



Catalogue

Zoilita Grant MS. CCHt.

CERTIFIED HYPNOTIC-COACH™

Director

200 Lincoln Street Longmont, CO 80501
303.776.6103 or www.ColoradoCoaching.net

Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board. A proud member of CAP, ACHE, IMDHA, IACT, IHF & ATPH

Catalogue Volume 10 2009



**ZOILITA GRANT MS. CCHT.
CERTIFIED HYPNOTIC-COACH™**

Find Your Career at the **Colorado Coaching and Hypnotherapy Training Institute!**

People are seeking to improve their lives and you are in the right place to learn how to help them do it. We provide the high quality skills in all phases of working with clients as essential component in all our programs. If you are looking to have a successful private practice, CCHTI gives you a big advantage in the fact that we teach five different styles of hypnosis as well as ways to use them.

We also teach very concrete applications of these skills. When dealing with human beings, having many tools makes you more effective. Included in every certification training are excellent marketing tools and tips. Our programs are designed to help you work with real people, and to help them work with their real issues in life. We have excellent continuing education classes designed to keep your skills cutting edge and to teach the latest of techniques and applications. Classes are scheduled with the working person in mind and you can learn a new career by going to school on weekends. We are here to help you succeed. Working with people to improve their lives is a very meaningful thing to do with your life.

Thank-you for making us a partner in your new career!

Zoilita Grant MS. CCHT. Certified Hypnotic-Coach™
Owner and Director

Entrance Requirements

The school does not discriminate based on race, sex, religion, ethnic origin, or disability. The school recommends that prospective students have a high school diploma or equivalency diploma prior to enrollment. If applicants are beyond the age of compulsory school attendance in Colorado and do not possess a diploma or equivalency diploma, an interview may be necessary in order to determine ability to benefit from training.

Enrollment

Prospective students may enroll anytime prior to the program that they are enrolling in, unless maximum class size has already been reached. No late enrollments will be accepted without permission of the Director.

Attendance Policy

Students are expected to arrive on time for class. It is mandatory that students complete the total hours required for certification. Any time missed must be made up, either by attending a future scheduled class, or by arranging private instruction with instructor. Private instruction will result in additional fee negotiated with instructor. Instructor may request your withdrawal from a course or program if excessive absences or tardiness lead to unsatisfactory progress. Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.

Progress and Grading Policy

The school uses no formal grading policy. Students are graded on a pass/fail system. By the end of the semester, students will need to be able to demonstrate basic skills of the particular modality that they are being certified in either hypnosis or Hypnotic-Coaching™

IMPORTANT DATES TO REMEMBER

Certification Programs

Dates

Master Hypnotherapist : 2/3/09-5/19/09
Tuesday
Cost: \$2,400.00 + \$200 Administration fee

Master Hypnotherapist : 3/28/09-9/22/09
Saturday
Cost: \$2,400.00 + \$200 Administration fee

Graduate Hypnotherapist: 3/16/09-12/7/09
Mon. Eve. 5-8:30 pm
Cost: \$2,400.00 + \$200 Administration fee

Hypnotic-Coaching™ 6/15/09-6/29/09
Intensive 9-5pm
Cost: \$2,400.00 + \$200 Administration fee

Specialty Certifications

Dates

Past Life Regression 1/9/09-1/10/09-1/11/09
Cost: \$450

Sport Hypnosis 3/14/09-3/15/09
For Peak Performance
Cost: \$300

EMDR For Hypnosis: 3/21/09-3/22/09 & 4/25/09-4/26/09 & 5/23/09-5/24/09
Cost: \$900

Hypnosis For Pain Relief 5/29/09-5/30/09-5/31/09
Cost: \$450

Placement Assistance

No placement assistance is offered. Training is provided in setting up a professional practice and meeting local and state requirements. The school creates on going support for members of the community, consulting, and supporting graduates in establishing a private practice and/or association with other practitioners.

Certification Exam

for Hypnosis professions, the International certification exams are administered by a designated examiner for the American Council of Hypnotist Examiners, the International Medical and Dental Hypnotherapy Association and the International Association of Counselors and Therapists. These exams demonstrates to the public, other health-care providers, and colleagues that a minimum standard of education and/or experience in the professions of hypnotherapy and Hypnotic-Coaching™ has been achieved. Students are also observed doing session and are required to have basic levels of competency in their skills.

Previous Credits

Credit from another institution will not be accepted without approval of the Director. We do not guarantee transferability of our credits to another institution without written agreement between that institution and ourselves.

Facilities

The school office is located in Longmont, CO. Classes are also taught there and also at different locations. Each technique is offered through lecture and experiential exercises in the comfortable classrooms equipped with dry erase board, stereo, and video. Time is allotted for students to demonstrate their grasp of material for each skill and technique in small study groups held in rooms comfortably furnished with either recliners or other appropriate equipment.

Conduct Policy

All students are expected to act mature and are required to respect other students, faculty members, and school property. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

A student who violates safety regulations, interferes with other students' work, is, under the influence of alcohol or drugs, or does not make timely tuition payments is subject to permanent dismissal from school. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision. Instructors may temporarily suspend a student whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn, and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon remittance.

Refund Policy

Students not accepted by the school and students who cancel this contract by notifying the school within three business days are entitled to a full refund of all tuition and fees paid. Students who withdraw after three business days, but before commencement of classes, are entitled to a full refund of all tuition paid except the cancellation fee of \$150.00 and \$200 School Administrative Fee. In the case of students withdrawing after commencement of classes, the school will retain a cancellation fee, School Administrative fee plus a percentage of tuition which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the last date of attendance.

Refund Policy Continued:

The official date of termination for refund purposes is the last date of recorded attendance. All refunds will be made within 30 days from the date of termination.

- a. The date on which the school receives notice of the student’s intention to discontinue the training program; or
- b. The date on which the student violates published school policy, which provides for termination.
- c. Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier date the school determines the student is not returning or the day following the expected return date.

The student will receive a full refund of tuition and fees paid if the school discontinues a course program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.

If satisfactory resolution cannot be reached between the student and the school, the student may file a written complaint online with the Colorado Division of Private Occupational Schools at higher.colorado.gov/dpos or by requesting a complaint form at 303-866-2723. There is a two year limitation on the Division taking action on student complaints.

Refund Table

Student is entitled to upon withdraw/termination	Refund
Within the first 10% of program	90%
After 10% but within the first 25% of program	75%
After 25% but within the first 50% of program	50%
After 50% but within the first 75% of program	25%
After 75%	None

Postponement Of Start Date

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth: A. Whether the postponement is for the convenience of the school or the student, and: B. A deadline for the new start date, beyond which the start date will not be postponed. If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school’s refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

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***Let us train you
To make a six figure
income with your
Successful Private Practice***

We are regulated by the Colorado Department of Higher Education, Division of Private Occupational Schools.

