

Become a Confident, Skilled Professional Hypnotist

NGH Certification Program + Advanced Hypnosis Skills

with Claire de la Varre, PhD, CH, CI, and guest speakers

<https://www.positivespiralhypnosis.com/hypnosis-certification-course-ngh>

Next class begins: November 8-9, 2026

=====

A comprehensive five-month training program combining the theory, skills and practical experience needed to become a confident professional hypnotist.

Hypnosis is a powerful skill for helping people make meaningful changes in their lives.

You will learn how hypnosis works, how to create effective hypnotic experiences, how to work with clients, and how to be flexible in your approach to the different needs and circumstances of your clients.

The program is designed to give students a strong foundation in hypnosis while developing the practical skills required to work confidently with clients and establish a hypnosis practice.

A Complete Training Experience

The program combines **live online teaching with intensive in-person training**, giving you the flexibility of learning online while preserving the hands-on experience that is essential to becoming a skilled hypnotist.

5 months · 10 training days · 120 hours total

75 hours live training | 5 hours pre-course prep

45 hours homework, reading, videos, and case studies

Live online

- November 7–8, 2026
- December 12–13, 2026
- January 16–17, 2027

Live in person — North Carolina

- February 20–21, 2027
- March 13–14, 2027
- Chapel Hill or Raleigh — location to be confirmed

The program is deliberately spread across five months, giving you time to absorb new material, complete the homework assignments, practice between training weekends and return each month ready to develop your skills further.

Class structure:

- Saturday and Sunday, 7.5 hours of teaching per day
- 8:30am-12:30pm, 1:30-5:30pm
- two 15-minute breaks
- 1-hour lunch break

From Foundations to Advanced Hypnosis

The curriculum takes you on a carefully structured journey from your first experience of hypnosis through to advanced techniques and working with practice clients.

Month 1 — Foundations of Hypnosis

Understand what hypnosis is, how it works and why it can be so effective

You'll explore hypnosis theory and history, ethics and scope of practice, the brain and nervous system, mind models, the emotional needs framework, and incorporating somatic information. You will also learn and practice the basic structure of a complete hypnosis session: induction, deepeners, content, post-hypnotic suggestion and emerging. By the end of this weekend, you will be hypnotizing people! But this is just the beginning...

Month 2 — Becoming a Hypnotist

Move from understanding hypnosis to doing hypnosis

Learn in-depth about inductions and deepeners, the concept of depth and various levels of hypnosis, suggestibility tests, abreactions, the Elman and Erickson approaches, and practice conducting a complete hypnosis session. You will learn to hypnotize both with and without scripts. We will discuss the use of AI in writing personalized client scripts, and how to make recordings using Audacity. You will prepare your own introduction to explain hypnosis to clients.

Month 3 — Applied Hypnosis

How to apply hypnosis to a wide range of common client goals

- Nicotine cessation (smoking, vaping, and dipping)
- Weight release (including support for clients on GLP1 meds)
- Pain management (chronic and acute)
- Anxiety, stress, and sleep
- Medical and dental hypnosis

- Working with special groups e.g. children, teens, elderly, terminally ill (these groups will depend on the interests of class members)

We will aim to wrap up the NGH manual materials by the end of this weekend and you will be given a couple of case studies to complete, to be turned in by the final weekend.

Month 4 — Working with Clients & Building Your Practice

Develop the interpersonal and practical skills that turn hypnotic techniques into effective client work.

Now that we are in-person, you'll learn how to work with clients and begin thinking about the practicalities of establishing and running your own hypnosis practice.

We will cover: how to conduct an intake interview, using psychological principles, how to create rapport, goal-setting, the importance of language, NLP techniques, and the Rewind technique. You will learn how to muscle test your clients for unhelpful core beliefs and negative emotions, plus how to clear those findings using an energy technique. All of this will help prep your client for a highly successful hypnosis experience. We will also discuss how to set up and run a business as a consulting hypnotist, the importance of keeping records, how to evaluate beneficial change, social media, creating products like classes, packages, workshops and seminars, and marketing.

Month 5 — Advanced Hypnosis

Take your skills further with advanced approaches including **Parts Therapy** (working with different parts of the personality), **regression** (going back to an earlier time in order to discover when a pattern first began) and **past-life regression**. Claire will demonstrate of two metaphysical approaches.

You will work with practice clients, consolidate your skills and sit your final examination.

Learn by Doing

One of the defining features of this program is its emphasis on **practical experience**.

You will have opportunities throughout the course to practise your skills, work with practice clients, receive supervised assessment and apply your learning to case studies.

The 120-hour program includes:

75 hours of live teaching over 5 weekends

including sessions with guest speakers

Supervised assessment and practice clients

Case studies and homework

5 hours of pre-course preparation

Final examination

By the time you complete the program, you will have done considerably more than learn about hypnosis. **You will have experienced what it is like to use it.**

Learn from an Experienced Practitioner

Your trainer is **Claire de la Varre, PhD**, a professional hypnotist and psychotherapist with almost two decades of experience working with clients and 15 years teaching hypnosis.

Claire brings together a combination of backgrounds in **psychology, education, information science and hypnosis**, with a strong interest in understanding both the science and the practical application of therapeutic change.

Her approach is grounded, curious and highly practical: understand the principles, learn the techniques, practise them, and develop your own confidence and style as a hypnotist.

NGH Certification

The program is an **NGH-approved training program**.

Your **\$3,695 tuition** includes the NGH fee for the following:

- NGH training materials (available online)
- Final examination (takes about 1 hour)
- Your first year of NGH membership

Pay up front, or a payment plan (card on file) is available if needed:

- \$1500 deposit due once your registration has been accepted.
- \$1100 due October 1.
- \$1100 due November 1.

Course materials and pre-course prep will be sent to you once you have registered and paid your deposit (or full fee).

=====

Not sure whether you're ready to commit to the full certification program?

Begin with Foundations

This standalone **Foundations of Hypnosis 1** 15-hour online course introduces you to the principles and practice of hypnosis and gives you an opportunity to experience Claire's teaching before committing to the complete program.

\$795 • November 7–8, 2026

If you subsequently enrol in the full certification program, the Foundations module can be applied toward your certification training.