

Continuing Education & Level 3 Courses

California Hypnotherapy Academy

Courses 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
Provider approved by the California Board of Registered Nursing, Provider #15240 for 12 Contact Hours (per weekend)

The Emotional Freedom Techniques - CE hours: Hypnotherapists: 20; MFCCs & LCSWs: 16; RNs: 12

Pre-requisite: hypnotherapy training

Imagine techniques so simple and so effective that you can help your clients remove negative emotional issues and blocks that have interfered with their goals in a whole new way. The Emotional Freedom Techniques™ (EFT) and Be Set Free Fast (BSFF) are quick and powerful and blend extremely well with hypnotherapy. 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: Aug. 22-23, 2009

Time: 9:00 am - 6:00 pm

Location: Sacramento

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

Instructor: Katherine Zimmerman, CCHT, EFT Practitioner

Past Life Regression Therapy - CE hours: Hypnotherapists: 20; MFCCs & LCSWs: 16; RNs: 12

Pre-requisite: hypnotherapy training & age regression

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: Sept. 12-13, 2009

Time: 9:00 am - 6:00 pm

Location: Sacramento

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

Instructor: Katherine Zimmerman, CCHT

Self Hypnosis Training - CE hours; MFCCs & LCSWs: 5; RNs: 4

Pre-requisite: none

Self hypnosis is a powerful tool that can reduce your stress! You can also improve your self-esteem, accelerate physical healing, raise your grades and much more. Who wouldn't want that? You will learn the basics and have a life-long tool for self-improvement. Open to ages 15 and up. *Manual included.*

Dates: Sept. 22-29, 2009*

Time: 6:00 pm - 8:30 pm

Location: Sacramento

Investment: \$125 (\$110 if paid 14 days prior to start of class)

Instructor: Katherine Zimmerman, CCHT, PhD

*Tentative dates for 2010: Jan. 12 & 19; Apr 15 & 22; July 15 & 22; Oct. 12 & 19

Self-Empowerment - CE hours: Hypnotherapists: 20; MFCCs & LCSWs: 16; RNs: 12

Pre-requisite: hypnotherapy training

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 breath work. *Manual included.*

Dates: Oct. 10-11, 2009

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

Spiritual Hypnosis - CE hours: Hypnotherapists: 20; MFCCs & LCSWs: 16; RNs: 12

Pre-requisite: hypnotherapy training

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. 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. I cannot thank Katherine and Gaye enough for such a powerful class."

Maureen "Martie" Johnson, CCHT, OM

Dates: Oct. 24-25, 2009

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

IBS & Fibromyalgia - CE hours: Hypnotherapists: 20; MFCCs & LCSWs: 16; RNs: 12

Pre-requisite: hypnotherapy training

Dates: Nov. 7-8, 2009

Time: 9:00 am - 5:00 pm

Location: Sacramento

Investment: \$495 (\$295 for one day)*

IBS: Conventional medicine has only been effective in treating this life changing chronic illness 25% of the time. And, when the patient stops taking the medications, the symptoms come back full force. Using this hypnotherapy program, 96% of your clients will get greater than a 50% reduction in symptoms and 84% will become symptom free **and will remain that way when the sessions end!**

FMS: This illness already accounts for 36% of all Social Security disability payments. FMS alone has the potential to bankrupt the Social Security system! Hypnotherapy has shown the only promise of lasting symptomatic relief for sufferers.

**Students will receive certification, addition to the referral database, a workbook with scripts for each session and all supporting data and information needed to use these protocols successfully.*

Instructor: Melissa Roth, PhD, CHt

"I loved Melissa's presentation, very impressive. Thanks for having her; it just added to an already great school." ~Lisa Stone Kelley, LCSW, CCHT

One Session Allergy Relief - CE Hours: Hypnotherapists: 8; Lic. Counselors: 6, RNs: 5

Pre-requisite: basic hypnotherapy & NLP training

Learn a simple yet extremely powerful technique which enables clients to eliminate any allergy completely and permanently in just one session. This protocol uses an NLP technique which uses both visualization and dissociation and combines with the hypnotic induction and follow-up suggestions to insure a greater level of success. The technique is so effective that you can offer it to your clients with a money-back guarantee! The workbook includes:

- Client Pre-talk
- Consent for the Money-Back Guarantee
- Script for the Follow-up Suggestions
- Post-session Client Instructions
- Client Agreement
- Script for the Technique
- Client Worksheet

Date: Sat., Nov. 21, 2009

Time: 10:00 am - 5:00 pm

Location: Sacramento, CA

Investment: \$175 (\$155 if registered by Nov. 7, 2009)

Required workbook: \$35

Instructor: Katherine Zimmerman, PhD, CHT

EFT for Professionals - CE hours: MFCCs & LCSWs: 8; RNs: 6

Pre-requisite: none

You can make enormous strides by introducing EFT into your emotional therapy process (whether you are a professional or a client). Instead of taking months or years using conventional talk therapy, EFT often does the job for you cleanly and thoroughly in one or two sessions ... and we sometimes achieve noticeable results in a few brief rounds of EFT.

Date: Dec. 5, 2009*

Time: 9:00 am - 6:00 pm

Location: Sacramento

Investment: \$260 (\$240 if paid 14 days prior to start of class)

Includes CE certificate

Instructor: Katherine Zimmerman, PhD, EFT Practitioner

*Tentative dates for 2010: Mar 6; July 10; Nov. 20

Space is limited – register today! 916-373-1932

To Register: Complete the state required registration form. (This form is required for all classes except the Self Hypnosis Class) You can download the state required registration form here:

http://www.trancetime.com/class_registration.html

Option 1: Mail check payable to California Hypnotherapy Academy, to: 601 University Ave. Ste. 280, Sacramento, CA 95825 along with the registration form.

Option 2: Call with MasterCard, Visa or Discover information: 916-373-1932 and mail form separately.

Option 3: Register online. http://www.trancetime.com/class_registration.html

For a list of upcoming classes, subscribe to our free e-news at www.trancetime.com

Testimonials from former students:

“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. Mary A. Caldwell, CHT

“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

“If you look up the word ‘professionalism’ in the dictionary, you will see Katherine Zimmerman’s picture. Katherine conducts her hypnotherapy training courses with great integrity, passion and commitment. She is as excited to witness the growth in her students’ professional skills and personal development as the students themselves. From the first time I met Katherine, I knew she would be the right teacher from whom to obtain my hypnotherapy certification training. Katherine learned from the best: her teachers comprise a ‘Who’s Who’ of the top names in modern Hypnotherapy. In addition to her wealth of knowledge and first-hand experience gleaned from many years in private practice, Katherine’s genuine warmth and natural wit make her hypnotherapy training a truly entrancing and life-transforming experience.” Nancy Tracy, CHT

“I had read a couple of Katherine Zimmerman's books and, as a result, was eager to attend her workshop on EFT at the ACHE Conference in Glendale.

“This workshop was well attended and Katherine immediately captivated all attendees with her charm and relaxed presentation. Like her books, Katherine provided and presented excellent information, as well as great tools drawn from her own extensive experience and knowledge. As a Certified Clinical Hypnotherapist I can say that Katherine continues to be a great inspiration and valuable teacher to me and I can highly recommend her to those seeking to enter this field or for continuing education.” Sallie Albertina, CHT