“Professional coaching is an interactive process that helps individuals and organizations improve their performances and achieve extraordinary results. Professional coaches work with clients in all areas including business, career, finances, health and relationships. As a result of professional coaching, clients set better goals, take more action, make better decisions, and more fully use their natural strengths. We adhere to a form of coaching that honors the client as the expert in his/her life and work and believes that every client is creative, resourceful, and whole..”* Hypnotic-Coaching™ utilizes hypnosis in a coaching framework.

Hypnotherapy is the use of hypnosis as a therapeutic tool of psychotherapy. Hypnosis creates fast and effective personal growth. Many clients can receive insurance reimbursement.

“Though often denigrated as fakery or wishful thinking, hypnosis has been shown to be a real phenomenon with a variety of therapeutic uses - especially in controlling pain.” *Scientific America* May 2002

“Research over the last 40 years shows that such hypnotic techniques are safe and effective. Furthermore, a growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habits, relieve minor phobias, and serve as anesthesia - all without drugs or side effects.” *Psychology Today* January 2001

Complimentary Medicine: 50% of Americans spend money on complimentary medicine including hypnosis

Weight Mastery 78% of all Americans would spend money to lose weight. Hypnosis has been proven effective to create lasting weight mastery.

*from the ICF web site

Our classes are approved by:

The American Council of Hypnotists Examiners, the International Hypnosis Federation, and the International Medical and Dental Hypnotherapy Association. We are also a member of The Colorado Association of Psychotherapists and the Denver Coach Federation.

Our Continuing Education Units are accepted by:

ACHE, IHF, ATPH, IMDHA, IMDHA/ IACT
And many other organizations upon student request .

The School is owned and Directed by:

Zoilita Grant MS CCHt. Certified Hypnotic-Coach™ When it comes to providing people with tools to improve their lives, Zoilita Grant is truly a pioneer. As a nationally known Hypnotic-Coach™ and teacher, Zoilita has dedicated her life to helping people heal themselves. After more than thirty years of private psychotherapy practice, Zoilita now focuses on speaking, writing and teaching. She has a line of Change Your Mind...Change Your Life Hypnosis CDs for the public and has written and published over twenty-seven books for Hypnosis practitioners. Zoilita loves cats, yoga and her family. She is deeply committed to excellence and evolution. We have several excellent teachers that work for the school.

Our Purpose:

Our purpose at Colorado Coaching and Hypnotherapy Training Institute is to support the evolution of humanity through the transformation of consciousness. We believe that as individuals change their minds they then have the capacity to change their lives. All of our occupational training programs are designed to facilitate the ability of clients to change their minds and their lives. We train coaches and hypnotherapists to have the skills necessary to establish successful private practices. In addition to our foundation courses, we offer Continuing Education Credits and Specialty Certifications.

Our Values:

- ◆ We value our students.
- ◆ We value our teachers and staff.
- ◆ We value excellence and quality education.

We value growth, adventure, involvement, competence, creativity, ecological awareness, effectiveness, efficiency, ethics, helping society, honesty, harmony, wisdom, wealth, freedom, and spirituality.

Our Vision:

Our vision is to provide quality education in current and future programs. We intend to continue to develop an institution with high standards for excellence that grows and evolves over time. We seek respect and to create positive influence. We offer connection and appreciation. We hope to be your choice for education throughout your career.

Zoilita Grant MS. CCHt.
Certified Hypnotic-Coach™



200 Lincoln St. Longmont, CO 80501 – 303.776.6103
www.ColoradoCoaching.net

About Our Programs

Our programs train individuals for careers that support evolution and excellence. We have had certifying programs for Hypnotherapists for seven years. In 2008 we added the first certified Hypnotic-Coaching™ program in the country. This year's Intensive is our 2nd Hypnotic-Coaching™ Certification. We continue to believe in the importance of therapy and the need for highly trained Hypnotherapists. We will continue to offer excellent training for Hypnotherapists. Hypnotic-Coaching™ is a new and different profession. It is not hypnotherapy nor does it replace it. Hypnotic-Coaching™ is part of the coaching profession. The following is adapted from an article written by Patrick Williams EdD. MCC. in Choice Magazine Volume 5 #3. Dr Williams is the Director of the Life Coach Training Institute. This the link to the article:
http://www.lifecoachtraining.com/resources/articles/articles/Choice_Border_line.pdf

Distinctions Between Therapy and Coaching

Therapy

Deals mostly with a person's past and trauma, and seeks healing.

Doctor-patient relationship (Therapist has the answers).

Assumes emotions are a symptom of something wrong.

The Therapist provides professional expertise and guidelines to give you a path to healing.

Coaching

Deals mostly with a person's present and seeks to guide them into a more desirable future.

Co-creative equal partnership (Coach helps client discover their own answers).

Assumes emotions are natural and normalizes them.

The Coach stands with you, and helps YOU identify the challenges, then works with you to turn challenges into victories and holds you accountable to reach your desired goals.

Our Hypnotic-Coach™ Certification:

Hypnotic-Coaching™ gives you an opportunity to join the fastest growing profession in human relations, coaching, with the extra advantage of hypnosis. We train you in skills of Life Coaching and self hypnosis training and use. All paperwork that you need to practice will be included. Our marketing training is exceptional with the goal of you making a six figure income. We train you how to work specifically with self esteem and empowerment, life design, prosperity, sports, peak performance, hypnotic dating, sales, real-estate and much more. Teachers: Zoilita Grant MS CCHt. Certified Hypnotic-Coach™, Dr. Edward Chavez Ph.D. CCHt., Debra Berndt CCHt. Certified Hypnotic-Coach™. Students may add 12 days of training and complete a practicum to receive a Diploma.

Master Hypnotherapist Certification:

Receive excellent training, books, and materials. We will help you to build your confidence as you build your skills. Students will be excellently trained, Certified Master Hypnotherapists. These Certified Hypnotherapists work to help individuals dealing with specific life challenges or requiring wellness procedures. The class also provides some continuing educational opportunities for psychotherapists or health care professionals. Hypnotherapy Skills include training in five styles of both directive and non-directive hypnosis as well as the techniques of Alchemical Hypnotherapy. Students will learn the application of these techniques for weight, smoking, anxiety, depression, health, and pain relief. Teacher: Zoilita Grant MS CCHt. Certified Hypnotic-Coach™. Students may add 12 days of training and complete a practicum to be certified as a Clinical Hypnotherapist by the ACHE and receive a Diploma from the school.

