



Think Pain Away Learning Outcomes Level 2

At the completion of Level 2 the Student should be able to:

1. Prepare and practice an internal mind communication system. Introduction to Level 2.
2. Explain and define multiple versions of what "Hypnosis" can be and is not. Lesson 2 and 3.
3. Recognize and Distinguish between the levels of the mind. Lesson 3.
4. Differentiate between hypnotism, hypnosis and hypnotherapy. Lesson 4.
5. Define, restate and compare the three laws of hypnosis. Lesson 5.
6. Detect the state of hypnosis. Lesson 6.
7. Recognize the three types of hypnosis clients and responders. Lesson 7.
8. Point out what you need to experience self-hypnosis. Lesson 6.
9. Define, explain and use reframing a positive connotation around a problem behavior such as chronic pain. Lesson 8.
10. State and propose how to quiet the mind. Lesson 9.
11. Recall and give examples of the seven mechanics of the mind. Lesson 10a.
12. Justify the mind/body connection is the new paradigm. Lesson. 10b
13. Support the understanding that hypnosis is a tool to reduce the idea of chronic pain. Lesson 10b.