

## **STRESS MANAGEMENT, HYPNOSIS, AND NLP PRACTITIONER TRAINING**

**Classes will be held on Thursday evenings in the office of Alexandra Milspaw and 4Directions Counseling located at 701 West Broad Street, Suite 3, Bethlehem, PA 18018. You can call 484-894-1246 to contact Dr. Milspaw.**

**If you are interested, please reply RSVP to this email, or call Charlie Curtis at 610 775-0271, and we will reserve a seat for you at the free organizational class session on Thursday May 25th, at 7 PM.**

**Skype is available for those of you at a distance too great for travel. Let us know your interest in attending via Skype, and we'll forward to you the Skype address.**

**Certificates are awarded for Continuing Education hours, for those of you looking for continuing education skills to add to your own profession.**

**This is a serious professional-level training taking place over a period of months which will gain you certifications from internationally recognized training organizations.**

**Your certificates will come from an international organization National Federation of NLP <http://www.nfnlp.com/> as a Basic and Advanced NLP (Neuro-Linguistic-Programming) Practitioner. You will also become certified as a Stress Management Consultant and Consulting Hypnotist and your training will qualify you for cross certification with the hypnosis training organization National Guild of Hypnotists <https://ngh.net/> which has 18,000 members from 80 countries.**

**We assume you know nothing about these subjects and will teach you both basic and advanced skills, starting from scratch. Attendees in the past have included licensed medical and mental health professionals, Reiki and Massage therapists, and those with no training wishing to acquire a certification in hypnosis and NLP. Some have attended for personal reasons to reduce their own stress, and most have attended to also learn how to reduce the stress of others.**

**Attend a free organizational class on Thursday May 25th, at 7 PM, where you can learn about the class and find out whether it is for you.**

**Your trainer will be Charles Curtis, BCH, NLP, an award-winning Board Certified Hypnotist, who has been teaching stress management since 1983, is on the Continuing Education faculty of NGH, and is a Certified Trainer for NFNLP.**

**Some links for Charles Curtis**

**<https://www.hypnosis.org/free-hypnosis/hypnosis-hypnotherapy-articles/charles-curtis/>**

**<https://www.facebook.com/Charlie-Curtis-Hypnotherapy-1797933853773421/>**

**<https://www.ngh.net/conv/2016/212.pdf>**

**There is no up-front commitment of time or money. Class sessions are priced affordably, do not need to be paid for until the time of the individual class session, and you can discontinue at any time with no additional cost or obligation.**

**Alumni can audit the class free of charge, as we welcome your participation in mentoring new class members.**

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### **Learn The Art Of Stress Reduction**

Too much stress is an unfortunate part of life. Today's mind/body literature is constantly pointing out the difficulties caused in the body by stress. The non-stop stimulation of today's culture keeps the body in a constant state of flight-or-fight. When you keep the physiological "pedal-to-the-metal", the endocrine system takes a beating, as the constant release of cortisol and other stress hormones not only constantly overstresses other bodily systems, but depresses immune

system function, increases the rate of aging, and sets the stage for the onset of the misery of a chronic illness.

Stress tends to exacerbate any medical condition towards which you may be predisposed. From  
[www.mayoclinic.com/health/stress/SR00001](http://www.mayoclinic.com/health/stress/SR00001)

“The long-term activation of the stress response system – and the subsequent overexposure to cortisol and other stress hormones – can disrupt almost all your body’s processes, increasing your risk of obesity, insomnia, digestive problems, heart disease, depression, memory impairment, physical illnesses and other complications.”

Stress affects not only your physical health but your mental health.

“If your fight-or-flight response never shuts off, the stress hormones may contribute to persistent and severe depression, as well as feelings of anxiety, helplessness and impending doom.”

In fact, it’s hard to find a medical condition that is not positively influenced by reducing stress. Such common conditions as high blood pressure can be dramatically improved when stress is lowered. Reducing life stresses also makes it much easier for medical patients to make recommended behavioral changes like weight reduction and smoking cessation. The physiological benefits of lessened stress reduce the risk factors for life-threatening diseases like heart attack, stroke, diabetes and severe asthma attacks. The list of benefits of reduced stress seems endless, affecting all bodily systems, even positively affecting skin conditions such as psoriasis, eczema, and acne.

## **Learn How To Do Stress Management Consulting**

Accordingly, you will, along the way, learn the skills of a Stress Management Consultant during this course. You will be able to assess the stress level of your clients and negotiate with them both lifestyle and thought/feeling/behavior changes which will lead to a state of greater physical and mental health.

## **Learn How To Relax And Relieve Your Own Stress**

Many people take this class simply to learn how to reduce their own stress. Consequently, you will also learn how to apply these skills in your own life. If your life is currently stressful (and whose isn't) the many methods you will learn to relax and relieve your own stress via self-hypnosis, meditation, energy techniques like meridian tapping, and lifestyle changes, may be, by itself, worth the price to you of this course.

