

## **Sample Level 1 Schedule** (21 hours of CE)

Revised Jan. 2019

### THURSDAY - 210 min (165 minutes CE)

6:00 p - 6:15	Welcome and Introductions - 15 (No CE)
6:15 - 6:30	Break into respective separate levels
6:30 - 6:45	Introduction to Level 1 Workshop - 15 (No CE)
6:45 - 7:15	Introduction to Clinical Hypnosis - 30
7:15 - 8:15	Neurophysiology of Hypnosis- 45
8:15 - 9:00	Anatomy of a Hypnotic Experience - 45
9:00 - 9:30	Group Experience - 30

### FRIDAY - (465 minutes of CE)

8:30 am - 9:45	Principles & Process of Rapport, Elicitation & Reorienting - 75
9:45 - 10:00	Demo for Small Group Practice 1 - 15
10:00 - 10:30	Introduction to Small Group Practice - 30
10:30 - 10:45	Break
10:45 - 12:15 pm	Small Group Practice 1 - 90
12:15 - 1:30	Lunch on own
1:30 - 2:15	Hypnotic Phenomena - 45
2:15 - 3:15	Intensification - 60
3:15 - 3:30	Break
3:30 - 4:15	Fundamentals of Language - 45
4:15 - 4:30	Demo for Group Practice 2- 15
4:30 - 6:00	Small Group Practice 2 - 90

### SATURDAY - (465 Minutes of CE)

8:30 - 9:15	Ego Strengthening - 45
9:15 - 10:00	Self - Hypnosis - 45
10:00 - 10:15	Demo for Small Group Practice 3 - 15
10:15 - 10:30	Break
10:30 - 12:15	Small Group Practice 3 - 105
12:15 - 1:30	Lunch on own
1:30 - 2:15	Managing Resistance - 45
2:15 - 3:00	Patient/Client Assessment/Presenting to Patient - 45
3:00 - 3:15	Demo for Small Group Practice 4 - 15
3:15 - 3:30	Break
3:30 - 6:00	Small Group Practice 4 - 150

### SUNDAY - (195 Minutes of CE)

8:30 - 9:15	Hypnosis for Children - 45
9:15 - 10:15	Treatment Planning - 60
10:30 - 11:15	Integrating Hypnosis into Practice - 45
11:15 - 11:45	Ethical Principles/Professional Conduct - 30
11:45 - 12:00	Membership/Certification - 15