

**INTERNATIONAL HYPNOSIS FEDERATION® RECOMMENDED**

# **ETHICS & STANDARDS**

## **FOR PROFESSIONAL MIND, BODY, SPIRIT & JOY GENERATING PRACTITIONERS**



**FROM THE INTERNATIONAL HYPNOSIS FEDERATION®  
THE WORLD'S LEADING REPRESENTATIVE OF PREFERRED  
ALTERNATIVE & COMPLEMENTARY PRACTITIONERS, TEACHERS,  
RESEARCHERS, HELPERS & HEALERS**

## IHF Mission Statement

The International Hypnosis Federation is dedicated to leadership that builds an excellent membership organization that supports humanistic attitudes, practices and practitioners. We offer an open forum for positive, growth-oriented knowledge, ideas, beliefs, and expertise. We promote learning, joy, fun, upliftment, tranquility, truth-telling, love, and enlightenment for all. Members agree to maintain high standards in their personal life, in their vocations and avocations. They practice self-improvement with education, communication, support, & promotion. We learn, work and play together to bring positive verbal and non-verbal up-liftment to our work, our lives, our society and the world.

The International Hypnosis Federation provides members with:

1. Personal development opportunities
2. Recognition & honoring of accomplishments
3. Information and recommendations about how to master your mind, body, emotions, joy & spirit.
4. IHF Education:
  - a. IHF Certification Training Programs
  - b. Cutting-edge multidisciplinary, trans-cultural information
  - c. Lectures, talks, and meetings organized by the IHF.
  - d. Yearly Conference “It’s All About YOU” for mind, body, spirit & FUN” in March
  - e. Regional Chapter meetings with guest speakers
  - f. Regional Events
  - g. Training Credits & Continuing Education Units (CEs).
  - h. Public Education about the good work of practitioners & their practices
5. Research: IHF researchers review methods, studies, anecdotes, reports, & history that keep us informed.
6. Publications:
  - a. The quarterly “Hyp News” newsletter
  - b. Studies of human consciousness
  - c. Ethics & Standards Manual
  - d. Books that educate & inspire
7. Tools of the Trade
  - a. Cutting edge products are listed for sale on our website and are offered at our events.
8. Promotion of Practices and Practitioners
  - a. Promotion of our good work and ideas
  - b. Open line expert phone support, call (310) 541-4844
  - c. IHF members contribute articles to our publications and the press.
  - d. IHF members appear on the media; radio, television, and web casts
  - e. IHF public speakers communicate in open forums and private meetings
9. Referrals of high-level competent practitioners
  - a. IHFR list (International Hypnosis Federation Referrals) promotes helpers by specialty & location on [www.hypnosisfederation.com](http://www.hypnosisfederation.com)
  - b. IHF offers in print referrals.
  - c. IHF offers phone referrals; call (310) 541-4844



## Introduction to IHF Ethics & Standards

The International Hypnosis Federation supports standards of excellence and promotes public awareness for personal growth, and mind, emotion, body, spirit, and fun practices.

We educate the public and protect consumer's rights for self-empowerment.

We represent, register, & refer individual members from a myriad of proud professions and support our members in their lives, research, practices and teachings.

IHF professional members devote hours, and often a lifetime, developing their stand-alone disciplines and talents. Many members are well-schooled in multi-disciplines that are separate, legal, self-regulated, regulated, licensed and/or non-licensed.

The IHF strives to protect both the consumer and the provider to thrive. We fight to assure that each person maintains their inalienable right to freely practice, learn and use helpful techniques and to obtain professional services for behavior modification, fitness, comfort, relaxation, social skills, fun, self-improvement, success, self-exploration, self-confidence, motivation, and wellness. Each practitioner has the right to set their fees as they see fit.

We oppose legislation that attempts to control our varied fields of work or deprive consumers of the right to use the disciplines IHF practitioners offer. We vehemently preserve a professional's right to pursue right livelihood in a vocation or avocation to which they dedicate time, effort and money.

IHF members understand the power of verbal and non-verbal suggestion and use hypnotic principles to facilitate your innate ability to be positive, peaceful, well, happy, abundant, and to look, feel and act your best.

**Education.** International Hypnosis Federation members offer detailed and ethical education that prepares and certifies people to better themselves, create meaningful careers in hypnosis, coaching and other fields of support, motivation, well-being and upliftment or to add what is learned to other professions.

We hold an annual "It's All About YOU Conference" for mind, body, spirit and fun each March in Southern California.

Courses include continuing education credits for classes taken and the IHF is recognized as a continuing education provider by several licensing boards. This allows licensed practitioners to meet educational requirements by learning helpful techniques and procedures at one of our events and classes. High standards and hands-on experience give tremendous self-satisfaction. IHF approved, trained and certified instructors are located around the globe. To find a training program near you call (310) 541-4844 or e-mail us at [ihf@cox.net](mailto:ihf@cox.net).

**Do Not Be Misled.** Most alternative or complimentary trades do not require you to join any affiliate organization, union, or guild. It is not necessary to belong to any organization to satisfy local and state laws. Professionals joyfully and voluntarily choose to join the International Hypnosis Federation, agree to a code of ethics, spend hundreds of hours learning and practicing techniques, are certified, and attend conferences.

You have many options when you choose an organization and benefits vary. The International Hypnosis Federation networks like-minded people who keep informed with cutting-edge information, better skills, adherence to the law, and optional insurance benefits. Remember each trade organization is a business. Choose an ethical one that tells the truth and supports your business and your right to choose your helpers.



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## IHF CODE OF ETHICS

International Hypnosis Federation members adhere to the following code of ethics and agree to abide and be accountable to the following ethical principles. The IHF reserves the right to suspend or cancel membership for anyone, who in their judgment, does not comply with these standards:

**Human Welfare:** Each member promises to honor the holistic well-being of the individual and respect every human's innate ability for personal expression, introspection, wellness, enlightenment and joy. Our members are courteous and any abusiveness is strictly prohibited.

**Positive Programming:** Each member agrees to provide verbal and nonverbal positive programming and related techniques in hypnosis and in any of their other respective specialized professions.

**Modality Interaction:** Each member agrees to work together with others to broaden and improve all uplifting mind, body, spirit, and joy modalities. Each member's specialties are to be celebrated.

**Legal Conformity:** Members shall observe the professional ethics of their conscience, specific affiliations, training standards and the laws of their city, state, country and province. IHF members agree to follow the regulations that are required for their individual profession(s). Alternative health care providers will disclose that they legally practice their distinctive profession and are not licensed health care providers.

**Advertising:** Members proudly inform and educate the public about the fine work they do. They are truthful in their advertising by not overstating credentials or making unsubstantiated claims.

**Confidentiality:** Members agree to maintain the confidentiality and privacy of information shared during client sessions as is acceptable under the law.

**Good Standing:** Members must be of high moral character, conduct themselves and their practices in a professional, ethical manner and meet their financial dues obligation.

**Education:** Members adhere to high standards of training and continuing education. IHF members receive continuing education at our annual "It's All About YOU Conference" (in March) and by taking classes and studies at chapter meetings, seminars and regional events. IHF recognizes or approves schools of instruction who provide a full curriculum and instruction in the theory, methods, practices and applications for their specific field of study.

Any school or teacher who claims IHF recognition and/or approval must be approved by the International Hypnosis Federation and be a current member in good standing and honor the morals and ethics from this manual. IHF trained instructors agree to teach the IHF curriculum.

International Hypnosis Federation is a non-accredited institution IHF is exempt from any (not in existence in California) Board of education certification.