Graduate Hypnotherapist Certification:

This Certification is designed for graduate level psychotherapists or students enrolled in a graduate program who want to add hypnotherapy to their skills. This is a fast paced class that requires some individual study. Using the most sophisticated and useful Hypnotic techniques, this training includes powerful client centered interactive hypnotherapeutic processes that allow clients to find the answers from within their own subconscious. This approach builds confidence and rapport, while empowering the client. Teacher: Zoilita Grant MS CCHt. Certified Hypnotic-Coach™. Students may complete a practicum to be certified as a Clinical Hypnotherapist and receive a Diploma from the school.

All of our hypnosis trainings include deep trance, suggestion work and powerful interactive processes that allow clients to find the answers from within their own subconscious. This approach builds confidence and rapport, while empowering the client. The trainings are both a unique education and transformative personal experience.

We also offer several excellent **Specialty Certifications** and many **Continuing Education Classes** to complete our programs.

Getting Started

1. Visit our websites at: www.ColoradoHypnotherapy.com
www.ColoradoCoaching.net
2. Attend a Career Night here at the school or call today for an individual apt. 303-776-6103.

Career Nights “The Truth About Hypnosis”
200 Lincoln Street Longmont, CO
7:00 - 8:30 pm check web sites for dates

Programs have an additional \$200.00 School Administration Fee. If you register for Hypnotic-Coaching™ or any Hypnotherapy certification with a \$200.00 class deposit by an early enrollment date, your \$200.00 School Administration Fee will be waived.

Faculty and Staff:

School Director: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

School Faculty: Zoilita Grant MS. CCHt.
Dhyan Eagleton MA C.Ht.
Debra Berndt CCHt.
Edward Chavez Ph.D. CCHt.
Amanda Wallace LPC. CCHt.
Alice Clark, MA, LPC, CACIII, CCHt
Emily B. Lustig, M.Ed, CCHt

Web Designer: Debby West

School Administrator: Beth Vasquez

Maintenance Director: Rick Grant

Hypnotic-Coaching™ Certification Intensive 9am-5pm 6/15/09-6/29/09

The field of Hypnotic-Coaching™ is about working with people who want “success” in their lives. A Hypnotic-Coach is much like a trainer who helps an athlete win the “Gold Medal” - not just be in the race. Hypnotic-Coaches™ help clients design the lives they want. It helps them achieve their goals. Hypnotic-Coaching™ is a process that teaches the use of self hypnosis to create a solution-focused life. Hypnotic-Coaching™ goes beyond problem solving and uses life coaching techniques to help the client create a life that is purposeful and focused. Hypnotic-Coaching™ is not therapy. Hypnotic-Coaching™ teaches self-hypnosis. Our program teaches you to blend the tools and techniques of Life Coaching with power of optimal states of hypnotic consciousness. Teachers: Zoilita Grant MS. CCHt Certified Hypnotic-Coach™, Edward Chavez Ph.D. C.Ht., Debra Berndt Certified Hypnotic-Coach™

COA 100 Introduction to Hypnotic-Coaching™:

6/15/09-6/16/09

Students will learn that Hypnotic-Coaching™ is about working with people who want “success” in their lives. They will learn the difference between hypnotherapy and hypnotic-coaching with a focus on the coaching relationship. Students will learn to create the coaching alliance and how to complete client paperwork. Templates for client paperwork are included in training materials. Students will learn basic and advanced skill of life coaching. They will also learn the hypnosis tools and how to teach self-hypnosis to clients.

COA 101 Life Coaching Tools and Techniques

6/17/09-6/18/09

Students will learn the core competencies of the International Federation of Coaches and how to conduct the coaching conversation. They will learn how to create the coaching alliance and how to complete all necessary client paperwork. Templates for client paperwork are included in training materials. Students will learn basic and advanced skill of life coaching.

COA 102 Hypnotic-Coaching™ for Sports Performance:

6/19/09-6/20/09

In this two day course, students will have the opportunity to learn valuable tools and techniques that will support them in working with clients ranging from the recreational athlete to those on an Elite level. An excellent workbook and client handouts are included. Students in the Sport Hypnosis course will learn how to help their clients to: build confidence, increase mental toughness, improve focus and concentration, simply allow their body to operate on pure instinct, play more consistently in “The Zone”, recover quickly after a setback or mistake, and maintain calm and relaxation while playing or competing.

COA 103 Hypnotic-Coaching™: for Building Dynamic Teams

6/21/09-6/22/09

In this two day course, students will have the opportunity to learn valuable tools and techniques that will support them in working with teams in a variety of settings, from athletic teams to corporations. Students will learn how to help their clients: establish a method and an approach

that fuels success develop team cohesion, and several techniques for strong team building.

COA 104 Hypnotic-Coaching™ for Life Design:

6/23/09-6/24/09

Students will learn how to coach from the inside out. Coaching is presented as a developmental and a variety of different modes are explored. Students will learn how to use tools to help clients determine values, purpose and vision to create life design. Hypnotic skills will be taught as ways to increase inner connection and motivation of client. Coaching communication techniques will be reinforces.

**COA 105 Hypnotic-Coaching™
in the Marketplace:**

6/25/09-6/26/09

the marketplace is filled with opportunities for coaches. In our changing financial climate, executives and entrepreneurs are looking for support in being their best and reaching their goals. Writers, musicians and artists also turn to coaches to reach their full potential. For singles, attracting a loving relationship can be easier with a dating coach. Learn tips and techniques on working with each type of client and how to establish yourself as an expert coach in any field.

COA 106 Hypnotic-Coaching™:

6/27/09-6/28/09

Marketing for a Six Figure Income

Marketing Bootcamp will teach you the nuts and bolts on how to earn a 6-figure income as a Hypnotic-Coach™. You will walk away with real tools to create your business plan, advertising plan and learn internet marketing strategies to build a profitable practice. You will learn how to create a unique brand and position yourself in the marketing place for success, develop a basic business plan, market yourself on-line and off-line including the secrets of Website Development, Internet Advertising, Search Engine Optimization, Social Media Optimization, and print your own self-hypnosis programs on CD, free exposure on the media (print, tv, radio).

COA 107 Hypnotic-Coaching™ Certification:

6/29/09

Complete certification process for **Hypnotic-Coaching™** . Write and practice Elevator Speech. Review all practicum assignment: Four Buddy Coaching Sessions, One Case Study, Welcome Packet, Business / Marketing Plan, Personal Life Design. Certification exam.

