

Roger Moore's
Institute of Hypnotherapy

2008
Course Catalog

State Licensed School of Hypnosis

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Roger Moore's Institute of Hypnotherapy offers the finest in comprehensive counseling and hypnotherapy training that leads to International professional Hypnotherapy certifications with International Medical and Dental Hypnotherapy Association (IMDHA) , the International Association of Counselors & Therapists. (IACT) and college credits from Alpha University. The training is designed to give health & wellness professionals additional tools to enhance their clients wellness experience.

Our hypnotherapy training teaches the application of hypnotherapy in a holistic manner. This training allows for the integration of parts of the personality through creating rapport between the conscious and unconscious minds. We promote the practical application of hypnosis as a practical everyday health and wellness tool. **Roger Moore's Institute of Hypnotherapy** teaches the clinical applications of hypnotherapy to assist individuals with specific wellness challenges and procedures. These health issues are those challenges which are negatively affected by stress, pain, insomnia and other *dis-ease*, such as obesity, Fibromyalgia, Irritable Bowel Syndrome, fear, anxiety and depression. Students also learn comprehensive ways to work with Weight Loss and Smoking Cessation. Skills taught are applicable to Psychological and Somatic issues. Other subjects covered include relationship therapy, athletic performance, sales, stage performance, and regression therapy. Class room experiences are didactic, discussion, experiential and directed independent study.

Roger Moore's Institute of Hypnotherapy is approved by the International Medical and Dental Hypnotherapy Association (IMDHA) , the International Association of Counselors & Therapists. (IACT), Alpha University and by the State of Washington.

Course Information

Course Objective

Individuals who complete this intensive training will develop the ability to use hypnotic skills effectively. This is specifically designed for self improvement or for those in the Helping Professions — Physicians, Psychologists, Nurses, Social Workers, Holistic Health Practitioners, Clergy, Educators, Sales Persons and athletes. In addition, these courses are suitable for persons desiring to develop a new vocation, or are considering a part-time or retirement career.

State Licensing:

Roger Moore's Institute of Hypnotherapy is licensed under Chapter 28C.10. Inquiries or complaints regarding this or any other private vocational school may be made to the Workforce Training and Education Coordinating Board, 128 Tenth Avenue, SW, Olympia, Washington, 98504-3104 or by calling (306) 753-5673.

Roger Moore's Institute of Hypnotherapy is solely owned by Roger Moore's Counseling & Hypnotherapy LLC, 509 Olive Way, Suite 1401, Seattle, WA, 98101, which is solely owned by Abundant Living Resources, LLC.

Faculty:

Roger Moore, MA, PhD: Roger Moore is the founder and director of **Roger Moore's Institute of Hypnotherapy**. He has been in the profession of counseling and human services since 1973. Roger holds a Masters Degree in Applied Counseling Psychology and holds a doctorate in Clinical Hypnosis. Roger has developed and written the weight loss training manuals, *It's Not About the Food*, and regularly presents at the International Medical & Dental Hypnosis Association conference, the International Association of Counselors & Therapists conference and at the American Board of Hypnotherapy convention. He is the owner and director of the weight loss program Slender For Life™ and has assisted thousands of people in moving towards their goals. He is a member of the International Medical and Dental Hypnosis Association, the International Association of Counselors & Therapists, the International Hypnosis Federation, the National Guild of Hypnotherapy, and the American Board of Hypnotherapy.

Melissa J. Roth CHt., PhD: CEO and Founder of **Alabama Hypnotherapy Center and Hypnosis Associates**. She is a Certified Clinical Hypnotherapist and is a PhD candidate through the American Pacific Institute. She is a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists. Melissa's hypnotherapy programs are available in four formats: individuals, small groups, custom tapes and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. Each year she speaks at numerous professional conferences.

Course Length

Hypnosis courses are 50 hours and other courses are eight hours. This schedule allows a student to obtain total classroom instruction and complete Directed Independent Study within a period of two weeks, thereby fulfilling the requirements for certification.

Enrollment, Class Schedule and Enrollment Dates

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.

Courses are scheduled throughout the year and enrollment must be completed by the starting date of class.

Class times are: Friday & Saturday 9:15 AM – 6:15 PM, & Sunday, 10:00 AM – 6:15 PM.

