

*Hypnotherapists! Looking for CEUs? The California Hypnotherapy Academy is now offering weekend courses to meet your educational needs. Trainings are offered in Sacramento covering a variety of issues. If you're traveling from out of town we can provide a list of local hotels and we're close to the airport! Course meets the qualifications for 16 hours (per weekend) of continuing education credit for MFCCs and/or LCSWs as required by the California Board of Behavioral Sciences. PCE #4228*

***The Emotional Freedom Techniques*** - 20 CEUs for hypnotherapists

Imagine techniques so simple and so effective that you can finally help your clients remove negative emotional issues and blocks that have interfered with their goals. The Emotional Freedom Techniques (EFT) and Be Set Free Fast (BSFF) are quick and powerful and blend extremely well with hypnosis. Experience the power and effectiveness of these easy to use tools to create immediate and permanent change. Day 1: Learn the basics in depth; Day 2: Apply EFT to weight, smoking, and stress. *Manual included.*

“Thank you Katherine, I thoroughly enjoyed your [EFT] class. You did a brilliant job of organizing and presenting your material in an easy to understand format that allowed me to experience the benefits of EFT... I will incorporate this powerful technology into my practice and personal life with deep appreciation for your profound contribution to my life skills...”

Jesse Dean, CHT

**Dates:** Oct. 18-19, 2008

**Time:** 9:00 am - 6:00 pm

**Location:** Sacramento

**Investment:** \$375 (\$350 if paid 14 days prior to start of class)

***Self-Empowerment*** - 20 CEUs for hypnotherapists

Learn one approach to working with addicted clients that is based on strong spiritual and 12-Step principles and how to regain your personal power for yourself and your clients through hypnotic processes and facilitated breathwork. *Manual included.*

**Dates:** Nov 1-2, 2008

**Time:** 9:00 am - 6:00 pm

**Location:** Sacramento

**Investment:** \$375 (\$350 if paid 14 days prior to start of class)

**Instructors:** Katherine Zimmerman, Gaye Wilson, Judy Guadalupe

***Past Life Regression Therapy*** - 20 CEUs for hypnotherapists

This course covers the philosophy of reincarnation and its application in hypnotherapy. Through this therapy we will explore the soul's current choices and relationships. We will explore past life talents and abilities, couples past life regression and how to conduct group past life workshops. *Manual included.*

**Dates:** Nov. 15-16, 2008

**Time:** 9:00 am - 6:00 pm

**Location:** Sacramento

**Investment:** \$375 (\$350 if paid 14 days prior to start of class)

***Spiritual Hypnosis*** - 20 CEUs for hypnotherapists

This training offers two different approaches to connecting to your spiritual guidance. Discover how to, in a completely unconditional and open manner, invite a person's spiritual aspect to come to the fore, to become more tangible and palpable in their life. Learn the power of ceremony and ritual, how to incorporate them into your life and help your clients to do so as well. *Manual included.*

“I attended the Spiritual Hypnosis weekend with instructors Katherine Zimmerman and Gaye Wilson. I learned many good and powerful Meditations, such as the Walking Meditation. Although I went expecting to learn I wasn't expecting what happened after that weekend.

“I began to notice on the Spiritual Level that a lot my prayers for others began to resolve right before my eyes. On an Emotional level I noticed a resolution to one of the worst times in my life. After 20 years three issues that had been tangled together began to unravel making it easier for

me to deal with them separately. I finally saw the truth about all three issues and could deal with them and move to place of peace. Of course, that resolution brought Joy to my Mental level.

“Then last, but certainly not least, I began to feel something happening on the Physical level. I went to the doctor and lo and behold he announced that he was reducing my medications for the first time in 5 years and now I know I'm finally getting well and will continue to do so free of any doubt. I cannot thank Katherine and Gaye enough for such a powerful class.”

Maureen "Martie" Johnson, CCHT, OM

**Dates:** Dec. 6-7, 2008

**Time:** 9:00 am - 6:00 pm

**Location:** Sacramento

**Investment:** \$375 (\$350 if paid 14 days prior to start of class)

**Instructors:** Katherine Zimmerman, Gaye Wilson

**Medical Hypnotherapy** - 20 CEUs for hypnotherapists

**Dates:** Feb. 21-22, 2009

**Time:** 9:00 am - 6:00 pm

**Location:** Sacramento

**Investment:** \$375 (\$350 if paid 14 days prior to start of class)

Topic to be determined.

**Instructor:** Melissa Roth, PhD, CHt

**To register:** Mail check payable to Katherine Zimmerman, CHT, 2110 K Street, Ste. 18, Sacramento, CA 95816 or call with MasterCard or Visa number: 916-373-1932

***Space is limited – call to register today! 916-373-1932***

*If you'd like notification of upcoming classes, subscribe to our free e-news at  
[www.trancetime.com](http://www.trancetime.com)*

*Testimonials from former students:*

“Becoming a certified clinical hypnotherapist was one of the best decisions I have ever made. Katherine’s teaching style is gentle and yet powerful. My fellow classmates are still friends. It was a wonderful experience for me both personally and professionally.”  
Michelle Robison, CCHT

“Katherine is a clear communicator and a wonderful teacher. She brings presence, aliveness, and heart to her work. The material she teaches is transformative. I highly recommend her.”  
Stewart Mintzner, CHT

“Your style is unique in that you have a way of ‘becoming one’ with the students you teach. You integrate yourself so well that one feels they are listening and responding to a good friend who knows and understands their problems. You begin helping them overcome obstacles, and reach beyond themselves as soon as you start talking. Your unshakable self confidence envelops the student creating the necessary atmosphere in which to grow and learn. As I observed this remarkable teaching skill, respect and admiration have only grown since I first sat in your class.

“You have an exceptional ability to enable people to understand the basics - ‘you have a choice’ - and ‘you have the answers within you.’ By conveying this realization with humor the walls of resistance dissolve and one finds that learning in your class is an experience. I've always looked forward to your classes with great anticipation, as I know I'll enjoy them and will learn something new.”

Mary A. Caldwell, CHT

“Katherine Zimmerman is a great teacher... She is very well prepared, not just with written instructions, but with years of ‘in practice examples’... It’s been a LONG time since I’ve studied with a teacher of this caliber, too bad I can’t clone her.”  
Kay Warren, CMT, CHT, EFT-CC