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Professional Hypnotherapy Certification

TARA Hypnosis Center offers a way of education, which is exciting and original. You will learn skills, tools and techniques in friendly and small-group settings which bring out the best in you.



Train to become a Hypnotherapist, certified by the world's largest Hypnosis organization, the National Guild of Hypnotists.

This course is a career advancement (part time or full-time) for those who like to work with people in a private professional practice of their own, or those who like to add skills and continuous education to their existing job to use hypnosis as one of the therapeutic tools or interventions. Students come from different backgrounds, the course content is as well as for self improvement as for private corporate clients wishing to add hypnosis into their work field.

You will receive personal attention, lifelong mentoring through a e-group, by Tatjana Radovanovic K uchler, an internationally recognized hypnotist after competition of the advanced training in hypnotherapy.

Upon successful completion of this comprehensive 100 hour course, you will earn certification as a Certified Hypnotherapist through the National Guild of Hypnotists as well as from the TARA Hypnosis Center.

Who should receive training ?



The TARA Hypnosis Center offers a wide-ranging foundation of information designed to prepare health practitioners to incorporate hypnotherapy into an existing practice, as well as to allow individuals to become competent hypnotherapists.

This course is suitable for beginners who have a desire to become certified hypnotists, as well as a practical choice for the health care practitioner who wants to expand their knowledge to offer a wide range of services or for business individuals who want to add additional knowledge to help their employees and coworkers.

This amazing ten day intensive course of instruction and hands-on practice will bring you a high level of expertise in the art of hypnotism.

The programme of the course

The course is broken up a basic and advanced level, which can be taken individually. The basic level will not entitle you to a NGH certification. It is for those who wish to understand and utilize hypnosis on a basic level.

What will you learn in the basic course?

- What is hypnosis?
- How to hypnotize
- Preliminary suggestibility tests
- Influences and dangers
- History of Hypnosis
- Powerful Inductions including the Elman induction
- Awakening procedures
- How to conduct depth tests
- Suggestibility tests
- Supervised practice
- How to classify clients
- Deepening techniques
- Developing rapport
- Active listening
- How to give suggestions
- The three states of consciousness
- Mechanical aids
- Complete smoking cessation program
- Weight control program
- Stress management programs
- The power of imagination
- Negative and positive hallucinations
- The language of our subconscious mind
- Self Hypnosis

What will you learn in the advanced certification course?

- Advanced hypnotherapeutic techniques
- Additional inductions
- Rapid and Instantiations inductions
- Pain control techniques
- Supervised practice
- NGH Code of Ethics and Standards of Practice
- Session structure
- Intake
- The many applications of hypnosis
- Behavioral assessment - goal setting - reinforcement
- The GIFT Technique (Imagery and hypnosis)
- Scripts and forms to get started
- Imagery and Hypnosis
- How to teach a six hour self hypnosis course
- Age regression (uncovering techniques)
- Emotions

- Finding the Initial Sensitizing Event (ISE)
- Neutralizing the Initial Sensitizing Event
- Forgiveness
- Your Hypnotherapy practice
- Effective marketing and business strategies including eMarketing
- Registering your CD's
- Award of NGH Certified Hypnotist certificate

The requirements for the Advanced Certification Course is; having followed the basic Hypnosis course of 4 days and being older than 21 years.

The NGH Hypnotism Certification Training

This course includes well over 100 hours of combined classroom instruction, homework assignments, practice sessions, and supervised clinical practice. (90 hours of face-to-face classroom and supervised clinical practice; and a minimum of 20 hours of prerequisite reading assignment, written homework and practice of all the inductions and techniques learned in class. Students are required to submit one written homework practice inductions for assessment.



During class, students form pairs to utilize the tools and techniques demonstrated by the instructor. Refinement is accomplished through practice and during the instructor's rounds of assessment; these are later discussed with the entire class. This has proven to be very successful for accelerated learning, and students enjoy the process.

