

Hypnosis

Certified Hypnosis Practitioner (CHP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$4,800
- " In-person training: 12 days (96h)
- " Live cohort calls: 2 days (8h)
- " Supervised practice: 100h
- " Immersion stage: 5 days (40h)
- " Portfolio + jury: 60h
- " Total: 304h (~38 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " The full session arc: rapport, induction, deepening, suggestion, emergence
- " Multiple induction styles and how to choose for each client
- " Designing suggestions that hold up after the session
- " Working with self-hypnosis and teaching it to clients
- " Trauma-informed boundaries and clear referral pathways
- " Building a practice: scope, ethics, marketing, pricing

Curriculum modules

Module 1 Foundations

History, neuroscience basics, scope of practice, ethics.

Module 2 Induction & deepening

Progressive relaxation, fixation, conversational, rapid inductions.

Module 3 Suggestion craft

Designing direct, indirect, and metaphorical suggestions.

Module 4 Specific topics

Smoking, weight, study, performance, sleep each with its own protocol.

Module 5 Self-hypnosis

Teaching clients tools they can use between sessions.

Module 6 Practice & business

Forms, scripts, pricing, referral networks, supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.