.

7. Hypnosis Across Different Areas of Life

Applying hypnosis to different life topics, problems and symptoms, selecting the appropriate intervention, and structuring the process.

8. Integration and Final Practical Exam

Bringing the learned methods together into a complete hypnotic process, and practical work with a client in front of the group.

4. Peer Practice — 20 Hours

An integral part of the programme is 20 hours of structured peer practice. In small groups, participants practise the methods they have learned, rotating through the roles of practitioner, client and observer.

The aim of peer practice is to build greater confidence and competence in applying what has been learned through experience, repetition and feedback.

5. Completing the Programme

To successfully complete the programme, participants must:

- Attend all training days
- Complete 20 hours of peer practice
- Actively participate in practical exercises
- Pass the final practical exam – working with a client in front of the group

The programme is delivered online or in person, with an emphasis on practical learning and the integration of hypnosis into professional practice.

6. Programme Providers

Croatian Association for Health Pedagogy

Director and founder: Nada Kaiser, PhD

NLP & Coaching Academy

Director and founder: Nada Kaiser, PhD

UnaVita

Monika Brkanac, MSc