

Checklist to Evaluate a Hypnosis School, Trainer or Program

Provided by the 5-PATH® International Association of Hypnosis Professionals
& the Owner of this Website

Evaluate the quality of any hypnosis training program by checking off the items on this list if the program provides the item listed. This information can be gathered from graduates of the program, the program's website, or speaking with the instructor. Only consider programs that allow you to check everything on the list.

- Is your school licensed by the state or otherwise operating in a legal way?
- What hypnosis organization are you training and certifying for? (National Guild of Hypnotists (NGH) is preferred.)
- Has your program been accepted as a Special Interest Group (SIG) by the NGH?
- Does your school have an additional professional organization for your graduates?
- How do you notify the graduates of your program when you have updated your course so that they can be updated as well?
- Do I receive at least these certifications by completing your training? NGH Certification, Master Hypnotist Certification, Self-Hypnosis Teacher Certification and an Advanced Certification (i.e., 5-PATH® Certification)
- Do you help me to either be hired or set up my own hypnosis practice after graduation?
- How much time will you spend on the history of hypnosis? (Check if minimal time.)
- Are you going to teach both modern or classical approaches to hypnosis? (Check if minimal time is given to "classical" approaches.)
- How much supervised practice time is part of your course? (This is different than going home and practicing on your own.)
- What kind of support do you offer after graduation? (Should have online, telephone, peer support, and optional training materials.)
- Can I retake the course for free if I want?

- How are you supporting and building the profession? (Check if they can show they are.)
- Are you still seeing clients, and if so, for what issues?
- What non-hypnosis topics are part of the course such as NLP, EFT, etc.? (Do not check if they say yes. These “extras” take away from the “meat” of your hypnosis training.)
- How many hours is the course? Check if there is a minimum of 80 hours in class.
- How large are the classes? Check if limited to 20 or less.
- Can you give me contact information for graduates who are successful?
- What kind of issues will I be able to work with upon graduation? (Don't check if less than 5.)
- Who will be teaching the course? (Check if 90% of the course is taught by a certified instructor.)
- How systematized is your approach? (Check if they have a clear systematic approach.)
- Is self-hypnosis taught in the course? Do we get to try it out so we can experience it?
- How will I personally benefit from your course other than hypnosis certification?
- What percentage of your students come from outside of the area? (Should be 30% or higher to indicate a really great program.)
- Do you have a page where I can see all of the feedback from your students?
- Can you point me to any third party validation for the quality of your course such as a Yelp page, or awards that you have received?

If you have any questions about any item on this checklist, or if you have any questions about the training programs offered on the site where this checklist was provided to you, contact us!

Instructor and Contact Information

Certified Professional Hypnosis Instructor:
Cal Banyan, MA
Board Certified Hypnotist
Master Certified Professional Hypnosis Instructor
Diplomate of the National Guild of Hypnotists
Order of Braid Member

School Location:
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