



Thank you for ordering this PDF version of 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 because of 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 had their practice and their lives transformed. No one who has taken a course has found it to be redundant.

I hope the catalog presentation, and testimonials included, will cause you to consider, at the very least, one of the **'Test the Water'** options. The reason is best summed up in these excerpts from testimonials from highly educated spiritual seekers:

"You have an unbelievable ability to bring the "unknown/hidden", the part that runs all of us, into the light of day in such a way that it is very meaningful and, almost, revolutionary in terms of how we experience our moment-to-moment existence. This is what makes my experience with you so unique. This is like being on a fast track compared to my years of reading, meditating and studying with other teachers. You become some kind of 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. This is what I was looking for. Thank you so much for sharing with me 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 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 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. They are also very 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.

Please visit my website, [www.FindingTrueMagic.com](http://www.FindingTrueMagic.com). Note the information about my book, ***Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/NLP***. I offer easy ways to experience me teaching – note the Introductory CD, and the Test the Waters options on the Products page and also in this catalog.

Please let me know how you learned of my work. Thanks for your interest.

Jack Elias

**Institute for Therapeutic Learning**

**American Institute for Transpersonal Hypnotherapy/NLP©**

[www.FindingTrueMagic.com](http://www.FindingTrueMagic.com)

# ***Finding True Magic***

**Transpersonal Hypnotherapy/NLP  
Certification Training Programs**



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

"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*

## 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 that this information describing the combined Hypnotherapy & NLP certification programs is helpful and thought provoking.

The ITL courses emphasize underlying insights and principles governing **the nature of mind & communication** upon which hypnotherapy, NLP, shamanism, and all transformative 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, personally and professionally, and achieve new levels of wisdom, compassion, and healing for themselves and others.

The course is very stimulating and challenging, yet 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 lay people 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 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.**

### 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 superconscious 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 superconscious levels of wisdom and compassion.

*INSTITUTE FOR THERAPEUTIC LEARNING*  
**TRANSPERSONAL HYPNOTHERAPY/NLP 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.*

# ***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 **[www.FindingTrueMagic.com](http://www.FindingTrueMagic.com)**

Email **[Jack@FindingTrueMagic.com](mailto:Jack@FindingTrueMagic.com)** or call (206) 783-1838 for further information, and 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 9 am to 9 pm

Sunday 10 am to 6 pm

Schedule includes breaks for meals and coffee/tea

Students are expected to do 3 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."

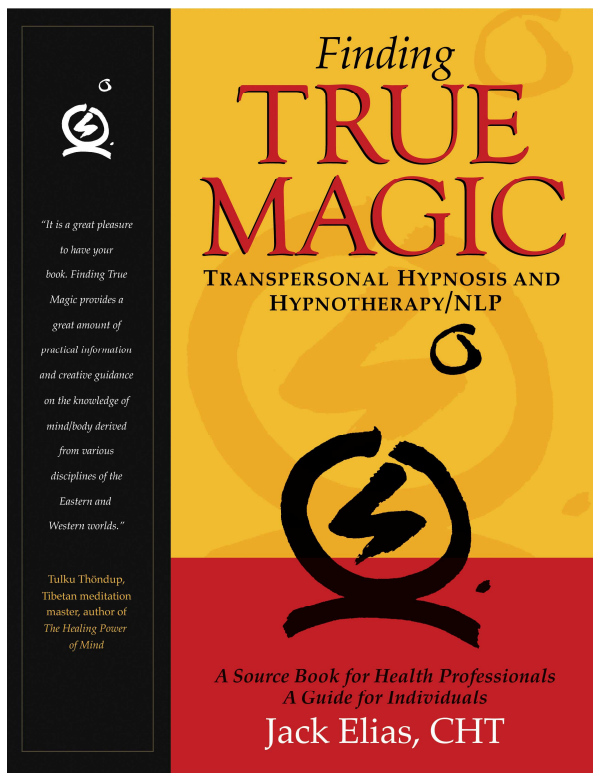
**Tulku Thondup, Tibetan Meditation Master, Author of *The Healing Power of Mind***

"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: \$24.95 (\$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 at  
[www.FindingTrueMagic.com](http://www.FindingTrueMagic.com)**

# 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 well-being, 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.

## More Comments from Graduates of the ITL Live Training

"I have learned more about Love in this course than in the rest of my life."

**Carol W., Home Care Specialist**

"I have never worked with a technique or tool in all my experience that has been as effective in promoting change in people's lives as the hypnotherapy techniques I learned in this course. The course has been spectacular for both my personal growth and my growth as a hypnotherapist and psychotherapist."

**Pat W., M.D., Psychiatrist**

"I have made important and necessary changes in my life as a result of your course—in my relationships, diet, daily schedule, therapeutic skill, and self esteem. I feel like I'm coming alive to my life in a way not experienced before."

