



The Alchemy Institute

# ALCHEMY INSTITUTE OF HYPNOSIS

DAVID QUIGLEY, FOUNDER AND DIRECTOR  
4241 Montgomery Dr #206, Santa Rosa, CA 95405  
(707) 888-8403

[www.alchemyinstitute.com](http://www.alchemyinstitute.com)

## 2025 Program Catalog

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# **INSTITUTIONAL INFORMATION**

## **And Transferability of Units and Certifications**

The Alchemy Institute of Hypnosis (AIH) is a private institution owned and operated in California by its Director, David Quigley, since 1984. Over the years, David has mentored the establishment of approved Alchemical Hypnosis training in several other countries, including Japan, Norway, New Zealand, and France. Although he is now semi-retired, David still teaches some classes and workshops. The primary Program Instructor is Alexa LittleStar. For details of the programs and classes currently offered live online see <https://www.bridges.academy/alchemicalclasses.html>

The practice of hypnotism is a self-regulated profession in the USA; thus, no licensing is available or required. The National Guild of Hypnotists, Inc approves our programs. The NGH is a not-for-profit educational corporation in the State of New Hampshire. Initially founded in Boston, Massachusetts, in 1950, the Guild is a highly regarded professional organization comprised of dedicated individuals committed to advancing the field of hypnotism. The Guild is also a resource for professional hypnotists and hypnotherapists and a vehicle for legal and legislative action. Each year, the NGH holds an extensive educational conference that hypnotists from various backgrounds and countries attend. In 2010, David Quigley was awarded the Order of the Braid by the NGH leadership in recognition of a lifetime of outstanding achievement, dedication and service.

Continuing Education Units issued by AIH are honored at many fine hypnosis schools and organizations worldwide.

NOTE: Services provided by hypnotists and/or hypnotherapists do not include the practices of medicine or psychology. California law does not prohibit an unlicensed person from utilizing hypnotic techniques under the following circumstances:

- a. By referral from persons licensed to practice medicine, dentistry or psychology
- b. When offering a self-help or self-improvement service

Professional training programs are offered live online. The educational content has undergone extensive enrichment throughout the years, ensuring we always provide high-quality course content that is current and effective.

1. The Director and the Instructor personally implement all techniques and protocols with clients in their own active professional private practices.
2. At the conclusion of each training or semester and based on the feedback from graduates, the training assistants and the instructor, changes are made as required to ensure all concerns are addressed and resolved.
3. The training materials are reviewed thoroughly and updated or enriched as required.
4. Other program planning tools and indicators include the following:
  - The evaluation of student test results (both written exams and oral demonstrations)
  - Strong professional affiliations keep us abreast of industry standards and best practices.
  - AIH strictly follows all state law, regulation and policy set by the California Board of Education and the BPPE, Bureau for Private and Postsecondary Education.



## ABOUT ALCHEMICAL HYPNOSIS

The Alchemy Institute of Hypnosis was founded to prepare students to work as Alchemical Hypnosis Practitioners, Consulting Hypnotists, Professional Hypnotherapists, Somatic Healing Practitioners, Seminar Leaders, Group Process Facilitators, and Alchemical Hypnotherapists. Our students come from all backgrounds, cultures and lifestyles. As the latest incarnation of the ancient mystery schools of Alchemy, we return to the Earth an ancient and powerful spiritual tradition of working with inner guides, inner teachers and healers in altered states of consciousness. We initiate students into these mystical arts and empower them to take those skills into the lives of everyone their hearts can touch as successful and professional hypnosis practitioners.

**What is Alchemical Hypnosis?** Alchemy has traditionally been associated with the transmutation of base metals into gold. The ancient Alchemists made clear in their writings that the substance of their transformation was the human soul. Their goal was to transmute the base metals of human emotions and instincts within the subconscious mind into the gold of physical vitality, mental and emotional health and self-realization. The vehicles of this transformative process were the Archetypes and the Inner Guides. Thus, Alchemical Hypnosis can be defined as the spiritual discipline of working with Inner Guides. These powerful and autonomous beings live within the subconscious mind and can guide us effectively to health, happiness, loving relationships, prosperity, and, most importantly, the fulfillment of our spiritual purpose! These Guides can be accessed through the hypnotic state.

