

Finding True Magic

Transpersonal Hypnotherapy/NLP
Certification Training Programs



*Accessing Deeper Dimensions of Self
Transcending Personal & Professional Frontiers*

2018 Catalog



Thank you for downloading our catalog. Depending on your level of study thus far, you may find curriculum headings and subjects that you think you have already covered or know about. Since my courses are a unique and radical synthesis of NLP, hypnotherapy, and Eastern spiritual wisdom techniques, such prior knowledge or certification with another school does not diminish the benefit you would receive from taking my courses.

My courses have proven to be advanced even for those with prior training, due to the unique insights and techniques I present, based on over 40 years of intensive spiritual studies. Many NLP and hypnotherapy "old pros" have taken my courses and have reported that their clinical practice and their lives were transformed as a result. No one who has taken the course has found it to be redundant.

The reason is best summed up in these enthusiastic testimonials from well-educated spiritual seekers who have taken the course:

"You have an unbelievable ability to bring the "unknown/hidden" into the light of day in such a way that it is very meaningful and revolutionary in terms of how we experience this moment. This makes you so unique. This is a fast track compared to my years of reading, meditating and studying with other teachers. You are unique messenger, an alchemist almost, for all the source materials you use. It is hard to articulate just what I mean--I had heard it all before, read all the books, did all the exercises, but it wasn't until this course that I really experienced a true peace." --

C. S., M.A., Independent Study Graduate

"I'm learning more about my trances and more about staying present than I ever imagined I would from a course about hypnosis. This stuff blows my mind. You were right when you said that it has a transformative power. Thank you so much for sharing your peace and wisdom."

-- **J.S., Independent Study Student**

"No other author that I have read or studied in this field brings such passion and consciousness to the 'how to' of hypnotherapy as Jack Elias. When I first started with this book of technique I was pushed back a little by his "process" and then, shortly, I could feel the compression of wisdom and mind wrenching and concept blowing sentences that brought whole realms of my own belief systems to the fore to be examined in an instant. Often, I would have to read and reread whole paragraphs and then put the book down and breathe deeply as mini realizations of the Truth of Elias's monologue seeped in. I found my self celebrating "eurekas" often. One of the best things about the Elias's tapes is getting to know him and feel the great sense of humor and then getting inspired to go back to read the book again." -- **G.M., Gestalt Therapist, Certified Hypnotherapist**

Testimonials like these are obviously very gratifying, but they are also humbling, and intensify my gratitude to my wise, loving, and Awake teachers. What I am able to pass on from them makes these offerings worth taking without consideration for accreditation or CEU credits, although in many instances college credits and CEU's are available.

There are two easy ways to sample the experience of participating in the *Finding True Magic* courses: the [Introductory audio](#), and our [Test the Waters](#) options. Thank you again for your interest.

Jack Elias, CHT
Institute for Therapeutic Learning
<http://FindingTrueMagic.com>

Quick Facts: [Live Certification Trainings](#)

- 1) The [Summer Intensive Training](#) is a 17-day course, usually scheduled in July, for a total of 150 training hours. Students take one day off every 5 days throughout the course.
Summer Training Schedule - Daily: 9:00 AM - 6:00 PM
- 2) Live trainings are also held in a **6-weekend format** (150 hours total) one to three times a year depending on Jack's travel training schedule.
 - **Winter Session**
 - [Winter/Spring](#)
 - **Spring Session**
 - **Fall Session**

There are 2 trainings in **2017: Winter/Spring** and the **Summer Intensive**. Please check the [Live Trainings Calendar](#) at FindingTrueMagic.com for current dates.

Weekend Schedule:

Friday: 7-9 PM

Saturday: 9 AM-9 PM

Sunday: 10 AM-6 PM

We take regular breaks, plus 90 minutes for lunch, and 60 minutes for dinner.

- 3) **Tuition** for each training is **\$2400.00**. If prepaid 15 days before the first class day, tuition is **\$2100.00**.
- 4) **Required texts** (7 books, subject to change). Text costs are in addition to tuition – approximately \$120.00.
- 5) **The Institute for Therapeutic Learning** is located at 7057 26th Avenue NW, Seattle, Washington, 98117
- 6) Online search is the best way to find housing. For example: <https://airbnb.com>

Quick Facts: [Distance Learning Certification Trainings](#)

- 1) **You will not be alone!** Certification students receive 6 live tutorials with Jack Elias, one for each phase of the course. These tutorials are intended to insure your success.
- 2) The course is composed of **80 Cds** recorded at live trainings and **6 DVDs**, one for each phase of the course. Each Phase's DVD shows Jack demonstrating the main scripts and techniques for that phase on a subject. [Finding True Magic](#) is included in the tuition for the course.
- 3) Open book **written test** divided into about 5 questions for each phase.
- 4) **Take notes** on the CDs as you listen to create an index for yourself so you can easily reference material when you need it. You send a copy of your index notes, phase by phase, to Jack as proof you have listened to the phase.
- 5) **Practice** the main scripts and techniques in each phase on volunteer subjects. Students find family, friends, and strangers to be willing subjects. You can advertise your offer of free sessions. Take notes of your [practice sessions and send to them to Jack, phase by phase.
- 6) Schedule a **live tutorial** with Jack for each completed phase after sending him your CD index, practice notes, and test answers. Tutorials can be in person, by phone or Skype.
- 7) Complete your tutorial and move on to the next phase.
- 8) [Required Reading](#): Prior to completion of the 6 phases you will read the required books and write a 5 page report for each book about how it was helpful.
- 9) There is a [non-certification option](#) for those who want to study on their own. Students can easily convert to the certification option.

Finding True Magic Trainings Offer Life-changing Skills

Thank you for your interest in studying Transpersonal Hypnotherapy/NLP at the Institute for Therapeutic Learning! We hope this catalog describing our combined Hypnotherapy and NLP certification programs is helpful and thought provoking.

Our courses emphasize underlying insights and principles governing **the nature of mind and communication** upon which hypnotherapy, NLP, shamanism, and all other transformational techniques depend. Grasping these potent understandings allows you to master the variety of techniques in the course, from the most basic to the most advanced, easily and delightfully.

