

## During the basic track you will learn:

- A complete foundation in hypnotic inductions, verbal and non-verbal
- How to respectfully utilize resistance and deepen rapport
- How to create an environment that is safe, even with those who are afraid of losing control
- The many facets and skills of multi-level communication
- The language of the unconscious and how to utilize hypnotic language patterns and hypnotic communication
- How to develop Trance Phenomena: time distortion, amnesia, dissociation, age regression, ideomotor signals, sensory distortion and post-hypnotic suggestion
- How to create and utilize pain control
- How to transform symptoms, traumas and past painful experiences into resources
- How to access and develop your personal stories and utilize metaphors
- How to nurture and trust your intuition
- How to use conflict and problems to get to solutions
- How to use your voice and behavior to create trust and positively influence the other
- Specific processes for habit control, intuition building, the transformation of fear and other limiting emotions, self-hypnosis and mutual hypnosis.

This training is designed to give you the precise structure and basic patterns of Ericksonian Hypnosis, thus forming the foundation for you to develop your own style and application of the Magic of Dr. Milton Erickson.