Alchemical Hypnosis is a therapeutic process designed to assist the client in working with their Inner Guides to change their lives. It was developed by David Quigley, the founder of the Alchemy Institute of Hypnosis in 1984. This work synthesizes techniques from many modern schools of Transpersonal Hypnotherapy and Psychology. It includes Gestalt, Regression Therapy, Neuro-Linguistic Programming (NLP), Psychosynthesis and Shamanism with the ancient science of Alchemy as translated and channeled to the modern world by Dr. Carl Jung. It includes all the following processes:

- The rescue of the inner child from past trauma, neglect and emotional pain.
- Strategies for contacting, testing, and working with the Inner Guides (archetypes).
- Contacting past-life memories within the collective subconscious to tap creative abilities, resolve trauma, change karma and alter contracts with significant others.
- Integrating sub-personalities (different voices within ourselves) to resolve conflicting desires and goals. This leads to the unification of the will, which allows us to achieve our goals.
- Healing the physical body of disease, pain and trauma as an adjunct to medical treatment, utilizing hypnosis, touch, bodywork, energy work, movement and the power of the inner healer.
- Accelerating evolution through the unique power of group process, ritual and ceremony.
- Opening and developing channels of inner healing and wisdom.



# ADMINISTRATIVE AND ACADEMIC INFORMATION

## Admission Requirements

For admission to any program, participants and students must:

1. Demonstrate fluency in the English language during a short interview.
2. Indicate their good physical, mental, and emotional health.

The pace of our training is intense and academically and experientially rigorous.

## Attendance Requirements

Students are expected to attend all classes on time and have necessary study materials at hand for each class. Since classes begin on time, class material will not be repeated to accommodate student tardiness. When absence or tardiness is unavoidable, the student should inform the instructor in advance if possible and arrange with a fellow student to discuss missed work and get copies of notes. Recordings of lecture material may be available for a fee and upon request.

Successful completion of a certification program requires make-up classes or tutoring at extra cost if more than one day of class time is missed. All tutors must be AIH approved. Certification documents will be withheld until all attendance requirements are met.

## Leave of Absence

If a student must be absent from classes for more than 2 days for any reason, the missed classes must be attended at a subsequent training program to complete course requirements. A discussion with senior staff is required to organize either attendance at make-up classes or tutoring.

## Auditing – Repeat Students

Alumni are encouraged to update and refresh their skills.

Graduates of David Quigley's professional training programs who received their certification documents within the previous 5 years from the Alchemy Institute of Hypnosis receive a special discount when enrolling in a program: \$500 off the cost of the program tuition. (This discount is specific to the Alchemical Hypnosis Practitioner and/or Professional Hypnotherapist CHT **programs**.)



## Ethical Standards

Staff and students are expected always to demonstrate the highest personal integrity standards.

Students and staff treat everyone with respect AND:

- Have a solemn duty to maintain confidentiality. Together, we form a safe container to do our work. To that end, there is to be NO sharing – ever – of a student's process outside of class or small group practice sessions without permission from the student.
- Always participate in a respectful way and with integrity. Students are patient with each other and listen closely to the help and advice of assisting staff.
- Do not discriminate based on race, ethnic culture, age, sexual orientation, gender, marital status, religion, national origin, political belief, physical handicap, or any other characteristic or personal condition.
- Do not conduct, promote or solicit anything other than Alchemical Hypnotherapy.
- Do not practice or preach racism, bigotry, bias, or religious fundamentalism.
- Do not engage in abusive behavior at any time, always upholding a professional relationship with each other.

