



## Parviz Academy of Hypnotherapy

In depth training and support for unleashing the 'Inner Healer'

Dr. Parviz (Paul) Shafaghi, Psy. D., CHT, MH, ACHE, Director

### 2022 Catalog

#### Mission Statement

It is our belief that *we all have the right to heal* and reclaim our own power and place of belonging. Our goal is to teach you to work with clients to release the pains of old wounds and fears and to help them access and empower their own 'Inner Healer'.

Hypnotherapists and hypnoanalysts help clients to discover and resolve underlying trauma that may be the root of their current conflicts, through finding out what is in the unconscious and bringing it to light. Practitioners facilitate a process of catharsis, in which clients are given the opportunity to release emotions connected to traumatic events that had previously been repressed. Trauma has many layers, and to heal, we must understand each layer and fully process the emotions connected to them.

We all have the power to unleash the 'Inner Healer' within us. It is a living force, an intelligence that can transform every part of your being, every cell, and every atom of your mind and body. Every cell has consciousness, and you are communicating your truth throughout your mind and body through your 'Inner Healer'. All one needs to do is tap into their unconscious and wake their 'Inner Healer', and then let it work with them, reinforcing their commitment and power to change and grow. Here at *Parviz Academy of Hypnotherapy* we work to contribute to planetary healing, by teaching students to unlock this power within themselves and for their clients.

It is our belief that the energetic connection between teacher and student is vital to becoming an effective practitioner. Therefore, we commit to small class sizes, and a majority of the hours of training to be in person in order to facilitate deep learning that will result in greater proficiency of our students.

*Parviz Academy of Hypnotherapy* is certified through the American Council of Hypnotist Examiners (A.C.H.E). Our training culminates with the eligibility for certification as an A.C.H.E. approved hypnotherapist. Examination for certification is conducted in house, at the end of the program.

#### Our Mission:

- To provide each student with in-depth, in person training that will allow them to work with themselves and others to uncover core traumas, allowing for deep transformation.
- To provide each student the proper training to help clients come to a place of healing their suffering, not just changing behaviors.
- To unleash the 'Inner Healer' within our students, so that they may have a personal understanding of how to do this with their clients.
- To support students with the information they need to set up and market their own hypnotherapy practice.



AMERICAN COUNCIL  
OF HYPNOTIST EXAMINERS

Setting the Standard For Hypnotherapy Certification Since 1980

## About the Director



Dr. Parviz Shafaghi, Psy. D., CHT, MH, ACHE, is the founder, director, instructor, and examiner for *Parviz Academy of Hypnotherapy*. He has more than 30 years of experience, working first as a hypnotist and then being certified as a clinical hypnotherapist and joining A.C.H.E. in 2005. He trained under Dr. O'Keefe, Ph.D, professor at *Argosy University*, through an outside program called *Healthy Hypnotherapy*.

Dr. Shafaghi was certified as a Clinical Psychologist in 2012, through the *American School of Professional Psychology at Argosy University*. He has many additional certifications including: Pain Management, Past Life and Age Regression, Medical Hypnosis and Clinical Hypnotherapy.

Dr. Shafaghi has written a book titled *Unleashing Your Inner Healer: Becoming Free Through Hypnotherapy* and created a booklet on weight management. He has also presented his work at many different conferences and workshops and is very active within his community.

## Benefits of training at PAH

- 200+ classroom hours, providing in person training and practice
- Classes every other weekend to allow student to continue working while attending
- 1:1 Hypnotherapy Sessions once a month (3 each term)
- Live demos, practice, group process, small class size, and safe and effective training
- Well trained instructor with over 30 years of experience
- Training in many different programs including weight loss, addiction, and pain management
- Continuing education hours for hypnotherapists and other professionals
- Weekend classes to allow for completion while maintaining a full-time job
- Reasonable tuition
- Approved by the American Council of Hypnotist Examiners
- Examination for A.C.H.E. certification conducted in house
- Practical Work Experience

## Learn important tools that will make you a more effective practitioner

- Using hypnotherapy to change unwanted habits or behaviors, including smoking and overeating
- How to overcome resistance to change
- How to unlock your 'Inner Healer' so that you do not have countertransference with your client
- Writing effective suggestions with your client
- How to tap into your client's preferred way of processing in order to facilitate change
- How to open a successful and effective hypnotherapy practice
- How to get to the root of a client's presenting concern
- How to use hypnotherapy to change your life and the life of others

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## Provided Course Materials and Aids

