**Content Schedule Central Time Zone**

**\*Content schedule may be adjusted but small group times will remain the same.**

**Day 1**

9 to 9:45 Welcome and Introductions **(Allow 30 minutes for group/individual introductions)**

9:45 to 11:00 Principles and Process of Rapport

11:00 to 11:15 BREAK

11:15 to Noon: Hypnotic Phenomena/Demonstration

12:00 to 1 pm: Lunch

1 pm to 1:40: Anatomy of a Hypnotic Experience: Invitation, Deepening, Utilization, & Reorienting

1:40 to 2:05: Group Hypnosis Experience

2:05 to 2:30 Fundamentals of Language/Suggestion

2:45 to 3:00 Introduction to Small Group/Demonstration

3:00 to 3:15: Break

**3:15 to 5:15: Small Group Practice 1**

5:15 to 5:30: Wrap Up/Questions

**DAY 2**

9 to 9:45 Neurophysiology of Hypnosis

9:45 to 10:30 Deepening/Intensifying

10:30 to 10:45 BREAK

**10:45 to 12:45 Small Group #2**

12:45 to 1:45 LUNCH

1:45 to 2:25 Ego Strengthening

2:25 to 3:00 Self-Hypnosis

3:00 to 3:15 BREAK

**3:15 to 5:15 Small Group Practice #3**

5:15 to 5:30 Wrap up/Questions

**Day 3**

9:00 to 10:15 Utilization: Hypnotic Suggestions for Integrating Hypnosis into Practice

10:15 to 10:30 BREAK

**10:30 to 12:30 Small Group Practice 4**

12:30 to 1:30 Lunch

1:30 to 2:15 Hypnosis and Pediatrics

2:15 to 3:00 Treatment Planning/Assessment

3:00 to 3:15 BREAK

3:15 to 4:00 Strategies for Managing Resistance

4:00 to 4:30 Ethical Practice/Professional Conduct

4:30 to 5:00 Membership/Certification/Next Steps/Questions