## Dismissal Policy

Students can be dismissed without refund for the following reasons:

1. Abusive, disrespectful or other conduct that disrupts the learning environment.
2. Violation of **ethical standards** of our program.
3. When the student's emotional processes jeopardize the group's physical or mental health or safety.
4. When the student fails to perform the processes outlined in the lecture according to a minimal standard established by the instructor.
5. Excessive absence or tardiness in the program.
6. When the student is unwilling to experience working on their own issues using the Alchemical process during the practice segments.

## Evaluations and Tests

Each student wanting professional certification is responsible for participating in practice sessions both as a "student therapist" and as a "student client" during small group practice in class. The Training Assistants support and evaluate the student's progress during the practice sessions.

Exams will be administered. A passing grade of 75 points is necessary to qualify for certification. Several hours of study are suggested. For the CHT program, two written case studies are required. If a student fails an exam, an alternate exam may be made available at the student's expense if the instructor deems the student's in-class performance adequate.

If a student has a learning disability that inhibits their ability to write an exam, the student needs to inform our staff before admission so that alternate arrangements can be made.

Students may schedule an appointment with the instructor to discuss their progress in the program.



## Recording

When available and upon request, unedited video recordings of lectures are available to students of that class who 1. Pay an administrative fee, and 2. Sign a Confidentiality and Proprietary Rights Agreement. Reproduction, sharing or sale of recorded material is prohibited.

## Instructors

Alexa LittleStar is the primary instructor. David Quigley will also teach classes as his schedule allows.

Guest instructors meet the high standards of our teaching requirements and are selected for their ability to enhance the instructional quality of our training program. We know these instructors add to the quality of our program by providing diversity and expertise in style and specialization. These guest instructors will be introduced on the first morning of class when possible.

Training Assistants may also be at hand to support and mentor the students during their in-class practice sessions. Assistants are Alchemical Hypnosis Practitioners interning to earn their Clinical Hypnotherapist and Alchemical Hypnotherapist or Instructor certifications.

## Discounts

Discounts may be offered as follows:

**Early payment tuition discounts:** Full payment of tuition 2 weeks in advance may be available from time to time, and would entitle the new student to a discount off the amount of tuition. Some exceptions may apply, for example, when another discount is already in effect or if the applicant is an auditing or repeat student.

**Couple's discounts:** Couples who enroll in our professional training programs at the same time each receive an extra \$100.00 off the cost of tuition, in addition to the early payment discount if applicable.

**Group discounts:** "Bring 3, the 4<sup>th</sup> comes for free." One tuition payment is waived when a group of four or more students enroll at the same time. Alternatively, the savings can be divided among the registrants, reducing the total cost evenly for each person.

**Repeat students:** If you received program certification from the Alchemy Institute of Hypnosis during the past five years and now wish to repeat a full program to update or refresh your skills, the regular program cost is reduced by \$500.

**Other discounts** may be announced on the website from time to time.

The usual refund policy applies in all cases. See page 7.





## Payment Methods

We accept all major credit cards, debit cards, checks, money orders, and PayPal remittances.

If a student procures a loan from any source, the student is responsible for paying that amount plus any interest and fees due to that source.

The Alchemy Institute of Hypnosis does not participate in federal or state financial aid programs.

Many students have accessed financing offered by PayPal Credit, including [PayPal's no-interest if paid within 6 months option](#).

## Student Records

All student files are strictly confidential; thus, access is limited only to staff with a legitimate educational or administrative interest in the file. Student files are not shared with anyone other than staff without the student's written permission except as required by law.

**Class Lists** are distributed to staff and registered students. The Class Lists may contain personal information such as name, address, telephone and email address. If a student wishes to be excluded from the published Class List, a written request must be received one week prior to the first class.

## Student Rights and Grievances

All **grievances** should be addressed in writing to the program instructor, with a copy kept by the party initiating the complaint. Student issues and grievances are considered seriously, promptly, and in the strictest confidence.

## Ensuring Safety in Live Online Classes

All participants have their webcams on. We do not disappear from each other's view.

To help minimize distraction and increase safety, everyone logs in from a private location in their home or office where they will not be interrupted during class.

Microphones are muted except during Q+A or open discussion segments.