With this knowledge, our students effectively dispel confusion both personally and professionally, and achieve new levels of wisdom, compassion, and healing for themselves and others.

The course is stimulating and challenging, yet is also a safe place to learn and grow. The approach is holistic, heart centered, **and** clinically comprehensive—practical and down-to-earth. The course has an excellent 14-year track record with professionals and laypeople alike, as indicated by the testimonials included in this packet.

This course has been approved for undergraduate, masters and doctoral level credit by several universities, on a case-by-case basis. CEUs are available.

This is a course based in spiritual/religious science (non-sectarian). Upon certification you may complete ordination in a church of your choice and practice these modalities as a minister. Practicing as a minister is exempt from state rules governing counseling and therapy. You may also choose to complete state requirements for therapists and/or counselors and practice in accordance with these regulations.

Learn how to:

- Do Self-Hypnosis and Inner Healing for self-transformation and to awaken higher consciousness
- Become a highly successful hypnotherapist, guiding profound and lasting changes in others, as well as in yourself
- Enhance healing arts skills you already have, with expertise in hypnotherapy and neurolinguistic programming (NLP)—highly versatile processes that can be applied to virtually any healing or self-improvement goal
- Work with the full range of the psyche to bring about lasting positive change—encompassing the subconscious, conscious, and super-conscious dimensions of self

Personal Healing and Transformation

Learn how to enter varying levels of trance through the use of hypnotic technique. *Training includes substantial practice of the techniques, both in guiding another and being guided.* As you practice self-hypnosis, you become ever more adept at entering and utilizing trance states for inner change work. This enables you to quickly access deeper dimensions of self—to clear subconscious blocks, experience self-transformation, and to draw upon super-conscious levels of wisdom and compassion.

Please visit FindingTrueMagic.com. You'll also want to read [testimonials about the book](#), ***Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/NLP***.

“To be fully engaged in the process of learning is to be fully alive, moment by moment. To be awake from all forms of fearful hypnotic states in daily life is the only way to experience being fully alive, fully and joyfully engaged in the expression of one’s personal genius. For each of us to experience ourselves in this way is the ultimate goal of this course.

Hypnotic processes are redundant. You don’t have to put people in trance; they are already in trance. Their problems are the fruit borne of their trances. You can use standard hypnotic processes, which you will learn in this course, as poisons are used in proper fashions to make medicines. But I want you to perform such alchemy from a greater viewpoint of recognizing that the goal is not to become established in comfortable trances that work for your fearful self, but to become free of trances: present, at ease, free of fear—whole, peaceful, and awake, radiating joy and enthusiasm.”

—Jack Elias, *Finding True Magic*

Institute for Therapeutic Learning
Transpersonal Hypnotherapy/NLP Certification Trainings

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Introduction

Neurological researchers have found that generally we utilize only about 10% of our brain capacity. The other 90% comprises that which is beyond the threshold of conscious awareness, namely, the unconscious. By achieving an appropriate level of hypnotic depth or “altered state,” the unconscious is made conscious, and one achieves a heightened state of awareness and well-being. He or she identifies and releases hidden subconscious blocks and actualizes higher potentials. Remarkable things are possible in such “altered states.” Past origins of current blocks can be traced to infancy, birth, the womb and beyond—all with equal facility. Lifelong emotional patterns can be released in a relatively short time. It is possible to enhance your intuitive inner guidance and vividly commune with your Higher Self.

What Is Transpersonal Hypnotherapy/NLP?

It is the use of hypnosis to access the “transpersonal” dimensions of self—those which are “trans” (“across” or “beyond”) the purely conscious awareness—to encompass the subconscious and superconscious dimensions. Thus, subconscious blocks can be identified and released; superconscious potentials can be accessed and actualized. Our approach is a synthesis of various therapeutic and hypnotherapeutic sources, among them, Transpersonal Psychology, Gestalt Psychology, Reevaluation Counseling, Ericksonian Hypnotherapy, Neuro-Linguistic Programming (NLP), “Ultra-Depth” Hypnosis, Hypnoanalysis, Active Imagination with Inner Archetypes, Higher Consciousness processes, and meditative techniques and insights.

Professional Training

Our trainings (both Distance Learning and Onsite) are designed to enable a high degree of proficiency in state-of-the-art hypnotherapy, *regardless of prior background and experience*. You can utilize the trainings for personal self-healing and higher consciousness, to enter the field of hypnotherapy as a certified professional, or to complement your existing skills in the healing arts. Learn to apply the processes of hypnotherapy and NLP to catalyze healing changes in others. Beginning, Intermediate, and Advanced levels of certification are offered for professional training:

Transpersonal Hypnotherapist

Master Transpersonal Hypnotherapist Master

Level II Transpersonal Hypnotherapist Master

Level III Transpersonal Hypnotherapist

If you elect to practice as a minister, “ministerial” can be added to your title. If you choose to qualify according to state regulations to practice as a counselor/hypnotherapist, or as some other kind of therapist, “clinical” can be added to your title. These are your options to choose.

What Our Graduates Are Saying

"This was a powerful course. One of the greatest strengths lay in the fact that it taught hypnosis not simply as a technique to deal with isolated behaviors, but as an approach that deals with a client's whole way of approaching life. We covered a great deal of material, we explored many things in depth, and we were given a strong foundation for using hypnotherapy both personally and professionally."

*Ann T., M.A. in Counseling
Seattle, WA*

"Six years of university training in psychology ... 20 years as a counselor... countless years of spiritual quest ... culminating in the discovery of this course ... a psychology firmly rooted in profound spiritual wisdom. I feel fortunate to have Jack Elias as my teacher ... May others benefit from his extensive and well-integrated knowledge."

*Janet M., M.A. Psychologist
Lasqueti Is., B.C., Canada*

"Nothing has been as effective in promoting change in people's lives as the techniques I learned in [Jack's] course. This course is valuable to all therapists, including MDs and other medical professionals." Patricia Ann Williams, M.D., Psychiatrist & Psychotherapist

"This course provided me with many new and exciting possibilities ... I have been touched in marvelous spiritual ways ... Jack Elias is a brilliant man with a distinct mastery of language, a rich and varied background, and a wonderful sense of humor."

