

**Only \$175 for a three-day certification seminar!**

# Rational Hypnotherapy

Intensive Certification Seminar

June 9 - 11, 2010

# Advanced Rational Hypnotherapy

Intensive Certification Seminar

September 15 - 17, 2010

*Presented by....*

**Aldo R. Pucci, Psy.D.**

ALDO R. PUCCI, Psy.D., DCBT, is president of the National Association of Cognitive-Behavioral Therapists ([www.nacbt.org](http://www.nacbt.org)) and founder of the Rational Living Therapy Institute ([www.rational-living-therapy.org](http://www.rational-living-therapy.org)). Dr. Pucci developed the very systematic, comprehensive cognitive-behavioral approach known as Rational Living Therapy. He has trained thousands of mental health professionals throughout the US in his technique.

Dr. Pucci's Rational Living Therapy approach is the main therapeutic technique for the national adolescent treatment program, VisionQuest. Additionally, the Centers for Disease Control and Prevention selected Rational Living Therapy for its smoking cessation program. He is the author of two books, *The Client's Guide to Cognitive-Behavioral Therapy* and *Feel the Way You Want to Feel ... No Matter What!* He has been interviewed for articles in many publications, including the *Oprah* magazine and *Money* magazine.

Dr. Pucci obtained a B.A. in psychology from West Liberty State College, an M.A. in clinical psychology at Radford University and completed his graduate training at Virginia Tech, California Southern, and the Graduate Theological Foundation, where he obtained his Psy.D. degree.

*Sponsored by the...*

**National Association of  
Cognitive-Behavioral Therapists**

Approved continuing education provider:

National Board for Certified Counselors

Ohio Counselor & Social Worker Board

National Ass. Alcohol & Drug Abuse Counselors

Pennsylvania. SW, MFT, and Counselors

Pennsylvania State Board of Psychology

## Pittsburgh, PA

*20 Miles West of the Pittsburgh International Airport*

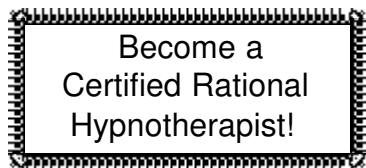
RLT Institute / NACBT Headquarters

203 Three Springs Drive, Suite 4

Weirton, WV 26062

1-800-853-1135

# Rational Hypnotherapy Intensive Certification Seminar June 9-11, 2010



Earn 18 Contact Hours!

**Prerequisite:** Graduate Degree in Mental Health Field or Current Graduate Student in Mental Health Field  
*There are no training prerequisites.*

**Question:** Why utilize hypnotherapy in the practice of psychotherapy?

**Answer:** Hypnotherapy is another technique to help people change the way they think. The difference between it and conventional psychotherapy, though, is that with hypnotherapy, believability is irrelevant in terms of treatment outcome. When in a deep state of hypnosis, the client is not required to believe a word you say for the suggestions to become integrated into his / her manner of thinking! Secondly, some thoughts are acquired through accidental hypnosis.

**Can you learn hypnotherapy in three days? Certainly! Rational Hypnotherapy is a very straight-forward approach that is consistent with cognitive-behavioral therapy, and attendees become competent and effective in only three days. Of course, it takes practice to develop a smooth delivery.**

Day One	Day Two	Day Three
<p><b>What is Hypnosis?</b> Learn what hypnosis is and why common definitions are problematic.</p> <p><b>A Hypnosis Demonstration.</b> Your instructor will demonstrate a complete hypnotherapy session from induction, to deepening, to therapy, to termination.</p> <p><b>Why and How Hypnosis Works.</b> Learn what happens during hypnosis that encourages change in cognition, emotion, and behavior.</p> <p><b>Induction / Deepening Techniques.</b> Learn how to induce and deepen the hypnotic state, thus preparing the client for therapeutic suggestions. Attendees will engage in practice sessions and the instructor will provide feedback.</p>	<p><b>Testing for Depth.</b> How do you know when the patient is ready for therapeutic suggestions? This seminar will show you how to test for depth.</p> <p><b>Therapy.</b> Learn how to develop and deliver hypnotherapeutic suggestions for a wide variety of problems, including anxiety, panic, phobias, depression, anger, smoking, obesity, substance abuse, compulsions, sexual disorders. Case examples will be presented, and attendees will have the opportunity to present their case examples.</p> <p>Attendees will engage in practice sessions and the instructor will provide feedback.</p>	<p><b>Drug &amp; Alcohol Treatment.</b> Learn how to apply hypnotherapy to help a person to rid him/herself of addiction. You will learn how to provide suggestions for relaxation and well-being to replace the discomfort of withdrawal.</p> <p><b>Conversational Hypnosis.</b> Learn how to provide indirect suggestions that will set the stage for success. This is especially helpful for resistant clients.</p> <p><b>Using Metaphors.</b> Metaphors are helpful when clients have difficulty visualizing during hypnotherapy sessions and to work around resistance.</p>