Practice sessions are not recorded.



# REFUND POLICY

## 1. PROGRAMS

Refunds are available when withdrawal notice is received more than 72 hours before the start of the event **and** before any electronic workbooks or handouts are sent.

The non-refundable portion is \$250. The refund does not include the cost of textbooks or payment processing fees on previous payment transactions.

Withdrawal notice must be given in writing by the student via post office mail, or during a live telephone conversation with a written follow-up. (Not by voicemail, email or text.)

In the event of a withdrawal after the 72-hour deadline, the amount of the original payment can be applied toward the tuition cost of a future program within one year for an administrative fee of \$150. The returning student would also be required to pay any cost increases that occur in the interim. Refunds cannot be provided for the non-attendance of classes.

**No refund** is payable when a student is dismissed for cause. (See "Dismissal Policy", page 4.)

Once digital materials like pdf handouts or audio or video files are delivered, no refund is available.

The Alchemy Institute shall issue refunds within 45 days of receiving the notice of withdrawal.

The student may not receive both a refund and full hourly credit.

## 2. EMPOWERMENT RETREATS, MT SHASTA INTENSIVE

Due to the expensive preparation involved, a refund is available only when the participant withdraws **at least one month prior to the first day** of the event.

The Alchemy Institute shall issue refunds within 45 days of receiving the notice of withdrawal.

Continuing education credits are available only upon completion of the full event.

## 3. WORKSHOPS AND CLASSES:

Refunds are available when withdrawal notice is received more than 72 hours before the start of the event **and** before any electronic workbooks or handouts are sent. Withdrawal notice must be given in writing by the student via post office mail or during a live telephone conversation. (Not by voicemail, email or text.) The amount of the refund will be subject to a reduction of 10% plus credit card processing fees to help cover administrative costs. In the event of a withdrawal after the 72-hour deadline, the amount of the original payment (less administrative fees of 10%) may be applied towards the cost of a future class or workshop within one year. The returning student would also be required to pay any cost increases that occur in the interim. Refunds cannot be provided for the non-attendance of classes.



## FACILITIES

### Online Classes:

Classes are offered LIVE online in partnership with Bridges.Academy LLC.

To learn more: Check the [website calendar](#) or contact [pat@bridges.academy](mailto:pat@bridges.academy)

## INSTRUCTIONAL MATERIALS

Program Students are provided with their personal copy of an up-to-date copyrighted Training Workbook. Students of advanced elective courses and workshops are also provided with a copy of the relevant workbook pertaining to the course material. If a workbook is lost, the student is responsible for all costs incurred to replace it.

Students are required to bring their Workbooks to each class. Additional paper, pens and highlighters for notes are recommended.

Library: Students are encouraged to access the free "Alchemical Hypnosis Article Library," which contains many pages of articles online at <https://www.alchemyinstitute.com/alchemy-library.html>



## PROGRAMS

Several programs are offered at the Alchemy Institute of Hypnosis. Choose the program that meets your needs:

- Alchemical Hypnosis Practitioner
- Professional Hypnotherapist (CHT)
- Alchemical Hypnotherapist/Clinical Hypnotherapist (CCHT)
- Alchemical Past Life Regression – Ascension and Summit levels
- Somatic Healing Practitioner
- Empowerment Intensives
- Group Process Facilitator
- Advanced Psychic Development
- Trainer Track Program

Professional certification documents are issued to qualified participants.

Graduates of the Alchemical Practitioner program are welcome to request a free listing in the Practitioner Directory at [https://www.alchemyinstitute.com/practitioner\\_directory.html](https://www.alchemyinstitute.com/practitioner_directory.html)

Personal Growth participants are welcome in most classes, workshops, and programs at the discretion of the Instructor and as space permits.



## ■ Alchemical Hypnosis Practitioner

Successful completion of the Alchemical Hypnosis Practitioner program qualifies graduates to apply for certification as a Consulting Hypnotist (CH) with the National Guild of Hypnotists, and to begin their practice as an Alchemical Hypnosis Practitioner. Personal Growth students are welcome.