Each IHF Professional Members Affirms:

**I believe in people's innate ability to know and communicate their truth. My job is to hold the mirror so others may reflect on their heartfelt solutions, success, wellbeing and happiness. I agree to abide by the following Code of Ethics:**

- 1. I honor the holistic well-being of the individual.**
- 2. I work with others to broaden and improve the use of uplifting Mind, Body, Spirit & Joy generating modalities and to further the good name of the "power of suggestion," "hypnosis" and other fine tools for the public welfare.**
- 3. I observe the professional, legal and ethical standards of my professional affiliations.**
- 4. I use positive programming and related techniques in my respective areas of professional competence.**
- 5. In providing and representing professional services, I make valid claims and accurately state my credentials.**
- 6. I maintain the confidentiality and privacy of information shared during client sessions as is permitted under the law.**
- 7. I am honorable and of high moral and ethics.**
- 8. I regularly learn and strive to expand my wisdom and knowledge.**



## IHF Consumer Bill of Rights

The International Hypnosis Federation members support the following Consumer Bill of Rights for the consumer. You may contact the International Hypnosis Federation at (310) 541-4844:

- 1. THE RIGHT TO LIFE LIBERTY, PROPERTY & THE PURSUIT OF HAPPINESS**
- 2. THE RIGHT TO ACCESS ANY MODALITY YOU CHOOSE**
- 3. THE RIGHT TO HIRE THE PROFESSIONAL YOU CHOOSE**
- 4. THE RIGHT TO FULL INFORMATION OF A HELPER'S TRAINING**
- 5. THE RIGHT TO STOP GOVERNMENT CONTROL OVER HEALERS & HELPERS**
- 6. THE RIGHT TO USE ALTERNATIVE HELPERS (like HYPNOTISTS, HYPNOTHERAPISTS HYPNO-COACHES, MIND TRAINERS, & ADVICE GIVERS) FOR SELF-IMPROVEMENT**
- 7. YOU HAVE THE RIGHT TO KNOW WHAT ANY FEES & CHARGES WILL BE**
- 8. YOU HAVE THE RIGHT TO SEE YOUR RECORDS.**
- 9. YOU HAVE THE RIGHT TO BE FREE FROM PHYSICAL, VERBAL OR SEXUAL ABUSE**
- 10. YOU HAVE THE RIGHT TO PROTECT YOUR PRIVACY**

### **1. THE RIGHT TO LIFE LIBERTY, PROPERTY & THE PURSUIT OF HAPPINESS**

You and your family have the inalienable right to health, well-being and survival so you thrive.

### **2. ACCESS TO ANY MODALITY YOU CHOOSE**

You have the right to choose help that best serves your needs. You and your family have the right to access the kind of health care practice, program, healing, research, treatment, service, product, device, substance, and information that you choose. You have the right to refuse any type of program or care without obligation or harassment. You have the right to seek a second, or more, opinion about the care you have received.

### **3. THE RIGHT TO HIRE THE PROFESSIONAL YOU CHOOSE**

You have the right to choose any practitioner you want. You have the right to decide who you hire to help you learn, remember, thrive, play, win, perform, reach goals, stop stress, pain and grief, and bad habits, like smoking, drinking, gambling, nail biting, over or under eating and entertaining pre-occupied thoughts and actions. Self-determination, personal choice are your right as you pursue happiness. Full access to health care practitioners, healers, researchers, treatments, services, products, devices, and substances is your right. No private organization or legislation has permission to take your right to use what you choose away from you.

### **4. THE RIGHT TO FULL INFORMATION OF A HELPER'S TRAINING**

You have the right to ask questions about the help you receive. You have the right to request and receive full information about any professional helper's certification or licensure. Alternative and Complementary helpers are often Certified/Registered professional and not licensed. Licensed professionals are required to belong to specific state boards. You have the right to be informed about a helper's specialization, education, training, experience, professional association, and membership. The IHF Disclosure form gives written information about education, training, experience, professional association membership, and specialization.

### **5. THE RIGHT TO STOP GOVERNMENT CONTROL OVER HEALERS & HELPERS**

You have the right to demand a safe harbor. The public has the right to demand that the government impose no mandatory registration, certification, or licensure over the healing arts practitioner you choose. Government control over a helper who poses no risk or harm to the public forces that helper to gain a privilege from the government before engaging their wellness practices and restricts your ability to choose what you want.

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Phone: (310) 541-4844 e-mail: [ihf@cox.net](mailto:ihf@cox.net)

Referrals: [www.hypnosisfederation.com](http://www.hypnosisfederation.com)

## **6. THE RIGHT TO USE ALTERNATIVE HELPERS FOR SELF-IMPROVEMENT**

Your ability to alter your state of mind to learn, which is often called hypnosis or self-hypnosis, came with the package of your consciousness. Hypnosis, with its numerous names, uses your mind's natural ability to create a positive attitude that supports life, joy, goals and wellness. It belongs to you.

You naturally go in and out of trance throughout your day. You practice self-hypnosis by the suggestions you give yourself as self-talk.

Teachers hypnotize children to learn, children hypnotize parents and vice versa, sales and advertisers hypnotize you to buy, politicians hypnotize people to vote them, the military hypnotizes people to fight, religions hypnotize to believe a particular doctrine, and lawyers hypnotize whole juries.

You can learn to consciously hypnotize (or de-hypnotize) yourself or another in less than ten minutes. It's fun and easy to learn. Professionals who practice the fine art of hypnosis are not required to be licensed and they do not practice medicine (that is a separate profession.) If you seek medical advice go to a medical practitioner; if you seek hypnosis or other alternative help go to a hypnotist or other helper.

## **7. YOU HAVE THE RIGHT TO KNOW WHAT FEES & CHARGES WILL BE.**

Vendors of products and services need to disclose what they charge. You have the right to have written, as well as verbal, information about fees, method of payment, insurance reimbursement, estimated number of sessions, substitutions- in cases of vacation and emergencies- and cancellation policies before beginning any program. Their fees are based on their own fee schedule.

## **8. YOU HAVE THE RIGHT TO SEE YOUR RECORDS.**

Everything in your file is accessible to you; including any assessments and the plan of help offered. You have the right to request and receive full information of your progress and to transfer a copy of your file and information to any counselor, therapist or agency you choose. You may refuse or allow audio, video or digital recording of your session and, unless determined by a prior agreement, you have the right to take and own the recording as your own if you wish.

## **9. YOU HAVE THE RIGHT TO BE FREE FROM PHYSICAL, VERBAL OR SEXUAL ABUSE.**

You have the right to receive respectful, safe help that is free from abuse. Any abusive actions are against the law in all modes of business. If someone violates this right, tell everyone you know, the district attorney, the police, the newspapers, the media and any organizations to which that person claims membership.

## **10. YOU HAVE THE RIGHT TO PROTECT OF YOUR PRIVACY.**

You have the right to refuse to disclose any information you choose not to reveal. You can request to know the limits of confidentiality and the circumstances when a helper is legally required to disclose information to others.



## IHF SCOPE OF PRACTICES

IHF professional and avocational members include seekers, practitioners and mind, body, spirit wellness experts from a full spectrum of experiences and training who honor the power of suggestion.

Some professional members exclusively practice stand-alone professions like hypnosis, conflict resolution, and many other helpful disciplines. Others blend and incorporate holistic approaches. Some work independently, while others work in complementary capacities with other professions.

The International Hypnosis Federation encourages members keen awareness of their specific scope of practices and the rules and regulations of their country, state or city. Anything beyond an individual's scope of practice is referred to one who is appropriately skilled in that arena.

All professional IHF members are suitably educated, certified and/or licensed in their specialty, disciplines and interests. All commit to work together to bring upliftment, & positivity to their life, work, world and society.

### SCOPE OF PRACTICES

The International Hypnosis Federation (IHF) has a Standards of Practice for its members who use various humanistic, mind, body, spirit and joy-generating modalities as their primary or adjunct vocation. Some use singular modalities and others multi-modalities in their holistic helping practices. Expertise of members often includes but is not limited to:

Acupuncturists	Guides	Parents
Addiction Specialists	Healers	Past Life Therapists
Advisors	Health Care Specialists	Pastoral Counselors
Analysts	Humanists	Performance & Stage Hypnotists
Arbitrator	Holistic Wellness	Philosophers
Art Therapists	Hypno-Coaches	Physicians & Surgeons
Authors	Hypnologists	Psychologists
Behavioralists	Hypnocounselors	Psychotherapists
Biofeedback Specialists	Hypnotherapists	Psychiatrists
Child Birth Experts	Hypnotists	Reiki Workers
Child Care Providers	Hypno-Yoga Therapists	Researchers & Scientists
Chiropractors	Native/Shamanic Practitioners	Seekers
Cognitive Hypnotherapists	Intuitive Development	Social Workers
Complementary Care Providers	Joy Therapists	Sound Therapists
Conflict Resolutionists	Lawyers	Spiritual Counselors
Consciousness Trainers	Life & Vocational Coaches	Sports Hypnotherapists
Counselors & Therapists,	Marketing Experts	Stage Entertainers
Consultants	Marriage & Family Therapists	Students
Coaches	Massage/Physical Therapists	Sports Consultants
Creativity Coaches	Medical Professionals	Substance Abuse Counselors
Dental & Medical	Media Professionals	Therapeutic Touch
Dispute Resolution Specialists	Mentors	Transpersonal Hypnotists
Domestic Engineers	Mind/Body Fitness Workers	Verbal First-Aid Providers
Dream Analysts	Motivational Speakers	Visualizations Experts
Educators & Instructors	Motivators Meditation Coaches	Wholistic Healers
Elder Care Providers	Nutritionists	Writers & Creative Artists
Energy Workers	Naturopaths/Homeopaths	
Forensic Specialists	NLP Practitioners	
Guided Imagery Practitioners	Nurses	



