



# Healthy Visions



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## CERTIFICATION IN CLINICAL HYPNOSIS THROUGH THE

## American School of Clinical Hypnosis International

*TRAINING TO PREPARE YOU AS A CONSULTING HYPNOTIST*

- Discover How to use more of your natural mental abilities
- Learn how to hypnotize yourself and others
- Study the many fascinating aspects of hypnotism
- Hypnotic inductions and deepening techniques
- Hypnotic regression
- Hypnosis with children
- Weight loss
- Smoking cessation
- Weight reduction
- Pain management
- Preparing for surgery
- Hypnosis for childbirth



## American School of Clinical Hypnosis International

Training in Hypnotherapy  
could change your life  
in many positive ways.

With the general  
public becoming more  
mind/body aware, the  
need for hypnotherapists  
increases every year.

# THE EXCITING WORLD OF HYPNOSIS



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**The only program designed for Health Care Providers**

Approved by the American Association of Nurse  
Anesthetists and the ANCC for 40 CE credits

Code # 32686 Expires 4/16/2011

Certification Training Approved By  
The National Guild of Hypnotists, INC.

# CONSULTING HYPNOTISTS CERTIFICATION

## Daily Schedule

### Sunday

8:00-10:00: Lesson #1 - What is Hypnosis Review  
 10:00-10:20: **BREAK**  
 10:20-12:00: Lesson #2-Suggestibility & Your Clients  
 12:00-1:30: **LUNCH**  
 1:30-3:00: Lesson #3-Influences of Hypnosis, Lesson #4-Cautions of Hypnosis  
**BREAK**  
 3:00-3:10: Lesson #5-History of Hypnosis,  
 3:10-6:00: Lesson # 6- How to Hypnotize/practice

### Monday

8:00-10:00: #7- Trance Depth  
 10:00-10:20: **BREAK**  
 10:20-12:00: Lesson # 8, #9, #10, #11-The Conscious and Unconscious Mind, Mechanical Aids, Additional Inductions  
**LUNCH**  
 12:00-1:30: Lesson #12-Deepening Techniques  
 1:30-3:00: Lesson #13-Miscellany  
**BREAK**  
 3:00-3:10: Practice  
 3:10-6:00:

### Tuesday

8:00-9:00: Lesson #14-Anesthesia Management (video) Demonstrate Elman technique and glove anesthesia (Lessons #15, #16, #17, #18-Smoking, Weight and Stress on Wednesday)  
 9:00-10:00: Lesson # 19, #20,#21,#22,#23-Behavioral Assessment, Goal Setting, Imagery Psychology and Hypnosis, Additional Hypnosis Techniques  
**BREAK**  
 10:00-10:20: Continue Lesson # 19, #20, #21, #22, #23 - Behavioral Assessment, Goal Setting, Imagery Psychology and Hypnosis, Additional Hypnosis Techniques  
 10:20-12:00: **LUNCH**  
 12:00-1:30: Lesson #24-How to Create A Self Hypnosis Class  
 1:30-3:00: **BREAK**  
 3:00-3:10: Lesson #25-Hypnotic Regression (Lesson #26 Friday)  
 3:10-4:00: Practice / Discussion  
 4:00-6:00:

## Daily Schedule

### Wednesday

8:00-10:00: Lesson #27-Smoking Cessation  
 10:00-10:10: **BREAK**  
 10:10-12:10: Lesson #28-Weight Management  
 12:10-12:20: **BREAK**  
 12:20-1:30: Lesson #29-Stress Management  
 1:30-6:00: **LUNCH**  
 Practice and Independent Study

### Thursday

8:00-10:00: Lesson #30-Preparing Patients for Surgery  
 10:00-10:20: **BREAK**  
 10:20-12:00: Lesson #31 - Pain Management With Hypnosis  
**LUNCH**  
 12:00-1:30: Pain Management With Hypnosis  
 1:30-3:30: Cont  
 3:30-6:00: Practice

### Friday

8:00-10:00: Lesson #32-Business Practices SBDC  
**BREAK**  
 10:00-10:15: Lesson #33-Cancer and Hypnosis  
 10:15-12:00: **LUNCH**  
 12:00-1:30: Practice Q&A  
 1:30-5:00: **BREAK**  
 5:00-6:00: Clients  
 6:00 - 10:00:

### Saturday

8:00-9:30: Lesson #34-Childbirth With Hypnosis  
 9:00-9:40: **BREAK**  
 9:40-11:40: Lesson #35-Hypnosis For Children Review, Exam, Q&A  
 11:40-12:30: **Wrap up**  
 12:30-2:00:

## Graduate

### *Schedule Flights for 3:00pm or later.*

This is a 100 hour certification through the National Guild of Hypnotists.

Pre-course requirements and after-hours assignments complete the 100 hours of training.

However it is approved for 40 CE credits by the AANA and the ANCC.