A goal of this course is that you not only learn this skill set for dealing with your client's problems, but that you also learn how to release your own stresses. Every week of the Basic Course you will learn, experience, and practice a new stress management skill.

By the end of this course you will have acquired a whole series of tools to keep your own stress level more manageable, which will help keep your own body and mind in a more optimum state of health.

## **If You Are Already A Professional Caregiver**

This intensive certification course in mind/body communication will enhance your skills as a licensed caregiver. You will learn how to use carefully structured language to achieve enhanced openness to suggestion in your patients, which will enable you to help them:

- Reduce Physical Pain From Illness Or Injury
- Reduce Depth And Frequency Of Negative Mood Swings Into Discouragement And Fear
- Increase Compliance With Their Physician's Orders
- Maximize The Placebo Effect To Potentiate Medication
- Reduce Acute And Chronic Stress (Which Jump-Starts Immune System Function And Positively Affects All Bodily Systems)
- Release Chronic Tension In The Musculo-Skeletal System
- Strengthen Coping Skills In Healthy Ways
- Tap Into Inner Resources For Greater Resilience

## **Learn These Exciting New Skills**

Skill sets you will learn and practice in this intensive hands-on course

as you study hypnosis and Neuro-Linguistic Programming (NLP) are:

- Direct Suggestion Hypnotism (Traditional hypnosis techniques for pain management, stress reduction, and behavior modification)
- Ericksonian Hypnotism (Indirect suggestion, which greatly reduces subconscious resistance under difficult conditions)
- Conversational Hypnosis (Language patterns added to ordinary conversation which bring ease and comfort to the client)
- NLP Patterns (Gentle techniques for rapid relief of emotional and physical distress)
- EFT (A form of meridian tapping which is showing tremendous potential for relief of both physical and psychological distress)
- The Mindset and Skills For Stress Management Consulting
- More Rapid Results From Cognitive-Behavioral Therapy
- Mindfulness skills adaptable both to stress reduction in the medical setting (MBSR) and cognitive therapy in the psychological setting (MBCT)

## **DETAILS OF COURSE STRUCTURE**

### **Basic Practitioner Course**

The Basic Course is 20 weeks in length and leads to certification as a Basic NLP Practitioner and Stress Management Consultant. You can, if you wish, take this part of the course only, and at the end of this time, we will consider you qualified to practice these techniques with clients. During this course you will learn much theory and many useful techniques, including how to:

- Reduce physical and psychological pain
- Produce deep relief of physical and psychological stress
- Rapidly produce deep physical relaxation and emotional calm
- Help your clients achieve maximum compliance with their physician's orders, such as diet, exercise, and stop-smoking.
- Condition your clients for maximum results from whatever medically prescribed treatments they may already be receiving, such as a Pain Management or Weight Reduction Program
- Increase your client's ease and comfort

### **Mindfulness Meditation Training**

If you look on the Internet, you'll find that Mindfulness is exploding in interest and use. If you are interested in meditation personally or professionally, are or want to be a meditation trainer, or are a licensed Medical or Mental Health practitioner, you will find this course of value. This is an 8 week segment in the middle of the course which gives you certification as a Mindfulness Meditation Trainer, teaching you how to do mindfulness yourself, and teach others on a one-to-one or group basis, how to do mindfulness themselves, in the context of an 8-week MBCT training (Mindfulness-Based Cognitive Therapy).

### **Advanced Practitioner Course**

If you continue on and take the Advanced Course, an additional 20 weeks of training leads to certification as a Master NLP Practitioner and Consulting Hypnotist, during which you will learn how to apply the theory and practice you have learned in a large number of clinical and lifeskills areas.

During the Advanced Course, as an NLP Master Practitioner, you will learn specific protocols to help your client:

- Manage Pain With Safe Non-Medication Alternatives
- Improve Results of Psychotherapy they may be receiving from a mental health professional
- Stop Smoking
- Optimize Weight
- Improve Body/Self-image
- Increase Wellness
- Reduce Shyness
- Enhance Motivation
- Increase Self-Confidence
- Relax During Public Speaking
- Experience More Ease In Social Situations
- Increase Positive Thinking
- Enhance Goal Setting/Achievement
- Improve Self-Esteem
- Improve Academic Performance
- Learn Meditation/Self-Hypnosis
- Communicate More Effectively

- Increase Artistic Growth
- Dissolve Writer's Block
- Improve In Sport

If you are already a licensed treatment professional, you will learn how to apply these skills in the areas of

- Pain Management
- Stress Management
- Pediatrics
- Geriatrics
- Psychotherapy
- Addictions Counseling
- Social Work
- Chronic illness
- Diabetic Counseling

If any of this interests you, please reply to this email so that we can reserve a seat for you on Thursday May 25th 7 PM, or call me at 610 775-0271. If you have specific technical questions, you can write to me personally at [charlieach@yahoo.com](mailto:charlieach@yahoo.com)

Charlie Curtis, BCH