*Jim Schaffer
Seattle, WA*

"I feel as though I have received a precious gift for helping myself and others. The training taught me not to fear addressing any problems I may experience, but rather to embrace and transform them."

M. E. Gateley

"Taking this training was one of the best things I've ever done for myself. It's given me a deep understanding of human nature. Jack is an excellent teacher—very thorough, patient, and ... a great sense of humor. His outlook on life has been an inspiration—thank you, Jack!"

*Leslie Wener, B.S.W., M.S.W., Social Worker
Vancouver, BC*

"A deeply fulfilling experience ... It provided insights and practical skills for communicating with clients and 'significant others' on a more intimate and meaningful level than I have previously experienced."

*Connie Dudenbostel, Ph.D., Lic. Psychologist
Elma, WA*

"This course was excellent. My objectives were to learn more about ... the subconscious and the counseling process ... to improve my effectiveness as a Shamanic Counselor. I have gained so much from this course, I'm now feeling Shamanic Counseling will be something I do as part of Hypnotherapy, rather than the other way around."

*Robert H., Shamanic Counselor
Edmonds, WA*

"I highly recommend the training ... thank you for giving me such a safe space to learn and grow."

*Barbara Rammerdan
Seattle, WA*

"The course was excellent, easily worth the cost in both time and money ... I have no hesitancy about beginning my own private practice."

*Claudia Serpas
Issaquah, WA*

"Course content is comprehensive, interesting, useful. ... it offers a unique and skillful synthesis of transpersonal psychology, hypnotherapy techniques, NLP, and spiritual principles. Example and interactive process are the heart of the course; Jack invites participation with consummate skill ... encouraging individual insight, experimentation. Thank you!"

Barbara Douglas, M.A.

[More Comments from Graduates of the ITL Live Training](#)

Institute for Therapeutic Learning

Jack Elias, CHT, Director



The Institute for Therapeutic Learning was founded in 1988 by Director Jack Elias, a licensed Clinical Hypnotherapist and Certified NLP Practitioner with over 40 years of experience with the practice and study of meditation, psychology, and philosophy with recognized masters of these traditions. With 20 years of success in sales, management and entrepreneurship, Jack consults with business and corporate clients to dynamically improve profitability, productivity, and enthusiasm.

Jack Elias is the author of the book ***Finding True Magic***, which presents the foundational material taught in the ***ITL Courses in Transpersonal Hypnotherapy/NLP*** and the ***Finding True Magic*** audiotape training program, as well as various other audio and video presentations. In addition to teaching the Transpersonal Hypnotherapy/NLP Certification Trainings, Jack does private counseling for individuals, families and groups. Jack teaches classes and seminars in the U.S. and abroad.

The Institute for Therapeutic Learning offers a range of course and study options as described in this brochure and the accompanying inserts. Once a student has completed the minimum course of study of 150 hours, a flexible array of continuing education possibilities is available. This catalog contains a detailed description of the 6 phases of the 150 hour training.

For more Information: Please visit <http://FindingTrueMagic.com>

Email **Jack@FindingTrueMagic.com** or call (206) 783-1838 for further information, or if you wish to arrange for a **personal interview** regarding course participation. Interview is optional.

Weekend Training Format

Friday 7 pm to 9 pm

Saturday 10 am to 9 pm

Sunday 10 am to 6 pm

Schedule includes breaks for meals and coffee or tea.

Students are expected to do 4 hours of homework for each of the 6 phases of the course.

The Book

"It is a great pleasure to have your book. *Finding True Magic*...provides a great amount of practical information and creative guidance on the knowledge of mind/body derived from various disciplines of the Eastern and Western world."

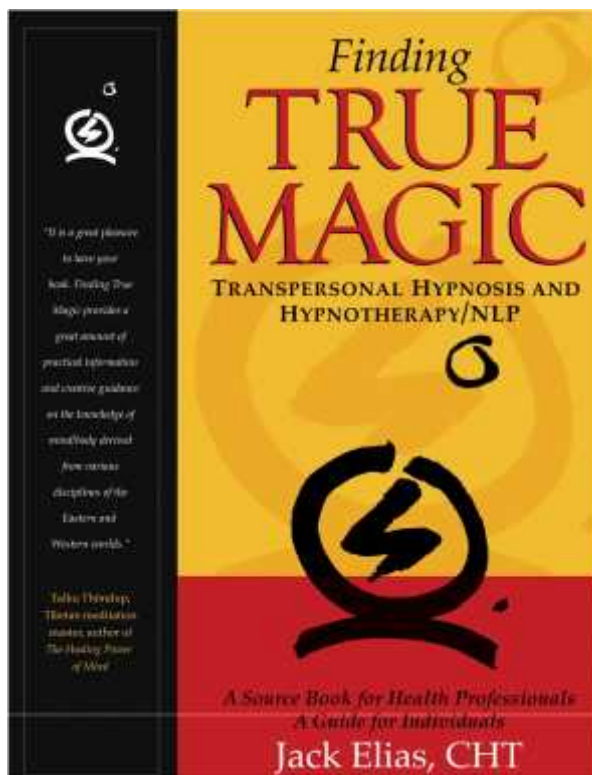
Tulku Thondup, Tibetan Meditation Master, Author of *The Healing Power of Mind*

"No other author (that I have read or studied) in this field brings such passion and consciousness to the 'how to' of hypnotherapy as Jack Elias."

Greg McHugh, Gestalt Therapist, Certified Hypnotherapist

"*Finding True Magic* is a superb book...truly comprehensive and eclectic in its intelligent presentation of transpersonal work. It explores philosophy, metaphysics, eastern wisdom and their relationship to hypnotherapeutic healing. If you do healing work, you must have this book. If you teach, you and your students must have this book!"

