

INTEGRATIVE HYPNOSIS: EVIDENCE BASED INTERVENTIONS TO REWIRE THE BRAIN AND CHANGE THE MIND



by Melissa Tiers, CH, CI

This workshop covers the essentials of Melissa Tiers' style of "Integrative Hypnosis". You will learn protocols for rewiring habituated patterns of thought, feeling and behavior that can be adapted to fit any individual. You will learn dynamic and conversational ways of influencing and guiding the unconscious mind for multi-level change work that will allow you to put down your script books for good.

The course is a blend of classical and conversational hypnosis, Neuro-Linguistics, and processes created from the latest research in cognitive neuroscience and embodied cognition. From the recent studies on the adaptive unconscious we know that most issues are habituated patterns that have their roots in priming, cognitive biases and conditioning. This class teaches you how to access and change those patterns in novel and exciting ways. From procrastination and anxiety to motivation and goal achievement, you will learn to inspire generative changes that go way beyond traditional trance work.

We are in the perfect time to be Hypnotists! Research is not only validating many of our tried and true techniques, it's offering countless ways to hone our skills and utilize how the brain learns and changes. Incorporating practical neuroscience into your work will take your change work into the twenty first century. Everything from epigenetics, which shows us how to turn on and turn off gene expression to studies on the adaptive unconscious, which proves our unique skill set is exactly what people need in order to change deeply engrained programs, this class makes all of this practical.

This class will give the seasoned hypnotists new and exciting processes to infuse your practice with doses of fun, creativity and science based interventions that actually make our work easier. It is also open to the new hypnotists to be used as a foundation for learning, client change, and developing conscious and unconscious competence.

You Will Learn . . .

Memory reconsolidation and how to rewrite old programs

— The most exciting research to come out of neuroscience this decade is the fact that memories are malleable and in certain circumstances, rewritable. Melissa will teach you simple ways to set up the conditions to not only change the emotional tone of memories but how to rewrite implicit early emotional learning.

Priming the unconscious mind through language and environment — Understanding the power of unconscious priming gives you a whole new set of ways to guide and influence your clients so your change work hits at deeper levels. You will learn the power of multi-level communication and easy exercises to get good at layering them into what you are already doing.

The Meta Pattern of change for neutralizing triggers — This pattern is a game changer. There is a four step structure to almost any system of change and once you make it explicit you can create all kinds of fun interventions. You will learn how to neutralize triggers and condition in new automatic responses, all conversationally! You will learn how to deliver this pattern from waking to deep states of trance. You will never need a pre-written script ever again.

Re-imprinting for conversational regression — You will learn how to use a few creative variations on classical re-imprinting for a more dynamic conversational flow. You will learn to quickly access and re-code old imprints in ways that allow for memory reconsolidation to rewire the brain. It's time to take your skills into the 21st century.

Self-directed neuroplasticity to teach your clients to rewire their brain — This protocol can be adapted for almost every client situation. You will learn how to set up a simple frame so that your clients take their change into their own hands. The protocol consists of rapid techniques to change emotional states and eliminate cravings. They are powerful stand alone interventions that when combined give a thorough and adaptable system of change that can rewire any habituated pattern of thought, feeling or behavior. *The pattern interrupts are:*

- **Bi-lateral stimulation** - a quick technique to synchronize the brain to stop anxiety or cravings
- **Peripheral vision anchor** - an easy way to stop internal dialogue and quickly access parasympathetic response.
- **Hear Coherence Entrainment** - a one minute way to down regulate the system and stop anxiety.
- **Backward spin** - a fun and easy way to turn fear around
- **Faster EFT**- a more portable tapping technique that's easier to teach and use.
- **Vagus nerve stimulation** - fast ways to access parasympathetic response and change Vagal tone.

Creative new inductions to add to your practice

Spatial and temporal language for shifting internal representations

Coaching Through Time: a recursive protocol for generative change

And Much More ...

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I highly suggest everyone learn her process. She has been able to get all that we have learned as a hypnotist and NLP practitioner and create a great way to use with clients. The science that she has learned and shares is awesome. A wonderful presenter.