**Adrian B., Drug Addictions Counselor**

"The material and spiritual approach are very appropriate for the work I do with Native peoples...but, more importantly, the course has changed the way I interact within all relationships. This enlightened therapy has created so many inroads in working with client issues, behavior patterns, even family relationships! I have tools to heal spiritually, instead of focusing on problematic actions. This is the most CREATIVE thing I've ever learned or done. It blows traditional psychotherapy out of the water. I appreciated the camaraderie from Day 1."

**Jeanne P., M.A., Mental Health Counselor**

"Jack's approach steps out beyond formula and limitation. Knocks down boundaries and provides the ground for moments of true insight, self-discovery, and awakesness. The first night, it became obvious that we were going to experience Hypnotherapy at its core. I've never been through something like this with a group of people...real change occurred in everyone from the processes, group dynamic, and Jack's delightfully open and humorous approach."

**Peter R., Black Belt Martial Artist, Musician**

"The class atmosphere is ideal for learning: relaxed, informal, yet rigorous. The course material was presented lucidly and unfolded naturally. The text will continue to be a resource for me for a long time. Jack, you are a teacher in the truest sense of the word. The passion, integrity, and depth you bring to these teachings has moved me deeply."

**Jake L., Designer, Builder, Hypnotherapist**

### **Comments from Colleagues and Clients**

Jack Elias is an outstanding teacher and practitioner of "leading edge" therapies. He draws upon a wide range of therapeutic modalities including Ericksonian and Transpersonal Hypnotherapy and Neuro-Linguistic Programming. I have seen him to be a warm, compassionate and resourceful therapist, and I recommend him most highly.

**James Maynard, Founder, Transpersonal Hypnotherapy Institute**

Jack Elias is an outstanding therapist. His work is not only efficient but full of heart. With outstanding clarity, he has helped me correct fundamental flaws in my thinking, resulting in an increase in overall energy and awareness. His effect on many patients I know has empowered them to change limiting beliefs that had handicapped their growth and expression.

**Daniel Lewis, D.C., Chiropractor**

PMS takes up 1/3 of my life. It grew from cramps to threatened divorce if I didn't do something. I've done everything! Doing hypnotherapy with Jack has not taken away PMS, but it has taken away the rage, and I am now able to cope and function.

**L. J., Registered Nurse**

I got immediate results with my eating disorder from my first session. In later sessions, Jack reached issues from my childhood that no other therapy was able to touch. He is clearly gifted, and the doors he opened for me will change my life forever, leading me on to a new self.

**S. L., Mother, Householder**

# 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 CEUs***

# Finding True Magic Continuing Education Curriculum

Upon completion of the program requirements and evaluation, the student will be awarded CEU's through Swan Seminars. Swan Seminars is approved by the California Board of Registered Nursing, Provider number 12675.

## ***True Magic PHASE I : The Nature and History of Hypnosis***

GOALS Teach hypnosis, teach self-hypnosis safely and responsibly

- ◆ Demonstrate hypnotic induction
- ◆ Delineate the essential elements of a well-structured hypnotic session
- ◆ Coach the construction of powerfully effective suggestions

OBJECTIVES

- ◆ Identify different levels of trance
- ◆ State six applications of hypnotic suggestion in a professional work situation
- ◆ Explain the importance of rapport and pre-induction talk
- ◆ Demonstrate pacing and leading

## ***True Magic PHASE II : Using Hypnotic Regression***

GOALS Teach hypnotic regression to resolve emotional issues

- ◆ Demonstrate basic concepts of NLP and Ericksonian hypnosis
- ◆ Conduct a regression, show how to handle "past life" elements and guide discharge of emotions
- ◆ Delineate 5 Models of the Psyche relevant to a hypnotherapy session

OBJECTIVES

- ◆ Construct inner "allies" for the client in a hypnotic session
- ◆ Identify five Models of the Psyche in relationship to common client symptoms
- ◆ Use hypnotic regression to identify and release emotional trauma

## ***True Magic PHASE III: Transpersonal Hypnotherapy: Putting the "Parts" Together***

GOALS Demonstrate how to recognize and integrate competing urges in a hypnotic session

- ◆ Identify subpersonalities, or "parts" of the psyche
- ◆ Use Self-Inquiry to aid clients in making tough decisions
- ◆ Facilitate Creative Visualization and Actualizing the Will to strengthen new behavior
- ◆ Describe the essential factors of Managing Trance

OBJECTIVES

- ◆ Model Self-inquiry technique to resolve a client dilemma
- ◆ Combine use of subpersonality or "parts" work with Hypnotic Regression in a client session
- ◆ Demonstrate subpersonality or "parts" mediation in a session

## ***True Magic PHASE IV: Applied Hypnotherapy: Addiction to Agoraphobia***

GOALS Clarify effective strategies to address a wide variety of presenting problems