- Manual for each course
- Supervised training that is hands-on
- Demonstration Videos
- Membership to A.C.H.E
- Audio CD
- Book *Unleashing Your Inner Healer: Becoming Free Through Hypnotherapy*

*\*There will be other notable books concerning hypnotherapy required to be purchased and read in each course*

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## COVID-19 Safety and Quality Issues

The safety of our students and the quality of our program is our top priority. In order to maintain the quality of our program by continuing in person- training, several measures have been taken. This includes smaller class size, hand sanitizer in the classroom, physical distancing, and an air purifier with a high-quality filter along with open windows. The instructor has been fully vaccinated and masks will be required in adherence to local and state law. We are continuously monitoring the Covid-19 situation to make sure that we are following the most up to date requirements of the law.

We mentioned in the mission statement our belief about the importance of having face to face instruction in order to have quality instruction. Therefore, we have made the decision that we will not be offering online courses. The energetic connection that takes place between teacher and student is crucial to the student's training and that connection just cannot be achieved through the use of a program like Zoom. The subtle gestures and body cues that must be taught and demonstrated would be difficult to fully see and interpret with the limited field of view of a webcam.

Also, it would be impossible to guarantee the focus of the student on the material being taught without the possibility of interruptions. As trust and privacy are integral to the work and demonstrations that will be done, the possibility of an outside party hearing information that should not be shared with others outside of class would be out of our control and there would be no way to guarantee privacy. This could be detrimental to working with demonstrations as students will need to be able to trust their classmates with deep and personal information that could come up.

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## Who is Hypnotherapy training for?

The field of hypnotherapy is ever growing and now more than ever is an exciting time to begin your training in hypnotherapy. There are many different people and professionals that would benefit from completing a program like ours. First and foremost, an ideal student would be one who has a background or strong interest in mental health, behavioral sciences, health sciences or a related field and is looking for an opportunity to start their own business working as a hypnotherapist. The second ideal student is a working professional in nursing, licensed social work and related fields, mental health, medical professionals, and dentists looking for a valuable process to work with their patients and help them relax, or who are looking for CE credits for their approved program. Lastly, anyone with an interest in learning about hypnotherapy for self-development and self-hypnosis is welcome in our program.

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## Parviz Academy of Hypnotherapy Program Details

### The following techniques and modalities will be covered in your training:

Relaxation techniques using scripts	Transpersonal Hypnosis	Regression Therapy
Full Muscle Relaxation	Analytical Hypnotherapy	Empty Chair Technique
Hypnotic Relaxation	Parviz Cognitive Behavioral	Client-Centered Therapy
Eye Fixation	Hypnosis™	Dream Analysis
Visualization Techniques	Eriksonian Methods	Neuro-Linguistic Programming
Arm Levitation Technique	Hypno-healing	Rapid Inductions
Countdown Breathing	Advanced Ideomotor Methods	Gestalt Modality
Anchoring Techniques	Clinical Guided Imagery	Parviz Brain Rewiring Method™
Creating a Safe Space	Emotional Freedom Techniques	Rapid Inductions
Elevation Induction	Parts Therapy	Bilateral Stimulation Technique
Autosuggestion	Systematic Desensitization	And more...

### Course Schedule

The certificate of Hypnotherapy program consists of three courses for the initial 200 hours. Each course is three and a half months long, with completion of the program taking place over ten and a half months. The class meets every other Saturday and Sunday for 3 hours each day for 16 weeks, for a total of 48 hours each term.

### Class Schedule

The next program will tentatively begin in April 2022, with **Term 1: Level One Hypnotherapy**. All classes meet Saturday and Sunday, 5 hours a day with a 30 minute break, every other weekend for 16 weeks.

**Term 2: Level Two Hypnotherapy** will tentatively begin in September 2022.

**Term 3: Level Three Hypnotherapy** will tentatively begin in January 2023.

\*Graduation will tentatively take place on October 22, 2022

**Level 1:** 66.7 hours

**Level 2:** 66.7 hours

**Level 3:** 66.7 hours

**Level Four and Five Clinical Hypnotherapy** will tentatively begin in 2023 and will meet Saturday and Sunday, for 5 hours a day, every other weekend for 12 weeks each.