Master Hypnotherapist Certification (Tuesdays)

2/3/09-5/19/09

This is a 150 hr. certification as a Hypnotherapist through the International Medical and Dental Hypnotherapy Association and the International Hypnosis Federation This teaches a mastery of five styles of hypnosis, including Alchemical Hypnotherapy techniques. Students receive special training to work with anxiety, depression, health, smoking and weight. Students will receive excellent training, books, and materials. We will help you to build your confidence as you build your skills. Students will be excellently trained, Certified Master Hypnotherapists. These Certified Hypnotherapists work to help individuals dealing with specific life challenges or requiring wellness procedures. The class also provides some continuing educational opportunities for psychotherapists or health care professionals. Students may add 12 more days of training and complete a practicum to be certified as a Clinical Hypnotherapist by the American Council of Hypnotist Examiners and receive a school diploma. No previous training or education is required. This hypnotherapy training teaches you deep trance, suggestion work and powerful interactive hypnotherapeutic processes that allow clients to find the answers from within their own subconscious. This approach builds confidence and rapport, while empowering the client. The training is both a unique education and transformative personal experience. The class meets Tuesdays from 9 to 5pm. You need 2 hrs a week of practice/reading.

Intro to Master Hypnotherapy: 2/3/09-2/10/09 (2 Days)

Designed to teach students basic hypnosis skills in five styles of hypnosis including **1. Clinical Hypnosis: 2. Alchemical Hypnotherapy: 3. Block Clearing Techniques: 4. Regression Therapy: 5. Transpersonal Hypnotherapy.** Students also learn rapport building, levels of trance and forms of induction with an emphasis on the mind/body connection. Students will learn a very effective system of how to teach self-hypnosis.

Client Assessment, planning and management skills: 2/17/09 & 3/3/09 (2 Days)

Students will also learn key hypnotherapy interviewing techniques to assess client issues and create ongoing therapy. They will learn how to create and use hypnosis client plans. Students will learn client management skills and characteristics that make them effective. They will also learn how to help themselves and their clients develop Inner Resources.

Hypnosis for Sub-Personality: 3/10/09, 3/17/09 & 3/24/09 (3 Days)

alchemical Hypnotherapy techniques and interactive process are designed to change behaviors. Students learn protocols with ample practice time. Students will learn how to do Inner Child / Inner Family Work, Develop Inner Resources, work with wounded parts and do Conference Room Techniques. The focus is on creating a strong functional adult self.

Hypnosis for Anxiety, Fears, and Depression: 3/31/09 & 4/7/09 (2 Days)

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

**Hypnosis for Weight Mastery 4/14/09 & 4/21/09 (2 Days)
and Smoking:**

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons clients seek hypnotherapy. Being able to work effectively with this issue opens the door to expanding your practice.

Hypnosis for Health: 4/28/09 & 5/5/09 (2 Days)

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors.

Marketing Your Hypnotherapy Practice: 5/12/09 & 5/19/09 (2 Day)

Certification Exam: The exam of International Medical and Dental Hypnotherapy Association will be given for certification. Students will complete all State Paperwork. Students learn how to set up, manage, and market the Master Hypnotherapy practice; As a student you learn Bulls Eye Marketing tips to create real success, networking referral systems and 10 ways to use your business card get new clients.

“The training I received at the school was truly amazing! The classes were through and inspiring. I was well prepared to open my practice upon graduation. Being a hypnotherapist is a wonderfully rewarding Career! The drives to Longmont were well worth it and really paid off in the end!”

Carissa Brown, CCHt.
Denver Counseling Hypnotherapist

Master Hypnotherapist (Saturdays)

3/28/09-9/26/09

This is a 150 hr. certification as a Hypnotherapist through the International Medical and Dental Hypnotherapy Association and the International Hypnosis Federation This teaches a mastery of five styles of hypnosis, including Alchemical Hypnotherapy techniques. Students receive special training to work with anxiety, depression, health, smoking and weight. Students will receive excellent training, books, and materials. We will help you to build your confidence as you build your skills. Students will be excellently trained, Certified Master Hypnotherapists. These Certified Hypnotherapists work to help individuals dealing with specific life challenges or requiring wellness procedures. The class also provides some continuing educational opportunities for psychotherapists or health care professionals. Students may add 12 more days of training and complete a practicum to be certified as a Clinical Hypnotherapist by the American Council of Hypnotist Examiners and receive a school diploma. No previous training or education is required. This hypnotherapy training teaches you deep trance, suggestion work and powerful interactive hypnotherapeutic processes that allow clients to find the answers from within their own subconscious. This approach builds confidence and rapport, while empowering the client. The training is both a unique education and transformative personal experience. The class meets Saturdays from 9 to 5pm. You need 2 hrs a week of practice/reading.

Intro to Hypnotherapy: 3/28/09 & 4/4/09(2 Days)

Designed to teach students basic hypnosis skills in five styles of hypnosis including **1. Clinical Hypnosis: 2. Alchemical Hypnotherapy: 3. Block Clearing Techniques 4. Regression Therapy: 5. Transpersonal Hypnotherapy.** Students also learn rapport building, levels of trance and forms of induction with an emphasis on the mind/body connection. Students will learn a very effective system of how to teach self-hypnosis.

Client Assessment, planning and 4/11/09 & 4/18/09 (2 Days)

management skills: Students will also learn key hypnotherapy interviewing techniques to assess client issues and create ongoing therapy. They will learn how to create and use hypnosis client plans. Students will learn client management skills and characteristics that make them effective. They will also learn how to help themselves and their clients develop Inner Resources.

Hypnosis for Sub-Personality: 5/9/09 & 5/16/09 & 6/6/09 (3 Days)

Alchemy techniques and interactive process are designed to change behaviors. Students learn protocols with ample practice time. Students will learn how to do Inner Child / Inner Family Work, Develop Inner Resources and do Conference Room Techniques. Focus is on creating a strong functional adult self.

Hypnosis for Anxiety and Depression: 6/13/09 & 7/18/09 (2 Days)

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

Hypnosis for Weight Mastery and Smoking: 7/25/09 & 8/1/09(2 Days)

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons clients seek hypnotherapy. Being able to work effectively with this issue opens the door to expanding your practice.

Hypnosis for Health: 8/8/09 & 8/22/09 (2 Days)

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors.

Marketing Your Hypnotherapy Practice 9/12/09 & 9/26/09 (2 Days)

Certification Exam: (2 Day): Exams for the American Council of Hypnotist Examiners and International Medical and Dental Hypnotherapy Association will be given for certification. Students will complete all State Paperwork. Students learn how to set up, manage, and market the Master Hypnotherapy practice; Marketing tips to create real success; Ways to use your business card get new clients.

“As an adult learner, I have little patience for any further schooling. So I was very pleasantly surprised with the high quality and truly interesting and helpful classes that the school has offered me. The school is professional administrated and as I progress in my studies, I feel I will be well prepared for practice.”