- ◆ Identify dynamics of shame in family systems
- ◆ Demonstrate effectively addressing addictions, phobias, post-traumatic stress, pain, poor performance
- ◆ Adapt meditative techniques for positive change in clients
- ◆ Create hypnotic anesthesia

OBJECTIVES

- ◆ Use time distortion techniques for rapid trauma/phobia resolution
- ◆ Demonstrate addressing addiction, phobia, and pain control in a work-related situation
- ◆ Demonstrate hypnotic anesthesia in a client session

### ***True Magic PHASE V: Transpersonal Hypnotherapy with Inner Archetypes***

GOALS Identify and integrate Archetypes

- ◆ Identify archetypal patterns of the psyche to resolve client dilemmas in session
- ◆ Facilitate client awareness of universal archetypes to release shame and addictive patterns
- ◆ Work with eternal, through-time, and psychological archetypes

OBJECTIVES

- ◆ Recognize twelve major areas of client's life experience and identify archetypal elements in each
- ◆ Conduct a dialogue between two complementary archetypes in a session
- ◆ Explain how a confused subpersonality is transformed into a resourceful archetype

### ***True Magic PHASE VI: Shadow Work, Future Progression, Couples and Groups***

GOALS Identify "Shadow" issues; delineate conducting hypnosis with couples or groups

- ◆ Create a Hypnotic Future Progression to help client release unwanted influences
- ◆ Delineate special requirements for group hypnosis
- ◆ Guide dual regressions (for use with couples)

OBJECTIVES

- ◆ Address "Shadow" elements in a hypnotic session
- ◆ Demonstrate Future Progression in a typical professional situation
- ◆ Explain dual regression dynamics in a typical couples session

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**

I have known Jack for 30 years as a fellow meditator. I recently have had the opportunity to work with him on two very important personal issues, and I can truly say his insight and skillfulness as a hypnotherapist is quite remarkable – in fact, astoundingly direct. He transmits the wisdom of the meditative tradition in an easily comprehensive way. I am looking forward to learning his methods for use with my own patients.

**James Sacamano, M.D., Consultation & NeuroPsychiatry**

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.)

# 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: \$** \_\_\_\_\_



# Fall 2009 + Year 2010 Schedule of Trainings

*Institute for Therapeutic Learning*

**Finding True Magic©**  
**Courses in Transpersonal Hypnotherapy/NLP**

Fall '09	Winter '10	Spring '10	Summer Intensive '10	Fall '10
Oct. 2-4	Jan. 15-17	Apr. 9-11	July 8-24	Oct. 1-3
Oct. 9-11	Jan. 22-24	Apr. 16-18	17 consecutive days: 5 day	Oct. 8-10
Oct. 23-25	Feb. 5-7	Apr. 23-25	sections; 1 day off between	Oct. 22-24
Oct. 30-Nov. 1	Feb. 12-14	Apr. 30-May 2	sections - 2 days off total. **	Oct. 29-31
Nov. 13-15	Feb. 26-28	May 14-16		Nov. 12-14
Nov. 20-22	Mar. 5-7	May 21-23		Nov. 19-21

**\*\*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 (\* = recommended)**

*Dibble House B&B 783-0320	Days Inn N. 542-6300	Crown 523-4448
*Seafair 522-3754	Greenlake 523-4703	Ambassador 362-9885
*Emerald Inn 522-5000	Rest Inn 364-6030	Evergreen (nicer)
*Extended Stay America 800-215-2167	Orion 364-6095	Rodeside (nicer) 364-7771

**All phone numbers Area Code (206)**. These motels are on Aurora Ave N, north of 85th St. When calling for rates, ask their address. The street number will tell you their block location north of 85th, e.g., 8712 Aurora is 2 blocks north of 85th. To the Institute at 7057-26<sup>th</sup> Ave NW: Go West on 85<sup>th</sup> to 24<sup>th</sup> Ave NW, South on 24<sup>th</sup> to 73<sup>rd</sup> St NW, West on 73<sup>rd</sup> 2 blocks to the Institute. Bus service available from Aurora & 85th to 85th & 24<sup>th</sup> NW to 73rd.

# Institute Protocols

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.

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 17.***

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, BUILDING 17, AIRDUSTRIAL PARK, P.O.BOX 43105, OLYMPIA, WASHINGTON 98504-3105, (360) 753-5673. **Note: This is not the number to call regarding financial aid. See below.**

This is a 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. THIS SCHOOL IS ON THE APPROVED TRAINING LIST OF THE DIVISION OF VOCATIONAL REHABILITATION. A copy of their verification letter is available on request. **Qualifying students' tuition has been funded in this way. Other states have recognized this approved status and paid for the training.** Contact your local municipal office of your state Department of Vocational Rehabilitation. WA. State Headquarters (360) 438-8000; toll free (800) 637-5627



## DISTANCE LEARNING, PRELIMINARY STUDY AND ADVANCED STUDY

### Certification Options

“This course is magic itself. Through Jack Elias' deep and gentle ways, I was able to get in touch with so much about myself that had escaped me in my years of studying and practicing spirituality. Listening to these tapes provokes an almost immediate change inside, a new way of looking at everything. 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. The course is full of useful ways to experience, and show others how to experience, all the eternal truths that are so slippery and elusive. Thanks, Jack.”