Marilyn Gordon, CHT, Author of *Transformational Healing and Hypnotherapy, Extraordinary Healing*



Book size: 8-1/2 x11, 364 pages. Retail Price: \$29.95 (\$32.00 incl. S&H) Direct from and signed by the author

ISBN 0-965210-1-X, Five Wisdoms Press

"Jack Elias is a born teacher... as much at home with Socratic dialogue and analysis as with a Zen paradoxical and intuitive approach. An intriguing and novel synthesis of Eastern and Western perspectives and techniques, this is a very practical approach to clinical hypnotherapy by an expert in the field.

Jack is contributing to the further establishment of hypnotherapy as a total approach to healing rather than simply as a technique which may be applied in the context of psychotherapy."

Ivor Morrish, Educator and Author, *Disciplines of Education, The Dark Twin: A Study of Evil and Good*

"...Since 1979...I have worked in residential treatment centers, mental health centers, and private practice with individuals, couples, groups, and families. *(Nothing) has been as effective in promoting change in people's lives as the techniques I learned in (Jack's) course.* This course is valuable to all therapists (including) MD's and other medical professionals."

Patricia Ann Williams, M.D., Psychiatrist & Psychotherapist

"One of my favorite new books...I am impressed with the way Jack offers an intelligent and easy-to-understand explanation of complicated concepts...fascinating and moving...apart from many I've encountered over the years. This extraordinary book... is a stand alone text from which even the most experienced therapist will learn a lot about therapy... and about him/herself."

Leticia Oliver, Doctor of Clinical Hypnotherapy, Journal of American Board of Hypnotherapy

[Order a signed copy of *Finding True Magic* by credit card online](#)



2017 Schedule of Trainings

Institute for Therapeutic Learning

Finding True Magic©
Courses in Transpersonal Hypnotherapy/NLP

Winter/Spring '18	Summer Intensive '18
January 19-21	July 12-28
January 26-28	17 consecutive days:
February 2-4	5 day sections;
February 16-18	1 day off between sections
February 23-25	2 days off total
March 2-4	

****Out of town students please refer to close-in motel information below.**

The **Winter, Spring, and Fall** courses are taught in the format of 6-22 hour weekends = **132 hours of class, plus 18 hours of homework (3 hours per phase)**. Weekend class hours: Fri. 7-9 p.m., Sat. 9 a.m.-9 p.m., Sun. 10 a.m.-6 p.m.

The **Summer Intensive = 135 hours of class time plus 15 hours of homework**. Class hours: daily, 9 a.m.-6 p.m. with days off on the 6th and 12th day.

“Of the five nationally recognized hypnotherapy trainings I have been certified in, my time with Jack Elias has been the most valuable.”

—Putnam MacDaniel, Transpersonal Clinical Hypnotherapist

Accommodations

Motels within 10-20 minutes of the Institute at 85th-90th and Aurora Ave N

Search <https://airbnb.com> for rooms and Bed & Breakfast options

Recommended by students: Dibble House B&B 206 783 0320
A Place to Stay in Seattle 206 782 3686

Tuition Investment

Level 1 Certification: Transpersonal Clinical Hypnotherapist

150-Hour Training Sessions — Weekend Format — Phases I-VI

\$2100.00 total if prepaid at least 15 days or more in advance of 1st weekend session

\$2250.00 if prepaid between 14 days to 7 days in advance

\$2400.00 if paid within 7 days of the first day of training (per weekend payment option available, also)

150-Hour Summer Intensive — Phases I-VI

\$2100.00 total if prepaid at least 15 days or more in advance of 1st weekend session

\$2250.00 if prepaid between 14 days to 7 days in advance

\$2400.00 if paid within 7 days of the first day of training

Intermediate and Advanced Certification and Distance Learning Options available.

Cancellation and Refund Policy

If the applicant is not accepted by ITL there will be a full refund of all money paid. Applicants may receive a full refund of tuition and fees paid if they withdraw not later than midnight of the fifth day (excluding Sundays and holidays) after registering or making an initial payment, provided they have not commenced training. If an applicant withdraws after five business days, the Institute may retain an established registration fee equal to ten percent of the total fees or \$100, whichever is less.

Refund After Entering Class

If a student terminates during the first 10% of contracted instruction time, the school may retain ten percent of tuition cost plus established registration fee. If a student terminates after the first 10% of instruction time but prior to completion of 25% of contracted time, ITL may retain 25% of tuition costs plus established registration fee. If a student terminates after completion 25% of instruction but prior to completion of 50% of contracted time, the school may retain 50% of tuition costs plus established registration fee. If a student terminates after completion of more than 50% of contracted time, the school may retain the full tuition cost plus established registration fee. Refunds must be paid within 30 days after determining student's official date of termination.

As of Jan. 99, WA State Required Update for all Vocational Schools regarding refund policies. Refunds must be paid within 30 days after determining student's official date of termination.

Registration Form

Please complete this form and mail with your deposit to:

**JACK ELIAS
INSTITUTE FOR THERAPEUTIC LEARNING
P.O. Box 17229
Seattle, WA 98127**

A deposit of \$100 is required to reserve your place in a hypnotherapy training program. Please make check payable to Jack Elias. Memo check: ITL Training.

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

TELEPHONE Home _____ Work _____

Please Register me for: Date Training Begins _____ **Amount Enclosed: \$** _____

Or choose immediate [Online Registration](#)

PHASE I

Basic Hypnosis Training

A Full Spectrum of Hypnotic Techniques, Trance States and Suggestions

In this Phase, you will learn to:

- Perform a versatile range of **hypnotic induction** techniques, both direct induction and indirect Ericksonian techniques.

- Recognize and monitor **7 levels of trance depth**, namely:

1. *Hypnoidal*
2. *Light Hypnosis*
3. *Medium Hypnosis*
4. *Somnambulistic*
5. *Hypnotic Coma*
6. *Cataleptic*
7. *Ultra-Depth (a profoundly euphoric state).*

- Employ deepening techniques to achieve the desired level of depth which is best for a particular kind of work.

- Create and employ effective **hypnotic and post-hypnotic suggestions** for yourself or others.

- Prepare a person for hypnosis with **suggestibility testing and pre-induction talk**.

Learn the structure of a hypnotherapy session.

