

CURRICULUM & SYLLABUS



2025-2026 HYPNOSIS TRAINING

Cascade Hypnosis Training
103 East Holly Street, Suite 209, Bellingham, WA

PRESENTED BY ERIKA FLINT, BA, BCH, MCPHI, OB

In 2013 I created Cascade Hypnosis Center for Training & Services to help people lead better lives with hypnosis.

Today we help students learn a modern, professional, and heart-centered approach to hypnosis and hypnotherapy to create fulfilling careers with thriving hypnosis practices.

Our program consists of foundational hypnosis techniques that anyone with compassion and drive can learn, coupled with advanced hypnotherapeutic techniques to help clients get lasting relief from life-long issues.

Our comprehensive program will help you transform your life and career. I can't wait to help you get started with our highly effective and heart-centered approach.

Unique in the business for its effectiveness of techniques combined with heart-centered work at its core, our training also prepares you for success with intensive support after certification.

Let's help people lead better lives with hypnosis!

ERIKA FLINT, BCH, MCPHI, OB
FOUNDER, CEO, AND INSTRUCTOR



HYPNOSIS + BUSINESS BUILDING



PRE-WORK

Pre-Work to help you become a professional hypnotist faster

Our course has some of the most comprehensive pre-work of any hypnosis training course because we want you to be successful and have a thriving hypnosis practice! For that reason, the moment you register for our course you are granted access to 2 powerful training courses:



NGH-APPROVED HYPNOSIS CERTIFICATION TRAINING PRE-WORK COURSE

This pre-work course includes pre-class homework, hypnosis induction practice, additional training material, and a reading list.



BUSINESS-BUILDING COURSE

Complete this course before class starts and you'll be able to open your Hypnosis Practice within days of completing the course.



PRE-WORK COURSE OUTLINE: INTRODUCTION TO HYPNOSIS AND HYPNOTHERAPY

- Classical and modern principles of inducing hypnosis. Working model of the mind, including unconscious, subconscious, conscious and critical factor.
- Permissive or authoritarian approaches to meet the needs of different clients, age considerations, vocational considerations, other background and historical considerations.
- Video demo series to preview introductory techniques you'll learn in class.



PROFESSIONAL HYPNOSIS PRE-WORK

GUIDED SELF-STUDY PROGRAM - 25 HOURS



LEVEL I

- Functions of human emotion, Model of the Mind, and Flow of Perception - foundational frameworks
- Classical deepening techniques, Using depth tests to deepen hypnosis, self-deepening and causing the environment to deepen trance, waking suggestion, and more.
- Introduction to the systematic approach of 5-PATH® - Five Phase Advanced Transformational Hypnosis, History of 7th Path Self-Hypnosis®. Comparison to classical self-hypnosis.
- Working with doctors and other medical professionals.



STRONG FOUNDATIONS TO PREPARE YOU FOR DEEPER LEARNING IN LEVEL II

- How your clients' beliefs and concerns about hypnosis affect your sessions. How to prepare clients for sessions. How to create trust and rapport with your clients.
- Classical approaches to hypnosis such as progressive relaxation. Modern inductions such as instant and rapid hypnotic inductions. and spontaneous affect-induced induction. Overt and covert depth testing and hypnotic convincers.
- Writing and delivering effective hypnotic suggestions. How to make hypnotic suggestions more powerful than direct suggestions alone.



PROFESSIONAL HYPNOSIS LIVE TRAINING



TRAINING

It is the objective of Level II to train the student in hypnotherapeutic techniques, including advanced hypnotic suggestion, advanced hypnotic induction, using hypnotic age regression, and other advanced therapies outlined below. Also, this section is designed to teach the student how to set up, organize and promote his or her hypnotherapy practice.



LIVE TRAINING

Day 1-7

Level II is conducted over seven consecutive days. An assessment exam will be given on this material on the 6th day. The last day of the course is partially reserved for answering questions, additional practice, makeup examinations, review and going through materials related to membership and certification in the National Guild of Hypnotists. If the student does not pass the last assessment covering hypnotherapy he or she may retake the assessment.

DAY 1

9:00am-6:30pm



LEVEL II COURSE OUTLINE : OVERVIEW OF HYPNOTHERAPY

- How the mind responds to hypnotherapy. How to avoid the rejection of hypnotic suggestion and get lasting change. The role of emotional factors in hypnotherapy. The role of classical conditioning in hypnotherapy.
- Classical approach to self-hypnosis, 7th Path Holistic Mind-BodySpirit approach to self-hypnosis, Writing and delivering hypnotic suggestions for self-hypnosis. Role of visualization and fantasy in self-hypnosis.