NGH Certified Hypnotists can utilize their training for a career and become independent or apply their skills within the medical/health profession and alternative health care profession. Upon successful completion of this course, you will be awarded the NGH Certification and Certified Hypnotist.

What will you get

- Certification through the National Guild of Hypnotists
- All required materials included in the tuition.
- Limited classes (up to 10 students only)
- Learn from Tatjana Radovanovic KÜchler, Certified Instructor & Board Certified Hypnotherapist.
- Learn in a professional exciting and innovative environment
- Plenty of practice time during the course
- Free ongoing support after you graduate from the 10 day course (email group and telephone)
- A comprehensive course covering modern material
- Learn how to build your business
- Marketing Web related tips and tricks
- First year of membership is included with your certification at no charge

How to choose a hypnotherapy school or trainer

Here are some things to look for and some questions to ask those who want to be your trainer, instructor or school. High quality training is essential to the ongoing success and development of the profession and to the professionals that practice in the field of hypnosis, hypnotherapy and hypnotism. You need to learn from someone who has hands-on training to give you tools that work.

The quality of the training



The larger the class, the more difficult it is to sustain a high standard of training. During the training you want to ask questions and have them answered in a way so you can confidently go and practice hypnosis or hypnotherapy. Because of the intensity of the training, a large class may cause some students to be left behind and lose confidence. A class should not go over 10 people per teacher for this type of course and work.

Tatjana keeps the workshops small so that she can make sure that each student is able to get the attention he or she needs. Some time is kept free to cover special material adapted to the classes needs, for example pain management or painless childbirth.

Class participants benefit from a motivating class format consisting of lectures, questions and answers, demonstrations of therapeutic processes and techniques, hands-on supervised practice using the latest tools and techniques learned in class. In addition, practical self-healing techniques for stress, and tools for well-being are covered in class to help yourself and others. Through practice, class participants receive the most valuable aspects of each approach in motivational hypnosis and hypnotherapy.

Practice makes up a good 15 hours or more of the course and getting hands-on practice is the strongest aspect of a hypnosis course for success as a professional in this field.

Supervised practice

Only if sufficient practice time is given, the student can refine and **build fundamental skills** to do the work which was covered in class. When looking for a hypnosis class, ask how much time is spent during the course for the development of the skills. Most therapists fail because they did not receive enough supervised practice during class. Because of that they were not able to achieve a sufficient level of confidence and competence during the training. At the TARA Hypnosis Center, students practice the techniques every day. That will enable them to confidently open a hypnosis practice and use the skills which they have practiced during the course. Practice is always done under supervision so that the skills that you develop are good ones and can be corrected if necessary. You are not left to practice without supervision.

This course includes over 100 hours of combined classroom instruction, homework assignments, practice sessions, and supervised practice.

Does the instructor see clients ?

Some hypnosis teachers do not see clients themselves anymore or, even worse, have never seen any themselves. Some of them are great entertainers, others have done research in the field of hypnosis, they may be great in that particular field, but they won't be able to give you the necessary tools to succeed as a hypnotherapist. Teaching can only happen and especially in this field, if instructors have ongoing practical hypnosis experience with clients. This will influence you as a practitioner and will make the difference between success and failure when you see your clients.

Tatjana sees an average of 15 clients per week for hypnotherapy sessions alone. She has hands-on practice and is able to transmit her success from her personal experience onto her students. She continues to practice and teach hypnotherapy on a regular basis.

Your NGH instructor



Tatjana Radovanovic Kuchler, Board Certified NGH Hypnotist and Instructor, has been practicing and teaching hypnosis-related workshops and seminars. In addition to teaching, Tatjana maintains a busy hypnosis practice wherein she assists her clients to achieve their various goals such as overcome phobias, stress management, children's issues, painless child birth, physical discomfort, as well as control over negative habits like overeating, smoking, nail biting, etc.