# HYPNOSIS CERTIFICATION—40 CE CREDITS COURSE DATES, LOCATIONS, AND INSTRUCTORS

## CLINTON, TENNESSEE

**Course Instructor:** M. Ron Eslinger, CAPT US Navy Retired, RN, CRNA, APN, MA, CMI, BCH, FNCH

**Dates:**

**Course Location:** Healthy Visions 351 Market Street, Clinton, TN 37716

*July 10-16, 2011*

**Hotel Accommodations:** Comfort Inn, 120 Welcome Lane, Clinton, TN 37716 Phone: 1-865-457-2255, Rate Plan Code: Healthy Visions

*September 18-24, 2011*

**Airport:** Knoxville (Code TYS)

*April 22-28, 2012*

*September 16-22, 2012*

*Approved by American Association of Nurse Anesthetists Code # 32686 Expiration 4/16/2011 for 40 CE Credits*

*Healthy Visions is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Approved 40 CE Credits Code # 5-133-910*

## VIRGINIA BEACH, VA

**Course Instructors:** Mary von Posch, CH, CI and Pam Simmons, CH, CI

**Dates:**

*February 20-26, 2011*

**Location:** Hypnosis Center of Virginia (inside Labor of Love Total Healthcare)  
 349 Southport Circle, Suite 111, Virginia Beach, VA 23452

*May 1-7, 2011*

*June 19-25, 2011*

**Hotel Accommodations:** Hilton Garden Inn Virginia Beach Town Center, Phone: 1-757-326-6200, Rate Plan Code: 610 for August 2010; 611 for October 2010

*October 23-29, 2011*

*March 18-24, 2012*

*May 13-19, 2012*

**Airport:** Norfolk International (Code: ORF)

*October 21-27, 2012*

*Approved by American Association of Nurse Anesthetists Code # 32950; Expiration 6/25/2011 for 40 CE Credits*

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## ORLANDO, FL

**Course Instructor:** Donald H. Patterson, CH, CI

**Dates:**

**Location:** SpringHill Suites, 8601 Vineland Avenue, Orlando, Florida 32821

*July 10-16, 2011 - CHANGED*

**Hotel Accommodations:** SpringHill Suites, Phone: 1-407-938-9001

*LOCATION TO TENNESSEE*

**Airport:** Orlando International (Code MCO)

*November 6-13, 2011*

*Approved by American Association of Nurse Anesthetists Code # 33082 Expiration 07/16/2011 for 40 CE Credits*

*Healthy Visions is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Approved 40 CE Credits Code # 5-133-1102*

## CERTIFICATION REGISTRATION FORM

### Course You Are Attending:

**Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_

*Approved by American Association of Nurse Anesthetists Code # 32686 Expiration 4/16/2011 for 40 CE Credits*

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**Clinical Hypnotist Certification** ——— **\$1,595.00 if paid eight (8) weeks prior to course start date. \$1,795.00 after that date.**

(Please Print)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**RN#** \_\_\_\_\_ **AANA #** \_\_\_\_\_ **APN#** \_\_\_\_\_

**\*CRNAs please provide AANA# and RN#**

**Email:** \_\_\_\_\_

**Payment Method Circle:**     Check:     CC:     Visa     MC     AMEX     Discover

**Credit Card Number:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Register on line or by mail to: Healthy Visions**

**351 Market Street, Clinton, TN 37716**

**By Phone: 865-269-4616, Toll Free 1-866-312-3159, Fax 865-269-4613**

**on-line at [www.hypnosiscertification.com](http://www.hypnosiscertification.com)**

**REFUND POLICY:** Refunds must be requested in writing and will be granted as follows: A \$100 cancellation and pre course materials fee will be charged. Special Circumstances will be considered for refund. Policy may vary according to type of credit card and time from registration to cancellation. Pre course materials become the property of the registrant.

## MEET THE INSTRUCTORS



**R**on Eslinger, CAPT US Navy Retired, RN, CRNA, APN, MA, CMI, BCH, FNCH, Certified Registered Nurse Anesthetist, is a Board Certified Hypnotherapist and Hypnotherapy Instructor through the National Guild of Hypnotists and Hypnotherapy Fellow through the National Council for Hypnotherapy (United Kingdom). He was nominated by the Department of the Navy to Represent the Department of Defense to the National Institutes of Health's Health Service's Committee on Complementary and Alternative Therapy (CAM). He received the Researcher of the Year award in 2003 presented by the National Guild of Hypnotists.

He completed Certification in Hypnotherapy in 1978 followed by continued education in advanced hypnotherapy with a list of renowned hypnotherapists. Among these were such greats as Harry Arrons, Louis McCoy, CRNA, Agustin Hernandez, Jr., CRNA, Dr. John Chavis, MD, Alphones Tatarunis, Ed.D, Larry Goldman, MD, Judy Lash, Psy.D, and Marc Oster, Psy.DE, Dr Michael Yapko and Dr. Joseph Barber, Belleruth Naparstek, and Larry Goldman He received his Certification in HypnoBirthing in 2000. Researcher of the Year 2003 and winner of the Ormond McGill Award for Best Presenter 2004. Order of the Braid 2005 and Educator of the Year 2008.