# Seminars Information

**Seminar Daily Schedule:** For both seminars, Day-One sign-in / registration is from 7:30 a.m. to 8:30 a.m. A continental breakfast is provided during the morning session each day. The schedule for each day is:

8:30 a.m. -- Seminar Begins  
10:00 a.m. -- Morning Break  
12:00 p.m. - 1:00 p.m. -- Lunch (*on own*)  
2:00 p.m. -- Afternoon Break  
4:00 p.m. -- Adjourn

**Continuing Education:** The National Association of Cognitive-Behavioral Therapists is an approved provider of continuing education credits for the **National Board of Certified Counselors** (NBCC) (Provider Number: 5742). The NACBT is approved by the **Ohio Counselor and Social Worker Board** to provide CE credits for Ohio Counselors and Social Workers (Provide Number: RCS070805 ).

The NACBT is also an approved CE provider for the **National Association of Alcohol & Drug Abuse Counselors** (NAADAC), as well as the **Pennsylvania Board of Social Workers, MFT, and Counselors**, and the **Pennsylvania State Board of Psychology**. The NACBT maintains responsibility for all programs offered.

Please call the NACBT at 1-800-853-1135 to learn about the status of these applications.

**Hotel Discounts:** The NACBT has made arrangements with the **Holiday Inn of Weirton** (\$80 per night plus tax – 1-304-723-5522) and the **Baymont Inn & Suites of Weirton** (\$80 per night plus tax -- 304-723-0050). *Be certain to ask for the NACBT discount.* Rooms have *not* been reserved for the seminar, so call in advance to make certain that you obtain a room.

**Cancellations:** Requests must be made in writing. Refunds will be given on requests postmarked no later than 14 days prior to the seminar. The NACBT will issue a credit toward future seminars / workshops for requests postmarked within 14 days of the conference. A \$25 per person processing fee will be deducted from all cancellations. If the NACBT cancels the seminar, tuition will be refunded in full. The NACBT assumes no responsibility for any lost income, travel expense, or accommodations expense associated with the cancellation of the conference.

**Seminar Location:** The Rational Hypnotherapy Intensive Certification Seminar and the Advanced Rational Hypnotherapy Certification Seminar will be held at:

**Rational Living Therapy Institute / NACBT Headquarters**  
**203 Three Springs Drive, Suite 4**  
**Weirton, WV 26062**

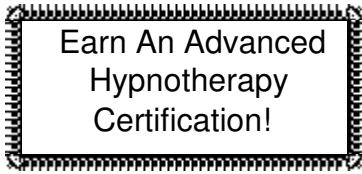
Weirton, WV is located in the Northern Panhandle of West Virginia. **It is 20 miles west of the Pittsburgh International Airport.**

## About the National Association of Cognitive-Behavioral Therapists

The National Association of Cognitive-Behavioral Therapists (NACBT) is the premier organization dedicated solely to the promotion, training, and practice of cognitive-behavioral psychotherapy.

**For more information, visit <http://www.nacbt.org/rlt.htm>**

# Advanced Rational Hypnotherapy Intensive Certification Seminar September 15-17, 2010



Earn 18 Contact Hours!

**Prerequisite:** Graduate Degree in Mental Health Field or Current Graduate Student in Mental Health Field  
*Successful Completion of the Rational Hypnotherapy Intensive Certification Seminar*

**Question:** Why an advanced hypnotherapy seminar?

**Answer:** After excellent training received from the *Rational Hypnotherapy Intensive Certification Seminar*, attendees often ask to gain even more in-depth knowledge of how to apply Rational Hypnotherapy to various problems and disorders. Attendees also have asked for additional opportunities to practice what was learned during the Rational Hypnotherapy training with guidance from Dr. Pucci. Therefore, Dr. Pucci has put together this excellent training opportunity to honor Rational Hypnotherapists' requests.

