



ANVI AYURVED

Treatment Centre And Training Institute

CERTIFICATE COURSE IN CLINICAL HYPNOSIS

Facilitated by Dr. Renuka Yadav | Powered by Anvi Ayurved

Course Overview

This certificate program in Clinical Hypnosis is a comprehensive, practice-based training that integrates modern hypnotherapy techniques with deep mind-body awareness. Ideal for wellness professionals, counselors, holistic healers, or anyone looking to understand and influence the subconscious mind for healing and self-growth.

Through 4 intensive training days, you will learn the theoretical foundations of hypnosis, practical techniques for induction and suggestion, and tools to help yourself and others transform behavioural patterns.

Objectives of the Course

By the end of this course, participants will:

Foundational Understanding

- Understand the Theory of Mind – conscious, subconscious, and unconscious layers
- Understand the Theory of Suggestibility and how individuals respond differently
- Comprehend how and why a hypnotic state occurs, and its safe clinical use

Client Engagement & Assessment

- Learn to conduct a therapeutic interview to explore the client's presenting issues
- Identify whether a person is physically suggestible or emotionally suggestible

Induction Skills

- Confidently guide a person into a hypnotic state using:
- Arm Raising Induction Method
- Fast Induction Techniques (e.g. snap induction, eye fixation)

Therapeutic Applications

- Apply hypnosis to support the client in addressing:
- Stress Reduction
- Improved Concentration
- Building Self-Esteem & Confidence
- Achieving Goals

Script & Suggestion Crafting

- Learn how to compose effective, customized hypnotic suggestions to address specific client issues

Deepening & Awakening

- Use deepening techniques to enhance the trance experience
- Apply awakening techniques to safely exit the hypnotic state

Self-Hypnosis & Teaching

- Learn Self-Hypnosis for personal growth and mind mastery
- Be able to teach others how to use Self-Hypnosis with confidence

🎓 Qualification Path

Successfully completing this course qualifies you for advanced levels of clinical hypnosis and related modalities, such as regression therapy, hypnoanalysis, and integrative mind-body practices.

📜 Certification

Upon completion of the course, each participant will receive a Certificate of Completion in Clinical Hypnosis issued by Anvi Ayurved, which is authorised training institute by central Bharat Sevak samaj in association with the world skill council ,London , allowing them to apply the techniques in professional or personal contexts.

ADD-ONS

Ayurveda Psychology Integration

In addition to modern clinical hypnosis techniques, this course uniquely includes Ayurvedic psychological insights, deepening your ability to understand and guide the mind through ancient wisdom.

You will learn:

- Tridoshic Mind Types (Manas Prakriti): Understand Vata, Pitta, and Kapha mental constitutions and how they influence emotional patterns and suggestibility.
- Satva, Rajas, Tamas: Learn how the three Gunas shape perception, behavior, and receptivity to hypnosis.
- Ayurvedic View on Samskaras (Mental Imprints): Explore how past impressions and habitual thought patterns affect the subconscious.
- Managing Emotional Ama (Toxic Residue): Identify and clear unresolved emotional toxins using mind-body hypnosis techniques.
- Daily Mental Hygiene (Swasthavritta for the Mind): Learn Ayurvedic routines and self-hypnosis methods to maintain mental balance.
- Using Subtle Therapies (Sattvavajaya Chikitsa): Employ Ayurvedic psychotherapy principles within hypnosis frameworks to treat stress, fear, low self-worth, and more.

🌿 Who Should Attend?

- Wellness Coaches & Therapists
- Counselors & Healers
- Yoga & Ayurveda Practitioners
- Psychology Students
- Individuals seeking self-development tools

DAILY SCHEDULE

DAY 1

Time	Topic
9:00 AM – 9:30 AM	Welcome, Orientation & Introduction to Clinical Hypnosis
9:30 AM – 11:00 AM	History & Development of the Human Mind
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 1:00 PM	Theory of Mind & Suggestibility Types (Emotional vs Physical)
1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 3:30 PM	What is Hypnosis? – Myths, Applications, and Brainwave States
3:30 PM – 5:00 PM	Ayurvedic Psychology: Trigunas & Mind-Body Types (Manas Prakriti)

DAY 2

Time	Topic
9:00 AM – 10:30 AM	Hypnotic Inductions – Arm Raising Induction & Practice
10:30 AM – 11:00 AM	Rapid & Instant Inductions + Demo
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 1:00 PM	Deepening Techniques and progressive relaxation
1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 3:30 PM	Structuring Hypnotic Sessions & Ethical Guidelines
3:30 PM – 5:00 PM	Writing & Delivering Effective Therapeutic Suggestions

DAY 3

Time	Topic
9:00 AM – 10:30 AM	Self-Hypnosis – Theory, Method, Benefits
10:30 AM – 11:00 AM	Post-Hypnotic Suggestion & Awakening Techniques
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 1:00 PM	Behavioral Applications – Stress, Confidence, Focus, Goal Setting
1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 3:30 PM	Ayurveda Psychology: Samskara, Mental Ama & Sattvavajaya Chikitsa
3:30 PM – 5:00 PM	Guided Self-Hypnosis Practice & Journaling

DAY 4

Time	Topic
9:00 AM – 10:30 AM	Client Interview Techniques & Assessment of Suggestibility
10:30 AM – 11:00 AM	Live Demonstration by Facilitator
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 1:00 PM	Practice Sessions in Pairs – Observation and Feedback
1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 3:30 PM	Advanced Applications + Open Q&A Session
3:30 PM – 5:00 PM	Assessment, Certification Ceremony & Closing Reflections