Ron is also a member of the American Association of Nurse Anesthetists, Tennessee Association of Nurse Anesthetists, the International Society of Clinical & Experimental Hypnosis, the Association of Clinical Hypnotists and the Holistic Nurses Association. He has served as past president of the Virginia Association of Nurse Anesthetists and Vice-President Tennessee Nurses Association District 2.

He is currently the owner of Healthy Visions Wellness Center, the American School of Clinical Hypnosis—Int., founder of the American Association of Moderate Sedation Nurses, Train the Trainer Master Hypnotists. He is internationally renowned as an author, speaker and teacher.



**M**ary von Posch is a Certified Hypnotist, and a Certified Instructor for the National Guild of Hypnotists. In addition she is a Nursing Hypnosis Educator for American School of Clinical Hypnosis International and Hypnosis Center of Virginia.

She holds a BS Degree in Organizational Management, and additional hypnosis certifications in Painless Childbirth from Omni Hypnosis Center, Pain Management and Weight Loss from Healthy Visions Wellness Center, and Hypno-Analysis. She is a practitioner of Neuro-Linguistic Programming (NLP).

Memberships: National Guild of Hypnotists (NGH), International Medical and Dental Hypnotherapy Association (IMDHA), and National Federation of Neuro-Linguistic Psychology (NFNLP).



**P**am Simmons is a Certified Hypnotist through the National Guild of Hypnotists and The National Association of Transpersonal Hypnotherapists.

She is currently a Certified Instructor for the National Guild of Hypnotists, Nursing Hypnosis Educator through American School of Clinical Hypnosis – International and Hypnosis Trainer for Hypnosis Center of Virginia.

She has a Bachelor of Science Degree in Parapsychic Sciences and has advanced hypnosis training in Pain Management and Weight Loss, Hypno-Analysis and Stress Management .

She is a currently a member of The National Guild of Hypnotists (NGH), International Medical & Dental Hypnotherapy Association (IMDHA).



**D**onald Patterson is a graduate of Regents College and of Omni Hypnosis Training Center, He has also trained in Ericksonian hypnosis with Bennett/Stellar University. He is a Master Practitioner of Neuro-Linguistic Programming, and is a Certified Life Coach. Don holds a black belt in Taijutsu Karate. He is certified with: National Guild of Hypnotists, National Board of Hypnosis Education and Certification, International Medical and Dental Hypnotherapy Association, and Society of Neuro-Linguistic Programming

## PRE-COURSE STUDY MATERIALS

### Required Pre-Course Study

Official Consumers Guide to Hypnotism  
My Method by Emile Coué  
What is Hypnosis DVD  
Radio Interview on CD  
Total Relaxation CD  
Articles Manual

### Pre-Scripts for Study

Healthy Visions Induction Script  
Magnetic Fingers Convincer Script  
Lemon Convincer Script  
Relaxing Breath Script  
Self-Confidence Script  
Emergence Script

## WHAT GRADUATES TAKE HOME

- Membership National Guild of Hypnotists
- Consumer's Guide to Hypnosis Book
- Copyright Free Music CD
- Resource CD with 1000's of articles, scripts, research, and marketing ideas
- 40 AANA CEs
- 40 ANCC CEs
- Training manual for Medical Hypnosis
- 4-Session Smoking Cessation Program
- 4-Session Pain Management Program
- 4-session Weight Management Program
- Understanding Psychology Book
- Presentation and handout by the Small Business Development Center



## WHAT GRADUATES SAY

- **Words cannot express—Wonderful!**
- This has been an excellent program. The best I have attended. It gave me every thing I needed plus reinforcement
- Magnificent—Unbelievable the same speaker could captivate an audience for seven days.
- I learned everything about hypnosis and feel confident that I can use it in my hospital and community.
- The course was a fabulous, eye-opening experience—I am so anxious to start putting this into practice.
- You put such life and reality into this course. You're fun to learn from and have made visioning hypnosis as part of my life. Thanks Ron
- Thanks for the most relaxing and informative meeting I have attended. I have gained a wealth of knowledge, made many new friends and experienced the practicum of a new tool that can be used to achieve a higher standard of care.
- I thought Ron Eslinger was one of the most impressive teachers I have ever met. Excellent selection of materials and resources. Really feel confident that I have the materials I need to actually implement hypnosis.
- This was the best seminar I attended in 23 years of anesthesia seminars. More exciting than the seminar with the Shark Dive. Forget CECs this will change your life! I think I was 20 years late to this seminar.

**REGISTER: On-Line, Phone, Fax, Mail,**  
[www.healthyvisions.com](http://www.healthyvisions.com)—1-866-312-3159—Fax: 865-269-4613  
Healthy Visions—351 Market Street  
Clinton, TN 37716

**TUITION:**  
**\$1795.00 regular tuition**  
**\$1595.00 if paid 8 weeks prior to course date.**

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**July 10-16, 2011-Orlando, FL**—Donald H. Patterson, CH, CI - **Moved to Tennessee** - Ron Eslinger  
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