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Dr. Edgar A. Barnett - Biographical Sketch Excerpts from Unlock Your Mind and Be Free! A Practical Approach to Hypnotherapy Excerpts from Analytical Hypnotherapy: Principles and Practice NOTE: Several years ago, I took a hypnotherapy course, "Unlock your Mind and be Set Free" based on Dr. Edgar Barnett's book Unlock your Mind and be set Free: Westwood Publishing Company.

## **Edgar Barnett - Human Trinity Hypnotherapy**

Excerpts from Analytical Hypnotherapy: Principles and Practice If hypnosis did nothing more than raise self-esteem and strengthen ego, it would be performing no small service to patients. Hypnosis is unquestionably a powerful tool for the

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uncovering of memories, but such uncovering is only the first step.

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Principles of how psychological problems are formed in the subconscious mind and how they are overcome through hypnotherapy, including the use of analytical hypnotherapy for uncovering, including age regression, abreaction, catharsis, developing understanding, client's reinterpreting and reintegration of sensitising or traumatic experiences.

## **Main Courses - Academy for Hypnosis**

Analytical Hypnotherapy Volume 2 allows the practitioner to accomplish an in-depth examination of the client's psyche as well as acting as an invaluable guide, which aptly demonstrates the importance of hypnotherapy in investigative methodology and practice.

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This module teaches students the principles and practice of hypnosis. Accurate information on the safe, effective use of hypnosis and hypnotherapy is presented. The Hypnotherapy Academy prides itself in teaching the widest variety of induction styles, suggestibility testing methods and deepening techniques.

## **Course Content | Hypnotherapy Training | Hypnotherapy School**

Students acquire essential principles of how psychological problems are formed in the subconscious mind and how they are overcome through hypnotherapy. You learn fundamental principles and skills of Transforming Therapy™, a highly advanced, dynamic and long-lasting method of analytical hypnotherapy.

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originating cause of my client's distress by providing a deeply investigative therapeutic environment.

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