

**TOP 5 QUESTIONS TO ASK
WHEN CHOOSING A
QUALIFIED HYPNOTHERAPIST**



THE QUESTIONS

Hypnotherapy is so safe that most states do not require licensing for its practice. That is not to say that all hypnotherapists are created equal. Because hypnotherapy is an unlicensed profession, anyone can put up a shingle and call themselves a hypnotherapist. This includes someone who has not had training or has had minimal training such as a weekend course.

Needless to say, weeding out the less qualified from the reputable, experienced, committed and professional hypnotherapists can be a daunting task. Because of this I am offering the following questions:

1. **ARE YOU CERTIFIED?** This question will make the professional hypnotherapist stand out from the rest. Certification is a formidable process. If acquired, the therapist would have completed hundreds of hours of extensive training, passed thorough practical and oral examinations and is committed to educating himself on an annual basis. The certification that hangs on the wall is a symbol of the therapist's knowledge and dedication to his profession.

BEWARE as there are companies which offer certifications for attending weekend courses, buying a hypnosis marketing program or simply taking an online test. Therefore, look for proof of certification through the International Association of Interpersonal Hypnotherapists (IAIH) or American Council of Hypnotist Examiners (ACHE) which are two of the most prominent associations.

2. **WHAT ASSOCIATION DO YOU BELONG TO?** Not only does certification set hypnotherapists apart, so does the association they belong to. A reputable association will ensure that the hypnotherapist is accountable to a strict Code of Ethics. The Code of Ethics will outline numerous requirements such as: Ethical Principles and Standards, Hypnosis Law, Scope of Practice, Privacy and Confidentiality, Competence and the Integrity of the Profession. It should also provide an avenue for the client's grievances.

3. **WHAT SCHOOL DID YOU ATTEND?** Posing this question will again ensure that the hypnotherapist's education is extensive enough to deal with whatever comes up during therapy. It is one thing to learn how to assist someone into the hypnotic state, which could be learned in a weekend course. It is another to know how to assist someone into the hypnotic state *and* provide proper therapy to the client based on what is presented. As of this writing, the Florida Institute of Hypnotherapy is the only state licensed school for hypnotherapy.


4. **I NEED HYPNOTHERAPY FOR _____ . HOW WOULD YOU HANDLE MY CASE?** The answer to this question should provide you with information about the entire treatment plan. This includes: the number of sessions, how long each session goes for, the time between sessions, additional methods used, if it is supplemented with CDs or additional services, and cost.

THE QUESTIONS

5. **DO I FEEL COMFORTABLE WITH THE HYPNOTHERAPIST?** This is a question for you. As you ask the previous questions listen to the answers from the standpoint of, “Is this someone I feel comfortable working with?”, “Do I feel like I can trust this person?”, “Does the hypnotherapist understand my goal and have the expertise to assist me in achieving it?”, and “Are our personalities compatible?”.

Other than the expertise of the hypnotherapist, the quality of your therapy is based off of your rapport with him. If something does not feel right, continue your search. Ultimately, if you are not able to fully open up to your hypnotherapist, your therapy will be incomplete.

ALL THE BEST!



CERTIFIED CLINICAL HYPNOTHERAPY
by Timothy G. Ryan, CCHt., CIHt.
"RECONNECT WITH HAPPINESS"

312 East Venice Ave., Suite 118
Venice, Florida 34285
(941) 626-0555
www.tgrhypnotherapy.com