Tuition and dates for the basic Hypnosis Course

Date	Length	Price
14. & 15. and 21. & 22. March 2009	4 days	CHF 1300.-

Tuition and dates for the advanced NGH certification course

At the moment there is no NGH certification course planned. However, if you consider taking the complete course do not hesitate to contact us.

(Price for the 6 day certification course CHF 2'000.-)

An investment of only CHF 3300.- prepares you for this exciting new career and includes the complete Basic and Advanced Hypnotherapy NGH Certification program for a total of 10 days split in two parts of 4 days for the basic course and 6 days for the advanced certification.

Included in the tuition are student manuals designed to serve as reference guides for the rest of your career.

Not included are travel expenses, hotel and lunch.

Training location

Classes are held at "Le Courtil" in Rolle, in the canton of Vaud in Switzerland unless otherwise specified.

Classes start at 9 AM - 5 PM with a 1h30 Lunch break and two coffee breaks.

How long does it take to get certified?

The total of 100 + intensive hours is equivalent to two college semesters of instruction. The NGH requires a minimum of 75 hours of face-to-face "classroom" instruction and off-site practice and homework assignments.

Admission requirements

All applicants must be at least 21 years old and complete a registration application. A deposit of CHF 300.- is required to hold your place in a class. For the NGH certification course, applicants must have followed the basic course within the same school.

About the National Guild of Hypnotists



The NGH was founded in 1951 and is the world's largest and most prestigious hypnotism certification organization with members around the world in over thirty countries. The NGH certifies hypnotherapists and hypnosis instructors and provides continuing education to members through an annual educational conference with over 250 hypnosis related presentations and a minimum of 1500 participants.

Frequently asked questions about the NGH certification training

Is this Hypnotherapy certification course reserved to doctors and psychologists?

No not at all, the NGH hypnotherapy certification provides people with better knowledge of their own natural resources. This gives them the possibility to identify and to clearly solve their problems by calling upon their own inner wisdom to find their own answers within. In my opinion hypnosis should be learned by everyone and should not be reserved to a particular profession. This knowledge can be taught from a very young age.

However, during the hypnosis certification training you will have to invest yourself both intellectually and emotionally, as your personal commitment is essential in your success!

Is it necessary to be a psychologist or to have followed studies in psychology to practice hypnosis or hypnotherapy?

No, hypnosis and hypnotherapy are not related to psychology. Some psychologists have undergone the hypnosis certification course to enrich their professional practice with this extraordinary tool. And a lot of others apply hypnosis to other professional fields: i.e. companies (human resources, consultants, managers...), pedagogy (training, school, university...) or people with personal intent. The NGH hypnosis certification will enable you to work as a Hypnotherapist, if it is what you wish and if you have already a humanistic level and knowledge which is necessary in this profession.

Do I have the necessary qualities and qualifications to become a hypnotherapist?

A university diploma is not necessary to become a hypnotherapist and in any event the diploma itself do not make up the human value. Only your acts will show your value. Everyone will have to work in order to learn the art of hypnosis, intellectually as well as emotionally. However, to learn hypnosis and to become a hypnotherapist, there are qualities which might be useful; you will need a good amount of open-mindedness, neutrality and compassion, flexibility, empathy, humanity, optimism, personal commitment and determination. More could be added to this list, but this already gives you an idea of the useful characteristic traits in this field.

What will the certification enable me to do?

After your 10 day training, you earn status as an NGH Certified Hypnotherapist or Certified Hypnotist (title depends upon the laws where you live). You are entitled to practice and earn your living, if you wish, in the field of hypnotism, according to the laws where you reside and practice. You become internationally certified by the National Guild of Hypnotists.

The basic level will not entitle you to a NGH certification. It is for those who wish to understand and utilize hypnosis on a basic level.

Who is the National Guild of Hypnotists?

