

Basic Training

Dave Elman Hypnosis Induction (DEI): Probably the most effective and efficient method to lead the vast majority of people into hypnosis the very first time. Thanks to many practical exercises, you will be able to successfully hypnotize other people with this method in less than 7 minutes on the first day of your training. You will also learn what you can do if things don't work, how to deal with exceptions, and what you should never do.

History of hypnosis: You will learn the major milestones and how they evolved and what we know about hypnosis today. You will learn what and who was responsible for progress but also setbacks.

Nature of hypnosis: You will learn how and why hypnosis works, so that you can explain this competently and convincingly.

Semantics / meaning / vocabulary: Find out what each word means. Acquire the most important terminology so that you can converse competently and avoid the most serious linguistic errors. Learn when you should use which words specifically and when definitely not.

Pre-session talk: 80 % of the success of a hypnosis session depends on the pre-session talk. Learn why this is so and understand the therapeutic principle of hypnosis.

Critical factor: Learn how the critical factor affects us in everyday life and how to bypass this filter that can prevent us from going into hypnosis. Find out what is possible when the critical factor has been successfully bypassed.

Definition of hypnosis and explanation of the "Mind Model": Using the definition of hypnosis in combination with the Mind Model, you can expertly explain hypnosis and hypnotherapy to anyone interested, whether professional or layperson.

Four attitudes toward suggestion: Why knowing and being educated about them is important for success.

Overcoming resistance and fear: What are the most common problems and obstacles that prevent someone from going into hypnosis? How are these to be identified and resolved so that virtually any person can be hypnotized? You will also learn what is the one thing that can prevent someone from going into hypnosis.

Consciousness: What is the function of consciousness, what are its tasks and why can it make our lives difficult? Learn how to use this knowledge to help others.

Subconscious: The most important component in hypnosis and hypnotherapy is the subconscious mind. You will learn to understand it, know and use its contents, target it and help reprogram it.

Unconscious: What is the unconscious, how does it work, what components does it contain, why can't we influence it directly but still use it specifically?

Superconscious: What is the superconscious? What is its role and function, and how can we use it?

What hypnosis definitely is not: Learn to explain this and find out what the most common prejudices are and how you can deal with them or possibly even use them quite specifically.

Alpha, theta, beta, and delta waves and their function in hypnosis: Learn why they have nothing to do with hypnosis!

Correct dissolving of hypnosis: You will learn how to successfully, safely, and correctly lead a person out of hypnosis and what you have to pay attention to.

Trance management: You will learn how to keep a person in hypnosis long enough to help them and what to do if they suddenly open their eyes.

Simple deepening techniques of the hypnotic state: Here you will learn the basic techniques and tricks to deepen hypnosis.

Measuring reactions and depth of trance: What depth or level of hypnosis is a person currently at, and how do you notice where they are or how they feel? Find out what the signs are for the different levels and what reactions to expect at what level.

Take precautions to protect clients and therapists: There are a few important points to keep in mind when someone is in hypnosis. You will learn what to look for to protect clients and what definitely not to do.

Developing rapport: The relationship with the client is very important. You will learn how to build this relationship, but also how to recognize and avoid pitfalls.

Hypnosis induction – exclusively for you: You will be guided into hypnosis with the famous Dave Elman Hypnosis Induction. You can practice this as often as you like – on a daily basis – multiple times! Be guided into deep somnambulism and learn about the state of hypnosis itself... and enjoy it.

Structure of positive suggestions: You will learn how to build a suggestion and use it correctly and purposefully. You will learn how suggestions can definitely gain a foothold in the subconscious mind and what form of suggestions to avoid.

List of suggestions: You will receive a list of many possible phrases and learn how to make them work.

Hartland script and audio: You will be guided through hypnosis to increase your self-image, self-worth, and self-confidence. The Hartland script has been translated and adapted from English. You can take this text and adapt it yourself and get started right away to help others.

Differences between hypnosis in therapy and show hypnosis: What distinguishes hypnosis therapy from show hypnosis and is the latter good or bad? You will learn how to deal with the most common prejudices and even learn from show hypnosis.

Book recommendations and further education: You will receive book recommendations and information for your further education.

Intermediate Training

Classical hypnosis inductions: Learn various classical and alternative inductions in order to choose from a rich variety.

Levels of hypnosis: You will learn about the different unique levels of hypnosis, how to recognize and use them. You will also be able to distinguish between traditional knowledge and the latest research on hypnosis.

Trance management: Learn how to keep a person in hypnosis long enough to help them and what to do if they suddenly open their eyes.

Trance deepening techniques: You will learn about and use more than 15 different deepening techniques, as well as other tricks of the trade.

Interpreting reactions and measuring trance depth: Following on from the OMNI hypnotist training, you will learn to recognize the signs of the different levels even more specifically and know which reactions are to be expected at which level.

Silent hypnosis: You will learn how to put people into hypnosis without words. Fascinating, isn't it?

Past-life regression with examples (regressions according to Brian Weiss): How do past life-regressions work? What are the five forms of regression and what are the theories behind them? You will learn how to deal with past-life regression and hear various exciting testimonials.