## Commonly used IHF Post Nominals

**Here are a few of the Designations, Post-Nominals or letters used after a person's name to designate their expertise:**

- “BA” Bachelors of Arts
- “BCH” Board Certified Hypnotist or Hypnotherapist (for those who have passed the IHF board exam)
- “BS” Bachelors of Science
- “ACHt” Advanced Certified Hypnotherapist
- “AHT” Advanced Holistic Therapist
- “CA” Certified Arbitrator
- “CAH” Compulsion/Addiction Hypnotist
- “CC” Certified Coach
- “CHC” Certified Hypnosis Coach
- “CCE” Certified Childbirth Educator
- “CH” Certified Hypnotist or Consulting Hypnotist
- “CHt” Certified Hypnotherapist (IHF requires 150 hours for this)
- “CHI” Certified Hypnosis Instructor
- “CNC” Certified Nutritional Consultant
- “DC” Doctor of Chiropractic
- “DCH” Doctor of Clinical Hypnotherapy
- “DRP” Dispute Resolution Practitioner
- “HT” Holistic Therapist
- “FIHF” or “Fellow” (for those with longevity in their field who have passed the IHF exam)
- “HC” Hypno-Counselor (New Jersey)
- “IHF CHI” (those trained to use International Hypnosis Federation’s curriculums)
- “LCSW” Licensed Clinical Social Worker
- “LVN” Licensed Vocational Nurse
- “MA” Masters of Arts
- “MD” Medical Doctor
- “MFCC” Licensed Marriage, Family, Child Counselor
- “MFT” Licensed Marriage Family Therapist
- “NLP” Neuro-Linguistic Programmer or Psychologist
- “NLPI” Neuro-Linguistic Programming Instructor
- “PhD” Doctor of Philosophy
- “PMC” Professional Marketing Consultant
- “PsyD” Doctorate of Psychology
- “RN” Registered Nurse
- “RPT” Registered Physical Therapist



## IHF Holistic Practitioners

International Hypnosis Federation members practice single or multi-disciplined mind/body/emotion/spirit/behavior approaches to bring life-changing hope, health, happiness, self-discovery, and transcendence.

Holistic services offered by IHF members encompasses a vast array of ancient and modern approaches for positive thought, emotion, good health actions, good habits, conflict resolution, whole person fitness and altered states of consciousness that allow you to surpass limits.

Each International Hypnosis Federation member's innovative practices are used alone or are blended with their other certified or licensed practices. IHF members include those certified and/or licensed in fields like acupuncture, counseling, dentistry, gynecology, healing, hypnosis, pastoral counseling, legal systems, corporate management, medicine, nursing, psychiatry, psychotherapy, physical therapy, religion, shamanism, philosophy and many more.

Transpersonal practitioners guide you to expand awareness to discover your life's path and a positive future. They help you answer questions like, "Why am I here?" "What decision is for my highest good," "How should I proceed?" "In the bigger picture, what is best for my evolution and growth?" They teach you to expand awareness to go beyond limits of cultural hypnosis, dogma, and your personality.

Transpersonal practices are determined by the skills of the IHF member. They may include integrative and transformational techniques like higher-states, spiritual counseling, pastoral counseling, verbal and non-verbal suggestion, archetypes & symbols, auric cleansing, automatic writing, energy work, dreamwork, guided meditation, intuitive awareness, kundalini, mental magic, mind training, mysticism, psychosynthesis, rebirthing, ritual, sacred ritual, soul extraction, soul journeys, soul retrieval, spirit emergence, spirit guidance, story telling, super-conscious phenomenon, time travel, trance channeling, urban shamanism, and other.

IHF Spiritual & Pastoral Counselor employ hypnotic mind-altering meditation and prayer for consciousness raising. Their varied philosophical and religious educational practices help clients relate to a higher self, higher power or higher guidance.



## IHF Hypnosis Practitioners: Sole or Blended

Some exclusively dedicate themselves to the stand-alone, self-regulated profession of hypnosis, while others employ an inclusive holistic approach to mind, body, spirit, fitness.

Hypnotists, Hypnotherapist, Hypnocounselors, (and a myriad of practitioner titles) evoke trance and altered states to positively influence mental, emotional, and physical states. Their general goal is up-liftment, happiness, self-improvement, fitness, enhanced life quality, achievement, and to help clients overcoming pain and difficulties. Their specific goal is to assist a client to achieve their personal goals. Hypnotists positively persuade people to influence of their inner thoughts (sometimes called the subconscious), and their actions, and reactions.

Hypnosis, hypnotism, or hypnology are some of numerous names for this proud certified profession. Practitioners use blatant or veiled hypnosis to facilitate altered states of consciousness. The practice of hypnosis has had many names since ancient times.

### Hypnosis Synonyms and Euphemisms:

Absorb, absorbed conscious level of imagination, active imagination, acquiescence, allure, alpha/theta state, altered state, animal magnetism, anodynized, applied kinesiology, artificial sleep, attract response, attunement, autogenics, autogenic training (AT), automaticity, automatic pilot, automatism, autosuggestion, awestruck, basic training, be-daze, bedazzle, beguile, bewitch, biofeedback, biologize, blissfully aware, body/mind wisdom state, braidism, brain entrainment, captivate, cast a spell, catalepsy, catatonia, centered, centered in the mind, centering, cerebral physiology, charm, change technology, cogitate, co-meditation, compel, conceptualize, conceptual state, conscience, contemplation, control, conjure up, couéism, creative imaging, creative meditation, creative response, creative visualization, cybernetic response, daydreaming, deeper mind stimulation, deep inner concentration, deep in thought, deep listening, deep state, dhyana, directed day-dream, directed waking dream, double personality, downtime, dreams, dreaming, dreamlike mentation, dream-state, dynamic imaging, dynamic relaxation, ecstasy, electromagnetism, enchant (from the word chanter that later became the cantor), enchantment, enculturation, energy-grab, energy medicine, energy meditation, engross, enthrall, entrance, en-rapport, enrapture, envision, euphoria, eye-catching, fantasy, fascinate, fascination, flow, flow state, focus, focused awareness, focus state, glamour, grip, guided concentration, guided daydreaming, guided disassociation, guided fantasy, guided hallucination, guided imagery, guided meditation, guided visualization, gut feeling, heightened awareness, highway hypnosis, human psychology, hyper-reality, hypnagogic, hypnodynamics, hypnoidal state, hypnosis, hypostasis, hypnstatic perception, hypotaxic condition, hypnotism, ideomotor response, illusion, imagery, imaginal medicine, imaginative level, imaging, imagining, in a spell, in a trance, incantation, in-chant, incubation, induced sleep, influence, initiated symbol projection, in-know-sense, in a dream, inner-awareness, inner-focus, inner guide meditation, inner voice, inner plane, inner-viewing, integrative medicine, internal imagery, internally-directed emotional self-awareness, in the zone, introspection, intuition, in-state, intention imprinting, introspection, karuahan, led meditation, limerence, lost in thought, low arousal biofeedback, lucid sleep, lull, magical thinking, magical visualization, magnetic attraction, magnetic medicine, magnetism, magnetize, magnified concentration, make-believe, massage for the mind, meditation, meditative, mental biofeedback, mental conditioning, mental dynamics, mental empowerment, mental imagery, mental installation, mental intervention, mental kinesiology, mental mastery, mentation, mesmerize, mesmerized, mesmerizing, mesmeric, meta state, mind/body kinesiology, mind control, mind empowerment, mind expansion, mindful awareness, mindful meditation, mindfulness, mind over matter, mind-reading, mind-state, mind system technology, monoideism, mystical rapture, natural medicine, nervous sleep, neuro-hypnosis, neuropnology, new science, non-conscious self-regulatory system, non-thinking state, oneirosis, outcropping of the subconscious, out-of-body experience, pathwork, peak state, personal magnetism, personal prayer, persuasion, phrenology, placebo effect, positive imaging, positive persuasion, positive thinking, positive visualization, power of suggestion, prayer, prayerful, progressive mental alignment, progressive relaxation, psychoanalysis, psycho-education, psychologize, psycho-orientation, psycho-mental/emotional state, psychophysical self-regulation, submerged awareness, psychotherapy, qigong, rapt, rapt attention, rapture, reality tunnel, reflection, reinforcing, relaxation intervention, relaxation response, relaxology, religious ecstasy, restful state, resource state, retrospection, reverie, rhapsody, riveting, riveted attention, secret-mysterious, self guidance, shamanic ecstasy, shamanic journey, shape shifting, sleep, sleep inducing, sleep-like condition, socialization, somnambulism, somnolence, sophrology, sopor, soporific, soporose, soul power, spell, spellbind, spellbound, staring into space, state of absorption, state of trance, state of tranquility, steady state, still state, struck with insensibility, subconscious awareness, subconscious persuasion, subjective orientation, subtle energy state, suggestive condition, suggestive technique, tantra, tantric trance, the distraction method, therapeutic suggestion, the still point, the technique, think deeply, thinking aloud, thought transference, trance, tranced, trance-like state, transcendental meditation, transfix, transpersonal awareness, turn inward, twilight state, under a spell, hypnotic, hypnotize, hypnotizing, vibrational medicine, virtual silence, visual imagery, visualization, voodoo, voodoo spell, waking dream therapy, willed imagination, will energy, will power, yar-phoink, yoga for the mind, zoned-out, and zoo-magnetism. After Frederick Anton Mesmer's work, it was named "Mesmerism." Then Dr. James Braid called it "Hypnotism," and the name stuck.