Learn the history of hypnosis, including the latest advances, such as **Ericksonian hypnosis, Neuro-Linguistic Programming, ultra-depth techniques** and **transpersonal processes**.

The training provides ample opportunities for **practice of techniques** taught, both in guiding another and being guided.

You will also learn **self-hypnosis** for trance work and self-transformation.

PHASE II Transpersonal Regression Therapy

Releasing Past Origins of Negative Patterns

Establishing Desired New Behaviors

In Phase II you will learn how to:

- Trace past origins of current problems through **hypnotic regression** to their formative experiences.
- Conduct “**past life**” **regression therapy**.
- Guide the **discharge and transmutation of unresolved emotions** which motivate undesired behaviors and beliefs.
- Create positive inner allies, such as ideal inner friends or ideal parents, and draw upon inner qualities or positive experiences, **to manifest more effective ways of being and functioning**.
- Establish desired new behaviors through techniques of **neuro-linguistic programming** and **Ericksonian hypnosis** (All phases of this course integrate views and techniques from NLP, Ericksonian hypnosis, and Eastern meditative approaches).
- Access the **Higher Self**, one’s highest dimension of clarity and wellbeing, to achieve heightened insight, self-integration and wholeness.
- Learn insightful **Models of the Psyche** that will enable you to quickly recognize and address the core of clients’ problems and symptoms.

PHASE III Subpersonality Therapy

Accessing and Transforming Deeper Aspects of the Psyche

Blending insights and techniques from Western and Eastern psychology, you will encounter competing urges or complexes within yourself, termed “**subpersonalities**,” and transform them to their highest archetypal expression.

- Learn how to **resolve inner conflicts** and **integrate competing urges** into desired new behaviors and greater wholeness.
- Learn a simple yet powerful process of **self-inquiry** that makes possible rapid, focused resolution of difficult decisions or dilemmas.
- Access the **Inner Guide**, a wise and loving presence within, who serves as a guide to your inner world of the unconscious and acts as a source of unlimited assistance and direction.
- Learn **Creative Visualization** for framing your desired future, together with the processes for **Actualizing the Will**, thereby strengthening your will in the face of inner resistance or outer obstacles.
- Discover the 3 most important factors in **managing trance** to insure accomplishment of beneficial change.
- Learn how to combine **subpersonality work** and **hypnotic regression therapy** in order to achieve the most thorough changes possible.

PHASE IV

Transpersonal Hypnotherapy Applications

Practical Strategies for Common Problems

You will learn the key **dynamics of shame and family systems** that underlie most compulsive and addictive behaviors.

You will learn **core therapeutic strategies** and study case histories with a wide range of practical application, such as:

- Strategies for dealing with **addictive personality patterns**, such as smoking, obesity and overeating, alcohol and drug abuse.
- **Emotional health** issues—self esteem, depression, phobias, stress, relationships, post-traumatic stress, panic and anxiety attacks, and abuse.
- Hypnotic **anesthesia** for pain control, including **surgery, dental work**, childbirth, relief of tension headache, TMJ, arthritis, and more.
- **Self-improvement**: memory, concentration and exam performance, improved physical performance in athletics, and enhanced creative and intuitive ability.

Discover how one's perception of **time and identity** can be used to quickly release long-standing phobias and traumas.

Learn how to adapt **meditation techniques** to accomplish transformative therapy.

Learn to work with the **inner “building blocks”** of life experience to accomplish your highest goals.

PHASE V

Comprehensive Work with Inner Archetypes

Employing the Power of Myth and Archetype to Enhance Major Areas of Life Experience

Develop **Comprehensive Treatment Planning** for yourself or others.

Perform an assessment of each major area of life experience and identify to what extent archetypal patterns of the psyche are in, or out of, balance.

Specific areas of the body and of life experience serve as indicators of specific issues within the psyche.

Identify and work with **12 major Archetypes** of the psyche to effect desired changes, such as:

- Access the **Inner Child Archetype** for enhanced spontaneity and creativity, or to heal past hurts that inhibit creative self-expression.
- Access the **Inner Father Archetype** to achieve greater wholeness with regard to external authority, society, and career.
- Access the **Inner Mother Archetype** to heighten the sense of internal security, self-nurturing, and confidence.
- Access archetypal intelligence to clarify basic desires so that they take healthy forms:
 - the urge to know and communicate
 - the acquisitive urge
 - the urge to merge
 - the community instinct
 - the escape urge / urge to transcend
 - the urge for meaning

Learn to guide processes working with **Inner Masculine** and **Inner Feminine** energies, the two major underlying Archetypes that comprise and affect every area of our life and psyche.

Examine models that enhance our awareness of how these archetypes determine our inner psychic growth and health, as well as our external daily rituals.

PHASE VI

Survey of Specialized Hypnotherapeutic Skills

Releasing Unwanted Influences

Using Future Progression to Achieve Goals

Hypnosis with Couples and Groups

Learn processes for encountering and transmuting the “**Shadow**” (one’s composite unintegrated aspects).

By means of “**entity release**” strategies, learn to release external interferences which have become internalized.

Learn how to detect the presence of unwanted influences, release them, heal the patterns that allowed them, and maintain a condition free from unwanted external influences.

Experience **future progression** with regard to a prospective decision’s outcome or general life direction, and then accept, reject, or modify that future to create the future desired—in alignment with your own highest purpose and inner guidance.

Study guidelines and perspectives on **how to create and sustain** a successful hypnotherapy practice, and integrate it into your life in a holistic manner.

Learn to conduct **group hypnosis** to enable members of a group to experience many of the same processes possible in one-on-one therapy.

Learn to guide **dual regression therapy** with couples in order to release relationship blocks and integrate new perceptions and behaviors.

Review, final exam demonstration sessions and evaluations.

Certification Options

INSTITUTE FOR THERAPEUTIC LEARNING

Transpersonal (Ministerial/Clinical)* Hypnotherapist (150 hours)

Master Transpersonal Hypnotherapist (300 hours)

Master Level II Transpersonal Hypnotherapist (450 hours)

Master Level III Transpersonal Hypnotherapist (600 hours)

* If you elect to practice as a minister, “ministerial” can be added to your title. If you choose to qualify according to state regulations to practice as a counselor/hypnotherapist, or as some other kind of therapist, “clinical” can be added to your title. These are your options to choose.