**Chuck S., Distance Learning Student**

**1] Distance Learning:** For those students for whom live participation is not an accessible or desirable option, certification as a Transpersonal Clinical Hypnotherapist is possible through distance learning independent study.

**2] Preliminary Study:** Students considering live training may buy the Distance Learning A/V and textbook prior to on-site training at the Independent Study Non-Certification Tuition Option of **\$1210.00**(See Distance Learning Tuition Options, these inserts, p.6). This option automatically reduces on-site Live Training Tuition from \$2400.00 to **\$1900.00** without the need to meet the early registration discount deadline.

**Total net investment**, independent study materials + live training tuition with discount: **\$3110.00**(1210+1900). The purpose of this generous discount is to encourage investment in the Distance Learning audio/video materials. They are essential to deep comprehension and integration of the rich material of these courses.

Research has demonstrated that one-time participation in any course of significant study results in only about 10% retention. **Protect your investment! Support your desire to achieve competency!** The A/V materials allow you to repeatedly revisit the insights, techniques, and their applications with clients, are invaluable to achieve deep competency.

“Listening to the tapes (since taking the live training) has been wonderful. Everything makes so much more sense now, and it seems so much more connected and simple—not the struggle I once imagined. I'm going to start listening to them again! There are so many things that I want to incorporate into my way of thinking, my way of being. It's like being in class again—crying, laughing, working through “stuff.” I even had a series of dreams where you invited Milton Erickson to be a guest speaker! Wonderful! I would highly recommend that anyone taking your class buy the tapes, too.”

—C.D., CHT, Live training Graduate

Before or after 150 hours of on-site study, you can choose to do the Distance Learning Certification with the A/V materials to complete 150 hours of additional study to receive certification in recognition of 300 hrs. of training – the recommended minimum (see Distance Learning Section, these inserts, pp. 6&7).

**3] Advanced Study:** Upon completion of the live training, graduates may obtain the A/V materials for the wholesale investment of **\$1010.00**(\$1210-\$200). They can utilize them for independent continuing education, and to do levels of advanced protocols to receive the 300, 450, 600 hour and higher levels certification.

**4] Incremental Certification & Continuing Education:** The training provides a base minimum certification of 150 hours. **Completion of the 300 hour program is strongly recommended.** Once the basic 150 hour certification has been completed, the course can serve to guide the structuring of personalized continuing education and certification in various increments. The student and instructor tailor a program to meet the student's needs. For example, increments from 50 to 150 hours can be selected to achieve certification for 200, 300, 450, 600 hours and higher.

Most professions legally require annual continuing education; hypnotherapists would do well to participate in continuing education even though not required by law. The National Guild of Hypnotists, for example, requires 15 credit hours of education/year to renew membership. To meet and exceed these requirements, the Institute offers seminars in NLP and Hypnotherapy, mentorship classes, and supervisory oversight to graduates and therapists.

**5] Healthcare Professionals' Mentorship Programs:** Individual and group program options are tailored to the needs of various kinds of healthcare professionals to competently explore the Mind/Body Connection and the transformative power of holistic Mind/Body communication.

## ***Comments from Our DISTANCE LEARNING Students***

"The biggest joy of all, Jack, is watching how all around me, the people I love and care for most are engaging and moving more and more into healing and growth. With some I have been directly working, with others I am just better, more in rapport, more naturally therapeutic. It is clearly a direct result of your course and the work it enabled me to do on myself."

**Lynne P., Transpersonal Clinical Hypnotherapist, Luxembourg, Europe**

"It seems like I can't find any boundaries to the application of this material in my work with other people to assist their healing, as well as my own personal & spiritual growth. I'm near bursting with enthusiasm and ideas around the medical practice as well as the bodywork I do and variations on group meditations for working with medical problems. All in all, a pretty good deal, Jack!

**Julie H., Physician [M.D.], Washington**

I have worked my way through the tapes yet again (5 times now for some of them) and I still find things that mean something more to me now than on earlier passes. As my learning advances, concepts that were vague before become meaningful, so the tapes still seem relevant. I'd consider buying a new batch if you did another group of them! I am definitely a fan of the spiritual approach. It is so much more powerful for people than merely clinical scripts. I have found it easy to work inside the person's spiritual model and help the client ignite that appreciation for their living, humanity and presence. People are stunned! It's so incredible to be part of it. Sometimes I get a lump in my throat because I see it is happening for them and I am so glad, and I have to talk around that tight throat.

