

# EXPANDING MINDS. EMPOWERING LIVES



BEGIN A  
SUCCESSFUL &  
REWARDING  
CAREER IN  
HYPNOTHERAPY  
WITH **illuminations**



## Illuminations Well-Being Center

**Hypnotherapy** is one of the most **powerful** and probably the **safest** tool at our disposal to transform our lives. This is a technique, which involves accessing the subconscious mind for the purpose of healing, simply by altering the state of the conscious mind.

This curriculum not only empowers individuals to obtain a professional qualification as a clinical Hypnotherapist, but according to feedback, also largely contributes to providing a wonderful platform for personal growth and self development for the individual undergoing the training.

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## About The EKAA Institute

**80% of holistic freelance practitioners and holistic center owners in the UAE have established their careers after completing the EKAA curriculum at Illuminations!**

EKAA (Previously known as the California Hypnosis Institute of India or CHII) is the FIRST & Only ISO 9001: 2008 Certified Hypnotherapy Training Institute in India. In 2011 EKAA decided to join hands with Dubai based wellbeing center Illuminations in a new initiative to expand its services in the Middle East. EKAA courses are affiliated with the International Medical and Dental Health Association, TASSO UNIVERSITY HOLLAND, and various bodies in the US, UK allowing individuals to practice in over 23 countries.

The goal of this collaboration is to impart professional quality education to individuals who are seeking a fulfilling career and making a positive difference through the powerful approach of hypnotherapy.

## About Hypnosis & Hypnotherapy

### Hypnosis

Hypnosis is a method by which any person may be guided into an altered state of conscious awareness ('hypnotic trance') in which psychological and physical changes, beyond normal conscious capability, may be achieved. Hypnotherapy is a guided therapeutic process by which a subject

### Hypnotherapy

Hypnotherapy is basically any therapy done in conjunction with hypnotic trance. It is often classed as a form of complementary medicine but is perhaps better viewed as a branch of psychotherapy. Hypnosis is not an occult or esoteric art, it is a scientifically acknowledged psychological and therapeutic discipline. When a registered psychotherapist employs hypnosis alongside other forms of psychotherapy this is technically known as 'hypno-psychotherapy'. Hypnotherapists tend to use an integrative approach, which may combine programs of direct verbal suggestion or visualization with 'analytic' psychotherapy techniques such as age regression.

## About the Integrated Hypnotherapy Approach

Integrated Clinical Hypnotherapy is based on the integrated approach by bringing our awareness to the chain linking **Thoughts-Emotions-Energies-Physical Body**. At all times, we operate through 4 bodies or 4 levels of existence:

- **Thoughts**, which control our **causal body**.
- **Emotions**, which control our **astral body**.
- **Energies**, which control the body of our **Chakras/Auras**.
- **Physical body/perceptive reality**, which controls our **brain**.

Students are extensively trained to work with a variety of the following tools in conjunction with the traditional classical hypnotherapeutic approach to access the subconscious mind through the various levels of our existence, and therefore qualify as integrated clinical Hypnotherapists:

- ✓ Classical Hypnotherapy to work with the deep subconscious issues.
- ✓ Emotional Empowerment Technique (Tapping Meridians for Emotional Release)
- ✓ Energy Diagnosis through crystal healing known as Radical Healing
- ✓ Basic NLP
- ✓ Past Life Regression, Age Regression, Inner Child Work, Journey of the Souls, Higher Self Therapy
- ✓ Cognitive Therapy
- ✓ Guided Breath work
- ✓ Rhythmic Relaxation Techniques (RRT)

## Uniqueness: Why Are We Different?

Classical Hypnotherapy is very effective in achieving long lasting resolutions, because it focuses on change at the thought level where problems begin. However, the integrated approach mentioned above, is much quicker because it focuses on change at every level including thought, thereby cutting short the reach to recovery for a client, to the shortest possible time.

## The Curriculum:

Level	Course Name	Number of Days	Pricing
Foundation Level 0	The Science of Mind Power with Self Hypnosis	2 Hours	AED 100/-
Level 1	Basic Integrated Clinical Hypnosis	2 Days (9am -6pm)	AED 1350/-
Level 2	Advanced Integrated Modalities for Behavioral Resolution	4.5 Days (9am – 6pm & 6pm – 9pm)	AED 3150/-
Level 3	Advanced Integrated Modalities for Health Resolution	4.5 Days (9am – 6pm & 6pm – 9pm)	AED 3150/-
Level 4	Spiritual Hypnosis	6 Days	AED 3800/-
Level 5	Integrated Clinical Hypnotherapy through Integrated Healing	8 Days	AED 5000/-

## Affiliates and Certifications:

### Certification:

After completing all five stages, you will be required to complete ten case studies, which is approximately 120 hours, given in a specific format to qualify and receive a practitioners certification as a Clinical Hypnotherapist (CH.t) issued by the California Hypnosis Institute of India. You will also have to complete an online physiology and anatomy exam, before case submission.