Fran Gallaher CCHt.
Teacher and Intuitive Counselor, Denver, CO

Graduate Hypnotherapy Certification: Mon. Eve. 5-8:30 pm **3/16/09-12/7/09**

Graduate Hypnotherapy is designed for practicing psychotherapists, graduate students, Chiropractors, Acupuncturists or Naturopaths who want to add Hypnosis to their skills. This is a fast paced class that requires some individual study. Using the most sophisticated and useful hypnotic techniques, this training includes powerful client centered interactive hypnotherapeutic processes that allow clients to find the answers from within their own subconscious. This approach builds confidence and rapport, while empowering the client. All classes are offered in a safe, supportive environment, allowing students to experience their own transformation while learning the skills to assist others in finding new levels of healing. A graduate degree in a mental health field or comparable training is required to take this class. A certification as a Hypnotherapist is awarded at the end of this class. 1 hr. of reading/practice is needed each week.

INTRODUCTION TO GRADUATE HYPNOTHERAPY: 3/16/09 & 3/23/09 & 3/30/09 & 4/6/09

Designed to teach students basic hypnosis skills in five styles of hypnosis including 1. Clinical Hypnosis ,2. Alchemical Hypnotherapy, 3. Block Clearing Techniques, 4. Regression Therapy: ,5. Transpersonal Hypnotherapy. Students also learn rapport building, levels of trance and forms of induction with an emphasis on the mind/body connection. Students will learn a very effective system of how to teach self-hypnosis. The focus of this class is on applications to graduate level practices.

HYPNOSIS FOR SUBPERSONALITY: 4/20/09 & 4/27/09 & 5/4/09 & 5/11/09 & 5/18/09 & 6/1/09

Students will learn to work with personality to transcend the parts and create the Divine Adult. Inner conflicts will be resolved by strengthening the spiritual resources of the client. Alchemical Hypnotherapy is the foundation of this work. Alchemical Hypnotherapy techniques and interactive process are designed to change behaviors. Students learn protocols with ample practice time. Students will learn how to do Inner Child / Inner Family Work, Develop Inner Resources and do Conference Room Techniques. Focus is on creating a strong functional adult.

HYPNOSIS FOR ANXIETY AND DEPRESSION: 6/8/09 & 7/6/09 & 7/20/09 & 7/27/09

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

HYPNOTIC VOICE,VISUALIZATION AND LANGUAGE TECHNIQUES: 8/3/09 & 8/10/09

Hypnotic phrasing; Metaphor and symbolic language; use of voice as a hypnosis tool; creating direct and indirect suggestions; types of anchoring; creating powerful visualizations; teaching visualization skills to clients.

**HYPNOSIS FOR WEIGHT, 8/17/09 & 8/24/09 & 9/14/09 & 9/21/09 & 10/5/09 & 10/12/09
SMOKING AND ADDICTION RECOVERY:**

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons that people seek hypnotherapy. Learning to work successfully with smokers is a big boost to your practice. Addictions run rampant in our society. Causing cravings from chocolate to alcohol, the addictions damage client's lives. Learn to help clients find recovery through a program that helps people to find their authentic self. Advanced Sub-Personality work is included. Awareness and choice are developed in a cognitive behavior model. A system of working towards recovery is presented that can be adapted according to your areas of competency.

HYPNOSIS FOR HEALTH: 10/19/09 & 10/26/09 & 11/2/09 & 11/9/09

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors. Understanding the mind/body connection and disease; Developing and working with Inner Resources; simple cellular release; using parts work with disease.

HYPNOSIS FOR TRANSPERSONAL ISSUES: 11/16/08 & 11/30/09

This class teaches the application of hypnotherapy in a very holistic, spiritually based manner, Soul orientation which allows for the integration of parts of the client's personality through Body/Mind/Spirit/Emotions. It teaches how to facilitate the application of Spiritual principles in lives. Students will learn tools to facilitate clients in finding their Inner Wisdom. The use of art, music, pictures, dreams, games and much more will be added to their "Toolbox." Intuitive Development is a key element in using these tools. Students learn how to use these tools to facilitate their clients healing. Key elements of Transpersonal Hypnosis will be taught.

CERTIFICATION EXAM: 12/7/09

Exams for the American Council of Hypnotist Examiners and International Medical and Dental Hypnotherapy Association will be given for certification.

"I recently completed the Graduate Hypnotherapy class. I loved the transpersonal approach, as well as Zoilita's generosity, experience, and open-mindedness. She offers many manuals and handouts that supported my learning, and I continue to refer to them in my practice because they are so helpful."

Alice Clark MA. LPC, CAC III CCHt.
Psychotherapist/Hypnotherapist Boulder, CO

Continuing Education

The Colorado Coaching and Hypnotherapy Training Institute offers an opportunity for incredible educational and professional support. The classes in our weekend format training are available to Hypnotherapists as Continuing Education Classes at a day rate of \$150 per day. This makes our specific style of Hypnotherapy more available to you who are already certified in the field. The school is accepted for continuing education units by the ACHE, IMDH, IACT, IHF, NGH, & ATPH. Each day class is 8.5 CEU's and two-day classes are 17 CEU's. Please let me know what you are interested in taking, because space is limited. A \$50.00 deposit is required to hold your place. Since many of these classes require a minimum number of students to pay teacher fees, please register at least two weeks prior to class date. To register call 303-776-6103 or info@zoilitagrants.net

HYP 504 PAST LIFE REGRESSION:

1/9/09-1/10/09-1/11/09

Specialty Certification Cost: \$450.00, 3 days, 34 CEUs, 9:00 am to 5:00 pm FRI-SAT-SUN

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

All the hypnotic skills that you need for the class are taught within the class. Students will learn to resolve core life issues using Past Life Regression Techniques. Students learn induction and Alchemical Hypnotherapy techniques, and how to process the experiences including resolution and integration at a soul level. Finding Gifts from the past, Contract work, and Redecision Therapy are foundation pieces of this class. Students have practice time to really learn the techniques. Students will also learn how to run Discovering Past Lives groups. Students explore how to work with children's past lives. An excellent Manual and scripts are included. Great for personal Soul growth!

HYP 401 TOOLBOX:

Techniques for Working With the Soul

1/20/09 & 1/27/09

Cost: \$300.00, 2 days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO. All the hypnotic skills that you need for the class are taught within the class. Students will learn tools to facilitate clients in finding their Inner Wisdom through hypnotic techniques. You will learn to work with clients in the areas of art, music, pictures, games and much more. This class will give you a wonderful "Toolbox" to expand your work with clients. Intuitive Development is a key element in using these tools. Students learn how to use these tools to facilitate their clients healing. Key elements of Transpersonal Hypnosis will be taught. Day II is Alchemical Dreamwork, as students learn how to help clients work with their dreams. Great for personal Soul growth!

HYP 412 GENOGRAM MAPPING FOR TRAUMA:**2/28/09**

Cost: \$150 1 Day, 8.5 CEUs, 9:00 am to 5:00 pm SATURDAY

Taught By: Dhyana Eagleton MA. C.Ht.