Determining and testing suggestibility: How suggestible is a person? Learn how to test and measure suggestibility and which method of hypnosis induction is best for you.

Smoking cessation: Get step-by-step instructions on how to quit smoking. You will learn the true addiction behind cigarettes and how to break it. Find out what the biggest fear behind quitting smoking is and learn how to turn a smoker into a real non-smoker – not just an "ex-smoker".

Seven important rules for a successful transformation: If you follow these seven simple, yet important rules, you will have a clear strategy for helping your clients and maximizing their success in a very targeted way. Learn when a hypnosis session really begins and when it ends.

Dave Elman Induction (DEI) shortcuts: Find out how, why, and when to shortcut DEI so that it lasts only seconds.

Unique flash hypnosis and confusion techniques: Why go slow when you can go fast? You will learn how you can put people into hypnosis and keep them there in seconds, even fractions of a second, with a snap of your fingers. You will find out why it works, learn about the structure and set-up of flash hypnosis, and how and why you can use flash hypnosis in practice. Learn advanced techniques at the highest level, as OMNI is known for being the world leader in rapid hypnosis and flash hypnosis.

Waking hypnosis methods: Would you like to achieve the same or similar effects that you evoke in hypnosis while awake? Find out what methods and techniques are available and how, when, and where you can use them specifically. This is one of the least known, yet highly effective techniques for massively enhancing therapy results.

Covert methods for initiating hypnosis: You will learn how to hypnotize people without a formal hypnosis induction and whether you really need the word 'hypnosis' to do it.

Hidden methods for hypnotic suggestions: Find out how you can introduce hypnotic suggestions without a person consciously realizing it.

Hypnosis for children: You will receive many valuable hints, techniques, as well as practical tips and tricks to help the little ones. You will see: Working with children is fun and much easier than with adults. Learn to work correctly with children and deal with abuse if necessary.

Direct suggestion techniques: Find out what the Direct Drive Technique (DDT) is and what makes it so powerful as well as when, how, and where to use it correctly.

Self-hypnosis (OMNI 'Light Switch Technique'): Probably the most efficient form of true self-hypnosis for getting into somnambulism immediately. In class, it will be shown, explained, and installed. In addition, it will be demonstrated how to work with code words to achieve self-hypnosis and even go into the Esdaile state itself.

How to teach self-hypnosis to others and work with it: You will learn how to install self-hypnosis in your clients and teach them to work with it in order to help themselves.

Group hypnosis: Find out how to hypnotize an entire group, teams, and classes.

Hypnosis closure or hypnosis seal: You will find out what it is, how you can recognize and resolve it, who invented it, and what it is used for. Finally, you will understand why it is reprehensible on moral and ethical grounds.

Marketing: You will learn what methods of marketing there are, and which is the most promising form of marketing that will bring you the most clients. Find out where you can best advertise and how to deal with topics such as the Internet, homepage, newsletter, LinkedIn, XING, YouTube, Facebook, and Twitter.

Medical history questionnaire and forms: You will receive prepared and tested forms for anamnesis and various questionnaires for structured work with clients. This way, you know exactly what information to ask for and how to use and apply questionnaires and forms correctly during therapy. You will also learn which information you are allowed to ask for marketing purposes from an ethical and legal point of view and how you can use such information specifically for quality assurance and follow-up activities.

Documentation and duty to inform: What must or should be documented in a hypnosis session? Do you have a duty to keep records? What do you have to tell clients? How can you protect yourself as a hypnotherapist? Find out what you should know about this.

Develop goals for the client: Learn how to determine your client's current and desired state and how to work with them to develop goals.

Contraindications and precautions: What are the contraindications – if any? And how do you deal with them? Are epilepsy, heart problems, diabetes, pain, mental disabilities, or regular use of alcohol, drugs, or medications contraindications? And if not, why not?

Manuscripts: You will receive various hypnosis scripts that you can use to work with a wide variety of issues (weight loss, smoking cessation, nail biting, bed wetting, sleep disorders, stress management, and more). You will also learn how to work independently of manuscripts and that the best manuscript is still your client.

Hypnosis without clinical or medical background: Find out what you are allowed to offer, what is considered "non-therapeutic" and what is not. Learn how it differs from clinical or medical hypnosis.

Practice setup: Learn what it takes and what you should look for when setting up your own practice.

Necessary insurances in practice: Important tips on how you should insure yourself and which providers are available, whether legal counsel makes sense and how much personal responsibility is reasonable.

Advanced Training

"Regress to Cause (R2C) & Fix it®": With this method, also known as R2C®, you will learn how to solve even deep-seated problems using a clearly structured process, as well as how and why other methods fail with such problems.

Step-by-step instructions for regression techniques: Regression is the supreme discipline of OMNI methods. Revealing techniques can solve even the most complicated cases relatively easily and quickly or bring about significant improvements in clients. You will learn what can happen with uncovering methods and what should be avoided at all costs.

