

**Minimum Standards of Education and Training for Initial Certification of
Hypnotherapists in ACHE Approved Schools**
(Updated and Board approved May 2023)

Courses for initial certification must fulfill the following requirements:

- Individual courses must cover the basic topics comprehensively; however, approved instructors may approach the subject matter differently.
- Courses must be of sufficient duration and depth to teach the student to perform hypnotherapy safely and effectively with individuals seeking therapy once hypnotherapy is deemed to be an appropriate form of intervention and not contra-indicated.
- A course of training leading to Certification shall not be less than 200 hours of which a minimum of thirty percent (30%) must be face-to-face with students. This shall not include time spent covering additional practices which are non-hypnotherapy methods. Compliance for purely online training can be met when a minimum of 30% of training is conducted live, on platforms such as Zoom or Webex, enabling essential interaction and the opportunity for real-time observation and feedback between instructors and students. Programs relying upon pre-recorded materials that do not incorporate live interaction with students are not acceptable for the purpose of certification. See a complete listing of guidance for the organization of online classes and instructors' online teaching skills using this link: <https://hypnotistexaminers.org/wp-content/uploads/Online-Standards-August-2020.pdf>
- Assessment of competence throughout the course of study can be measured in different consistent ways in compliance with these standards.
- Courses must have sufficient evaluation procedures including written and practical examinations and in-course assessment with a component of external examination. These assessment procedures must be available for inspection.
- Teaching sessions, student selection procedures, student support, disciplinary procedures, supervision, and Continuing Professional Development/Continuing Education provisions must be available for inspection.
- Instructors must have a minimum of 3 years of substantial clinical experience before undertaking a major teaching role. Evidence of instructors' qualifications of teaching experience must be available for inspection. Teaching experience may be gained in a variety of ways including, but not limited to, providing workshops in conjunction with one's practice, teaching in conventional settings such as public or private schools, or in higher education, or teaching in a business setting.

Basic Topics

To qualify for certification, a student shall, at a minimum, have sufficient understanding, knowledge, and ability to demonstrate competence as an independent professional practitioner of hypnotherapy in each of the following:

Fundamentals/Concepts

1. History of hypnosis
2. Functions of the mind as conceived in hypnotherapy and related approaches
3. Fundamentals of hypnosis
4. The nature of the subconscious mind
5. Principles and dynamics of therapeutic change and inhibition toward change
6. How Hypnotherapy is applied to a wide variety of problems and behavioral patterns
7. How problems and behavioral patterns are formed in the subconscious mind and how they are overcome through hypnotherapy, including the use of analytical hypnotherapy (age regression, abreaction, catharsis, developing understanding, client's reinterpreting and reintegration of sensitizing or traumatic experiences)
8. How a hypnotherapist's awareness of a client's background and experiences may affect perceptions of behavioral patterns or problems related to, but not limited to, a client's race, ethnicity, culture, primary language, socio-economic status, or sexual orientation.
9. Induction of hypnotic states, deepening procedures, and trance termination
10. Cautions, limits, and contraindications for various hypnotic procedures
11. Principles of communication and persuasion
12. Concepts of semantics and other important aspects of language use in hypnotherapy
13. Developing the personal qualities of an effective hypnotherapist
14. Meaning, limits, responsibilities, value, and steps to attain certification
15. Developing and managing a professional hypnotherapy practice, including website, marketing and advertising that is free from claims that hypnotherapy or hypnotherapists diagnose, treat, or heal any condition or illness

Skills/Proficiency

1. Inducing hypnotic states, deepening procedures, suggestions, and trance termination
2. Accessing the subconscious mind through hypnosis
3. Producing and utilizing hypnosis proficiently
4. Self-Hypnosis: How to introduce the process to clients as well as using the technique for the personal and professional development of the therapist
5. Developing and applying vocal skills for hypnotherapy
6. Use of semantics and other important aspects of language in hypnotherapy
7. Selecting and applying appropriate techniques and therapies
8. Selecting and applying direct and indirect suggestions
9. Selecting and using metaphors appropriately as a component of hypnosis

Process

1. Creating the therapeutic relationship and healing environment necessary for effective therapy
2. Assessing client problems comprehensively
3. Setting goals with clients
4. Inducing hypnotic states, deepening procedures, and trance termination
5. Physical gestures and movements in hypnotherapy
6. Motivating clients and stimulating their readiness for and commitment to change

Ethics

1. Respecting boundaries in therapy
2. Knowing, understanding, and committing to legal, ethical, equal opportunity, and health and safety issues related to the practice of hypnotherapy
3. Understanding the meaning, limits, and responsibilities of certification (that it does not imply qualification for diagnosis or treatment of illnesses or conditions, or prescribing medication)
4. Knowing when to seek professional therapy for the hypnotherapist's personal well-being, and to support effective hypnotherapeutic work with clients