Licensing

There is no formal licensing for Hypnotherapists in Washington at this time. The State of Washington requires practicing hypnotherapists to be registered with the State. Out of state students are responsible for verifying laws and regulations pertaining to Hypnosis in their own state.

School Policies

Eligibility and Entrance Requirements

The school does not discriminate based on race, sex, religion, ethnic origin, or disability. The school requires that prospective students have a high school diploma or equivalency diploma prior to enrollment. The school does not offer an ability to benefit exam as applicants who do not have a high school diploma or equivalency will not be admitted. The training is both for persons new to the field and for those who wish to refine their skills. Persons over 18 years of age with a high school diploma or equivalent may be admitted.

Attendance

Students must attend all classroom lectures to qualify for a diploma. 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 by attending a future scheduled class, or by arranging for private instruction with an instructor. Private instruction will result in additional fee negotiated with instructor.

Instructor may request a student's withdrawal from a course or program if excessive tardiness leads 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. Proper documentation will be required to substantiate a student's withdrawal.

Grading System and Certificate

Students will be graded by tests, demonstrations of ability and class participation. Grading is Pass/Fail. Students must achieve a Passing Grade to receive credit. A certificate will be awarded to each student who successfully completes all course requirements. A copy of the certificate will be placed in the confidential student file. Upon written authorization by the student, copy of the transcript will be made available for other professional and educational organizations.

Conduct

Students will be a credit to themselves and to the school. All school rules must be followed. The school administration maintains the right to dismiss students for violation of school rules or for conduct which reflects unfavorably on the reputation or operation of the school.

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 boisterous, vulgar or obscene, under the influence of alcohol or drugs, or does not make timely tuition payments is subject to permanent dismissal from school.

Any student may be dismissed for violation of rules and regulations of the 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.

Re-Entrance

Students who have been dropped or dismissed may be re-entered by special arrangement with school officials.

Refund Policy

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less	10%
More than one week or 10% whichever is less but less than 25%	25%
25% through 50%	50%
More than 50%	100%

Financing & Scholarships

Financing is available. (Call for details) There are no scholarships.

Placement

The school does not guarantee placement. No placement assistance is offered.

Academic Advising, Counseling Services and Veterans Services

The school does not offer any formal academic advising, counseling services or veterans services.

Previous Credits

Credits from another institution will not be accepted. There is no guarantee of transferability of credits from **Roger Moore's Institute of Hypnotherapy** to another institution. Students who have attended other schools and have been certified by the other school will be eligible for consideration for the next level training.

Basic Information

Facilities

Classes are held in the Medical Dental Building, 509 Olive Way, Suite 1401, Seattle, Washington or in the meeting room of the Medical Dental Building. Class size ranges from 12 to 30 and the student to teacher ratio is never greater than 1 to 15.

Legal Holidays

School will be closed on all legal holidays including: Christmas, New Years, Memorial, Independence, Labor, Veterans & Thanksgiving days.

Books and Materials

All required books and materials suggested for the course will be available the first day of class, at the current RETAIL price. The school maintains a bookstore and most of the texts used in classes are available for purchase prior to classes. To order ahead of time, please call the office for specifics.

Director

Roger Moore, MA, PhD, is the Training Director.

Tuition		Eligibility
Basic/Self Hypnosis	\$595.00	See Eligibility and Entrance Requirements
Advanced Hypnosis	\$595.00	Successful completion of Basic Hypnosis
Hypnoanalysis	\$795.00	Successful completion of Basic & Advanced Hypnosis
Student Internship	\$1800.00	Successful completion of Basic, Advanced Hypnosis & Hypnoanalysis
International Medical & Dental Hypnosis Assoc. (IMDHA)	\$ 35.00 \$145.00	Student Membership Required Optional full membership (\$35.00 student membership will be deducted)
Fibro-What?	\$299.00	
Irritable Bowel Syndrome	\$299.00	
It's Not About the Food		
Level I	\$299.00	
Level II	\$299.00	
Level III	\$299.00	

Professional Membership

Associations:

As a hypnosis student you are eligible to receive a student membership with the International Medical and Dental Hypnotherapy Association™ (IMDHA) and with the International Association of Counselors & Therapists. Upon completion of Holistic Hypnoanalysis you qualify for a free one year membership in the International Hypnosis Federation and you qualify to take the IMDHA Certification exam. The certification exam is given the last day of the Hypnoanalysis Course. Membership is also available with the International Hypnosis Federation.