Continuing Education Credits (CEUs) available. See following pages.

Certification hours tailored to students’ needs. Mentorship Classes and Supervision available. **While you may begin private practice after completing 150 hours of training, the Institute recommends 350 hours of training to attain professional competency and success.**

PROFESSIONAL HYPNOSIS ASSOCIATIONS:

After successful completion of the 150 hour training, your certification as a Transpersonal Clinical Hypnotherapist qualifies you for certification and membership as a Clinical Hypnotherapist with State, National and International Professional Hypnosis Associations.

Benefits As a professional hypnotherapist you can earn \$50-\$150 per hour. The work is also highly gratifying because the results achieved are rapid and profound. Hypnotherapy can provide a career that is fulfilling spiritually, emotionally, and financially.



Continuing Education Credits for Health Care Professionals

Institute for Therapeutic Learning

Jack Elias, Founder and Director of the Institute for Therapeutic Learning, joins the highly effective methods of transpersonal hypnotherapy/NLP with practical principles of Eastern spirituality. In an atmosphere of safety and good humor, this experiential course teaches participants how to facilitate rapid and lasting positive change, both personally and professionally. The primary guidebook for the six-phase course is Mr. Elias' book, ***Finding True Magic: Transpersonal Hypnotherapy / NLP.***

The 150-hour Live Trainings can be taken in a Weekend Format (Six 22-hour weekends, Friday 7-9pm, Saturday 9am-9pm, and Sunday 10am-6pm, w/ breaks and lunch, plus 3 hours of homework/phase – 18 hours total), or in a Summer Intensive Format lasting 17 days (5 day sessions, with 1 day off in between, 9am-6pm daily. 135 hours of class time plus 15 hours of homework).

Live Certification Training: 114 CEUs (see catalog p.12 for tuition and inserts p. 4 for dates)

The course is available on audio and videotape for Distance Learning, with or without certification.

Distance Learning Certification Training 80 CEUs *Non-certified D.L. Training*
Options: 40 CE

When a therapist gains competency with these ideas and the techniques that accompany them, it is possible and common to help people in just one session, or a few sessions, to become free from, or make dramatic advances against, life long afflictions such as:

Panic Attacks TMJ Compulsions Phobias Chronic Pain
Anxiety Post-Traumatic Stress Insomnia Allergies Asthma
Addictive Patterns Depression Inhibition Prolonged Grief

"This course helped me connect more deeply with my inner wisdom and compassion. It gave me easy to use techniques to assist patients and their families draw on their own powerful inner resources to deal with illness and loss. It's been 10 years since I took the course for the first time. What I learned continues to enrich all aspects of my life."

Carol M., RN, CHT

(Hypnotherapy is not a substitute for appropriate medical care or necessary consultation with medical professionals.)

Institute Requirements

Please read carefully: Important information about our courses and the Institute:

A high school diploma or GED is a prerequisite for enrolling in this training. A person should be in general good health to participate in this training, although some limitations, reviewed on a case by case basis, are allowable.

No placement is offered at the completion of the training. **However, guidelines for establishing and maintaining a successful practice are part of the course curriculum.**

Students are expected to conduct themselves in a mature, respectful manner conducive to learning the skills and knowledge of this course. Grounds for immediate dismissal include: the use of alcohol or drugs, any behavior disruptive or threatening to class participants, including an exhibited lack of proper attitude toward learning the course curriculum, excessive tardiness and missed class time without warranted excuse. Students so dismissed will have an opportunity to request readmission except in cases of substance abuse. Nothing in the policy prevents the student from contacting the Workforce Board at 360-709-4600 at any time with a concern or complaint.

If a student misses a portion of the course for a valid reason, tutorial make-up will be provided. When appropriate, a student may make up a weekend section during a subsequent training.

Requirements:

- 1) At the completion of each 25-hour section of the training, students will be required to demonstrate their understanding of course material by conducting a 1 hour hypnotherapy session.
- 2) A written exam included with Phase I is due by the beginning of Phase IV. The written exam is pass/fail.
- 3) Therapy sessions are pass/fail as judged and evaluated by the instructor taking into account feedback of the subjects of therapy. Successful completion of each section is a prerequisite for continuing the course. Retaking a failed therapy session will take place within one week of the end of the section with the instructor.

There are seven required books which students must purchase in addition to the course tuition. Books can be purchased online at **www.FindingTrueMagic.com**. Total cost of books, with tax, is approximately \$145.00.

Class size ranges from 3-14 students. Classes are held at the Institute address listed. This is a home setting providing a large living room for class time and the privacy of bedrooms and office space for practice therapy sessions. **Classes are kept small providing safe, in-depth, personalized learning.** All materials, except for pen, paper, and required reading described below, will be provided to the students. ***Finding True Magic***, the ITL Hypnotherapy/NLP Training text, containing course script material for therapy work, is included in the tuition investment. The course environment provides appropriate furniture for conducting therapy sessions.

Upon successful completion of the training you will receive certification as a **Transpersonal Hypnotherapist*, Level I**, or a certificate of successful participation, without title designation.

A certificate of successful participation, without title, in the 150 hour training, *enables a student to obtain registration and to begin their career.* By successful completion of 50 hours of documented supervised client work (1hr.supervisory review/10hrs.of client sessions), or by completion of 50 hours advanced study, such a student will receive a certificate for **200** hours training as a **Transpersonal Hypnotherapist*, Level I**. **Level I** graduates upgrade to **Level II Transpersonal Hypnotherapist*** by completing 50 hours of supervised client work or advanced study.

