

The JULIEN WELLNESS CENTER

Invites You to Participate In A Career Opportunity

THE MODERN HYPNOSIS CERTIFICATION COURSE

TRAIN TO BECOME A CERTIFIED HYPNOTIST

BECOME CERTIFIED WITH THE NATIONAL GUILD OF HYPNOTISTS, THE LARGEST AND OLDEST ORGANIZATION OF ITS KIND WITH MEMBERS IN MORE THAN 40 COUNTRIES.

YOUR INSTRUCTOR

CHERYL JULIEN, CERTIFIED INSTRUCTOR AND HYPNOTIST, AND FOUNDER OF THE JULIEN WELLNESS CENTER

MS. JULIEN IS A PUBLISHED AUTHOR, PRODUCER OF A TV SERIES FOR "WOMEN IN BUSINESS" AND BUSINESS OWNER HERSELF.

SHE HAS BEEN ACTIVE AS A TEACHER/PARTICIPANT IN THE WELLNESS FIELD FOR OVER TWO DECADES. HER INTEGRATIVE APPROACH TO HYPNOSIS USES A COMBINATION OF TECHNIQUES THAT CREATES A PROCESS UNIQUELY FOCUSED FOR EACH CLIENT. SHE NOTES, "HYPNOSIS IS THE KEY TO UNLOCKING THE MIND'S UNLIMITED POTENTIAL!"

A Program Designed For...

- Those who want career advancement, to have your own profession (full or part time) or complement your existing profession.
- Everyone interested in learning Hypnosis and Self-Hypnosis for self-improvement and programs which can be applied to private or corporate clients.

The National Guild of Hypnotists' core training curriculum is the basis for certification.

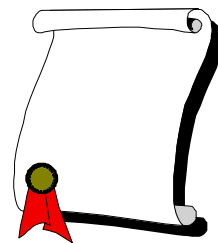
All classes are conducted using the NGH's teaching materials. Successful graduates of these classes are eligible to be designated as Certified Hypnotists by NGH, the oldest and largest organization of its kind.

Our Level I Certification curriculum is designed to provide a complete classical approach to hypnosis which enables each participant to immediately become a practicing hypnotist working with weight, smoking and stress problems for both individuals and groups.

Upon completion of Level II, each participant will be able to help clients deal with fears and anxieties, self-confidence and esteem issues, sports performance, career coaching, sales performance and most problems presented to hypnotists.

Special emphasis is given to training participants in the Goal Image Focusing Technique (GIFT), a proven 6-step modern behavioral program for changing habit patterns.

The training at the Julien Wellness Center is based on 18 years of research and proven field-tested behavioral programs. Each participant will have the opportunity to gain confidence by practicing with other students. The primary objective is to teach you all aspects of hypnosis and its applications as thoroughly, scholarly and completely as possible.



Certified Hypnotist

Program Begins Saturday October 16, 2004

(see inside for complete listing of course dates)

Call Cheryl Julien if you have any questions about the content of the course or certification information at: (701) 277-7266.

HYPNOTHERAPY CERTIFICATION

The Julien Wellness Center offers a complete Course in Hypnotism, Imagery and Suggestion with 100 hours of hands on supervision and instruction. Class size is limited to 12.

Course Dates: Saturdays & Sundays 9AM – 5PM — October 16 and 17, October 30 and 31, November 6 and 7, November 13 and 14, November 20 and 21.

Location: Julien Wellness Center at Expressway Inn, Fargo.

COURSE OUTLINE

WHAT IS HYPNOSIS? A complete technical and simple explanation of hypnosis is explored. Concepts of primary and secondary suggestibility are introduced.

PRELIMINARY SUGGESTIBILITY TESTS. The purpose and types (authoritarian and permissive) are discussed, demonstrated and practiced.

RECOGNITION & CLASSIFICATION OF SUBJECTS. An in-depth discussion of the qualification of subjects, including common fallacies we encounter, occupational susceptibility of highly impressionable and emotional people.

INFLUENCES AND DANGERS OF HYPNOSIS. In this lesson we discuss the influence of light, color, temperature, odors, music, sound and emotions, and their effect on inducing hypnosis.

HOW TO HYPNOTIZE. A 3-step classical hypnotic induction procedure is introduced. The techniques are practiced and all participants are critiqued.

METHODS OF “AWAKENING.” Ordinary and gradual awakening methods are shown. Participants practice a self-hypnosis induction and awaken themselves.

DEPTH STAGES OF HYPNOSIS. In this exciting lesson you are introduced to the six depth stages of hypnosis and the criteria for judging trance depth.

SUGGESTION MANAGEMENT. You will learn the rationale for using self-hypnosis and how it can influence all phases of your lives. In addition, you will be introduced to the world of “suggestion” and learn six important criteria for formulating action suggestions.