## **HYPNOSIS AS A SOLE PRACTICE**

IHF Certified Hypnotist, Hypnotherapist, Hypno-Counselor, or the like, may work independently. They use hypnosis techniques to assist clients.

It is recommended that IHF hypnosis practitioner's have you sign an IHF Disclosure form that informs you that: "A hypnotist is a legal wellness provider and not a licensed medical practitioner. Hypnosis is an ethical, alternative stand-alone wellness profession."

In almost all states and countries, hypnotherapy is a non-licensed occupation, as are almost all other occupations.

The International Hypnosis Federation, represent thousands of professionally trained and certified hypnotists who diligently devote their practice to hypnosis. To find excellent hypnosis help in your neighborhood, consult [www.hypnosisfederation.com](http://www.hypnosisfederation.com).

**Hypnosis Synonyms Historically:** Persians, Egyptians, Greek, Hebrews, Indian and Chinese called hypnotism "sacred sleep rituals" and "bridges to the divine" and the hypnotherapist, the "sleep practitioner." 4<sup>th</sup> millennium BC Mesopotamia called hypnosis "dream seeking." Dream seeking then became known as "incubation" from Latin "to lie down on." Vision quest, walk about, introspection, mantras, meditation, staring at artifacts, and prayer became popular names for hypnosis as well.



## TITLES CURRENTLY USED BY HYPNOTISTS

Advanced Hypnotist/Hypnotherapist, Certified Hypnotist/Hypnotherapist/Hipnotizador (Spanish)- Addiction Counseling (Recovery) Hypnotherapy, Affirmation Therapy, Agent of Change, Alchemical Hypnotherapist, Alternative Therapist, Alternative Wellness Provider, Analytical Hypnotherapist, Analytical Body Hypnotherapist, Anti-Aging Hypnotherapist, Assertive Behavioralist, Assertive Behavior Hypnotherapist, Athletic Trainer, Autogenics Trainer, Behavioral Complementary Medicine, Behavioral Hypnotist, Behavioral Medicine, Behavioral Programmer, Behavioral Wellness Practitioner, Behaviorist, Behavior Modification Counselor, Biodynamics Hypnotherapist, Biohypnotist, Body-Centered Hypnotherapist, Brain Gym Specialist, Brain Trainer, Brain/Mind Coach, Career Counseling Specialist, Ceremonial Leader, Chemical Dependency Expert, Childbirth/Midwifery Hypnotist, Clerical Hypnotherapist, Clinical Care Hypnotherapist, Clinical Hypnosis Consultant, Clinical Hypnotist/Hypnotherapist, Co-Active Coach, Co-Dependency Counselor, Cognitive Hypnotherapist, Cognitive Linguist, Cognitive Neurohypnotist, Complementary Health Assistant, Complementary Medical Expert, Complementary Wellness Provider, Compulsion/Addiction Hypnotist, Conversational Hypnotist, Corrective Therapist, Consulting Hypnotist, Counseling Hypnotherapist, Couples Counselor, Creative Arts Therapist, Creativity Counselor, Crisis Interventionist, Cultural Ecologist, Curative Hypnotherapist, Demonstrational Hypnotist, Deprogrammer, Doctor of Clinical Hypnotherapy, Developmental Hypnotherapist, Dreambody Worker, Dream Worker, Geriatric Hypnotherapist, Eating Disorder Specialist, Educational Consultant, Educational Hypnotist, Emergency Hypnotherapist, Emotivational Therapist, Energy Hypnotherapist, Ericksonian Hypnotist/Hypnotherapist, Energy Medicine Practitioner, Energy Therapist, Energy Hypnotherapist, Esoteric Hypnotist, Experiential Hypnotherapist, Facilitator, Forensic Hypnotist, Guided Imagery Clinician, Guided Imagery Coach, Guided Imagery Specialist, Health Care Hypnotherapist, Healthologist, Higher-Self Hypnotist, Holistic Hypnotist, Holistic Life Coach, Holistic Life Counselor, Holistic Practitioner, Holistic Therapist and Advanced Holistic Therapist, Hologramic Hypnotherapist, Human Dynamics Instructor, Humanistic Hypnotherapist, Hypno-Advisor, Hypnoaesthetician, Hypnoanalyst, Hypnoanesthesiologist, Hypno-Behavioral Therapist, Hypnobiologist, Hypnobirther, Hypnocoach, Hypnocounselor, Hypnocrat, Hypnodontist, Hypnodoula, Hypnogogue, Hypnohealer, Hypno-Integrationist, Hypno-Kinesiologist, Hypnolinguist, Hypnologist, Hypno-Massage Therapist, Hypno-Metabolic Specialist, Hypnomotivator, Hypno-oncologist, Hypnophysician, Hypnopotamus, Hypnopsychologist, Hypnopsychotherapist, Hypno-reading specialist, Hypnotic Guide, Hypno-Reiki Practitioner, Hypnoresearcher, Hypno-Scientist, Hypnosis Group Facilitator, Hypnosis Practitioner, Hypnosophist, Hypnosynthesis Practitioner, Hypnotechnician, Hypnotechnologist, Hypnotism Expert, Hypnotism Operator, Hypnosis Instructor, Hypnosis Operator, Hypnotherapist, Hypnotist, Idea Therapist, Imagery Facilitator, Inner Peace Facilitator, Inner Resource Expert, Insight Hypnotherapist, International Hypnosis Federation Instructor, Integral Studies Practitioner, Integral Therapist, Integrative Hypnotherapist, International Hypnosis Federation Hypnotist, Interventionist, Intuition Trainer, Investigative Hypnotist, Joy Therapist®, Kundalini Hypnotherapist, Life Coach Hypnotherapist, Life Strategy Expert, Life Therapist, Magnetizer, Marketing Expert, Master Hypnotist, Master Hypnotherapist, Master Mind Mentoring, Medical/Dental Hypnotherapist, Meditative Hypnotist, Memory Enhancement Specialist, Memory Recovery Therapist, Mental Engineer, Mentalism Expert, Mentalist, Mental Technician, Mental Wellness Technician, Mentoring, Meridian Energy Therapist, Mesmerist, Meta-Coach, Metaphysical Hypnotherapist, Metaphysical Parapsychologist, Metaphysician, Metaphysiotherapist, Meta-States Trainer, Mind/Body Integrationist, Mind Dynamics Coach, Mind-Full Cognition Specialist, Mind Imaging Expert, Mind Therapist, Motivational Consultant, Motivational Hypnotist, Motivational Speaker, Mystical Researcher, Naturalistic Hypnotist, Neuro Feedback Therapist, Neurohypnotist, Neurolinguistic Programmer, Neurolinguistic Psychologist, Neurolinguistic Psychotherapist, Neuro-Semanticist, Neuropsychologist, Neuropnologist, Neuro-semanticist, Operator, Pain Control Therapist, Para-Medical Hypnotherapist, Past Life Counselor, Past Life Therapist, Past Life Regressionist, Pastoral Hypnotherapist, Peak Performance Coach or Trainer, Pediatric Hypnotherapist, Performance Hypnotist, Performance Psychologist, Progressive Mental Alignment Coach, Professional Guided Imagery Expert, Professional Hypnotherapist, Professional Marketing Consultant (PMC), Prompter, Psychoacoustics Specialist, Psychobiologist, Psycho-Educational Specialist, Psycho-educator, Psycholinguistic Specialist, Psychosomaticist, Psychosophist, Psychospiritual Hypnotherapy, Psychotherapist and Unlicensed Psychotherapist, Psychotherapeutic Hypnotherapist, Quantum Change Specialist, Quantum Hypnotherapist, Rational Hypnotherapist, Redecision Therapist, Registered Counselor, Regression Therapist, Rehabilitation Counselor, Re-Imager, Reimaging Consultant, Rejuvenation Hypnotist, Relaxation Consultant, Relaxation Therapist, Relaxologist, Re-Patterner, Repatterning Counselor, Reprogrammer, Sacred Science Practitioner, Scientific Hypnotherapist, Self-Care Expert, Self-Expansion Hypnotherapist, Self-Helper, Self-Hypnosis Coach, Self Re-Engineering, Shamanic Hypnotherapist, Sleep Re-Trainer, Smoke Cessation Counselor/Specialist, Social Skills Counselor, Socio-Hypnotist, Solutions Focused Hypnotist, Sophrolgist, Soul Coach, Speech Enhancement Specialist, Spiritual Hypno-Counselor, Spiritual Response Therapist, Sports Hypnotist, Stage Hypnotist, Strategic Hypnotherapist, Stress Management Consultant, Substance Abuse Hypnotherapist, Subtle Energy Specialist, Suggestive Therapist, Support Group Facilitator, Surgical Hypnotherapist, Synergy Hypnotist, Systems Theorist, Talk Therapist, Tutor, Therapeutic Imagery Consultant, Thought-Field Therapist, Time Line Therapist, Time Based Therapist, Traditional Knowledge Specialist, Transactional Hypnotherapist, Transformational Breathworker, Transformational Hypnotherapist, Transpersonal Counselor, Transpersonal Hypnotherapist, Transpersonal Psychologist, Trauma Specialist, Verbal Analyst, Ultra-Mind Instructor, Visualization Therapist, Weight Loss Specialist, Wellness Expert, and Wellness Wizard. The word “Certified,” “Clinical” or “Professional” may be added to any of these titles.