### Tuition and Fees, Paid in Full

Levels 1, 2, & 3 (200 hours)	\$3,900.00 <del>(\$3,600.00)</del>
Levels 4 & 5 (100 hours)	\$2,100.00 <del>(\$1,800.00)</del>

### Tuition and Fees, Payment Plan

Levels 1, 2, & 3 (200 hours)	\$4,202.00 <del>(\$3,902.00)</del>
• 9 monthly payments of \$378.00 <del>(\$344.67)</del>	
Levels 4 & 5 (100 hours)	\$2,400.00 <del>(\$2,100.00)</del>
• 9 monthly payments of \$266.67 <del>(\$233.34)</del>	

\*\$800 Deposit upon registration, first payment due prior to 1<sup>st</sup> day of class

\*Register at least 3 weeks prior to start for Early registration: \$300 Discount

All Students who attend PAH are required to be student members of ACHE. The \$25 fee is included in your registration. For more information visit: <https://hypnotistexaminers.org/certification/student-membership/>

\*Checks and all major credit and debit cards accepted. Students will be invoiced through Paypal

## 2022 Curriculum Breakdown

### Level One Hypnotherapy

Introduction to Hypnotherapy	Interview Techniques	Working with Relaxation Scripts
-History of hypnotherapy	Listening Techniques	Intro to Induction Techniques
-Common myths	Genogram Creation	Intro to Suggestions
-Stigma around hypnotherapy	Client Motivation	Language Patterns
-Theories of Hypnosis	Identifying Resistance	Pacing and Leading
-Somnambulistic State	Countering Resistance	Intro to Ideomotor Techniques
Building Rapport	Suggestion and Concentration Tests	Eye Fixation
Establishing Trust	Goal Setting	Stress Reduction
Client Intake	-Identifying Problem States	Anchoring Techniques
-Forms/Data Collection	-Problem State/Desired State Script	Deepening Techniques
-Medical/Personal	Intro to Hebb's Law	Returning to Consciousness
-Safety	Grounding Techniques	Post-hypnotic suggestions
-Analyzing Client Data	Bypassing Critical Factor	Legality <i>and more...</i>

### Level Two Hypnotherapy

Reframing Techniques	Intro to Habit Control	Intro to NLP
Advanced Anchoring Techniques	Self-Awareness Techniques	Uncovering Techniques
Codependency and hypnotherapy	Eye Movement Techniques	Advanced Induction Techniques
Using Intuition	Stop and Switch Technique	Working with Minors
Advanced rapport building	Setting Healthy Boundaries	Age Regression
-Matching & Mirroring	Designing the Hypnosis Session	Inner Child Work
Techniques to Elicit Information	Delivering a Hypnosis Session	<i>and more...</i>

### Level Three Hypnotherapy

Overcoming Mental Blocks	Weight Management	Client-Centered Therapy
Performance Anxiety	Gestalt Dialogues	Rapid Inductions
Childhood Fears	Self-Hypnosis	Client Payments
Changing Lifestyles	Dreamwork	Working with Insurance
Finding Lost Objects	Analytical Hypnotherapy	Writing Your Own Scripts
Self-Esteem Techniques	Transpersonal Hypnosis	Business and Marketing Strategies
Overcoming Addiction	Eriksonian Techniques	Presentations/Conferences
Smoking Cessation	Future Pacing	Teaching Workshops/Groups
Medical hypnotherapy	Past Life Regression	Designing Client Packet
Pain Management	Systematic Desensitization	<i>And more...</i>

### Level 4 and 5: Clinical Hypnotherapy

Parviz Brain Rewiring™	Emotional Freedom Technique	Advanced Medical Hypnotherapy
Parviz CBT Hypnotherapy™	Parts Therapy	Client Integration
Working with PTSD	Future Life Progression	Advanced Analytical Hypnotherapy
Working with Trauma/Abuse	Client Discussion/Brainstorming	Clinical Hypnotherapy <i>and more...</i>

Levels four and five compose the advanced 100-hour certification for Clinical Hypnotherapy. 200-hour certification is a pre-requisite for enrollment in the advanced program. In addition to the topics listed above, the program will have a focus on live demonstrations, group practice, and hands on experiential work with both students and clients. Students will go much deeper into the work of helping to uncover the roots of their client's suffering, in order to use analytical hypnotherapy with patients who have been given a clinical diagnosis by a medical or mental health professional. In depth training includes learning to work with clients with PTSD, anxiety, depression, chronic pain, sleep issues, survivors of abuse, and more.