*****This supervisory period, or some variation thereof, is highly recommended for fully certified graduates as well to upgrade their certification from 150 to 200 hours.***

****Ministerial or Clinical designation by choice, see page 25.***

The Institute offers advanced programs such as:

- 1] **200 hour and Master Levels: 300, 450, 600 hour and higher certifications**
- 2] **Continuing Education Credits**
- 3] **Mentorship classes**
- 4] **NLP trainings and other related seminar topics**
- 5] **The ITL certification course has been approved on a case-by-case basis by some universities for undergraduate / graduate level credit. Call for details.**

The Institute offers a [Distance Learning/Tutorial Certification Program](#) for those unable to attend live trainings. This program is also available for preliminary study to prepare to take the live training, and is the basis for the certification by distance learning at the 150 hour and higher level certification programs. See other enclosed inserts for more detailed information.

THIS SCHOOL IS LICENSED UNDER CHAPTER 28C.10RCW; INQUIRIES OR COMPLAINTS REGARDING THIS OR ANY OTHER PRIVATE VOCATIONAL SCHOOL MAY BE MADE TO THE: WORKFORCE TRAINING AND EDUCATION COORDINATING BOARD 128 10th Avenue SW, PO Box 43105, Olympia, WA 98504-3105, (360) 709-4600.
Note: This is not the number to call regarding financial aid. See below.

This course is based in spiritual/religious science (non-sectarian). Upon certification you may complete ordination in a church of your choice and practice these modalities as a minister. Practicing as a minister is exempt from state rules governing counseling and therapy.

You may also choose to complete state requirements for therapists and/or counselors and practice in accordance with these regulations. To practice hypnotherapy in the state of Washington a person must be registered with the state Department of Health. As of January 1, 2008 certification by a school is **not** a requirement for registration. There is a requirement that a person must document having completed 4 hours of HIV/AIDS training. These requirements may soon change. Ministerial practice will be exempt from any rules changes for therapists and counselors/hypnotherapists.

Jack Elias, founder and director of the Institute, teaches the Transpersonal Hypnotherapy/NLP Certification Training as well as various classes and seminars. He practices as a minister. Mr. Elias does trainings in Neuro-Linguistic Programming and has been a certified Neuro-Linguistic Programmer since 1983. He has trained in hypnosis, altered states processes, and neuro-linguistic programming with many recognized teachers including: James Maynard, founder of the Transpersonal Hypnotherapy Foundation, Steve and Connirae Andreas, founders of NLP of Colorado, John Grinder, co-originator of NLP, Tad James, NLP Master Trainer, & others. In addition, Mr. Elias has over 30 years of practice and study of Buddhist and Siddha Yoga meditation, psychology, and philosophy with recognized Masters of these traditions. Jack Elias is the author of ***Finding True Magic***, and a *Universal Life Church minister*.

No financial aid is available through the school.

Washington State Record Retention Requirements

The school must keep student educational records for a minimum of fifty years from the date of each student's enrollment or until the school ceases to be licensed under this chapter, whichever comes first.

- (1) "Educational records" include single page transcripts for each student, indicating:
 - (a) School name, address and telephone number;
 - (b) Student name, address, telephone number, and Social Security number;
 - (c) Dates of attendance;
 - (d) Course of instruction or subjects attempted;
 - (e) Amount of credit, if any, awarded for each subject;
 - (f) Grade for each subject completed;
 - (g) Date of completion or termination along with notation of the document issued signifying satisfactory completion, if achieved (degree, diploma, certificate);
 - (h) If terminated, the reason(s) for termination;
 - (i) Signature and title of the certifying officer; and
 - (j) Date that transcript is prepared.
- (2) On request, the school must provide, without charge, a transcript, described under subsection (1) of this section, to students who have satisfied financial obligations currently due and payable directly to the school. The school may establish and collect a fee for subsequent copies requested.
- (3) "Financial records" include the following and must be kept for a minimum of three years from the student's date of enrollment:
 - (a) Signed and completed enrollment agreements and other training related contracts; and
 - (b) The student's payment record.
- (4) Financial aid records related to Title IV student financial assistance are not under state jurisdiction, and should be kept in accordance with appropriate federal regulations.
- (5) Catalogs, catalog supplements, and errata sheets must be kept for one year from their respective dates of publication.

Students can request a transcript with information as described above by sending a request in writing to:

Institute for Therapeutic Learning
PO Box 17229
Seattle, Wa. 98127

Or via email to: jack@findingtruemagic.com

This school does not discriminate against students or potential students on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. It is impractical for a severely disabled person to take this course which requires a high degree of ability to interact with clients. The school reserves the right to determine acceptance based on this criteria.

Accepted disabled students will be accommodated as far as possible by the school which is in a residential home setting. There is no wheelchair ramp but there are only a few stairs that a wheel chair can easily navigate with assistance. Please notify the school 30 days in advance of a training about your needs so we can determine if your needs can be met.

Class size is a maximum of 14 with one teacher per class.



Should I Take the Course in Person or Take the DISTANCE LEARNING/INDEPENDENT STUDY Option?

For some of you the answer to this question will be clear because of financial and/or logistical considerations. It is less demanding financially and logistically to do the Distance Learning Option at home at your own pace. Live participation gives you the enriching and powerful experience of "on the spot" group interaction and direct involvement. In a live training, you have opportunities to be a demonstration subject with the trainer, and you get an average of 30 practice hours in therapy sessions as client and therapist.

It is common for students to experience **major transformations** while taking this course. This is true with both our live training and Distance Learning Option.

"What a great investment I have made and what a wonderful gift you have to offer. As I have listened to the tapes I have laughed, cried, become angry and experienced every possible emotion. I have learned more in these past seven months than in my entire lifetime. Your no-nonsense heartfelt approach is wonderful. I am looking forward to (live training) to learn to apply these simple delicate techniques and skills more intently."