“Cheryl is the most incredible of guides: warm, compassionate, well-knowledged and fun, fun, fun! The course is not just any course. This class has permitted me the freedom to feel that I am empowered to control the choices I make...to turn negatives into positives.” R. Marrs,

COURSE OUTLINE (CONTINUED)

SELF-HYPNOSIS TRAINING. A 3-step method is demonstrated and participants actually construct their own system for teaching a complete program.

HYPNOTIC MISCELLANY. Mechanical aids, post-hypnotic suggestion, deepening techniques and topics, such as negative word traps, are discussed.

ADVANCED INDUCTION TECHNIQUE. The eight steps necessary to perform an effective progressive relaxation induction are demonstrated. Instantaneous, indirect and waking hypnosis techniques are shown and practiced.

ASSESSMENT, GOAL SETTING AND REINFORCEMENT. This lesson introduces — through interactive discussions and application exercises — the methodology to develop a treatment plan for most presenting problems. Participants will learn the BASIC assessment model and a format for developing goal setting skills and reinforcement scripts.

THE FIRST SESSION WITH A CLIENT. The timing and structure of the first hypnosis session with a client is outlined and practiced — how to explain hypnosis to a client; which induction method to use; and how to incorporate suggestibility testing and/or depth testing when appropriate.

SESSIONS TWO, THREE AND FOUR WITH A CLIENT. Participants are taught to structure all additional sessions with clients, including the development of actual treatment plans.

IMAGERY AND HYPNOSIS. Through case studies, role play activities and illustrations, the practical applications of using imagery in conjunction with proven ego-strengthening techniques are explored and practiced.

UNCOVERING TECHNIQUES (REGRESSION). The rationale for using regression techniques is discussed. Demonstrations include affect-bridge technique and automatic writing.

YOUR HYPNOSIS PRACTICE — HOW SHOULD IT BE STRUCTURED? The varied possibilities and options open to enhance a profitable hypnosis practice are explored. This includes how to start, expand and market one's private practice. The methodology and structure of developing a teaching practice, and marketing one's hypnosis programs to the corporate world are analyzed.

GROUP HYPNOSIS. Methods for developing emotional communication within a group, how to capitalize on group reinforcement techniques, and benefits of group hypnosis are some of the topics covered in this segment.

PRIVATE TRAINING. A personalized program is designed for qualified individuals wishing to study Hypnosis privately. The program is based on individual needs. A year long mentor program is available. Call for a personal interview and tuition information.

“This course has been incredible. Dollar for dollar...this course is hands down a winner. Cheryl is smart, witty, caring, knowledgeable and generous in teaching and sharing all aspects of hypnosis — including business, marketing, ethics and personal uses.” B.T., Exeter, NH

CAREER OPPORTUNITY HYPNOSIS CERTIFICATION COURSE

TUITION SCHEDULE:

Tuition for Hypnosis Certification Program \$1950.

If tuition is paid in full by October 16th, the program fee is \$1750.

\$200 Deposit required when registering.

(In special cases, payment plans will be arranged. Call Cheryl Julien to discuss.)

YOUR TUITION INCLUDES:

Student Training Manuals (Level I and Level II), Audio & Video Tapes, Business Start-Up Portfolio, Scripts, Pendulum & Chart. PLUS, upon completion of your studies, you are eligible to receive certification from the National Guild of Hypnotists and will receive your personalized 11x14 Certificate, Embossed Membership Card, 12-month

membership in the National Guild of Hypnotists, *The Journal of Hypnotism* and *Hypno-Gram* subscriptions PLUS a complete set of new member materials.

SUGGESTED SEQUENCE FOR DEVELOPING YOUR HYPNOSIS CAREER:

- Start with the Hypnosis Certification Program, and open your own private practice.
- Become a National Guild of Hypnotists Certified Instructor — teach others how to embark on a career path to have their own Hypnosis practice that will enhance their income with great satisfaction.

CONTINUING EDUCATION

Hour for hour credits are given for this course. All attendees will be prepared and tested to be qualified as a Certified Hypnotist by the National Guild of Hypnotists.

TAX DEDUCTIBLE TUITION

Treasury regulation 1.1625 normally permits an income tax deduction for educational expenses (including registration fees, travel, meals and lodging), for courses taken to improve or maintain skills required in business employment. Check your eligibility with an accountant.

“A course that makes every day better from day one right to the end. Definitely worth the time and money!”
B. Hurst, Greenland, NH

HOW TO REGISTER (701) 277-7266

YES! Register me for the HYPNOSIS CERTIFICATION PROGRAM!

_____ Hypnosis Certification Program \$1950

_____ If Paid In Full by October 16 \$1750

Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Telephone: () _____ Signature: _____

(Note: A deposit of \$200 per attendee is required when registering.
Deposit is fully refundable up to ten [10] days before course begins.)

Please make check payable to the JULIEN WELLNESS CENTER.

Phone: (701) 277-7266

