

Hypnotherapy Certification Program



23 Thursdays – January 8, 2026 – June 18, 2026

(No Class – April 2, 2026 – Spring Break)

12:00 AM – 3:30 PM

In this 100 Hour Hypnotherapy Certification Program you will learn 26 Hypnotherapy Techniques to work on yourself and others. The class is focused on both the student's personal growth & preparing the student to be a well-rounded Hypnotherapist. In each class, the student will learn a technique, practice it on another student, and receive a session. Advanced techniques will be learned to focus on more in-depth emotional issues, personal transformation, spiritual healing, and processing.

This Hypnotherapy Certification Course is much more than a Basic Hypnotherapy Course, it will include developing your intuition and combining Shamanic Healing Techniques and Reiki into your practice for deeper process work. Creating a strong tool bag is essential when working with client's complex issues. This course is set up so that the new Hypnotherapist will feel confident and ready to take clients at the end of the course.

Class is limited to 8-10 students to ensure the quality of your education.

Nationally Approved Instructor by the National Guild of Hypnotism

Instructor: Lisa Belvoir, CRMT, CHT, CST

Reiki Master Teacher, Hypnotherapy Instructor and Shamanism Instructor – 28 years experience!

Exchange: \$1,400.00 (\$100.00 deposit required to hold space in class) Accept Credit Card, Checks, Cash & Payment Plans

Class Location:

Alternative Healing Center

6630 Highway 9, Room 104

Felton, CA 95018

E-mail: lisabelvoir@gmail.com

Cell/Text: (831) 227-0000

To sign up on-line, visit www.AlternativeHealingCenter.org



100 HOUR HYPNOTHERAPY CERTIFICATION—CLASS SCHEDULE

	<u>Class Dates/Time:</u>	<u>Scheduled Class Work</u>
1	Thursday, Jan. 8, 2026, 12-3:30 PM - 3 ½ Hours	Course Information Body Tour Count Down Closure Count Up Sacred Place Technique Letting Go Technique
2	Thursday, Jan. 15, 2026, 12-3:30 PM - 3 ½ Hours	Meeting Your Higher Self Technique
3	Thursday, Jan. 22, 2026, 12-3:30 PM - 3 ½ Hours	Acting As If & Manifestation Techniques
4	Thursday, Jan. 29, 2026, 12-3:30 PM - 3 ½ Hours	Closet Technique
5	Thursday, Feb. 5, 2026, 12-3:30 PM - 3 ½ Hours	Polarity Technique
6	Thursday, Feb. 12, 2026, 12-3:30 PM - 3 ½ Hours	Inner Conference Technique
7	Thursday, Feb. 19, 2026, 12-3:30 PM - 3 ½ Hours	Parts & Process Techniques <u>Taught Verbally (tools):</u> Screen Controls Technique Container Technique Higher Perspective Technique
8	Thursday, Feb. 26, 2026, 12-3:30 PM - 3 ½ Hours	Chakra Processing Technique
9	Thursday, Mar. 5, 2026, 12-3:30 PM - 3 ½ Hours	Emotional Balance Technique
10	Thursday, Mar. 12, 2026, 12-3:30 PM - 3 ½ Hours	Pain Awareness Technique
11	Thursday, Mar. 19, 2026, 12-3:30 PM - 3 ½ Hours	Weight Loss Technique
12	Thursday, Mar. 26, 2026, 12-3:30 PM - 3 ½ Hours	Habit Control Technique
	NO CLASS Thursday, April 2, 2026	SPRING BREAK
13	Thursday, Apr. 9, 2026, 12-3:30 PM - 3 ½ Hours	Anxiety Processing Technique
14	Thursday, Apr. 16, 2026, 12-3:30 PM - 3 ½ Hours	Gestalt Therapy Technique
15	Thursday, Apr. 23, 2026, 12-3:30 PM - 3 ½ Hours	Inner Child Work Technique
16	Thursday, Apr. 30, 2026, 12-3:30 PM - 3 ½ Hours	Rebirthing Technique
17	Thursday, May 7, 2026, 12-3:30 PM - 3 ½ Hours	Life Purpose Technique
18	Thursday, May 14, 2026, 12-3:30 PM - 3 ½ Hours	Dream Work Technique
19	Thursday, May 21, 2026, 12-3:30 PM - 3 ½ Hours	Astral Healing Technique
20	Thursday, May 28, 2026, 12-3:30 PM - 3 ½ Hours	Past Life Regression Technique
21	Thursday, June 4, 2026, 12-3:30 PM - 3 ½ Hours	Spiritual Guidance Technique
22	Thursday, June 11, 2026, 12-3:30 PM - 3 ½ Hours	Shamanic Journey Technique
23	Thursday, June 18, 2026, 12-3:30 PM - 4 ½ Hours	Graduation Potluck