## TECHNIQUES COMMONLY USED BY HYPNOTISTS

**Hypnotherapeutic Trance State Processes part I:** A myriad of techniques that may include: abreaction management or reasegment, accelerated healing, accelerated learning, acupressure point stimulation, action planning, activating intentionality, active imagination, addiction counseling hypnosis, affect bridge, affirmation, aggression release, altered state assessment, amnesia, analysis and assessment, anchoring, animal assisted counseling or therapy (ATT), animal magnetism, anesthesia, angel work, anti-aging, anxiety reasegment, applied intuition, appreciative inquiry, ARC, archetypes, aroma therapy, art therapy, artificial somnambulism, assertiveness training, assessment, astral projection, attunement, auditing, authentic movement, auto-conditioning, autodiagnosis, autogenics, autohypnosis, automatic writing, autophonics, autosuggestion, aversion therapy, avoidance, body alignment, body psychotherapeutics, behavioral kinesiology, behavior assessment, behaviorism, behavior modification, behavior therapy, behavior therapy, belief evaluation, benchmarking (assessing), bereavement release, bilateral balancing, binds, b-value installation, biodynamics, bioenergetics, biofeedback (neurofeedback), bio-hypnosis, biomagnetics, biosynthesis, body hypnotherapy, body/mind, body psychometry, bombardment, boundaries, boundary shifting, brain fitness training, brain mapping, brain respiration training, brainstorming, brainwave entertainment, brainwave synchronization, breath work, brief conversational technique, brief therapy, brief solution focused hypnotherapy (BSFH), bruxism hypnosis, career mapping and development, careful listening, cascading effect, catalepsy, catharsis, cell demand, cellular reasegment, centering, chakra balancing, chi-gong, childbirth conditioning, choice therapy, chunking, circle therapy, clearing, clinical imagery, coaching, co-active coaching or collaboration, co-counseling, cogitation, cognitive/behavioral therapy, cognitive linguistics, cognitive recruitment, cognitive shifting, coherency training, collaborative interpretation, color therapy, coma state, compartmentalization, compelling proposition, compounding, computer hypnosis, conation, concentration/relaxation, concept-therapy, conceptualizing, conceptual demolition, conceptual capsules, conditioning, conference room technique, conferencing, confirmation, conflict resolution or therapy, congruency training, congruity matching, confrontation, confusion technique, conscious control, conscious creation, consciousness raising, conscious recall, conscious sedation, contemplation, conversational conversion, convincers, core belief realignment, core energetics, core trauma reasegment, corrective therapy, counseling, counter regression, counting your blessings, creative concentration, creative dreaming, creative visualization, creativity whack, crisis clearing, curative hypnosis, cutting cords, cybernetics, decontamination, deepening, deep listening, deflection, defragmentation, de-hypnotizing, deliberate creation, demonstration, depth hypnosis, denial intervention, de-hypnotizing, depersonalizing, depossession, de-programming, desensitizing and interceptive desensitization, dialoging with symptoms, disposition enhancement, distraction/diversion, directed prayer, directed toning, direct image substitution, direct suggestion, disassociation, disconnection, disguised suggestion, dis-identification, divine intervention, DNA command, DNA reprogramming, double bind, drama therapy, dream analysis, dream body process, dream levels, dream mapping or charting, dream work, dual induction, dynamic relaxation, education, eidetic imagery (re-imagery), elevated communication, eliciting techniques, Elman method, embedded suggestion, embodiment, emergence-see hypnosis, emotional acupressure, emotional clearing, emotional discharge, emotional expression, emotional first-aid, emotional freedom technique (EFT or tapping also BSFF, ET, PEAT, TAB, TAT, TFH, TFT), emotional integration, emotional processing, emotional re-education, emotional release, emotional self discovery, emotional stress release technique (ESR), encouragers, end-result imagery, endorphin release, energy balancing (electron balancing), energy communication, energy field work, energy flow manipulation, enneagram, entitlement, entrainment or brain entrainment, Ericksonian, essence repatterning, etheric plane communication, evoked insight, eye-movement desensitization and reprocessing (EMDR), eye movement hypnosis, expectation, explanation, expression technique, extraspection, eye movement hypnosis (EMH), eye roll, faith healing, family constellations, family systems, family intervention, fantasizing, fascination, feedback, filtering, focused breath, focused questioning, focusing, forensic interview, forgiveness, fractional relaxation, fractionalization, frame games, free association, future pacing, gamma hypnosis, gestalt dialog, glove anesthesia, goal directed fantasy, goal orientation, goal setting, grounding methods, group hypnotherapy, groupthink, group dynamics, guided affective imagery, guided fantasy, guided imagery, guided learning, guided meditation, guided search, guided visualization, habit control, Hakomi method, hallucination (negative and positive), healing imagery, hierarchic categorization, heiroscribing, hemispheric synchronization, holistic girth control, holodynamics, holographic repatterning, holographic replanning, holotropic breathwork, humanistic counseling, huna, hyper-kinesia, hyperesthesia, hypermnnesia, hypersuggestibility, hypnagogic imagery, hypnoacoustics, hypnoanalysis, hypnoanesthesia, hypnobiography, hypnocatharsis, hypno-childbirth, hypno-coaching, hypno-dance, hypnodontics, hypno-dynamics, hypno-education, hypnoenergetics, hypnogenesis, hypnography, hypno-massage, hypnometrics, hypnopedia, hypno-persuasion, hypno-phrenology, hypno-reiki, hypnophysiotherapeutics, hypnoplasty, hypno-psychology, hypnosynthesis, hypostatization, hypno-yoga, ideal model imagery, ideomotor, ideodynamic or ideosensory response, imagery, imagining, imagination activation, imagineering, imbedded suggestion, implementation, imprinting, impulse control, incremental exposure, incremental induction, indirect suggestion, induction, inferred suggestion, inner child work, inner dialogue, inner sanctuary work, insight technique, installation, installing abundance mentality, inner contemplation, instate sleep suggestion, installation, integration, intentionality review, intention realignment, interactive guided imagery, interactive feedback, interior dialog, inter-life exploration,