### Affiliated with:

International Medical and Dental Hypnotherapy Association (IMDHA) which allows you to practice in more than 23 countries

European Association of Regression Therapists (EARTH) European Association of Regression Therapists

Tasso International Institute Holland - **POST GRADUATE COURSES (refer to post graduate section for further details)**



Pre-Pay & Pre-Register in Advanced for levels 1-2 and receive 10% off total bill

Pre-Pay & Pre-Register in advanced for levels 1-5 and receive 15% off total bill

## **Benefits: What is Hypnotherapy used for?**

Some of the main benefits of hypnotherapy can be classed as follows (there are many more)

### **Stopping Habits**

Stop smoking cigarettes.  
Stop drinking alcohol.  
Overcome drug dependency.  
Lose (or gain) weight, enjoy a healthier diet  
Get rid of, and/or obtain insight into, other habits.

### **Management of Anxiety and Stress**

Control panic/anxiety attacks.  
Remove, and/or obtain insight into, fears and phobias.  
Overcome fear of public speaking.  
Deal with stress/anxiety related conditions: IBS, tinnitus, feeling low, anger, irritability, insomnia, lack of concentration, tiredness, muscle pain, headaches, various skin problems, digestive problems, etc.

### **Psychological & Emotional Well-Being**

Manage depression or grief.  
Build confidence and self-esteem.  
Control embarrassment or blushing.

### **Pain Management**

Learn to suppress or control unnecessary physical pain or discomfort.  
Hypnosis has been shown to be effective in the treatment of a wide range of physical conditions.

### **Personal & Spiritual Development**

Obtain personal insight through dreams, automatic writing, automatic sketches, etc. Achieve personal change through positive suggestion, visualization, affirmation, etc. Increase feelings of self-esteem, confidence, self-worth.  
Improve sporting performance, concentration, learning ability.  
Overcome writer's block, access subconscious creative resources, for writing, painting, etc. Regress the mind back to childhood, or past-lives, karmic release, cord cutting, higher self therapy, foreign energy release, aura exploration and cleansing

## Top 5 FAQ's:

### What does hypnosis feel like?

The experience is different for different people. For most people, however, hypnosis is a pleasant state of deep inner calm and physical relaxation. Deep hypnosis is similar in many ways to the kind of profound trance found in expert yoga or meditation practitioners.

### What is the origin of the science of hypnosis?

Modern psychological hypnosis was first developed in 1843 by the Scottish physician James Braid. However, it has its origins in an earlier form of trance healing called 'Mesmerism', after the famous Eighteenth century Austrian Franz Anton Mesmer.

### Does hypnosis work?

Yes. Hypnosis has fascinated psychologists and medical professionals for over a century and has been subject to a great deal of rigorous testing and research. It also has an enviable and long-standing reputation for effectiveness among the general public.

### Is hypnosis safe?

Absolutely. There are no known records of anyone having been physically or mentally harmed as a direct result of hypnosis itself. It is utterly impossible for anyone to get 'stuck' in hypnosis.

### What is hypnotherapy?

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When a registered psychotherapist employs hypnosis alongside other forms of psychotherapy this is technically known as 'hypno-psychotherapy'.

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### Is it officially recognized?

'Hypnotism' is legally acknowledged and defined by the Hypnotism Act 1952, in the UK Book of Statutes.

In their 1892 Hypnotism Report, the British Medical Association (BMA) officially recognize the hypnotic trance: 'The Committee, having completed such investigation of hypnotism as time permitted, have to report that they have satisfied themselves of the genuineness of the hypnotic state.' The Committee also acknowledged that 'as a therapeutic agent hypnotism is frequently effective in relieving pain, procuring sleep, and alleviating many

In 1955 a follow-up report was commissioned which endorsed the findings of the original 1892 Committee, and added the conclusions that 'hypnotism is of value and may be the treatment of choice in some cases of so-called psychosomatic disorder and psychoneurosis. It may also be of value for revealing unrecognized motives and conflicts in such conditions. As a treatment, in the opinion of the Subcommittee it has proved its ability to remove symptoms and to alter morbid habits of thought and behavior. In addition to the treatment of psychiatric disabilities, there is a place for hypnotism in the production of anesthesia or analgesia for surgical and dental operations, and in suitable subjects it is an effective method of relieving pain in childbirth without altering the normal course of labor.' (BMA, 1955)