Tax Deductions

An income tax deduction is allowed for educational expenses (including tuition, travel, meals and lodging) undertaken to maintain and improve professional skill — Treasury Regulation 11625.

The Hypnotherapist

The Dictionary of Occupational Titles (D.O.T.), published by the United States Department of Labor, defines occupations and assigns identification numbers to each occupation.

This publication is recognized and utilized by Federal and State agencies including the State of Washington Board of Education and the Washington State Employment Security Department. It is also utilized by U.S. colleges and universities for career guidance counseling.

079.157-010-Hypnotherapist "induces hypnotic state in client to increase motivation or alter behavior patterns. Prepare client to enter hypnotic state by explaining how hypnosis works and what client will experience. Tests subject to determine degrees of physical and emotional suggestibility. Induces hypnotic state in client using individualized methods and techniques of hypnosis based on interpretation of test results and analysis of client's problem. May train client in self-hypnosis conditioning."

Additional Education Available

After the Hypnotherapy course described in this catalog, the student is fully qualified to be a professional Hypnotherapist and may immediately register with the State of Washington and practice as such. However, additional education is available for the student who is interested in further knowledge and enhanced professional status.

Roger Moore's Institute of Hypnotherapy offers periodic education seminars in hypnotherapy related subjects.

Course Content

Courses approved by the International Medical & Dental Hypnosis Association, the International Hypnosis Federation and the American Board of Hypnotherapy.

Basic Hypnosis Certification Outline*

Roger Moore, MA, PhD, Instructor

Friday, Saturday & Sunday 9:15 to 6:15

Introduction	Guided Mental Imagery
Learning Trance	Stress Reduction
History of Hypnosis	Group Hypnosis
Explanation of Hypnosis	Weight Loss
What it is and is not	Stop Smoking
Suggestibility Testing	Formulating Suggestions
Group Participation & Practice	Self Hypnosis
Principles of Suggestions	Effective Follow up
Psychology of Hypnosis	Setting Up a Practice
Pre-Induction Talk	Marketing Your Practice
Group Participation & Practice	Review and Exam
Relaxation/Stress Management	Waking Hypnosis
Hypnosis in Business, Sports, Medicine and Health	Directed Independent Study
Active Listening	

*Topics Subject to Improvement

Advanced Hypnosis Certification Outline*

Roger Moore, MA, PhD, Instructor

Friday, Saturday & Sunday 9:15 to 6:15

Review of Basic Skills	Hickman Method
Advanced Methods	Amnesia & Surgery
Rapid Inductions	Somnambulism
Group Participation & Practice	Post Hypnotic Suggestions
Regression & Revivication	Hypno-Sleep
Dreams & Meaning	Glove Anesthesia & Dentistry
Catalepsy/Esdaie	Stage Hypnosis
Visual Hallucination	Oral & Written Exams
Medical/Dental Hypnosis	The Elman Method
Introduction to NLP	Subconscious Order of Importance
Group Participation & Practice	Directed Independent Study
Direct Suggestions	Basic Communication Type
Indirect Suggestions	

*Topics Subject to Improvement

Holistic Hypnoanalysis Certification Outline*

Roger Moore, MA, PhD, Instructor

Two Saturdays & Sundays 9:15 to 6:15

Fundamentals of Hypnoanalysis
Initial Comprehensive Intake
Word Association in Hypnosis
Regression Therapy
Ego States
Demonstration and Practicum

Induction Methods
Regression & Revivication
Dream Analysis in Hypnosis
Client Time Line
Parts Therapy

*Topics Subject to Improvement

Supervised Student Internship

Roger Moore, MA, PhD, Instructor

This is a twelve month internship where selected students are invited to provide hypnotherapy to approved clients. At least one session per month is to be audio-recorded and submitted for review by the Instructor. Each month will include at least one hour of direct student contact with the Instructor. Students will have the opportunity to enhance and refine their therapeutic hypnotic skills. Interns are responsible for securing their own clients and may also receive clients through Roger Moore's Counseling & Hypnotherapy LLC. Interns are not paid. This internship is by invitation only.