**Marie Rhodes, RN, Washington**

"I received knowledge from the training manual and books, and understanding from listening to you on the tapes. Thank you."

**Tim B., Naturopathic Physician [N.D.], Georgia**

"A really valuable thing about the tapes is their process flow, and how it becomes apparent that everything is useful material. Also, your voice and presence have an energizing and healing effect. Hearing the conviction in your affirmations at this particular time in my life has helped me move through a lot of 'hallucinatory' fears."

**Lee H., Social Worker, Maryland**

"Course contents were excellent. My interest stayed high throughout. The format was very good - I never was taken to a place of not understanding because of incomplete foundation work. It was important to me that the course covered a broad scope of what it means to be human and approached the human condition not as a pathological state, as so many healing modalities do, but as a movement in on-going unfoldment of the purity lost along the way of life. I appreciate the love within which the course was prepared and offered."

**Billie Jo S., Hypnotherapist, Alaska**

"I recommend the tapes without reservation to both graduates and new students. Listening to the tapes has deepened my personal understanding of self as well as my knowledge of the techniques of hypnotherapy. The tapes offer an on-going opportunity to re-evaluate ourselves to awaken to the richness and power of who we are, and to share that richness with others."

**Christine M., CHT, Graduate of Live Training**



## DISTANCE LEARNING/INDEPENDENT STUDY CERTIFICATION TRAINING

### TRANSPERSONAL HYPNOTHERAPY/NLP©

"I have and will continue to wholeheartedly recommend Jack's course to colleagues, anyone in the helping and/or health professions, and to anyone who is interested in deep healing, growth, or personal transformation for self and/or others. This is work that can change the world – inner and outer!!"

**Julie Hurlocker, M.D., Diplomate American Board of Family Practice**

#### **Tuition investment includes:**

- 1) 364 page training text, **Finding True Magic**,
- 2) **80 CDs** recorded at live on-site trainings. Over 80 hours of instruction. Plus, **6 DVD's**(90 minutes each, 1/Phase).
- 3) Telephone Tutorials/Optional Written Correspondence: **6 one hour telephone interviews**, with Jack Elias, Institute Director and Trainer. One tutorial per Phase (cost of calls not included in tuition). The student may elect to do written correspondence because of prohibitive phone expense. (See [5] below)

The course curriculum is divided into 6 phases (see pages 10 -15). When you complete the course work for each phase, you will call Jack Elias and complete the one hour tutorial for that phase. Upon successful completion of the 6 phases you will receive a certificate acknowledging 150 hours of Hypnotherapy/NLP Distance Learning with the designation of **Transpersonal Clinical Hypnotherapist**.

"The course is *excellent*. It contains a degree of depth and substance I could never have imagined when I first read about it. The time I've spent on this work has truly been transformative, and I feel very confident in my resulting ability to assist others in the healing process. I can't say enough about this course and the quality of the teaching – I would recommend it to anyone who wants to change his/her own life and help others to do the same. Thank you!"

**—D.H., CHT, Distance Learning Graduate**

#### **Course protocol and certification requirements:**

- 1] THE TEXT, **Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/NLP©**
  - a) Read the text, phase by phase, as you listen and watch the instruction for each phase.
  - b) At the end of Phase I is a written test that must be completed and sent in by the beginning of Phase IV. This is the only written test in the course.
  - c) Hypnosis and hypnotherapy practice exercises are required for each phase. They will be obvious from reading the manual and listening to the tapes. Basically, you will be expected to practice each scripted procedure presented at least once, and to send notes to the Institute documenting each practice session.
  - d) The scripts, phase by phase, present elements of a comprehensive package of hypnotherapy tools and approaches. They are sequenced in such a way that they build upon each other and interconnect. Therefore, phase by phase, each script gives the student more tools to work with and integrate.

e) Some Phase I induction procedures only take a few minutes. Except for these brief techniques, you can expect to take forty minutes to one hour for a practice session. By Phase V, you may want to do 90 minute sessions that afford you the possibility of exploring more of the options the scripts will present to you. In general, there will be 3 to 5 one hour practice sessions per Phase.

## 2] THE CDs

a) **The CDs are of live unedited classes.** They will serve as your core focus to move through the course. The course is very lively and interactive. Instructive material is presented in an orderly fashion, but demonstrations happen repeatedly and spontaneously as we process students "stuff" (that's a technical term) on the spot. **This means that, even from Phase I, you will be exposed to comprehensive therapeutic processing between the trainer and students.** Real work is happening here—it is very moving. **It is common for students to spontaneously clear significant obstacles and experience healing and transformations while studying with these materials.** They contain a wealth of information for your clinical study and for on-going personal exploration. Through repeated review as an instructional resource, they will deepen your competency: *Repetition is the mother of skill and mastery!* As a personal catalyst, they will trigger personal revelations and growth for years to come. The video demo tapes will enhance your ability to relate to the much richer and more detailed audiotape experience.

b) You must send in a *brief* outline of what each CD covers. This is to verify that you listened to them, but **the primary purpose is to create an index to the CDs for easy future reference.** For example, with a tape player with a counter, an outline might look like this:

CD 15: Tr. 1 – presentation of subpersonality model

TR 2 – Spontaneous demo w/ student (Wow! Return to this later. Ask in tutorial how he did that!)

