

ASSIGNMENT PROCEDURE

Now that you have completed your course all you have left to do is to submit your paperwork and Test to the Home Office.

This is the instructions and procedure

how to complete it. Please follow the instructions carefully so you can receive your certificate without delay.

INSTRUCTIONS

1. **Copy and print this entire Assignment Packet of 15 pages** including the 3 Forms and Test. 2. **Complete the Registration Form** as instructed
(This will be mailed to us) via Postal Service. 3. **Complete and SIGN the Assignment Form.**
(This will be mailed to us) via Postal Service.
Your assignment of creating two original scripts will be “emailed” to us as stated in the assignment form but the form will be signed and “postal mailed” to us.
4. **Read the AIA Code of Ethics:** If you agree with them, **SIGN the Code of Ethic Form.** *(this will be mailed to us) via Postal Service.*
5. **Complete the Test circling the correct answers.** *(This will be mailed to us) via Postal Service.*

*** Once we have received your two original scripts via Email and your paperwork packet via Postal Service (3 forms and test), we will correct your test and process your paperwork. If you passed, we will send out your certificates to the address you supplied on your registration form. We process certificates on Thursdays and mail them out shortly thereafter.

If for any reason you did not pass the test, we will inform you and you may retake it after 10 days. This ensures you have time to study.

NOTE: This is the paperwork procedure for “everyone” even if you do not reside in the USA. We realize that it may take longer for mail services to arrive but it is important that we receive the paperwork with your original signatures on them. Please do not ask if you could copy, scan and email the forms and test to us as we require them in paper form. There are no exceptions. Thank you.

Rene Bastarache, CI
Founder, American School of Hypnosis

Step 1 – AIA HYPNOSIS CERTIFICATION REGISTRATION FORM

NAME: _____

(Your name should appear exactly as you would like to have it on your certificate.)

NOTE: The only professional initials we will place on your certificate are as the result of completed Medical or Mental Health Degrees. We will not place non-medical designations such as honorary Dr. or MD as the result of metaphysical or spiritual degrees. “We” did not certify you for them and cannot vouch for their validity. Please don’t ask us to do so! We require proof of degree designation in spaces below and will approve them at our discretion.

(You are certified with the ASH as a Hypnosis Practitioner. You are responsible to check on and adhere to your own state regulations. It is imperative that you work within your field of expertise and experience.)

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COUNTRY: _____ CODE(s) _____ TEL: (Contact phone) _____

EMAIL: _____ WEB PAGE: _____

D.O.B.: _____ OCCUPATION: _____

EDUCATION: HIGH SCHOOL: _____ COLLEGE: _____

DEGREE IN & College Attended for Above Designation on Certificate ONLY!:

PURPOSE FOR TAKING COURSE:

INCLUDE IN THIS BOX WHAT INFORMATION YOU WOULD LIKE TO HAVE INCLUDED ON THE LISTING ON OUR WEBPAGE FOR A.I.A. ASSOCIATES: (All information is dependent on approval of main office – We will change your information to make all listing uniform.) * You will not be listed online until you email us a suitable picture of yourself in jpg format. * Go to: <http://www.choosehypnosis.com/session.htm> for examples.

PLEASE PRINT CLEARLY

Name:

City, State, Country for listing:

Business contact phone:

Business contact email:

Business name:

Business webpage (if you have one):

Any specialty to list:

(Must be within your realm of training)

Additional information if required:

Copy and Mail this form to the Home Office

American International Association

Rene A. Bastarache, CI

(207) 590-5859

admin@choosehypnosis.com

www.choosehypnosis.com

ASSIGNMENT FORM

*Certification will not be awarded until assignments are completed and turned in properly, as required.

Please take your time and double check your assignments for grammar and content.

1. Create 2 scripts on any titles you prefer that you have not seen already. (Originals) You are encouraged to write about titles you are familiar with or that you feel you will need in your practice. Keep in mind that new students in future classes will have the opportunity of using these in their practices.

(Please create your 2 Scripts on a computer in either doc or pdf format and “**email** them” to admin@choosehypnosis.com if you do not have either format you may insert them in the body of an email)

2. Read the entire training manual.

* All materials handed in for assignments become property of the American School of Hypnosis and will be used for advertising, training, promotional or other purposes.

I attest that I wrote the hypnosis scripts that I submitted to the ASH as assignments for graduation and they were of my own original creation. They were not totally or in partial the works of any other author.