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intervention, introspection, intuition, intuition medicine, intuitive guidance, investigative inquiry, joining the resistance, journaling, Stockwell's Joy Therapy, Kenedi's DNA process, karma healing, kinesiology, kundalini hypnosis,

**Hypnotherapeutic Trance State Processes part II:** learned optimism, laugh therapy, laughing yoga, led meditation, leetha, life coaching, life (business) strategies, life style changes, life trap reframing, light & sight effects, linguistics, listening therapy, longevity response, lucid somnambulism, lulling, magnetism, mastermind modality, meditation, meditative breathwork, magnetism, mental first aid, mental rehearsal, mentorship, memory chain, memory enhancement, memory recovery, mental medicine, mental stimulation, mental suggestion, mental telegraphy, mer-ka-ba, mesmerism, meta-alignment, meta-coaching, metaphor, meta programs, mind/body medicine, mind/body cohesion-union or- integration, mind changing, mind control, mind dynamics, mind-field therapy, mind focusing, mindful dreaming, mindful meditation, mindfulness, mindful based stress reduction (MBSR), mind-line processes, mind mapping, mind mastery, mind medicine, mind movies, mind therapy, motivation, musicology, music therapy, naikan, natal regression therapy, neural integration, neurodynamics, neurofeedback, neurolinguistic programming, neurolinguistic psychology, neurypnology, neuro-semantics, neutralize, nocebo effect, non-pharmacologic analgesia, objective testing, (a person's name)-ology, operant conditioning, optimal (peak) performance training, pain control, parallel selves therapy, parts dialogue or sub-personality, patterning, perceptual positioning, performance acceleration, personal mastery, phobia releasement, photostimulation, pinpoint method, pivotal response conditioning, placebo effect, planning, play therapy, poetry therapy, polarity therapy, positioning & repositioning, positive change techniques, positive energy meditation, positive hallucination, positive personification, positive projection, positive thinking, posturing, post-hypnotic suggestion, potential manifestation, pre-birth perception, pre-hypnosis interview, pressure-point hypnosis, primal integration, primordial consciousness, problem solving, process imagery, process oriented imagery, programming, progression, progressive mental alignment, progressive relaxation, projection, psychoanalysis, psychoacoustics, psychoacoustic conditioning, psychodynamics, psychodrama, psychofeedback, psychometric analysis, psycho-neuro clearing or regeneration, psychosynthesis, put down/put up thought replacement, pyramiding, quantum healing, quantum focus, quantum fusion (squish technique), rapid induction, rational-behavior hypnosis, rational-emotional integration, re-alert, reality therapy, rebalancing, rebirthing, recall and memory enhancement, re-connectedness, reconstruction, recovery, re-cycle, re-enforce, redecision, re-evaluation, reformulation, re-framing, reflection, regression, rehearsal, re-image, reinforce, relaxation, relaxation response, relaxation training, relaxology, release, re-member, remote healing, renewed identity, reparent, repattern, repetition, repressed memory therapy, repression releasement, reprogram, re-script, resistance release, responsibility centering, rethinking, retrospection, reversal, reverse brainwashing, reverse speech, re-visioning, revivification, rite, ritual, role-playing, sand-play or sand-tray therapy, scripting, secondary gain analysis, self attunement, self-communication, self-esteem counseling, self-expression, self-hypnosis instruction, self programmed belief building (SPB), self-referencing, semantic techniques, sensitizing event diffusement, sensitivity training, sensory awareness, sensory distortion, sensory motor response, sensory recruitment, shadow work process, shamanic ritual, Silva method, sleep-learning, smoke cessation protocols, social skills training, socio-psychology, solution-focus, soma/psychic integration, somatic process, somnambulism, song therapy, soul extraction, soul retrieval, sound therapy, speed reading, speech enhancement techniques, spirit releasement, spiritual response process, Stockwell's Embracing Happiness Technique, Stockwell Zap, stress management, subconscious behavior modification, subliminal messaging, subpersonality work, suggestion, suggestibility enhancement, suggestive therapeutics, suggestive therapy work, swish method, symbolic restructuring, systematic desensitization, systematic integration, therapeutic imagery, thinking aloud, thought therapy, thought-field therapy, time-line therapy, toning and intoning, trance, trance channeling, trance dance, transactional balancing, transactional hypnoanalysis, transition counseling, trauma reversal, triggers, transformational breathwork, transformational counseling, transpersonal awareness, ultra-depth, ultra-mind development, uncovering techniques, unitive hypnosis, validation, veiled suggestion, visualization, verbal first aid, vibrational therapies, voice dialog, waking hypnosis, wellness vs. illness, whole brain learning, word association, yoga Nidra and ZMET®.



## HYPNOSIS AS AN INTERACTIVE PRACTICE

Many IHF registered Hypnotists, Hypnotherapist, Hypnocounselors, and the like, blend their disciplines with other disciplines to assist a client. They may do this as a stand-alone service provider or may incorporate hypnosis into another licensed or certified profession. This is done as follows:

1. **Alternative Adjunct Profession:** The stand-alone alternative modality of Hypnotist, Hypnotherapist, Hypnocounselor, or the like, may be used in conjunction with other disciplines. Many an IHF professional hypnotist works in an alternative manner with a myriad of other professionals. They perform their independent discipline in separate offices or in on-sight offices with other professionals. It is recommended that an Alternative adjunct client sign and date:

a) The IHF Complementary Disclosure form saying that “This professional hypnotist is not a licensed medical practitioner but a legal alternative/complementary wellness provider. (Forms are available by calling 310-541-4844) and

b) A “Record’s Release Form” saying “I give permission for my complementary care professional to discuss my care with my other providers.” Or

2. **Complementary Adjunct Profession:** The stand-alone modality of Hypnotist, Hypnotherapist, Hypnocounselor, or the like, may be offered to complement another discipline and used hand-in-glove to enhance that discipline. It is recommended that a complementary adjunct client sign and date:

a) The IHF Complementary Disclosure form saying that “This professional hypnotist is not a licensed medical practitioner but a legal alternative/complementary wellness provider. (Forms are available by calling 310-541-4844) and

b) A “Record’s Release Form” saying “I give permission for my complementary care professional to discuss my care with my other providers.” Or

3. **Blended Adjunct Professionals:** Some blend the stand-alone discipline of hypnosis into their other distinct certified and/or licensed practices. IHF blended adjunct practitioners who claim hypnosis in their practices comply with the educational standards of an IHF professional hypnotist as well as complying with the requirements of their other discipline(s).

Hypnosis trained blended practitioners, who include hypnosis within their other licensed or certified practices, covers a vast array of services including humanistic practices, personal growth, wellness, medicine, counseling, psychotherapy, acupuncture, chiropractic, massage, coaching, education, public relations, advertising, career counselors, arbitration, peacemaking, law, law enforcement, pastoral counseling...

## WARNING TO AVOID MISUNDERSTANDING

Be wary of those who claim that being a licensed medical provider qualifies one to practice hypnosis. A few excellent licensed practitioners take on an additional career in hypnosis and use both disciplines.

Hypnosis is not psychology or any other profession. It is hypnosis.