## Additional Information

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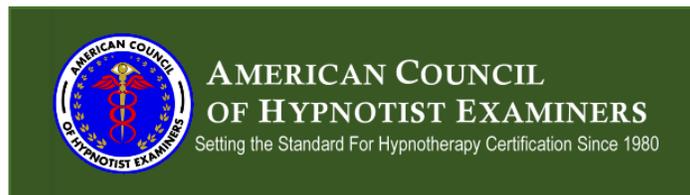
### **American Council of Hypnotist Examiners (A.C.H.E.)**

The American Council of Hypnotist Examiners (A.C.H.E.) was created in 1980, by Gil Boyne, and serves as the primary organization for the regulation of hypnotherapy training in the United States. A.C.H.E. is known for establishing and maintaining standard of practice amongst hypnotherapists and is responsible for certifying schools of hypnotherapy as well as providing examination and certification for students of hypnotherapy who have completed 200 hours of hypnotherapy training at an A.C.H.E. approved school. When looking for a school to complete your training in hypnotherapy, it is crucial to select training that is A.C.H.E. certified. Not only does this ensure your training will be sufficient to be certified to work with clients, it also helps to build trust with clients as A.C.H.E. is recognized as the leader of standards of training in our field.

Our Director and Instructor at Parviz Academy of Hypnotherapy is proud to have been a member of A.C.H.E. for 16 years. When deciding on starting a school of hypnotherapy, being approved by A.C.H.E. was an obvious decision and Parviz Academy of Hypnotherapy is honored to be an approved school by and designated examiner for the American Council of Hypnotist Examiners. All students who attend our program are required to be student members of A.C.H.E. and will have the opportunity at the end of their program to complete their A.C.H.E. certification examination to become a hypnotherapist. The examination will be proctored by our Director, but is provided by A.C.H.E. The \$25 fee for student membership will be included in tuition, however, the \$175 fee for certification through A.C.H.E. will be paid by student at time of examination. Additionally, student who complete the additional 100-hour advanced program, will have the opportunity to be certified as a Clinical Hypnotherapist through A.C.H.E.

**200-hour Certification = Certified Hypnotherapist**

**300-hour Certification = Certified Clinical Hypnotherapist**



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### **Graduation and Diploma**

Graduation from both the 200-hour Hypnotherapy program and the 300-hour Clinical Hypnotherapy program is a great success that should be celebrated, and rightly so. Upon completion of each program, students will be conferred with a diploma certificate with a gold embossed seal from Parviz Academy of Hypnotherapy. This diploma will be passed out at a graduation ceremony put on by the academy, in which each student will be honored and recognized by name. All students will receive a diploma, however those who choose to complete the examination for certification through A.C.H.E. will also receive an official certification from the organization.

Conferment ceremony will take place at an upscale, semi-formal location and will be followed by a shared meal to celebrate, all costs covered by the academy. Participation in graduation is not required but is highly encouraged and a wonderful time of congregating with one another as colleagues. Depending on the timing of the end of the Advanced Program, the graduation ceremony for conferment of diploma for Clinical Hypnotherapist may take place either together or apart from the ceremony for 200-hour level hypnotherapy students.

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## Parviz Academy of Hypnotherapy, Institutional Policies

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**Please review all of these documents prior to registering for our program. Your registration is a legally binding contract and you will sign a form acknowledging you have received, read, and understand the following policies.**

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**Admission Requirements:** All students are required to be at least 18 years of age and have obtained either a high school diploma or GED to be admitted. A background or strong interest in mental health, medical, or behavior science related field is encouraged but not required. There is no prerequisite for admittance to Level One Hypnotherapy. Level One Hypnotherapy is a prerequisite for admittance to Level Two Hypnotherapy. Students who have had previous hypnotherapy training or schooling may be allowed to start directly in Level Two, on a case-by-case basis, with at least 67 hours of schooling and sufficient proof of training from another hypnotherapy school.

**Attendance Policy:** Good attendance is crucial to success in this program. Student are expected to arrive 15 minutes prior to class start time and be in their seats and ready to learn by the start of the class. Any student who is consistently delinquent, and who's proficiency is unsatisfactory, may be withdrawn from the course and required to repeat, with a fee of \$1,400 to retake the course. Students may not miss more than 6 hours of class without making up the time through private instruction that will be charged at a rate of \$70/hr. Any student who is unable to fulfil their responsibilities as a student due to medical reasons or severe personal problems will be required to submit proper documentation of their situation and will be required to take an official leave of absence until they are able to return.

**Conduct Policy:** Privacy and trust are crucial components to the success of this program. All students are expected to act with maturity and show respect to their fellow students, faculty, and school property. There are times when sensitive information may come up during class and students are expected to engage in a practice of confidentiality with the personal information of fellow students. Possession of weapons, illegal drugs, or alcohol are never permitted in the classroom. Violation of this policy can result in permanent dismissal from the school with no refund.