I understand the individual assignments and that they are all required as a prerequisite to graduation of this course and that it is my responsibility to complete and send them to the ASH prior to certificates being processed.

(Signature)

(Printed name)

(Date)

Copy, Sign and Mail this form to the Home Office.

A.I.A. Association Bylaws

We are an association of Hypnosis professionals dedicated to helping each other to grow and advance the field of hypnosis. We require all members of our association to agree with and conform to all the articles stated below in order to be part of our association.

PURPOSE: An association network at your disposal where you can:

Call for help or advice for sessions, information and advertising.

A national referral database where you can refer clients to and receive referrals from.

A place where you can share information in your areas of specialty.

Receive added credibility through referrals and association.

I - I am willing to adhere to all articles of the A.S.H. Code of Ethics.

II - I agree to assist and promote members to the best of my ability in a professional manner when I am called upon for assistance or advice as well as in all dealings with association members or A.I.A. officials.

III - If I am called by a client or member for a referral I will respond in a positive manner giving the most accurate information I can. If I am unable to assist I will refer them to someone who can or to the A.S.H. main office.

IV - I will refer clients not in my area or in need of services to an associate office if one is in the appropriate area.

V - I realize that upon any violation of the AIA Code of Ethics that my AIA membership and association may be terminated upon the discretion of the AIA Director or its Board.

Signature

Date

Printed name

Copy, Sign and Mail this form to the Home Office.

A. I. A. Code of Ethics

We require our members to become familiar with and conform to the following code of ethics. All members will be held accountable for any violations and may also be grounds for termination from association membership.

I - I will become aware of the specific rules within the state, province or area in which I am going to practice before I begin, and conform to such rules and practices.

II - I will dedicate myself to providing competent services with compassion within my scope of practice training, knowledge and experience.

III - I shall represent myself with a standard of professionalism and be honest in all professional interactions.

IV - I will respect the rights of patients, colleagues, and other health professionals, and shall safeguard patient confidences and privacy within the constraints of the law.

V - I will continue to study, apply, and advance my knowledge in the area of hypnotherapy and related fields in order to become more proficient and better serve my clients.

VI - When a clients requirements are beyond my scope of practice, I will notify them of such and refer them to a practitioner with qualifications in the specific area if available.

VII - If I find that a client may be in need of mental health work or evaluation and I am not qualified in such fields, I will refer them to a qualified mental health worker and shall postpone my services until such treatment has been completed or their mental health practitioner has given me a written referral of such.

VIII - I shall not misrepresent myself or my services in any way while advertising.
I shall not make promises or claims of results in order to increase interest that are false in my advertisements.

IX - I shall not slander, misrepresent or make comparisons in a negative manner towards my competition, fellow members or the A.I.A.

X - I shall uphold these standards of professionalism, be honest in my interactions and strive to report any violations of such if should they become apparent.

YOUR HYPNOSIS CERTIFICATION TEST BEGINS HERE!

We will notify you once we completed processing if you did not pass and you will be allowed to take the test again after a minimum of 10 days.

MULTIPLE CHOICE (*Only CIRCLE one answer per question*)

1. What is Hypnosis?
 - A deep, deep sleep
 - Making a client do something against his will
 - An alien conspiracy
 - Being open to suggestion
2. Both the British Medical Association and the American Medical Association issued statements supporting the usefulness of hypnosis as a form of therapy in the ...
 - Not yet
 - 1830's
 - 1950's
 - 1920's
3. Signs to look for in hysterical subjects in hypnosis are ...
 - A high pitch squealing
 - Rhythmic circular motion of the head
 - Itching of the toes
 - Bad breath
4. Office environment should include ...
 - Lava lamps
 - All you can eat crab buffet
 - Subdued lighting
 - Coffee machine
5. Who can be hypnotized?
 - Anyone who can understand and follow instructions
 - Anyone who can ride a unicycle
 - Only people who could relax easily
 - All Democrats
6. Can you hypnotize young children from ages 3 - 5?
 - Yes, with stuffed toys and duct tape
 - No, children are too rebellious until age 10
 - Yes, by using sleep hypnosis
 - Yes, by using the babysitter approach
7. Describe a characteristic of an analytical subject.
 - They like relaxing at the beach
 - They do everything slowly
 - They focus on the task at hand and relax later
 - They are very irritable and often explosive
8. Which type of occupation would normally come under an analytical type classification?
 - Accountant
 - Nurse
 - Student
 - Factory worker
9. Which types would most likely come under a non-analytical classification?
 - A Doctor