The NGH is the largest and most prestigious worldwide hypnosis certifying organization. It holds yearly educational conferences in New Hampshire with over 1500 participants.

Why should I choose to train at TARA Hypnosis Center?

The TARA Hypnosis Centers curriculum is based on long-established techniques in hypnotism.

Class size will never exceed ten students, so you get a great deal of individual attention. Additionally, the training provides you with the opportunity to do your own self-healing in the class.

When you complete the program, you'll have all the tools you need to work with the most challenging situations presented to hypnotists. You will also have the opportunity to gain more expertise and obtain your CEU's (Continued Education Units) by attending advanced classes offered by TARA Hypnosis Center throughout the year.



Many students are amazed that they not only learn to help others, but their own lives improve profoundly in the process by practicing the techniques they learn in their own lives. Small groups of 10 or less encourage a bonded community within your class, and this provides additional support for you.

TARA Hypnosis Center provides continuous education and specialization courses to help new practitioners promote their new practice and help advance their careers. In addition, all students receive lifelong mentoring support by telephone or email group. Join the international email group provided by the TARA Hypnosis Center to exchange ideas, scripts and knowledge.

Do I need a license to practice hypnosis?

Hypnotism is not a licensed profession in most countries, but you may have to check if this applies for your area. (In Switzerland it depends on the Canton you are living in.)

What are the annual re-Certification requirements?

All Continued Education Units (CEU's) for the NGH are calculated by the hours of continuous training you receive (1 hour = 1 CEU). You need 15 Continued Education Units per year to keep your membership active.

What kind of exam must I pass?

There are two exams for NGH Certification; one at the conclusion of the first 4 days, and the second at the end of the course to determine how well you absorbed the material within your class manuals. The quality of practice in class and thoroughness of homework assignments submitted will also be evaluated and assessed.

Our Promise

Whether you are pursuing a career as a certified hypnotist, adding hypnotism to your existing professional status, for self improvement, or to help friends and family, we have designed a program that will meet your goals. The NGH training at TARA Hypnosis Center offers the

highest quality education available, along with marketing training, practice and support. Using a style of education which is exciting and innovative, we teach the skills, tools, and techniques that bring out the best in you. We encourage a multimodal approach, working with the person as a whole, the mind, body, and spirit to assist in their healing, emphasizing integration of different modalities according to the client's needs, so that they can benefit therapeutically. Under no circumstance do we ever diagnose or suggest hypnotism as a substitute for standard medical or psychological care.

Sponsor a class in your area

You would like to receive professional training in hypnotherapy but you would rather participate in your area?

Here is how you can get a discount on your tuition when you sponsor a hypnotherapy certification class in your area. In general, the training is conducted in Geneva, Switzerland. However, TARA HypnosisCenter is very open to conduct trainings in other areas or other countries.

How to sponsor

If you are interested in this course, you will have to contact us first and then you need to be willing to do some work. We will give you all the information you need to set up a hypnosis training course in your area. The sponsor will receive a discount on tuition for the time investment time and effort in making the course happen.



Generally, we never exceed 14 students in a class but there will be a minimum of 10 students which the sponsor will need to set up in his or her area. Depending on the distance to travel, there will be an additional fee to cover all expenses such as air fare, hotel and the like.

General Conditions

The registration is mandatory and can be done either through the registration form on the website or by printing out the registration form and sending it by post. The enrolment is a commitment and implies the payment of the entire course fees. Each inscription will be confirmed by mail.

Cancelling your enrolment

The registration fee of CHF 300.- is non refundable. You may cancel up to two weeks prior to class and get a full refund less your registration fee.

Cancellation is only accepted through written notice. A signed and dated notice of cancellation may be given by mail or email when sent to info@tara-hypnosiscenter.com. The notice of cancellation, if sent by mail, is effective by the post date if properly addressed to Tatjana Radovanovic K uchler, 20 Rue du Prieu e, 1202 Gen ve, Suisse, or by email with a "request read receipt" to ensure that email has been received and read. The written notice of cancellation shall state you wish to cancel the agreement. TARA Hypnosis Center will refund as indicated above any payments by the student within 30 days after the cancellation notice is received.