TR 4 – discussion, question and answer, break for practice session

TR 5 – discussion of practice session (670-780 really good sharing re: overcoming blocks)

## 3] THE WRITTEN TEST

a) Send in the completed written test by the beginning of Phase IV. This can be an open book test, at your option. I have found that most students are afflicted with old performance standard fears that were conditioned into them in public school. **Please keep in mind that this test and the other requirements of the course are not intended to provide me with opportunities to judge you. They are intended to be devices and tasks that will help you focus on and assimilate the material in a useful way. The test is pass/fail - no grade.**

## 4] PRACTICE SESSIONS

a) You will need to find one or more willing practice "clients". In a live training, students break into pairs or threesomes and practice each scripted technique as client and therapist. During the time between training weekends, they are urged to practice as much as possible. You are required to document one practice session for each procedure, but you are encouraged to do several more. Additional practice is beneficial, and will generate more experiences and questions to share and discuss in the phone tutorials.

## 5] TELEPHONE TUTORIALS/OPTIONAL WRITTEN CORRESPONDENCE

a) At the end of each phase, you will call for a one hour consultation. Be prepared with your questions and feedback about the materials. The calls should not be regarded as a test situation. They are meant to serve your learning process. If phone costs are prohibitive, elect the correspondence option. I will spend a commensurate amount of time on written responses.

## 6] THE REQUIRED READING

- a) **Becoming Naturally Therapeutic**, Jacquelyn Small
- b) **Hypnosis for Change**, Hadley/Staudacher
- c) **Psychotherapy: Purpose, Process, and Practice**, Foundation for Inner Peace
- d) **Hypnotherapy**, Dave Elman
- e) **Core Transformations**, Connirae Andreas
- f) **My Voice Will Go With You**, Sidney Rosen
- g) **The Courage To Give**, Jackie Waldman

These books can be purchased by credit card at [www.FindingTrueMagic.com](http://www.FindingTrueMagic.com). Read these books by the completion of the course material. Brief critiques of (a)-(g) are required. Book choices and fees may vary. The cost of the required list of books totals \$145 with tax.



## **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.

# 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 and Non-Certification Tuition & Study Options

### A) Evaluation Purchase Options

- 1) Finding True Magic, text only: \$32.00 (includes S&H for USA)  
2) Test the Waters Option I -Phase I (15 CD's +1 DVD + a free copy of Finding True Magic):  
\$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 (\$940.00 + \$30.00 S&H for USA - see (C) below).

### B) Certification Tuition & Study Options

There are two certification investment options for this course in CD format plus videos:

- 1) Tuition investment in advance: \$2265.00\* plus book costs of \$145.00, or,  
2) Tuition investment, Phase by Phase: \$2435.00\* plus book costs of \$145.00:

Ph.I- \$435.00* - [15 CD's+ free copy, <u>Finding True Magic</u> ]	Ph.IV-\$430.00* - [12 CD's]
Ph.II- \$445.00* - [18 CD's]	Ph.V- \$370.00* - [12 CD's]
Ph.III-\$380.00* - [14 CD's]	Ph.VI- \$375.00* - [9 CD's]

\* includes 90 min. DVD/phase + free Shipping & Handling for US. Call for int'l. rates

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.* This recommendation is made with consideration for maintaining 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

These options omit tutorials and submission of homework. They are for *acquisition* of the training manual and tapes only:

- 1) Non-certification investment in advance: \$1210.00\*(over 16% off per phase option, save \$180.00!)  
2) Non-certification investment, Phase by Phase, \$1390.00\*:

Ph.I- \$265.00* - [15 CD's+ free copy, <u>Finding True Magic</u> ]	Ph.IV-\$255.00* - [12 CD's]
Ph.II- \$270.00* - [18 CD's]	Ph.V- \$195.00* - [12 CD's]
Ph.III-\$205.00* - [14 CD's]	Ph.VI- \$200.00* - [9 CD's]

\* includes 90 min. DVD/phase + free Shipping & Handling for US. Call for international rates.