200 Lincoln St. Longmont, CO.

The Multifocused Family Genogram is a powerful and popular tool that allows you, the therapist with your client, to map visually on a large sheet of paper both the trauma and positive resources from several generations that carry down to your client's current life and presenting issues. This dynamic assessment method is interactive and provides a clear picture of the earlier causes of dysfunction and a direction for the healing work to be done. In addition, the therapist learns mirroring techniques to attune to the client's states of mind during the process. This allows optimal and rapid bonding to occur during the very first meeting while the client tells their story of multigenerational trauma, abuse, grief, loss, and challenges faced by the family. Focused genograms and timelines are like snapshots on themes such as anger, family violence, romantic love, work, loss and grief that have impacted your client. During this one-day workshop, students will construct both a genogram and time line.

HYP 103 HYPNOSIS FOR SUBPERSONALITY:**3/10/09 & 3/17/09 & 3/24/09**

Cost: \$450 3 Days, 25 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Alchemical Hypnotherapy techniques and interactive process are designed to change behaviors. Students learn protocols with ample practice time. Students will learn how to do Inner Child / Inner Family Work, Develop Inner Resources, work with wounded parts and do Conference Room Techniques. The focus is on creating a strong functional adult self.

HYP 104 HYPNOSIS FOR ANXIETY AND DEPRESSION:**3/31/09 & 4/7/09**

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

HYP 502 HYPNOSIS FOR SPORTS/PEAK PERFORMANCE**3/14/09-3/15/09****Specialty Certification** Cost: \$300 2 days 17 CEUS 9am-5pm SAT-SUN

Dr. Edward Chavez Ph.D.,C.Ht.

200 Lincoln St. Longmont, CO.

In this two day course, students will have the opportunity to learn valuable tools and techniques that will support them in working with clients ranging from the recreational athlete to those on an Elite level. An excellent workbook and client handouts are included. Students in the Sport Hypnosis course will learn how to help themselves or their clients to: build confidence, increase mental toughness, improve focus and concentration, simply allow their body to operate on pure instinct, play more consistently in "The Zone", recover quickly after a setback or mistake, and maintain calm and relaxation while playing or competing.

**HYP 503 EMDR 3/21/09-3/22/09 & 4/25/09-4/26/09 & 5/23/09-5/24/09
WITH HYPNOSIS: Specialty Certification**

Cost: \$900 (\$315 for each segment) 6 Days, 50 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Dhyen Eagleton MA. C.Ht.

200 Lincoln St. Longmont, CO.

Our EMDR with Hypnosis program teaches applications of EMDR for individuals who use hypnosis. This combines the powerful tools of EMDR, a "revolutionary" approach, with Hypnotherapy techniques. The practitioner guides the client through disturbing material desensitizing it with bilateral stimulation of the brain, and installing positive healing resources and self beliefs. Unlike talk therapy, this method is rapid and important for students wishing to work with trauma. EMDR has successfully helped an estimated half million people with: PTSD/ Phobias, Anxiety/Depression, Physical/Sexual Abuse, Panic Attacks Addictions, Bereavement, Trauma from Accidents, Combat/Natural Disasters Childhood Negative Messages & Low Self-Esteem.

HYP 105 HYPNOSIS FOR WEIGHT/SMOKING 4/14/09 & 4/21/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons clients seek hypnotherapy. Being able to work effectively with this issue opens the door to expanding your practice.

HYP 212 HYPNOSIS FOR HEALTH: 4/28/09 & 5/5/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors.

The art of hypnosis is developed through the use of voice, language and visualization techniques.

HYP 103 HYPNOSIS FOR SUBPERSONALITY:

5/9/09 & 5/16/09 & 6/6/09

Cost: \$450 3 Days, 25 CEUs, 9 to 5 pm SATURDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Alchemical Hypnotherapy techniques and interactive process are designed to change behaviors. Students learn protocols with ample practice time. Students will learn how to do Inner Child / Inner Family Work, Develop Inner Resources, work with wounded parts and do Conference Room Techniques. The focus is on creating a strong functional adult self.

HYP 213 HYPNOSIS FOR PAIN RELIEF:

5/29/09-5/30/09-5/31/09

Specialty Certification 9 to 5pm \$450 3 Days 25 CEUs FRI-SAT-SUN

Taught by: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

This is a very comprehensive class in hypnotic pain relief. Students will learn the psychology of pain; Theories of Pain Management; Understanding dissociation and dislocation; Glove anesthesia; emergency hypnosis; Techniques of pain management. Pre-Op / Post-Op. Hypnodontics. This class includes information on insurance billing and getting referrals from Medical Doctors. Included are Pain Management Session Guides and research you can show to referring sources.

HYP 404 LIFE SKILLS

6/2/09 & 6/9/09

Unique Tools and Techniques for the Hypnotherapist/Hypnotic-Coach™

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught by Alice Clark , MA, LPC, CAC III, CCHt.

200 Lincoln St. Longmont, CO.

In this course, you will learn NEW tools and techniques to expand your repertoire of services. This class teaches how to teach your client basic skills to create the kind of life they want. This class will give you tools and clear, effective ways to teach them to your clients. These creative and original processes will support your clients in creating positive change for **any** type of presenting issue! Help yourself as you learn to help your clients. You will learn: How to understand and regulate emotions; How to clearly communicate needs and set boundaries with others; How to effectively change negative thinking habits in order to eliminate self-defeating behaviors; How to tolerate distressing situations successfully; How to teach people to focus on the present rather than the past or future.

HYP 104 HYPNOSIS FOR ANXIETY AND DEPRESSION:

6/13/09 & 7/18/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SATURDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

COA 102 HYPNOTIC-COACHING™

FOR PEAK/SPORTS PERFORMANCE:

6/19/09-6/20/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm FRIDAY + SATURDAY

Taught By: Dr. Edward Chavez Ph.D., C.Ht

200 Lincoln St. Longmont, CO In this two day course, students will have the opportunity to learn valuable tools and techniques that will support them in working with clients ranging from the recreational athlete to those on an Elite level. An excellent workbook and client handouts are included. Students in the Sport Hypnosis course will learn how to help their clients to: build confidence, increase mental toughness, improve focus and concentration, simply allow their body to operate on pure instinct, play more consistently in "The Zone", recover quickly after a setback or mistake, and maintain calm and relaxation while playing or competing.

COA 103 HYPNOTIC-COACHING™:

FOR BUILDING DYNAMIC TEAMS

6/21/09-6/22/09

Cost: \$300.00, 2 Days, 17 CEUs, 9:00 am to 5:00 pm SUNDAY +MONDAY

Taught By: Dr. Edward Chavez Ph.D., C.Ht

200 Lincoln St. Longmont, CO.

In this two day course, students will have the opportunity to learn valuable tools and techniques that will support them in working with teams in a variety of settings, from athletic teams to corporations. Students will learn how to help their clients: establish a method and an approach that fuels success develop team cohesion, and several techniques for strong team building.

