



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.