

**Minimum Educational Requirements  
for  
Certified Hypnotists/Hypnotherapists  
Recommended by  
The Council of Professional Hypnosis Organizations**

**Requirements**

- History of Hypnosis
- Suggestibility Tests
- Client Assessment
- Principles of Hypnosis
- Depth Stages of Hypnosis
- Induction and Dehypnotization Techniques
- Post-Hypnotic Suggestion
- Deepening and Relaxation Techniques
- Self Hypnosis Techniques
- Discussion of a Specific Method
  - Weight Loss
  - Pain Control
  - Stop Smoking
  - Or Similar Treatment Plan
- Laws and Ethics
- Scope of Practice
- Advanced Methods
- Rapid Inductions
- Age Regression
- Catalepsy or Similar Hypnotic Phenomenon
- Advanced Deepening and Relaxation Techniques

Prior to certification as a Hypnotist/Hypnotherapist, student must have received a minimum of 100 hours hypnosis training, of which there is a minimum of 60 hours in-class instruction.

Approved by Board Members on August 8<sup>th</sup>, 2002

Anthony F. De Marco  
President