L.D., Transpersonal Hypnotherapist

If financial / logistical considerations aren't decisive factors, consider taking both:

Both courses have their unique strengths and value. As explained on the "Options" page, live training students and graduates are urged to buy the A/V program for study even if they choose not to seek additional certification. The A/V program is an invaluable preparation for live training. With the audio/video program, you experience the techniques of the course repeatedly applied and discussed under many more conditions and with many more people and issues than you can get in one live training. They are a permanent reference library you can use again and again to thoroughly absorb and integrate these learnings. **And they powerfully stimulate your own personal growth!**

One of two important understandings regarding hypnosis, and learning in general, is that *repetition is crucial* to truly elaborate and integrate a learning as part of our being. **While this is an important factor in the live presentation, repetition is most powerfully afforded by the tapes.**

The other basic and crucial requirement for hypnotic learning, and learning in general, is *vivid emotional impact*. Live classes, as you might expect, have a special "on the spot" intensity. The tapes, recorded at live trainings, carry that intensity and spark it in a special powerful, *yet safe* way in the privacy of listening to them. Students *consistently* report this.

"No other author (that I have read or studied) in this field brings such passion and consciousness to the 'how to' of hypnotherapy as Jack Elias. When I first started with (the book) I was pushed back a little by his "process" and then shortly realized that he was literally attempting to move me to an altered state while writing of his purposes and concepts. I could feel the compression of wisdom and mind wrenching and concept blowing sentences that brought whole realms of my own belief systems to the fore to be examined in an instant. Often, I would have to read and reread whole paragraphs and then put the book down and breathe deeply as mini-realizations of the Truth of Elias's monologue seeped in. I found myself celebrating "eurekas" often. One of the best things about the tapes is getting to know you and feel the great sense of humor and then getting inspired to go back and read the book again!" **G.M., Gestalt Therapist, Hypnotherapist**

The course is comprehensive. By the end of their study, "live" and independent study students have a *facility* with therapeutic processes, and with the business requirements of setting up a practice. They have the confidence to begin. But so much information is provided in the course, that *mastery* of all the material is impossible to achieve by the end of the course. *It is not expected.* What is hoped for is that you will maintain an inquisitive, inspired "beginner's mind" to constantly go back to the material, contemplating it and integrating it more and more thoroughly.

Repetition is the Mother of Skill and Mastery!

An interviewer once asked Milton Erickson, the foremost and most innovative hypnotherapist of this century, how he would sum up or define hypnosis after his 50+ years of study, contemplation and client work. Milton replied, *"It's too early to tell." This is beginner's mind.*

It is *highly recommended* that students do a live training and complete the Distance Learning Course protocols to qualify for 300 hour and higher Certification. [Distance Learning protocols for live training graduates are more demanding than those described above for first time students.

In general, non-certification options would be suitable in two cases:

- 1) Students satisfied with their existing credentials and with such confidence in their facility with therapeutic processes, that they think the dialogue with and feedback from the instructor unnecessary for their successful assimilation and utilization of the material, and
- 2) Students taking the course to develop the skills of self-inquiry and contemplation for personal growth who know they are motivated to thoroughly review the material without outside support.

If one chooses this option, there is no certification or acknowledgment of completion of the course given. This option can be converted to a certification program by submitting the required documents and taking the tutorials for each phase at an additional investment of \$200.00/Phase.

Questions? Please email Jack@FindingTrueMagic.com. Or call or write Jack Elias, Institute for Therapeutic Learning, P.O. Box 17229, Seattle, WA. 98127. (206)783-1838.

Tuition Options

1) 150 hour **On-Site** Training, Phase I-VI

Full tuition - \$2400.00 Prepaid within 7 days of class
Discount # 1 - \$2100.00 Prepaid 15 days in advance
Discount # 2 - \$2250.00 Prepaid 14 -7 days in advance
Plus required book costs - \$145.00 (approx.)

2) Distance Learning Certification Tuition & Study Options

A) Evaluation Purchase Options

- 1) [*FindingTrueMagic*](#), text only: \$32.00 (includes S&H for USA)
- 2) [*Test the Waters Option I*](#) -Phase I (15 CD's +1 DVD + a [freecopy](#) of [FindingTrueMagic](#)): \$265.00 (free S&H for USA). Advance purchase price discount will still apply to Phases II-VI, if you decide to complete the set (\$945.00 + \$30.00 S&H for USA - see (C) below).

B) Certification Tuition & Study Options

Certification options for this course (80 CDs + 6 DVDs or Online Option + 6 tutorials):

1) Tuition investment in advance: **\$2265.00*** plus book costs of **\$145.00**
Save \$680.00 off Phase by Phase option

2) Tuition investment, **Phase by Phase option: \$2945.00*** plus book costs of **\$145.00:**

Ph.I- \$440.00* - [15 CD's+ free copy, *Finding True Magic*]
Ph.II- \$545.00* - [18 CD's]
Ph.III-\$480.00* - [14 CD's]
Ph.IV-\$530.00* - [12 CD's]
Ph.V- \$475.00* - [12 CD's]
Ph.VI- \$475.00* - [9 CD's]

** includes 90 min. DVD/phase + free Shipping & Handling for US. Call for int'l. rate. Save on S&H with Online Option!*

There is no *required* timetable for completion of the course or for any phase of the course. ***It is recommended that not more than one month be spent on a phase, or six months on the whole course*** to maintain focus and inspiration for the challenge of learning new material. As you know, **if one thinks he/she has "forever" to do a thing, he/she may put it off forever.**

C) Non-Certification Tuition & Study Options

Non-certification options (80 CDs + 6 DVDs or Online Option) omit tutorials and submission of homework. They are for ***acquisition*** of the training only:

1) Non-certification paid in advance: **\$1210.00***
(Save \$680.00 off Phase by Phase option)

2) Non-certification investment, **Phase by Phase option, \$1890.00*:**

Ph.I- \$265.00* - [15 CD's+ free copy, *Finding True Magic*]
Ph.II- \$370.00* - [18 CD's]
Ph.III-\$305.00* - [14 CD's]
Ph.IV-\$355.00* - [12 CD's]
Ph.V- \$300.00* - [12 CD's]
Ph.VI- \$295.00* - [9 CD's]

** includes 90 min. DVD/phase + free Shipping & Handling for US. Call for international rates. Save on S&H with Online Option!*

This school is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the:

Workforce Board, 128 – 10th Ave. SW, Box 43105, Olympia, Washington 98504-3105
Web: wtb.wa.gov
Phone: 360-709-4600
E-Mail Address: pvs@wtb.wa.gov