COA 104 HYPNOTIC-COACHING™:

6/23/09-6/24/09

FOR LIFE DESIGN

Cost: \$300.00, 2 Days, 17 CEUs, 9:00 am to 5:00 pm TUESDAY +WEDNESDAY

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Students will learn how to coach from the inside out. Coaching is presented as a developmental and a variety of different modes are explored. Students will learn how to use tools to help clients determine values, purpose and vision to create life design. Hypnotic skills will be taught as ways to increase inner connection and motivation of client. Coaching communication techniques will be reinforced.

**COA 105 HYPNOTIC-COACHING™
IN THE MARKETPLACE**

6/25/09-6/26/09

Cost: \$300.00, 2 Days, 17 CEUs, 9:00 am to 5:00 pm THURSDAY+FRIDAY

Taught by Debra Berndt Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

The marketplace is filled with opportunities for coaches. In our changing financial climate, executives and entrepreneurs are looking for support in being their best and reaching their goals. Writers, musicians and artists also turn to coaches to reach their full potential. For singles, attracting a loving relationship can be easier with a dating coach. Learn tips and techniques on working with each type of client and how to establish yourself as an expert coach in any field.

**COA 106 HYPNOTIC-COACHING™:
MARKETING FOR A SIX FIGURE INCOME**

6/27/09-6/28/09

Cost: \$300.00, 2 Days, 17 CEUs, 9:00 am to 5:00 pm SATURDAY +SUNDAY

Taught by Debra Berndt Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Marketing Bootcamp will teach you the nuts and bolts on how to earn a 6-figure income as a Hypnotic-Coach™. You will walk away with real tools to create your business plan, advertising plan and learn internet marketing strategies to build a profitable practice. You will learn how to create a unique brand and position yourself in the marketing place for success, develop a basic business plan, market yourself on-line and off-line including the secrets of Website Development, Internet Advertising, Search Engine Optimization, Social Media Optimization, and print your own self-hypnosis programs on CD, free exposure on the media (print, TV, radio).

HYP 409 MIND-BODY HYPNOSIS:

6/27/09-6/28/09

Cost \$300 2 day 17 CEUs 9:00 am to 5:00 pm SAT-SUN

Taught by: E. Robert Maldonado Ph.D.

1805 S. Bellaire St, Suite # 201 Denver, CO

You will learn mind-body interaction as it relates to hypnosis.

How to use hypnosis to relieve physical pain and anxiety.

How to use hypnosis to help people change entrenched life-long habits.

- What is the brain doing under hypnosis.
- How the mind and body interact.
- What neuroscience reveals about the functioning of the brain under hypnosis.

Mind-Body Hypnosis explores these and other questions and issues in hypnosis. You will learn what the most recent neuroscience and medical research reveals about the brain under hypnosis. Knowing the science behind hypnosis will help you explain the effectiveness of hypnosis to clients and referring sources.

HYP 405 ADVANCE SUB-PERSONALITY**7/7/09 & 7/14/09**

Cost: \$300.00, 2 days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont

Module A. Inner Child:

Alchemical Hypnotherapy contains incredible tools of Transpersonal transformation. This one day class will focus on in depth inner child work. This class teaches you to use Alchemical Hypnotherapy techniques in new ways to create greater transformation. . You will receive both an opportunity for great personal work as well as learning very important tools to work successfully with your clients.

Module B. Conference Room, Sub-personalities and the Shadow:

You will learn to use advance conference room techniques, how to effectively decontaminate sub personalities and intricate sub-personality work. You will learn to use shadow work techniques to help clients overcome their own self defeating habits and behaviors.

HYP 211 HYPNOSIS WITH CHILDREN AND ADOLESCENTS:**7/21/09 & 7/28/09**

Cost: \$300.00, 2 days, 17 CEUs, 9:00 am to 5:00 pm TUESDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Hypnosis with Children and Adolescents teaches techniques that range from Hypnotic Play Therapy to adolescent group work. Learn how to create effective inductions for children as young as two years. Students learn to work with developmental stages to create very effective Children's Therapy. They also learn the Storytelling Protocol and how to create personal stories. As a student you receive excellent reference materials and tools designed to help you create real success in your practice. Part of day 2 focuses on ADD and peak performance techniques.

HYP 105 HYPNOSIS FOR WEIGHT AND SMOKING**7/25/09 & 8/1/09**

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SATURDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons clients seek hypnotherapy. Being able to work effectively with this issue opens the door to expanding your practice.

HYP 104 HYPNOSIS FOR ANXIETY AND DEPRESSION**7/25/09-7/26/09**

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Emily B. Lustig, M.Ed, CCHt

Colorado Springs, CO.

Anxiety and depression are two areas, which can be greatly helped by hypnotherapy. As a student, you will learn techniques to help eliminate the emotional causes of both anxiety and depression. You will be taught ways to help clients reduce and handle personal stress by changing elements of their personality. You will learn comprehensive programs to work with both anxiety and depression, as you learn to teach clients positive self-talk, how to change their belief systems and how to create internal balance. You will also receive tools and strategies to help GI's and Veterans. An excellent workbook and client handouts is included.

HYP 212 HYPNOSIS FOR HEALTH:

8/8/09 & 8/22/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SATURDAYS

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors. The art of hypnosis is developed through the use of voice, language and visualization techniques.

HYP 209 HOW TO RUN HYPNOSIS GROUPS:

8/15/09-8/16/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Zoilita Grant MS. CCHt. Certified Hypnotic-Coach™

200 Lincoln St. Longmont, CO.

One of the best ways to build a successful private practice is do effective on going hypnosis groups and classes. Students in this workshop will learn how to use a combination of hypnosis, journaling and group dynamics to create a variety of ongoing hypnosis based groups and classes. The class will focus on specific techniques to work with weight, fears, stress, pain and smoking in a group situation. Students will practice with group dynamics and journaling as they learn to create dynamic hypnosis based groups. Receive an excellent selection of handouts and group outlines to use with your own groups as well as an excellent training manual. Students will learn to work with both large and small groups. A great list of sample groups is included. Students will experience a Prosperity Solution group as part of experiential learning.

HYP 500 A-B REGRESSION THERAPY:

8/22/09 -8/23/09 & 9/12/09-9/13/09

Specialty Certification

Cost: \$600 or 2 PAYMENTS OF \$315 4 Days, 34 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By Emily B. Lustig, M.Ed, CCHt

Colorado Springs, CO.