A Lawyer
A Teenager
A Military General

10. The number one thing to be proficient in for success in your hypnosis practice is:
Marketing
Marketing
Marketing
All of the above
11. How do you gauge how deep someone goes in hypnosis?
With a measuring tape
By dialing 911
By asking them their age
By using a depth scale
12. What are post hypnotic suggestions?
Suggestions to be acted upon later on
Instruction given from the Post Office
A past life regression session
Suggestibility tests
13. How long can a post hypnotic suggestion last?
1 day
2 weeks
As long as it is desirable to the client
As long as they remember it
14. Conducting hypnosis on a client for a topic that is outside of your realm of practice ...
Can be harmful to your client
Will cause you to be ejected from the AIA Association
Is an unethical practice
All of the above
15. The purpose of suggestibility tests are ...
To have fun with your client
To get your client loosened up
To create a fun atmosphere
To classify what method of hypnosis to use
16. The Arons Depth Scale has ...
5 levels
6 levels
10 levels
30 levels
17. Suppressed memories can be uncovered in the _____ stage.
Beta
Alpha
Theta
Delta
18. The Catholic Church accepted hypnosis as legitimate therapy in...
Not yet
1986
1958
1897

19. Which of the following is considered an early pioneer of hypnosis?
Svengali
Franz Anton Mesmer
Lloyd Wright
Charlie Chaplin
20. Which individual coined the term “hypnosis“?
Pepe LePew
James Braid
Hans Christian Anderson
Jack Benny
21. The term “hypnosis” derives from the Greek word for?
Sleep
Trance
Power
Eat
22. Franz Anton Mesmer was known for which of the following?
Post hypnotic suggestion
Negative hallucinations
Talking in your sleep
Animal magnetism
23. A suggestion given while in hypnosis to be carried out at a later time is called?
Future plea
Hopeful suggestion
Post hypnotic suggestion
Suggestion in embryo
24. The deepest of the four brainwave states is...
Delta
Beta
Alpha
Theta
25. Which is required for hypnosis?
Total quiet
Eyes must be closed
Soft music
None of the above
26. If you normally remember 1/3 of all memories how much will you remember with automatic writing?
Approximately 2/3
Approximately 1/2
100%
Nothing
27. British surgeon who performed over 2000 operations, even amputations simply using hypnosis.
Thomas Selleck
James Esdail
Marcus Welby
Britney Spears
28. A counter suggestion is a suggestion ...
That is given over a counter
Given by an auditor
Designed to get you to count

Given to counter an earlier suggestion

29. Daydreaming state where you remember your dreams starts in ...

- Beta
- Alpha
- Theta
- Delta

30. Daydreaming state involving amnesia starts in...

- Beta
- Alpha
- Theta
- Delta

31. Time distortion in hypnosis is defined as?

- Really fuzzy looking time
- An unexplained lapse of time during hypnosis
- Not being able to read the time
- None of the above

32. Glove analgesia is ...

- An allergy to gloves
- An allergy to pressure
- Feeling pressure from peers
- Feeling pressure but no pain

33. Who was Svengali?

- An evil magician
- A fictitious character
- A sinister hypnotist
- An Italian chef

34. The hypnogogic state is ...

- The 53rd US state
- A state between taking breaths
- A state of confusion
- A state between sleep and wakefulness

35. With the Affect Bridge, memories are recovered by inducing ...

- Vomiting
- An automobile ride
- Coma
- An intense emotional state

36. A negative hallucination is ...

- A very bad mirage
- A hallucination that is depressing
- Not seeing something that is there
- Seeing something that is not there

37. Contention is effortless ...

- Effortless concentration
- Anger directed towards your client
- An intention towards an ex-convict
- None of the above

38. Rigidity of the skeletal muscles is known as ...

- Trance

Bone marrow
Catalepsy
None of the above

39. Somnambulism is ...

The deepest state of hypnosis
Having a bump on your head
In the Beta brainwave state
None of the above

40. Auto-suggestion is ...

The anesthesia level
Automatically bringing someone into hypnosis
Speaking to an automobile
Self-talk

41. Clients with mental health issues should be hypnotized by

Any hypnosis practitioner
Only qualified hypnosis practitioners with a degree in a mental health field
Anyone
None of the above