**Hone your Rational Hypnotherapy skills with this excellent three-day seminar.**

Day One	Day Two	Day Three
<p><b>A Review of Trainees' Experiences with Rational Hypnotherapy So Far.</b></p> <p><b>A Review of the Initial Hypnotherapy Session.</b> Dr. Pucci will review the procedure for the first hypnotherapy session, from induction to deepening, to testing, to therapy, and ultimately to session termination.</p> <p><b>A Review of the Second Hypnotherapy Session.</b> Dr. Pucci will review the procedure for the second hypnotherapy session, which is modified for self-hypnosis.</p> <p><b>Dr. Pucci will provide a hypnotherapy demonstration.</b></p> <p><b>Suggestibility Testing Practice Session</b></p>	<p><b>Induction Techniques Practice Session.</b> Dr. Pucci will provide feedback on trainees' technique.</p> <p><b>Deepening Techniques Practice Session.</b> Dr. Pucci will provide feedback on trainees' technique.</p> <p><b>Tests for Depth Practice Session.</b> Dr. Pucci will provide feedback on trainees' technique.</p> <p><b>Extensive Practice with Developing Hypnotherapeutic Suggestions Utilizing the Law of Reverse Effect.</b> Trainees will be presented many problematic behaviors, thoughts, and emotional feelings, as well as physical health problems, and attendees will practice developing therapeutic suggestions utilizing the Law of Reverse Effect.</p>	<p><b>Brief Review of Hypnotherapy Rules.</b> These are the essentials that therapists sometimes forget.</p> <p><b>Practice of an Entire First Session.</b> Dr. Pucci will provide feedback on trainees' technique.</p> <p><b>Advanced Induction Techniques.</b> Attendees will learn new techniques to get the eyes closed and begin the process toward hypnosis.</p> <p><b>Advanced Deepening Techniques.</b> Attendees will learn new techniques to deepen the hypnotic state and prepare the client for therapeutic suggestions.</p>

# Registration Form

Register Today One of Four Ways:



- Phone -

(800) 853-1135



- Fax -

(304) 723-3950



- Mail -

NACBT  
P.O. Box 2195  
Weirton, WV 26062



- Online -

<http://nacbt.americommerce.com>

*Please select the seminar(s) you wish to attend:*

**Rational Hypnotherapy**

June 9-11, 2010

**Advanced Hypnotherapy**

September 15-17, 2010

## Registrant Information

If Registering as a group, list additional attendees:

\_\_\_\_\_  
**Registrant Name** (As it will appear on certificate)

\_\_\_\_\_  
**Company**

\_\_\_\_\_  
**Street Address**

\_\_\_\_\_  
**City State Zip**

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**Phone:**

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### Continuing Education Seeking

\_\_\_ National Board for Certified Counselors \_\_\_ NAADAC

\_\_\_ Ohio SW / Counselor \_\_\_ PA SW, Counselor, MFT

\_\_\_ PA Psychologist

### Method of Payment

Amount \$ \_\_\_\_\_

\_\_\_ Check Enclosed (Payable to NACBT)

## Registration Fee

**Only \$175 for Each Seminar**

Because of the very low fee for our trainings, we do not offer discounts of any kind.

Credit Card \_\_\_ VISA/MC \_\_\_ AmEx \_\_\_ Discover

\_\_\_\_\_  
**Credit Card Number**

\_\_\_\_\_  
**Exp. Date**

\_\_\_\_\_  
**Name on Card**

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**Authorized Signature**

NACBT

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**Hypnotherapy  
Certification Seminars  
Only \$175 Each!**

**Rational Hypnotherapy Certification**  
June 9-11, 2010  
18 CE Contact Hours

**Advanced Rational Hypnotherapy**  
September 15-17, 2010  
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September 15 - 17, 2010**

Presented by  
**Aldo R. Pucci, Psy.D.**

Learn a very systematic, straightforward approach to hypnotherapy that is very consistent with cognitive-behavioral therapy theory and principles. *The beauty of Rational Hypnotherapy is that the client / patient does not have to believe the suggested provided during the hypnotherapy session!* This fact can dramatically speed therapeutic progress.

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