

# Hynpo-Healing Power:

National Certification Hypnosis Course -NGH

[www.hypnohealingpower.com](http://www.hypnohealingpower.com)

Instructor: Dr. Sharon Reid CHC, CHt, CLC, Master NLP Practitioner

Instructor Becky Arrington ,CHC, CHt, Master Alchemist, Certified Hypnosis Instructor

**Course Length: 100 hours**

**COURSE DESCRIPTION:** Hypnosis: National Guild of Hypnosis Certification

Completion in two months in-person and online (Hybrid classes may vary depending on each class preference)

## **What is this course about?**

This course directs the Coach or Therapist to use these focused attention methods to promote self-healing with guidance. Hypnosis is a complementary modality to use alongside other helpful techniques to anchor clients' best and quickest results.

## **What will the course participants learn in this course?**

Confidently and effectively be able to lead people into Hypnosis and help them to heal stuck emotions or painful experiences. Students will learn various techniques to help their clients with:

Relief from anxiety

Depression and grief

Smoking cessation

Promote sleep hygiene

Provide stress reduction

Release stored Anger

Weight management

Establish self-confidence and positive self-image

Peaceful states

**How does this course relate to the health and wellness industries?**

It is a highly effective method of redirecting limited beliefs, negative thoughts, and hurtful habits such as addiction to drugs, alcohol, and sugar, or relieving pain, insomnia, phobias, false memories and so much more.

**How will this course develop or improve coaching skills?**

Used as a complementary tool to support the client, and build a collaborative relationship around clearly defined thoughts, emotions, and actions. It provides perspective and analysis of worldviews as a basis for understanding human behavior. As well as helping the Practitioner understand and utilize the power of suggestion without resistance.

## **TOPIC OUTLINE:**

- Introduction to the basics of Hypnosis
- History and Myths of Hypnosis
- The conscious and subconscious connection
- Reading Body language and establishing rapport
- Suggestion Theory
- Deepening Relaxation techniques
- Scripts and guided imagery
- Principles of NLP
- Anchoring suggestions
- Practice and Demo Sessions

## **INSTRUCTIONAL METHOD OR AIDS:**

Lecture  Videos  PowerPoint Presentation  Group Activities  Role Playing   
Hands-on Learning  Demonstrations  Other: Homework

## **EVALUATION/ASSESSMENTS:**

Quiz  Exam  Demonstration  Other:  
 Attendance  Participation  Homework

## **COURSE MATERIALS AND EQUIPMENT:**

- NGH Textbooks
- Hand-outs
- PowerPoint Slides – presented as an e-book
- Projector, Laptop, Pendulum

## **INSTRUCTORS' BIOGRAPHY:**



**Becky Crispell Arrington** is a Success Strategist, Clinical Alchemical Hypnotherapist, and a Certified Hypnosis Instructor through the National Guild of Hypnosis.

Her highly developed intuitive and visionary insight as a psychic channel positions her perfectly to help clients look deeper to see the blockages at work within their business or personal lives. Her transformation strategies differ from other standard training and mindset technologies and coaching because they co-mingle the clients' "untapped" wisdom with a new success model.

As a Clinical Hypnotherapist, the alchemical techniques she uses, allow clients to clear massive amounts of blocks either from childhood, prior experiences, or past lives in a very short period of time and the results are sustainable.

Becky@arringtonassoc.com

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770-778-2051



**Dr. Sharon Reid** has been serving the Health and Wellness Industry for more than 35 years.

Her mission is to offer a new perspective in health care, aligning it with transformative relationship healing, and guidance towards a divine heart purpose. Sharon is a licensed Healthcare Professional, she is an expert Health Coach; managing stress, anxiety, and depression, among other varying mood experiences. Sharon works alongside Psychotherapists, Naturopaths, and Medical physicians to ensure the best and most satisfactory results.

An Engaging speaker, dynamic facilitator, and author, Sharon Reid, affectionately known as “Thee Heart Lady”, is a powerful presence. She has a reputation for delivering impactful, life-changing experiences.

Dr. Reid has earned a Doctorate of Divinity and holds certifications in specialty fields of coaching; Allied Health Instructor, American Heart Association CPR Instructor, Life Coach Trainer, Master Neuro-Linguistic Practitioner, and Master Hypnotherapist. Her specialty is

in Relationship and Emotional Healing.

Sharon inspires her clients, students, and audiences to want to take action and shift challenges into a learning and healing reality.

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**[Let Your Wellness Flow E-book](#)**

**Winter Offering:**

**Dates for 2024**

**Location: 900 Old Roswell Lakes Pkwy, Ste 300**

**Roswell, GA 30076**

**Trinity Office Park, 4153 - C Flat Shoals Parkway, Decatur GA 30034**

**Jan 13 &14 9A-5P Roswell**

**Jan 18 - 7P-9P online via Zoom**

**Jan 27 & 28 - 9A - 5P Decatur**

**Feb 01 - 7P-9P online via Zoom**

**Feb 10 7 & 11th - TBD**

**Feb 15 - 7P-9P online via Zoom**

**Feb 24 & 25 - 9A - 5P TBD**

**March 2 12 Noon - Exam and Certification Presentation**