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

**◆Order tapes and register for trainings by credit card online at**

**[www.FindingTrueMagic.com](http://www.FindingTrueMagic.com)**



## **Test the Waters of Your Unconscious Mind** Options I & II

### **Test the Waters Option I**

**Phase I of the Distance Learning Program –15 CD's**

Plus

**One 90 minute Training DVD**

plus the Book

***Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/NLP***  
by Jack Elias, CHT

(364 page book containing the curriculum for the entire 6-phase course)

**\$265**

In a matter of days, you will learn:

- ◆ **How to safely induce a hypnotic trance**
- ◆ **How to safely induce different levels of trance**
- ◆ **How to structure a hypnotic session**
- ◆ **How to safely do quick inductions**
- ◆ **How to safely do self-hypnosis**
- ◆ **How to teach yourself and others to go into a deeply relaxed state whenever needed in a matter of seconds**
- ◆ **How to make hypnosis tapes for yourself and others**
- ◆ **How to guide someone into a relaxed state that many say is the most profound experience they've ever had!**
- ◆ **How to construct powerful, effective suggestions to transform any area of your life: relationships & sexuality, business, sports, or academic performance, fears & addictions, compulsions, depression & anxiety, weight loss, smoking & more.**

**Unbelievable?** All this is possible because you receive word-for-word scripts in *Finding True Magic*, and full explanations about the nature and history of hypnosis and how to do it responsibly. The audio, recorded at live trainings, give you the opportunity to share in discussions, explanations and demonstrations of the scripted procedures that you can then practice. You will witness these procedures demonstrated on the video. You'll be amazed at how simple it can be!

**“(Using my self-hypnosis tape has been)...the best therapy I’ve ever done!” F.D.**

Order Online at [www.FindingTrueMagic.com](http://www.FindingTrueMagic.com) for All CDs

# Test the Waters Option II

## The *Living from Your Heart* Collection

plus

The Book, *Finding True Magic* by Jack Elias, CHT

**\$265.00**

We all want to be happy. Why is it difficult? We create our limitations and we can free ourselves with the right tools. It can be easy! Learn the answers in this insightful collection of 5-tape or CD sets.

**Set 1. Shame & the Addictive Personality** – We are all addicted to ways of thinking that cause pain and confusion. Learn to recognize these enemies that masquerade as friends! Learn to be the **Telepathic Stranger** who can end painful self-defeating behaviors quickly and easily. Free yourself to greet each day with joy and enthusiasm.

**4 CD set \$60.**

**Set 2. Subpersonality Integration: Recovering Soul Fragments** – To cope with growing up, we all become skilled self-hypnotists without realizing it. To stop the pain, we create **self-hypnotically imposed trances called subpersonalities or soul fragments**. Learn to wake up each soul fragment from its trance of shame, numbed pain, and confusion (discussed in detail in Set 1). Learn to gather and heal the fragments of your broken heart in order to live a joyful, abundant life.

**4 CD set \$60.**

**Set 3. The Art & Skill of Therapeutic Inquiry** – Effective inquiry connects you with your authentic Healing Creative Power. Inquiry skills actually **increase intelligence and awareness**. Learn to identify what you truly value, acting with clarity and courage to create joyfully. Eliminate shame and integrate your Soul Fragments—a must for personal growth and professional competency.

**4 CD set \$60.**

**Set 4. Developing True Heart Intuition & Self-Integration: The Root of Genuine Success & Abundance** – There is a difference between knowing the path and walking the path. Translate what you already “know” into effective action. Learn more insights and strategies. Free yourself from blind spots and “stuck” places. Move dynamically towards Abundant Living.

**4 CD set \$60.**

**Set 5. Restore the Natural Healing Gesture: Stop Caretaking & Rescuing.** Powerful insights and effective techniques skillfully demonstrated with participants. Learn the true meaning of Compassionate Action. Recognize and release Limiting Beliefs that drive compulsive anxiety and well-intended but hurtful interference. Learn how to create healthy boundaries. Learn new ways of perceiving, interpreting and communicating that are relevant to all relationships, family dynamics and genuine care-giving. **5 CD set \$60.00**

