

Hypnotherapy Certification - A Master Certification Course, Part 1

Assignment #1 - Create Your Sacred Space

Description

In this assignment, I'll be assisting you in setting up your hypnotherapy workspace.

Instructions

Use the following checklist to get you started in creating a sacred space to work in, be it home or office. Take a photo and send it to me for review. Good luck!

Your Room

Clean

Comfortable Temperature

Safe

Quiet and Undisturbed

For You

Professional Attire and Appearance

Comfortable Chair

Water

Breath Mints

Scripts / Stories

Laptop (remote)

Cellphone (remote)

Bluetooth Earpiece (remote)

Relaxed and Comfortable Attitude

For Your Client

Comfortable Chair (in person)

Massage Table (optional, in person)

Blanket

Pillow

Kleenex / Tissue for Tears

Accessories (optional)

Background Meditation Music

Aromatherapy / Incense

Eye Pillow

Bolster for Knees (if on massage table)

Meditative Artwork

Sound Bowls / Tuning Forks /

Chimes / Rainstick, etc.

Paperwork

Client Intake Form

Privacy Statement

(if required, check your state)

Client Disclosure

(if required, check your state)

Verification Sheet

(for follow up)

Questions:

1. Were you able to successfully set up your work space?
2. Is it for one-on-one sessions in person or by phone/internet?
3. Will you be working with groups?