Irritable Bowel Syndrome

Melissa J. Roth CHt., PhD, Instructor

9:15 AM – 6:30 PM

(1 ½ hour lunch break)

- IBS Therapist Certification
- 58% of MD's are interested in referring patients to complimentary therapists
- 6 session therapy program
- 86% of refractory IBS clients will become & remain symptom free by end of sessions
- 94% get a minimum of 50% reduction in symptoms
- Learn all the steps to securing referrals from MD's and other health providers of almost every specialty in a step-by-step cookbook style

This is a program done in conjunction with the client's personal physician and is not intended as a replacement for traditional medical treatment. Conventional medical treatment has been inadequate in alleviating IBS symptoms for most people. However, hypnotherapy combined with traditional medical treatment can provide dramatic relief for most sufferers. Most clients, with the help of their personal physicians, have been able to reduce or eliminate most of the medications they were taking for IBS symptoms.

Fibro...What?

Fibromyalgia Therapy

Melissa J. Roth CHt., PhD, Instructor

9:15 AM – 6:30 PM

(1 ½ hour lunch break)

- Fibromyalgia Therapist Certification Program
- Fibromyalgia accounts for 10% of patients seen in a general medical practice and one third of those seen in a rheumatology practice.
- 74% of all FMS patients utilize complimentary therapies to relieve their symptoms
- Hypnotherapy is the only therapy, complimentary or conventional, that has been documented in clinical trials to provide long lasting symptomatic relief.
- Over 90% of clients will get greater than a 50% reduction in symptoms. Many will become symptom free.
- 12 Session therapy program

Recent research confirms that a multi-disciplinary approach which includes cognitive behavioral therapies, such as hypnosis, provides the greatest relief from symptoms and the best prognosis for a return to more normal levels of functioning. This approach includes improving the quality of sleep, proper nutrition, physical conditioning and deep relaxation combined with positive mental imagery (techniques used in hypnotherapy). By combining therapies, the patient can frequently return to a healthier state and a more active lifestyle while lessening or, in some instances, eliminating the need for medications, especially pain medications. Clients have averaged a 46% reduction in pain medication usage.

It's Not About the Food

It's Not About the Food is for the hypnotherapist who is serious about providing quality and effective weight loss strategies for clients. Weight-loss clients have tried all the diets and have often read all the books, yet they are overweight. As a weight-loss therapist, you offer your clients the tools to create a new relationship with themselves.

It's Not About the Food Level I

Stages of Change

Roger Moore, MA, PhD, Instructor

9:15 AM – 5:30 PM

(1 ½ hour lunch break)

Level I focuses on the stages of change and how change occurs and introduces six mental and emotional roadblocks to letting go of excess weight.

It's Not About the Food Level II

Six Mental & Emotional Road Blocks

Roger Moore, MA, PhD, Instructor

9:15 AM – 5:30 PM

(1 ½ hour lunch break)

Level II reexamines the change process and centers on six mental and emotional roadblocks that keep people from taking the weight off and, most importantly, keeping it off.

It's Not About the Food Level III

A Basic Introduction to Diets

Roger Moore, MA, PhD, Instructor

9:15 AM – 5:30 PM

(1 ½ hour lunch break)

Level III is a review of the stages of change and the mental and emotional roadblocks that people encounter with food, eating, and obesity and offers a look at common dietary myths, explores today's popular fad diets, and suggests a healthy plant based eating strategy.

2008 Academic Calendar

Course	*Dates
Basic Hypnosis	January 12, 13 & 19, 2008* September 13, 14 & 20, 2008*
Advanced Hypnosis	March 29, April 5 & 12, 2008* October 4, 5 & 11, 2008*
Hypnoanalysis	November 1, 2, 8 & 9, 2008*
Irritable Bowel Syndrome	2009 Dates to be Announced
Fibro-What?	2009 Dates to be Announced
It's Not About the Food	
Level I	2009 Dates to be Announced
Level II	2009 Dates to be Announced
Level III	2009 Dates to be Announced

*Dates and instructors subject to change. Please confirm course, date and instructor.
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