Laura King, BCH, CI
Lake Park, FL

Melissa is a Hoot! She is full of great information and excellent reasons for why she does what she does. She has taken hypnosis to another level, a more simple, to the point, and easy place using powerful techniques that enhance the change process.

Laney Coulter, BCH, CI
Portland, OR

Melissa is a fountain of science based knowledge and her techniques are simple to integrate. I believe my clients will benefit from these new tools and hence my practice will benefit as well. Thank you, Melissa, for squeezing 8 days into 2!

Angella Ocheltree, CH
Marietta, GA

As a teacher Melissa is inspirational, knowledgeable about latest research and out right comical. Melissa is able to take the complicated, synthesize it to be understandable and usable! After 25 years in one profession I was ready to change gears. I am now a Hypnotist and Life Coach with confidence and skills that I joyfully learned from Melissa. She's the best!

Sueanne Campbell
Hypnotherapist & Life Coach

She is a remarkable teacher, scholar and practitioner.

I have been studying hypnosis for the past twenty years as a student, client and as a practitioner. I took the National Guild's Hypnosis Certification class with Melissa Tiers. She is a remarkable teacher, scholar and practitioner. Personally, I found her course liberating and supportive. She helped free my voice as a hypnotist. She gives of herself endlessly as a mentor. She is unbelievably knowledgeable and passionate about her work, which is individualized for client and practitioner alike. Every person I have referred has walked away satisfied and excited.

Celene Krauss, Ph.D.
Professor of Sociology
Kean University

She Rocks!

I have been a nurse for over 40 years, and decided that I needed some new skills for my clients and for my own use. I took an introductory course of hypnosis with Melissa. What I learned that Monday night, I got to use the next day with one of my clients with outstanding success. I knew that I had to learn everything I could from this dynamic teacher. Took her full course and she rocks. What a wonderful experience, every encounter has been eye opening, informative, hands-on, and smile provoking. I am a believer that when a student is ready to learn, a teacher will appear and Melissa is that person. If you really want to know how to help people and be a change agent, then Melissa is your call.

Mercedes Herman

Thank you.

I was totally revived to continue psychotherapy practice but now with a completely open mind to combining it with a studied hypnotherapeutic bent that involved research & outcomes. Melissa Tiers was the new bright energetic far-seeing trainer everyone wants to place the common procedures along with an independent eye for improving as one practices.

Dr. Michelle Le Bow Psy.D

As both a therapist and hypnotherapist in private practice I need to keep my various skills fresh as well as ever expanding. Melissa Tiers has been my resource of choice for several years now.

I have taken all of her classes at least a couple of times and will continue because the material presented is always enriched with new and fascinating dimensions. This is a testimony to Melissa's open-mindedness to the new, and her dedication to her own personal growth, the benefits of which she shares with both peers and students in an incredibly generous way.

Her enthusiasm for the work is contagious and having her mentorship has been both life and career expanding. I recommend her classes whole heartedly to all the ones ready for new life dimensions as well as a strong desire to help others create positive change in their life.

Caty Shannon, P.C., H.T.

Melissa is greatly authentic and entertaining - an equally amazing and informative! I learned so much and felt good about it!! There are dozens of things I can't wait to implement in our practice.

Roberta Fernandez, BCH, CI
Eden Prairie, MN



Melissa Tiers CH, CI, is the founder of The Centre for Integrative Hypnosis with a private practice in New York City. She is an award winning hypnosis instructor and a 2 time recipient of the I.M.D.H.A's Pen and Quill Award for her books *Integrative Hypnosis* and *Keeping the Brain in Mind*. Melissa teaches classes in clinical hypnosis, neuro-linguistic psychology, mental health coaching and practical neuroscience. Melissa is a certified instructor for the National Guild of Hypnotists and an adjunct faculty member of The New York Open Centre and the Tri-State College of Acupuncture where she teaches a course on Mind/Body Medicine and Reframing.

#125
Wednesday-Thursday
August 9-10
***Tuition: \$375**

Sessions Begin at 9 AM

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