Refund policy

A student may withdraw from a course after instruction has started and receive a tuition refund if you have completed 50% or less of the course. To determine your refund amount, deduct the registration fee of CHF 300.- plus CHF 300- for each partial or full day of attendance. All student manuals and materials must be returned in good condition on the day you notify us of your intent to withdraw from training or this refund agreement is null and void.

The class size is limited to 10 persons and the inscription will be taken in the order of the registration fee.

The certification is only possible if the participant has participated in at least 3 days of the basic 4 day course or/and 5 days in the advanced certification training. In case the participant has missed more than the above mentioned amount he or she can participate in the following courses. If no such courses are given, the participant may have to pay an additional fee for private tuition to complete the certification.

No reimbursement will be accorded in the case of absence, voluntary departure or exclusion from the course.

The tuition includes the course activities, the manuals distributed during the course. It does not cover lunch, hotel and travel expenses.

Payment instructions: The payment needs to be made either with a payment slip or electronic wiring in Swiss Francs (the payment slip or the banking details will be sent with the confirmation letter. Possible banking expenses are in charge of the participant.)

Cancellations: TARA Hypnosiscenter reserves the right to cancel classes or workshops if the number of participants is insufficient. In case of a cancellation, the down payment will be entirely reimbursed within 15 days following the cancellation notice.

The dates of the courses and workshops are purely indicative, they can be modified if necessary and in these cases without the right for reimbursement in part of the participant.

Sponsoring: The offer for the « sponsor reduction » is only available if the promoter himself is signed up in the same class. The sponsoring can only be made by written notice either per email or by post no later than 10 days before the start of the course; no sponsoring will be accepted after this period or during the course.

The sponsoring of one person entitles a reduction of 10%, 2 persons 20%, 3 persons 30%, 4 persons 40% and so on up to 10 persons. The sponsoring of 10 persons entitles the promoter to participate for free at the course, except for the inscription fees of CHF 300.-. No compensation can be demanded in exchange of an inscription or in case the sponsored persons exceeds 10 participants. If the course is built-up in several levels, the promoter is only entitled to the reduction where the sponsored person is signed up.

A sponsored person can only have one promoter who benefits from this reduction. In case of a dispute between two promoters, the sponsorship will be cancelled.

The sponsor reduction can only be admitted in case of the preceding clauses, for all other situations which could lead to sponsorship please contact TARA Hypnosiscenter.

Exclusion : TARA Hypnosiscenter reserves the right to exclude participants which do not respect the rules and code of conduct.

Registration form

Yes, I would like to sign up for the basic hypnosis course :

	Dates	Durée	Prix
<input type="checkbox"/>	14. & 15. and 21. & 22. March 2009	4 days	CHF 1300.-

At the moment there is no NGH certification course planned. However, if you consider taking the complete course do not hesitate to contact us.

(Price for the 6 day certification course CHF 2'000.-)

Mr Mrs Miss

First Name:

Telephone n°:

Family Name :

Mobile:

Address :

e-mail:

Zip Code :

Birth date :

City :

Country :

Please print and fill out the registration form and send it to :

TARA Hypnotherapy

Tatjana Radovanovic Küchler

20, Rue du Prieuré

1202 Genève

Suisse

I chose the following payment option :

Option 1 : down payment of CHF 300.- to reserve my place and payment of the entire course no later than 14 days before the beginning of class.

Option 2 : payment of the entire basic course of CHF 1'300 .-

Option 3 : payment de entire basic and advanced course in one payment of CHF 3'300.-

I herewith certify that I have read, understood and accepted the general conditions of the enrolment as outlined above.

Date : _____ Signature : _____