A Psychologist or Psychiatrist is not a Hypnotist unless they have taken specific training. California Board Of Psychology representative, Tammey L. Bailey says it well in a letter dated June 29, 2005: *“California Business and Professional Code (B&P) exempts other professionals from having to be licensed as psychologists to work in a psychological nature consistent with the laws governing their respective professions provided that they do not offer therapy for emotional or mental disorders. Persons utilizing hypnotic techniques, which offer avocational or vocational self-improvement, are among those exempt from psychological licensure.”*

Hypnosis is sometimes used by psychotherapists as an adjunct to psychotherapy. However, hypnotherapy by formally trained hypnotherapists is not the practice of psychotherapy and does not require a State license.

Hypnosis is an alternative, stand-alone, self-regulated, certified profession. Hypnotists do such an excellent job that most licensed helpers refer patients to professional hypnosis specialists. They know the power of this specific field and the benefits of a well-trained, qualified, hypnotist or hypnotherapist.

Once someone successfully satisfies state-approved guidelines and enters into the practice of any profession, recognized by state and federal agencies, that person's status becomes professional, not "lay."



## IHF **Complementary Practitioner Disclosure**

### **International Hypnosis Federation**

#### **COMPLEMENTARY PRACTITIONER DISCLOSURE FORMS**

To avoid legal entanglements or misunderstandings, professional International Hypnosis Federation practitioners are encouraged to have each client (on their first visit) complete the "IHF Complementary Provider Disclosure Form." The form lets consumers know what the practitioner does, their specialties, hours of training and experience, and gives the client assurances that they are visiting a well-trained alternative practitioner and not a licensed medical arts practitioner. (Of course, many IHF members practice two distinct professions; licensed and certified.)

Disclosure forms let the public know how to contact the International Hypnosis Federation with questions. The practitioner gives the client the yellow copy and keeps the top, white copy. Practitioners often take client notes on the back of this white form. The forms are available at our website [www.hypnosisfederation.com](http://www.hypnosisfederation.com) or by calling (310) 541-4844

California's Health Freedom Law, effective January 1, 2003, (SB577) requires all "non-licensed health care providers to have clients sign a written disclosure form at their first visit. One copy is given to the client & the other remains in your records for three years. This form was created to protect practitioners from "being cited, penalized or fined for violating the Medical Practice Act of California."

This legislation applies anyone who is not otherwise licensed as a health care provider under California law and "who practices or attempts to practice, or who advertises or holds themselves out as practicing, any system or mode of treating the sick or afflicted or who diagnoses, treats, operates for, or prescribes for any ailment, blemish, deformity, disease, disfigurement, disorder, injury, or other physical or mental condition of any person..." [California's Business and Professions Code Section 2052].

It is a good idea to use such a form in all states as legal protection. Louisiana passed a similar act and other states are considering like legislation.

Stage hypnotists can have volunteers sign the disclosure before the show begins. Make sure also, if you are video taping the show for resale, demonstration, or teaching purposes, that the person signs both the disclosure and a written permission (waiver) for you to use their image.

The International Hypnosis Federation printed "Alternative & Complementary Health Care Provider's Forms" are an attractive, positive, professional and promotional two-page-duplicate that defines and delineates all mind, body, spirit, and fun modalities not requiring state licensing. Hypnosis and other self-regulated (and often self taught) holistic specialty treatments identified are; Acupressure, Ayurvedic, Coaches, Counselors, Conflict Resolutions Specialists, Craniosacral Therapy, Cultural Healing Practices Detoxification Practices, Energy Workers, Folk Medicine, Healing Touch, Herbalism, Homeopathy, Hypnotists, Iridology, NLPers, Meditation, Mind/Body Healing, Spiritual Counselors, Pastoral Counselors, Polarity Therapy, Therapists, Nutritionists, Naturopaths, Bodyworkers, Skincare Specialists, Movement Therapists, Yoga, Qi-Gong Healing and more. Each could potentially be held in violation without a disclosure form. The IHF form can be ordered by calling (310) 541-4844 or from the back of this book.

### **International Hypnosis Federation**

#### **DISCLOSURE FOR MEMBERS WHO PRACTICE HYPNOTISM**

Hypnosis is a recognized, stand-alone, self-regulated profession in almost every state and country.

When someone successfully completes extensive education or specialized training and is a member of a professional organization, that person is a professional. A hypnotist, hypnotherapist, or hypno-counselor is not necessarily a psychologist or doctor and a psychologist or doctor is not necessarily a hypnotist- unless they have taken specific hypnosis training.

Hypnosis is a distinct and separate wellness modality and profession. For professional hypnotists, hypnosis is a well-studied main therapeutic method. Professional hypnotists spend hundreds, and often thousands, of hours learning and practicing hypnotic techniques. An occasional doctor, dentist or psychologist makes it their business to go to hypnosis school to be certified as a professional hypnotherapist. Most hypnotically educated, licensed medical professionals do not have time to practice hypnosis and refer their patients to certified professional hypnotists.

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**BE-WARE & Protect:**

## The Rightful Profession of Hypnosis

**IHF MESSAGE TO THOSE WHO SEEK TO LIMIT THE PROFESSION OF HYPNOSIS:**

### **1. HYPNOSIS IS A LEGAL STAND-ALONE SELF-REGULATED PROFESSION**

Hypnosis and Hypnotherapy are not a subset or component of any other modality. While some licensed practitioners may use hypnosis to complement their practice, hypnotherapy has a much wider scope. Hypnotherapists provide complete helpful unique therapy to individuals and/or groups.

### **2. CONTROLLING SEPARATE PROFESSIONS VIOLATES ANTI-TRUST LAWS**

Legislation that attempts to take away a person's right livelihood and put money in the pocket of members of *any* private organization violates anti-trust laws; one company does not have the right to control an entire industry.

### **3. HYPNOTHERAPISTS AND HYPNOTISTS HAVE A STRONG CODE OF ETHICS**

Over 35 national & international organizations qualify, educate & certify hypnotists and hypnotherapists. Each organization has standards, ethics and most adhere to the educational requirements. The International Hypnosis Federation (IHF) is a proud member of the Council of Professional Hypnosis Organizations (COPHO [www.copho.com](http://www.copho.com)), founded September 23, 1989 with over 20 member organizations representing in excess of 20,000 hypnotists throughout the United States and Canada. Many IHF members also belong to AFL-CIO (Hypnosis Union No. 472).

### **4. NO CONTROLLING, SELF-SERVING CONTROLLERS ALLOWED**

No private organization has permission to take your right to use hypnosis away from you. Nor shall any organization mislead you to believe that they are the only valid organization.

### **5. FIRST AMENDMENT RIGHTS**

Every person has a 1st amendment right of freedom of speech and has the right to hypnotically influence or motivate others.

### **6. HYPNOSIS HELPS PEOPLE TO BE LOOK AND FEEL THEIR BEST:**

Clients set and accomplish goals to: Be Aware, Be at the Top Of Their Game, Birth With Ease, Be Creative, Do The "Right" Thing, Gain Control Of Thoughts, Get A Grip, Get High With Their Higher Self, Deal With Challenges, Eliminate Stress/Fear/Pain/Bad Habits, Energize, Be Happy & Healthy, Make Good Choices, Make More Money, Manifest Dreams & Goals, Heal Hurts, Lose Or Gain Weight, Motivate & Be Motivated, Stay Optimistic, Organize, Persuade, Relax, Self-Controlled, Socially Adept, Spiritual, Sleep Well, Stand Up For Themselves and their truth and much more...

### **7. HYPNOSIS IS WELL RECOGNIZED**

Hypnosis as many other modalities used by International Hypnosis Federation practitioners is recognized by the US Department of Education's Classification of instructional programs as "Hypnotherapy-hypnotherapist" 9CIP 2000, 51.3603, and as a "legal profession" by the office of Administrative Law Judges Law Library as "Hypnotherapist".

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## IHF TRAINING PROGRAMS

The International Hypnosis Federation along with its recognized professional schools and training programs certify numerous professional specialties and practices including:

Hypnosis

Spiritual Counseling

NLP

Coaching

Conflict Resolution

Energy Work

Forensic Consultant

And many more are listed in the IHF members' scope of practices. Our specific guidelines for Hypnosis Certification, Spiritual Counseling Certification and Continuing Education hours follow



# IHF HYPNOSIS CERTIFICATION

**Hypnosis Certification Training:** IHF offers education in the art and science of hypnosis. Our training includes the Ethics and Standards delineated in this manual.