**Test the Waters II, including *Finding True Magic*, is a \$325 value for only \$265.**

**That is an 18% savings!**



## Audio & Video: Individual Selections & Sets

### INDIVIDUAL CDs (see website for updated list)

- 1. Hypnotic Dynamics in Practitioner/Client Communication** - It is essential for any type of clinician to understand how their own inner state affects how clients will relate to them. In this classroom presentation to naturopathic students, insights and tools are given that enable anyone to transform unconscious patterns of negative communication into conscious healing communication. This CD is relevant for improving any type of interpersonal relationship. **\$15 CD.**
- 2. Dissolving Shyness**- A dramatic and insightful resolution of a life-long limitation. This tape demonstrates a rapid and comprehensive generative shift in attitude and sense of identity, with lasting beneficial and transforming results as reported by the subject. Instructive for professional therapeutic use and personal use. **\$15 CD.**
- 3. Clarifying Confusion**- Working with hypnotherapists in a mentorship class, important questions and confusions about the client/therapist relationship are addressed. Instructive and moving as it takes the therapists to the heart of their own personal issues hidden at the core of their concern for their clients. **\$15 CD.**
- 4. Stress Release, Rejuvenation, & Creative Empowerment** - This tape teaches you to drain stress from your body and mind. Learn how to “get out of your own way” so the inner genius of your unconscious mind can rejuvenate you and give you greater creative intelligence to meet life’s challenges. **\$15 CD**
- 5. Releasing and Removing Allergies** - The allergic response is generally an unnecessary phobic response on the part of the immune system to essentially harmless irritants. Experience how quickly the immune system can change its response to these irritants, protecting you from them but leaving you allergy free! Safe and effective. **\$15 CD**
- 6. Ending Insomnia: Restoring Restful and Healing Sleep** - Recapture the “sleep of innocence.” Inspire your inner wisdom to utilize your sleep and your dreams to generate creative solutions, physical and emotional healing, and rejuvenation. **\$15 CD**
- 7. Strengthening the Will: Successfully Defining & Accomplishing Beneficial Goals** - Cut through uncertainty and self-sabotaging attitudes to recognize and accomplish goals that truly enhance your life. **End addictions and compulsions \$15 CD**
- 8. Cultivating Fearlessness and Compassion** - A simple yet powerful spiritual practice to open your heart and fill it with loving light and strength. Connect with your Higher Self. **\$15 CD**
- 9. Entity Releasing and Energy Field Restoration** - Instructions to free yourself from negative influences. Guidance through the releasing process and on to the restoration of a healthy energetic field. **\$15 CD**
- 10. The Nature of Archetypal Energies/Discovering the Archetypal Self** - A 2 hour, high energy public talk with additional insights about the Archetypal Self: your spontaneous, free, fully empowered, joyfully actualized Rainbow Body. **\$25 - 2CD's**

## The Living from Your Heart Collection

(Recorded Live with Participants)

**\$250.00**

We all want to be happy. Why is it difficult? We create our limitations and we can free ourselves with the right tools. It can be easy! Learn the answers in this insightful collection of 4-tape or CD sets.

**Set 1. Shame & the Addictive Personality.** We are all addicted to ways of thinking that cause pain and confusion. Learn to recognize these enemies that masquerade as friends! Learn to be the **Telepathic Stranger** who can end painful self-defeating behaviors quickly and easily. Free yourself to greet each day with joy and enthusiasm.

**4 CD set \$60.**

**Set 2. Subpersonality Integration: Recovering Soul Fragments.** To cope with growing up, we all become skilled self-hypnotists without realizing it. To stop the pain, we create **self-hypnotically imposed trances called subpersonalities or soul fragments**. Learn to wake up each soul fragment from its trance of shame, numbed pain, and confusion (discussed in detail in Set 1). Learn to gather and heal the fragments of your broken heart in order to live a joyful, abundant life.

**4 CD set \$60.**

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**4 CD set \$60.**

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**4 CD set \$60.**

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**\$60.** Individual Set price. Invest in complete *Living from Your Heart* set for **\$250** and save **17%** over the per-set price

Order Online at [www.FindingTrueMagic.com](http://www.FindingTrueMagic.com) for All CDs.

**‘Mindfulness & Awareness: The Path to Liberation.’** An Enlightening 2 day Seminar. Learn to cultivate and balance these two basic aspects of consciousness to live in the Joy of our Spirit.  
**9 CD’s - \$97.00.**

**Graduate Mentorship: Transpersonal Hypnotherapy/NLP© Advanced Classes.** Recorded live with course graduates. 20 hours of discussions, demonstrations, and on the spot processing with certified hypnotherapists. Important questions and confusions about the client/therapist relationship are addressed. Instructive and moving, it takes the therapists to the heart of their own personal issues hidden at the core of their concern for their clients. **20 CD's - \$197.00.**

### **DVD: The Rainbow Body**

“Insightful, humorous, profound, & moving....”

A 2-hour talk clarifying how mental obstacles block your experience of the Rainbow Body – your self-born body of joy, peace, power, creativity & spontaneity. **\$47.00**

### **VIDEO / AUDIO SET**

**‘The Rainbow Body’ DVD plus ‘The Nature of Archetypal Energies’ CD’s (#10 above)**  
**Both for only \$60.00. Save over 12% on the set.**

1) Order any of the above products by credit card online at

**[www.FindingTrueMagic.com](http://www.FindingTrueMagic.com)**

2) Or send your check or money order to

**Jack Elias, CHT**  
*Institute for Therapeutic Learning*  
**P.O. Box 17229**  
**Seattle, WA 98127**

**Questions? Email [Jack@FindingTrueMagic.com](mailto:Jack@FindingTrueMagic.com) or call (206)783-1838**  
**Refer to website for current product list.**  
**(There may be delays in updating this catalog product list.)**