PROFESSIONAL HYPNOSIS LIVE TRAINING



DAY 2

8:00am-6:30pm

USING 5-PATH® , A SYSTEMATIC APPROACH TO HYPNOTHERAPY



- Use of 5-PATH® (Five-Phase Advanced Transformational Hypnosis) as a universal approach for changing habits, working with addictions, weight loss, smoking cessation, fears/phobias, eating disorders, psychosomatic illness, and more (using hypnotic suggestion, age regression, forgiveness therapies and Parts Mediation Therapy, as a system).



- Helping clients move toward health and positive personal change with hypnotic suggestion. When and how to deliver therapeutic hypnotic suggestion. View case study video and practice of self-hypnosis.

DAY 3

8:00am-6:30pm

HYPNOTIC AGE REGRESSION AS A POWERFUL HYPNOTHERAPY



- How to reliably do hypnotic age regression. How to do revivification (have a client re-experience a past event), How to uncover the sources of the problem (Initial Sensitizing Event). How to use age regression to remove the problem and help the client. How to use age regression and hypnotic suggestion together. How to avoid most common mistakes in age regression such as causing false memories. How to do the Informed Child Technique and Informed Adult Technique. View video of therapeutic application.

PROFESSIONAL HYPNOSIS LIVE TRAINING



DAY 4

8:00am-6:30pm

HYPNOTIC THERAPIES TO AID IN FORGIVENESS AND EMOTIONAL HEALING



- How to do "Chair Therapy" a useful gestalt therapy in the hypnotherapeutic process. How to turn forgiveness into a powerful therapeutic tool. How to apply the necessary principles of forgiveness and hypnotic suggestion together. View video of therapeutic application.

DAY 5

8:00am-6:30pm

USING FORGIVENESS OF SELF IN HYPNOTHERAPY



- Ten Keys To Forgiveness, reframing past mistakes as protecting the self-forgiveness and removing old self-defeating patterns, self-forgiveness and achieving new goals in life. View video of therapeutic application.

GRADUATE SPOTLIGHT: KATHIE HARDY



Kathie Hardy has been a Registered Nurse for over 30 years. When she realized hypnosis was so effective in eliminating problems and behaviors that lead to serious health problems, she couldn't get into school at our training center fast enough.

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"The training at Cascade is rock-solid, organized well, and the process gets results. Erika is a professional. It was one of the best training programs I've ever attended."

PROFESSIONAL HYPNOSIS LIVE TRAINING

DAY 6

8:00am-6:30pm

HYPNOTIC THERAPIES FOR INTERNAL CONFLICT AND SECONDARY GAIN ISSUES



- How to do Parts Mediation Therapy. How to use Parts Mediation Therapy to overcome internal conflict and secondary gain issues. Group Hypnosis and Practice of Self-Hypnosis.
- Live demonstration and supervised practice of hypnotic induction, deepening, testing, hypnotic and post-hypnotic suggestion. Live demonstration and supervised practice of hypnotic age regression (and other techniques as time permits). Discussion and demonstration of Past Life Regression if requested by members of the class.

DAY 7

8:00am-6:30pm

SETTING UP YOUR PRACTICE AND ORGANIZATION



- Organizing your office (forms, procedures, shortcuts and systems, for success). Answering the telephone and making appointments. Use of videos to save time in your practice. Advertising, marketing and free promotion of your business. Letting other professionals know about your business or service, such as physicians and psychologists. Working with, and how to get referrals from medical, psychological and other professionals.

TRAINING HIGHLIGHTS

RESOURCES

- Access to the Advanced Hypnosis Training Library with 50+ advanced training videos and modules
- Comprehensive online pre-work, books, materials, and live training

PERSONAL SUPPORT

- Intensive support after certification in our **6 month Implementation Program following the live class** designed to help you get and work with your first clients.
- Ongoing support - Optional membership in the Hypnotherapy Success Apprenticeship program, Online 5-PATH® Support Group.

PROFESSIONAL MEMBERSHIPS

- National Guild of Hypnotists
- 5-PATH International Association of Hypnosis Professionals

BUSINESS BUILDING

- Learn the most effective ways to launch and build your business.
- Discounts on optional materials including books, recordings, videos
- Marketing swipe files and templates

CASCADE HYPNOSIS TRAINING

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