42. In the Theta Brainwave state, the client will lose their sense of ...

Time and memory
Time and understanding
Memory and appetite
None of the above

43. Although only 20% of society is analytical the analytical approach works on:

100%
60%
40%
20%

44. To eliminate pain you must change its nature from subjective to ...

Objective
Non pain
Fear
More pain

45. A negative habit must be _____ with a new positive habit.

Encouraged
Eliminated
Nurtured
Replaced

46. Faith is developed through ...

Running
Repetition
Ultimate truth
Itching

47. The 6th sense is also known as ...

Visualization
Sense of smell
Heightened awareness
Imagination

48. If a client in hypnosis is excessively crying, laughing, has their head swaying uncontrollably:
Run for help
Dial 911 emergency on the telephone
Ask them what is going on
Tell them to stop immediately
49. No one is immune to instant inductions but anyone can ...
Resist them afterwards
Act like a chicken
Do the ballet
Construct road hazards
50. If you think someone is sleeping in hypnosis, simply ask them to ...
Wake up and tell you
Nod their head if they can hear you
Raise their foot to the ceiling
Stop snoring

TRUE OR FALSE – Circle the Correct Answer

51. Level 4 is the best level of the Arons Depth Scale for painless childbirth.
True False
52. In hypnosis all senses are enhanced at least 15% or more.
True False
53. A person can be hypnotized over the computer.
True False
54. Pseudo regression is experiencing the event first hand and you will feel the feelings and emotions.
True False
55. A post hypnotic suggestion can be given over the telephone.
True False
56. Only 50% of society are susceptible to rapid inductions.
True False
57. Students and military are the least suggestible subjects.
True False
58. People with mental illness are easy to hypnotize.
True False
59. People who are intelligent have difficulty entering into hypnosis.
True False
60. You can be made to do things against your will in hypnosis.
True False
61. People who are in a deep hypnotic state always tell the truth.
True False
62. Sleep hypnosis is conducted while the subject is in the hypnogogic state.
True False

63. Hypnosis can be used for anesthesia.
True False
64. Artistic, creative people use more of their right brain.
True False
65. Hypnosis is primarily a left brain activity.
True False
66. The Arons depth scale has 10 levels.
True False
67. Suppressed memories can be uncovered in level 1 of the Arons Depth Scale.
True False
68. It is necessary to be deeply relaxed to get into hypnosis.
True False
69. All hypnosis is self-hypnosis.
True False
70. You are in a deep sleep while in hypnosis.
True False
71. In the deeper levels of hypnosis you can control your subjects mind.
True False
72. Military people are easy to hypnotize.
True False
73. College and high school students are difficult to hypnotize.
True False
74. Certification from an association is required to open an office.
True False
75. Only weak minded people can be hypnotized.
True False
76. It is possible for clients to move from pseudo-regression to true-regression several times during a session.
True False
77. A client will not do anything against their will or nature.
True False
78. Only a trained mental health professional should attempt regression to re-open traumatic memories.
True False
79. Suggestibility tests are used to see what you can make your clients do against their will.
True False
80. Anyone can resist going into hypnosis if they try.
True False
81. There is always a danger of remaining stuck while in hypnosis.
True False

82. An analytical vehicle is designed to keep your subjects mind busy while delivering suggestions.
True False
83. Mathematics, analysis and logic are traits of the right brain.
True False
84. The postural sway tests should be used only on analytical clients.
True False
85. The subconscious mind understands and enjoys humor.
True False
86. A minimum of seven suggestibility tests should be conducted before your initial session.
True False
87. The first three levels of the Arons Depth Scale are known as the Amnesic levels.
True False
88. The conscious mind is continually welcoming change.
True False
89. The subconscious mind makes all decisions.
True False
90. It takes a minimum of 37 days to create a permanent habit.
True False
91. The last three levels of the Arons Depth Scale are known as the Mnesic levels.
True False
92. Faith and belief are developed through repetition.
True False
93. The subconscious mind does not understand the difference between a real or imagined memory.
True False
94. The permissive hypnotic approach involves speaking to your client in a forceful, strong and domineering manner.
True False
95. If you believe in positive results then you are in a state of expectancy.
True False
96. Each successful challenge guaranteeing the success of the next more difficult challenge is known as pyramiding.
True False
97. A subject cannot be hypnotized with their eyes open.
True False
98. The bridge technique is used for people who wish to quit gambling.
True False
99. Anyone who can follow simple instructions can be hypnotized.
True False
100. The two most common one-word commands used in instant inductions are "sleep" and "run".
True False

Copy and Mail this Test to the Home Office.