Inner child work: Learn how to work with the adult ego in situations in the past and use this specifically to successfully bring information from the here and now into the past.

Achieve, recognize, and effortlessly dissolve Esdaile state (hypnotic coma): Achieve 100% pain relief in just minutes by following a "recipe-like" and easily repeatable procedure. Learn how this helps clients for stress management and burnout and find out where else it can be applied. Learn what other levels can be reached from here and find out how to proceed correctly, effortlessly, and in seconds when a client "escapes" into this state.

Ultra-Height® – the ultimate state of advanced metaphysical hypnosis: This legally protected, patented state – discovered and developed by Gerald F. Kein, the founder of OMNI in the USA – may only be taught by OMNI hypnosis trainers specifically trained for this purpose. Learn how this metaphysical state enables completely new approaches to solutions, because in this "meta-awake" state things are possible that are difficult to explain. This is where miracles are allowed to happen.

Ultra-Healing® – experimental hypnosis: This also legally protected state – developed by Hansruedi Wipf – can set off a whole firework in the mind of the hypnotized person and trigger and explore completely new dimensions of self-discovery and self-healing. Ultra-Healing® is still in an experimental state but can be brought about in a very targeted way.

Gerald Kein's Universal-Therapy®: Get to know the Universal-Therapy® according to Gerald Kein by means of an original audio recording. This form of therapy includes all learned methods of hypnosis, with the exception of regression.

The three places to live: What are the three places where most people live? And which is the only place that is really worth living? Find out how to get your clients to live in the right place.

OMNI Flowchart – structure and flowchart of a hypnosis session: Find out what you need to do in every hypnosis session and learn when to use regression techniques and when not to.

Handle abreactions correctly: To many therapists, an abreaction can seem scary. You will learn how to control abreactions within seconds and how to turn them into a successful therapy and really help clients.

Gestalt hypnotherapy – armchair and deathbed therapy technique: You will learn not only how important the release of accumulated energies can be, but also how to competently conduct this form of therapy yourself.

Treating fears, phobias, and panic attacks: You will learn step-by-step how to use hypnosis to dissolve fears, phobias, and panic attacks in a targeted and lasting way.

Methods and techniques to achieve a deep trance: Go all the way deep down? To where all pain, worries, and problems disappear? You will see how easy it is to learn this process.

Conditioned response technique: Learn the conditioned response technique and use it to position yourself vis-à-vis clients so that you can help them change.

Pain therapy and pain management: Learn simple ways to relieve or even eliminate pain. Learn all about preparing for pain-free births, surgeries, and dental visits as well as chronic pain, migraines, etc. Find out what you can and cannot do as a hypnotherapist in this context. You will learn how to properly dissolve hypnosis for these issues. OMNI is known for its expertise in pain management and pain treatment. You will get to see various unique and exclusive videos of live filmed procedures and surgeries.

Hypnosis in the operating room, at the dentist, for burns and emergencies: Learn about medical and dental applications and how hypnosis can also be used for burns, for example. Learn how to act correctly in emergencies and what to look out for.

Forgiveness therapy methods: Learn the importance of forgiveness and how forgiveness is achieved, even in seemingly impossible situations. Become aware of how negative emotions can poison us. Recognize alternatives to forgiveness and find out what to do when someone is unable to forgive.

Rebirthing: Learn how to easily resolve birth traumas in a hypnotic state.

STEMS: This method helps to induce hypnosis through emotions – especially for hardship cases and deep-seated problems. STEMS is considered a "hypnosis hammer" – for advanced practitioners. Learn how and when to use this method, what to watch out for, and how to prepare.

Grey room: What is it and how does this method work? Learn when and how to use this technique for general "cleansing" of the subconscious.

Hypnosis organizations and some legal guidelines: What hypnosis organizations are there? Which schools? Which directions? Find out what you can and cannot do as a hypnotherapist and whether hypnotist and hypnotherapist are protected titles.

Legal framework for hypnosis in Switzerland, Germany, and Austria: Learn details about the specific rights and duties as a hypnotist and hypnotherapist, gray areas, ambiguities. What about medical secrecy or the duty of confidentiality? What precautions should be taken with regard to advertising and the Internet? What about healing promises and healing guarantees? You will receive many valuable hints and learn exciting tricks of the trade.

Strategy of success – from vision, to strategy, to concretization: Learn the key points of the 14 steps of a personal strategy of success and adapt it to your own needs. This gives you a valuable tool that is not taught anywhere else for aspiring hypnotherapists. Established therapists also benefit from Hansruedi Wipf's more than 25 years of international professional and leadership experience. OMNI is committed to helping participants achieve economic success.

OMNI HypnoScience® Project: Find out how this project came about and what the latest results and findings are from cutting-edge research conducted in collaboration with researchers at the University of Zurich. In unique pioneering work, OMNI has succeeded for the first time ever in the history of hypnosis in detecting the state of hypnosis with imaging techniques. But not only one state, but even two – somnambulism and Esdaile. Also learn which hurdles we were able to overcome with ease and where everyone else failed before.

OMNI – Inspired by Perfection!