All institutes, instructors and courses bearing the title “IHF approved” or “IHF recognized” have a curriculum approved by the International Hypnosis Federation and are in good standing.

Since Hypnosis is a self-regulated legal profession, International Hypnosis Federation sets their own standards of training. We offer 50-hour modules toward 150 hours of training to be a Certified Hypnotherapist, 200 hours as a Clinical and 300 hours to be an Advanced Certified Clinical Hypnotherapist. The IHF institute’s intensive training modules teach how to use hypnosis to help yourself and others.

### **IHF Hypnosis Designations & Hours:**

Our 50-hour certification training modules are as follows:

Level 1... 50+ hours: Hypnotist: principles and practice of hypnotism

Level 2... 100+ hours: Master Hypnotist

Level 3... 150+ hours: Hypnotherapist

Level 4... 200+ hours: Advanced Hypnotherapist

Level 5... 250+ hours: Clinical Hypnotherapist

Level 6... 300+ hours: Advanced Clinical Hypnotherapist (a total of 300 hours)

Level 7... 350+ hours: Master Hypnotherapist

Instructor’s Training: Requires a minimum of 150 hours of IHF training plus 50 hours of Instructor’s Training

### **IHF Coaching Designations & Hours:**

Our 50-hour certification training modules are as follows:

Level 1... 50+ hours: WIN Coaching principles and practices

Level 2... 100+ hours: Advanced WIN Coaching

**Spiritual Counseling Certification Training Designations and hours:** Since 1980 IHF has offered education in the art and science of higher self-hypnosis, esoteric studies, enlightenment and superconscious awareness. Since Spiritual Counseling is a self-regulated legal profession, IHF sets their own standards of training. The International Hypnosis Federation offers 50-hour modules toward 100 hours of training to be an Advanced Certified Spiritual Counselor. The IHF institute’s intensive training modules teach how to use esoteric studies to help yourself and others.

### **IHF Spiritual Designations & Hours:**

Our 50-hour certification training modules are as follows:

Level 1 50+ hours: Certified Spiritual Counselor: principles and practice of hypnotism

Level 2 100+ hours: Advanced Certified Spiritual Counselor

### **Continuing Education:**

The International Hypnosis Federation members are requested to keep track of their re-education hours. IHF recommends 15 hours of continuing education per year.

These may be gleaned as:

Supervised & evaluated sessions

Attending a related conference, workshop or training

Attending chapter meetings

Writing articles for related journals or publications

Independent studies and evaluation of related texts

Teaching related subjects



# IHF PRACTITIONER GUIDELINES

These business practices will serve you well:

## 1. **Keep Good Records**

It is recommended that IHF practitioner members have each client complete a “Complementary Provider Disclosure Form” at their initial visit. This form is then kept on file for no less than three years.

## 2. **Enjoy Positive Interactions With Other Professionals**

IHF members agree to work together with all healing arts professionals both licensed and unlicensed. Licensed practitioners refer to alternative practitioners and vice versa. Those needing “medical intervention” are referred to appropriate licensed practitioners. Those needing “alternative intervention” are referred to appropriate alternative practitioners.

Alternative/complementary health providers do not require a doctor’s note (unless you are in one of a few state law says otherwise). It is a good business practice to inform your client’s other helpers about the good work you do. This lets you work together for the good of the client and invites referrals. A letter to a licensed medical helper remains in their patient’s file and is reviewed whenever the person visits.

## 3. **Alternative Practitioners Avoid Medical Vernacular**

Alternative Practitioners avoid license lingo; your clients are “clients;” not “patients.” You don’t “diagnose,” “label,” “prescribe,” or “treat;” you “co-create proactive solutions.” Clients have “challenges” not “disorders.” Rather than a “nervous breakdown” one may experience a “profound break-open for transformation.” A person is not “depressed” they “let go of negativity to be optimistic.”

Certified practitioners do not offer prescribed medication. Drugs are only available from members who have appropriate licensure to do dispense them.

Alternative practitioners honor and teach the law of attraction, how to think and grow rich, how to win friends and influence people, and how to manage life, attitudes and behavior. Hypnotists, Hypnotherapists and Hypnocounselors, coaches and spiritual counselors use and teach hypnosis and mind altering techniques for better grades, self-improvement, up-liftment, sports enhancement, stress reduction, pain management, and the like.



# IHF SEXUAL ETHICS

## SEX SHOULD NEVER BE A PART OF COUNSELING OR HYPNOSIS

**By IHF President, Shelley Stockwell-Nicholas, PhD**

(This information is a guideline for addressing difficult legal dilemmas. It is not intended to address every potential situation, nor is it intended as a substitute for legal advice or consultation. Laws, regulations and technical standards change over time, so verify and update this and any information.)

## PREVENTATIVE MEASURES

When choosing a helper, get a referral from a friend or a good referring organization like the International Hypnosis Federation, [www.hypnosisfederation.com](http://www.hypnosisfederation.com). Before selecting a helper you may want to interview several to find one who makes you comfortable. If you are unsure after one session, consider a different helper. Do not feel pressured to stay with one counselor.

## FREQUENTLY ASKED QUESTIONS

### Is It Normal To Feel Attracted To A Helper?

Clients commonly have strong feelings for an attentive, kind and caring helper. Counselors are trained to maintain a relationship that is beneficial to you. If such natural feelings arise, professionals are supposed to let you explore and resolve feelings; and not act them out. Helping professionals are trusted and respected. A client may admire their helper or feel attracted to them. However, a professional counselor who accepts or encourages these normal feelings in a sexual way, or says or implies that sexual involvement is “part of therapy” is taking illegal advantage.

### What If I Was The One Who Brought Up Having Sex?

That doesn't matter. The therapist is responsible for keeping sexuality out of therapy. If you made an advance they should clearly state; **“Sometimes clients have strong feelings for their counselor, however those feelings are not appropriate if expressed. In order to continue we must agree to have a strictly professional relationship. Will you agree to that? If not, we must terminate this session and I will refer you to another helper.”**

### Is It Okay To Have Sex With My Counselor?

No one has the right to sexually exploit you.

Question any action that seems sexual in nature.

Immediately end any relationship that seems unsafe.

If sexual involvement begins, help for the client ends. Those who endure abusive behavior from a counselor often are hurt and suffer.

Clearly Stated: Sexual contact between a helping professional and a client is illegal and unethical. Any helper who exploits a client to fulfill their own sexual need or desire is immoral and unethical. IHF members are educated to know that sexual behavior with a client during the performance of their profession disciplines is inappropriate and can result in criminal charges.

Professional licensing boards are immune from any monetary liability, so if you report misconduct to a licensing board do not expect any money.

### Why Would Someone Sexually Exploit A Client?

There are as many excuses as there are abuses and no excuse is acceptable by IHF standards. Our members do not use a trusted, therapeutic relationship for their own sexual gain.

### What If They Retaliate, Harass, Or File A Lawsuit Against Me For Reporting Them?

Retaliation and harassment of a complainant is illegal. If this happens, contact your local district attorney. However, if an abuser files a lawsuit against you, you will be required to legally defend yourself.

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Referrals: [www.hypnosisfederation.com](http://www.hypnosisfederation.com)

**PROFESSIONAL SUPERVISION/MENTORSHIP****By SHELLEY STOCKWELL-NICHOLAS, PhD****QUESTION:** What is “professional supervision/mentorship in hypnosis?”**ANSWER:** Supervision is for new and seasoned hypnosis practitioners who want to

1. Have professional training
2. Develop new competence and motivation
3. Are working toward advanced certification
4. Want to benefit from more knowledge of hypnosis.

Offered as a structured one-on-one or group mentoring program, seasoned professionals coach others to excel. International Hypnosis Federation Supervisors may offer Continuing Education Credits (CEs) toward certification.

An International Hypnosis Federation supervisor often designate who they oversee, as a “Hypnosis Intern,” “Hypnosis Trainee” “Hypnotherapy Intern” “Hypno-Coaching Intern” “Hypnosis Resident,” “Spiritual Counseling Intern” or “Postdoctoral Trainee.” “Hypnosis Assistant” or “Hypnosis Aide” are titles often assigned to those in the supervision/mentorship program.