8/22/09 -8/23/09 Module A Natal Regression Therapy In this course, students will learn hypnotic age-regression methods to guide clients back to their experience in the womb and through the birth experience, as well as techniques for effectively processing information that is uncovered. It is well accepted that the Soul of the unborn child is present from conception onward. From conception through delivery, the child is aware of the mother's (and often the

father's) thoughts, feelings, and experiences. Powerful programming takes place during this time, which can influence this child throughout their lifetime. This class involves:

- *Understanding birth scripts
- *Releasing negative birth scripts
- *Reprogramming with positive messages
- *Natal regression procedure
- *Healing birth trauma
- *Exploring inter-life decisions

9/12/09-9/13/09 Module B: Past Life Regression Therapy In this course you will learn tools and techniques for guiding your clients to access subconscious memory banks where all of their memories and experiences from this lifetime, as well as others they have lived are stored! By uncovering past life information, clients can expand their spiritual awareness, and deepen their understanding of themselves, their life, their relationships, their beliefs, and patterns in their behavior. Upon completion of this course, you will be proficient in one-on-one past-life regression, group past-life regression, and dual regression for taking couples back in time simultaneously. In this course you will: *Explore the major theories of reincarnation*Learn about the different types of karma*Gain understanding of karmic influences*Learn karmic resolution strategies*Learn how to guide clients to explore inter-life decisions

HYP 401 TOOLBOX:

9/26/09-9/27/09

Techniques for Working With the Soul

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Emily B. Lustig, M.Ed, CCHt
Colorado Springs, CO.

Do You Want to Develop your Intuition? Have you ever known who was calling before you picked up the phone? Have you ever had a 'hunch' about something that turned out to be right? Have you ever wanted to be more in touch with your own intuition? Then this class is for you! We are **all** psychic, and in this class you will learn and practice tools and techniques to enhance your innate abilities! Topics and experiential opportunities will include: self-hypnosis, pendulums, psychometry, telepathy, meeting with spirit guides, inspirational and automatic writing, exploring chakras, seeing auras, and more! By learning how to access your own inner wisdom, you can create greater experiences of peace, love, joy, grace, creativity, success, freedom, confidence, connection, and purpose in your life.

HYP 212 HYPNOSIS FOR HEALTH:

10/10/09 -10/11/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Emily B. Lustig, M.Ed, CCHt
Colorado Springs, CO.

Hypnosis for Health will teach students how to use hypnosis to effectively help clients suffering from disease. Techniques are taught for working with Cancer, respiratory problems, headaches, and allergies, as well as how to determine and deal with secondary psychological gain. You will learn step-by-step effective ways to boost the immune system and create healing metaphors.

The art of hypnosis is developed through the use of voice, language and visualization techniques.

HYP 413 HYPNOSIS FOR CHILDBIRTH:

10/17/09-10/18/09

Easy Childbirth Through Hypnosis

Cost: \$300.00, 2 days, 17 CEUs, Sat-Sun

Taught By: Amanda Wallace MA, LPC, CCHt.

200 Lincoln St. Longmont, CO.

Learn how to help your clients give birth in a calm, peaceful and joyous way. You will be given the tools to teach a six session childbirth series to a group or individual couple. Hypnosis eliminates the fear, tension, pain syndrome that leads to complications and interventions during birth and instead creates relaxation, confidence and comfort. Women find that their labors are significantly shortened, their discomfort levels are reduced, they are able to relax and rest during their pregnancies, and they are able to form deep prenatal bonds by practicing the techniques they learn in this powerful class. Easy Childbirth is a very gratifying experience and the tools that your clients will receive will be beneficial not only for labor and delivery, but for a life time of parenting.

HYP 404 LIFE SKILLS

10/24/09-10/25/09

Unique Tools and Techniques for the Hypnotherapist/Hypnotic-Coach™

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Emily B. Lustig, M.Ed, CCHt

Colorado Springs, CO.

In this course, you will learn NEW tools and techniques to expand your repertoire of services. The more options you have in your skill set, the more effectively you can work with your clients! These creative and original processes will support your clients in creating positive change for **any** type of presenting issue! You will learn how to effectively guide your clients with metaphoric and symbolic suggestions and imagery so they can easily:

*release old ideas of limitation, old patterns, etc.

*create greater balance and health

*move forward with a sense of purpose and direction

*become more grounded, centered, and present

*build self-esteem

*increase awareness And so much more!

HYP 414 BODY SPIN

11/6/09-11/7/09-11/8/09

Cost: \$350 2 ¼ Days, 19 CEUs, 6:30-8:30 pm FRIDAY + 9am-5pm SAT-SUN

Taught By: David Pasikov MA. Body Alignment Technique trainer

200 Lincoln St. Longmont, CO.

* Quick and easy to learn, **Body Spin** is a simple and powerful healing technique that can discharge blocked energy anywhere in the body.

* Pain can be relieved and our structure re-aligned often in a few minutes, even sometimes instantly.

- * Body Spin can be applied to all issues, be they physical, emotional, mental or spiritual.
- * Everyone can benefit from this method, and Body Spin workshops provide a gentle and powerful introduction to working with energy.

In Body Spin, we identify the imbalance, by priority, and invoke a specific pattern of energy through a specific vortex centre that is integrally related to the imbalance. There is an immediate connection between spirit and form, and rapid healing occurs. It is like the ignition of light in an arc lamp as the two poles are synchronized. Body Spin works with the body's cellular memory or bio-computer, which guides the practitioner to the appropriate priority. It also works with the whole person taking into account all aspects of being.

HYP 105 HYPNOSIS FOR WEIGHT/SMOKING

11/7/09-11/8/09

Cost: \$300 2 Days, 17 CEUs, 9:00 am to 5:00 pm SAT-SUN

Taught By: Emily B. Lustig, M.Ed, CCHt

Colorado Springs, CO.

Weight is the #1 reason clients come to hypnotherapy today. Students will learn many techniques that make a very effective program to work with groups and individuals. The crucial underlying issues that create weight will be studied with specific techniques to work with them. Students learn an effective four sessions Protocol to work with smoking. This is one of the main reasons clients seek hypnotherapy. Being able to work effectively with this issue opens the door to expanding your practice.

Products for Professionals available at:
www.coloradohypnotherapy.com

Please visit our other web sites:
www.ZoilitaGrant.net
www.HypnotheraPyproducts.net

“2007 has been one of my greatest years of learning and personal growth due to my experience at CSCH. I was able to gain skills in many basic hypnotherapy techniques as well as specialty certifications that are not only effective, but in high demand! I was able to learn from a variety of instructors and learn the many diversities of the field through all of the class offerings. I was especially drawn to the transpersonal work and have already seen amazing effectiveness of this work at this very early stage of my new career. I have gained a confidence in a path that I am very excited about and know will afford me a great contribution to the world as a whole. I highly recommend the program and the specialty offerings available to someone beginning in the field or someone looking to use these skills in their existing practice.”

Paula Robbins CCHt.
Denver, CO