Any student who chooses to engage in behavior that is disruptive to the class or their fellow students, including but not limited to: being under the influence of illegal drugs or alcohol, being sexually inappropriate, vulgar, or disruptive of another student's work, or any other conduct that is not fitting of an academic setting, can be put on probation and is subject to permanent dismissal from the school.

Students are expected to prepare sufficiently for their classes. This includes completing practice exercises, homework assignments, and assigned readings. A student may be withdrawn from a class and required to make it up with a fee of \$1,400 if they are making unsatisfactory progress due to a lack of preparation and neglect of assignments.

**Financial Policy:** All students are required to make their tuition payments promptly. For students paying in full, tuition must be paid before the 1<sup>st</sup> day of class begins. For students paying by payment plan, the \$800 deposit must be paid at time of registration and each monthly tuition payment must be paid by the 15<sup>th</sup> of each month. Failure to comply with the financial policy can result in dismissal from program. If for some reason your finances change and you do not think you will be able to make your payment, you are required to contact the office at PAH immediately.

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## Parviz Academy of Hypnotherapy, Institutional Policies Continued

**Grading Policy:** To ensure student's retention of information and progress in the course, PAH will use both written and practical examinations, after which the student will be evaluated by the instructor and provided personalized feedback in areas that they may need more attention.

**Probation Policy:** Any student who demonstrates a lack of preparedness that interferes with the progress of their program, or who engages in conduct that violates the conduct policy listed above, is subject to be put on probation at the discretion of the school director. If a student is put on probation or suspended for any reason, they will be required to show proof of engaging in proper counseling to address the issue and demonstrate a genuine desire to learn and willingness to adhere to school conduct policy if they would like to continue attendance. All decisions on readmittance to the program will be made by the director. Students have the right to submit information to appeal this decision and must do so in writing.

**Student Membership to A.C.H.E.:** All student attending PAH are required to be student members of A.C.H.E. This membership is included in the tuition fees paid before the start of the first class. As members of A.C.H.E., students are eligible for the A.C.H.E. newsletter as well as discounts for official A.C.H.E. Conferences. Student memberships remain valid for two years, within which students are required to complete their 200-hour certification with PAH followed by official certification with A.C.H.E. as a hypnotherapy practitioner. Be advised, students are not allowed to claim A.C.H.E. membership with clients until they are officially certified following their 200 hours program. They are, however, allowed to advertise themselves as a "Student Member" as long as they do not reference being certified. We highly recommended following through with the official certification from A.C.H.E., which we provide as a designated examiner for A.C.H.E., in order to be seen as a trusted, legitimate provider with your clients.

**Refund and Cancellation Policy:** Students have the right to cancel their agreement for enrollment in PAH within one week of the first day of their first course. Any student who chooses to cancel their enrollment will be eligible for a full refund of the amount paid to PAH, minus a reasonable deposit not to exceed five hundred dollars (\$500). If a student wishes to cancel, the request for cancellation and refund must be made in writing and submitted to the institution. Hypnotherapy practice may not be well suited for every individual. As such, if it comes to the attention of the Director that a student is not a good match for the program for psychological or personal reasons, the Director can remove a student from the program at any time. The student will be given a complete explanation of the reason for this decision and an opportunity to discuss with the Director ways in which they may be able to gain back their student status. In this case, student would be given a full refund, if not for conduct policy violation. Requests should be submitted by email to Dr. Parviz Shafaghi, [info@parvizacademyofhypnotherapy.com](mailto:info@parvizacademyofhypnotherapy.com). Refunds for students who have completed 50 percent or less of the course shall be prorated, minus the costs of class materials (\$200).

**Withdrawal Policy:** Any student who withdraws from a course for medical or personal reasons shall be refunded based on a prorated rate as explained above. Any student who is withdrawn from a course for chronic lack of preparedness that affects satisfactory progress, or for conduct policy violations, will forfeit their right to a refund. (\*Please note, this does not apply to a student who is simply struggling to learn the information. In this case personal instruction at a fee of \$70/hr will be advised).

**Grievances/Complaints Policy:** Please submit all grievances/complaints in writing to Dr. Parviz Shafaghi, [info@parvizacademyofhypnotherapy.com](mailto:info@parvizacademyofhypnotherapy.com). All submissions will be investigated, and logged, and a written response sent within 2 weeks. If your grievance/complaint is not resolved by the Director, please contact American Council of Hypnotist Examiners, 619-280-7200; [hypnotistexaminers@gmail.com](mailto:hypnotistexaminers@gmail.com).