### Course List:

Trance Induction and Post Hypnotic Suggestion (Introduction to Alchemical Hypnosis)

Healing the Source of Emotional Pain (Emotional Clearing)

Alchemical Past Life Regression – Ascension

Alchemical Past Life Regression - Summit

Students wanting to receive professional credentials and certification are required to:

1. Receive **two professional, private sessions** concurrent to their training and outside of class - with any Professional Hypnotherapist who specializes in Alchemical Hypnosis. Payment for these sessions will be made by the student directly to the provider of the sessions. The student needs to note the date and subject of each of these 2 private sessions for documentation on their final exam paper.

Note: There are (optional) opportunities to receive a no-cost session during the lecture segments of class when the instructor invites students to volunteer as a subject for an in-class demonstration.

2. Participate in a minimum of **two practice sessions** with a classmate outside of class, on Zoom, in person, or by phone. (If practicing with a classmate is not feasible, the practice sessions may be done with family or friends.) The student needs to note the date and topic of 2 practice sessions for documentation on their final exam paper.

Four or five practice sessions are recommended, but 2 are required, as follows:

- At least 1 practice session is to take place between or just after the two weekends of *Healing the Source of Emotional Pain (Emotional Clearing)* weekends, AND
  - At least 1 practice session is to take place between the *Alchemical Past Life Regression* modules.
3. Active participation, demonstrating understanding and progress with the protocols, during the mentored experiential practice segments **in class**, both as "student therapist" and "student client".
  4. Read all texts, do all homework assigned in class, and achieve a grade of 75 on the final exam.

### Certifications for graduates:

1. Alchemical Hypnosis Practitioner
2. Alchemical Past Life Regression Therapist

### PREREQUISITE READING: (purchased separately):

**Alchemical Hypnosis – A Manual of Practical Technique**, by David Quigley (read Pages 1 to 44 by the beginning of the Emotional Clearing class; pages 45 onwards before the first day of Alchemical Past Life Regression Class) \$11.95 paperback or \$10.95 pdf

**Alchemy of Healing**, by David Quigley (read by end of Alchemical Past Life Regression class) \$29.95 paperback or \$27.95 pdf

**Soul Contracts**, by Linda Baker (Alchemical Past Life Regression Summit) \$16.95

### RECOMMENDED READING:

**The Art of Hypnosis**, by C. Roy Hunter

**Becoming Naturally Therapeutic**, by Jacqueline Small

The Prerequisite reading books and the Recommended reading books are available here:

<https://www.bridges.academy/aihrecommendedbooks.html>



## ■ Professional Hypnotherapist, CHT program

Prerequisite: For graduates of any approved program of Alchemical Hypnosis Practitioner training. Approved schools are located at various locations including in California, Japan, Norway and France.

The Professional Hypnotherapist program includes comprehensive training that extends and builds upon the foundation of the Practitioner training. The graduate receives the approved credentials of a Certified Hypnotherapist (CHT).

Certifications for graduates:

1. Professional Hypnotherapist specializing in Alchemical Hypnosis
2. Somatic Healing Practitioner

Course List:

Somatic Healing

Conference Room Therapy

Professional Tools for Practical Transformation (also known as the Addictions and Phobias class)

Establishing Your Professional Practice

Students wanting to receive professional credentials and certification are required to:

1. Participate in a minimum of **two practice sessions** with a classmate outside of class, on Zoom, in person or by phone. (If practicing with a classmate is not feasible, the practice sessions may be done with family or friends.) The student needs to note the date and topic of 2 practice sessions, for documenting on their final exam paper. Four or five practice sessions are recommended, however participation in 2 practice sessions is the minimum requirement.
2. Active participation, demonstrating understanding and progress with the protocols, during the mentored experiential practice segments **in class**, both as "student therapist" and "student client".
3. Submit two written case studies to the Instructor for review and feedback. These case studies will demonstrate adequate understanding and application of the protocols and techniques learned in class.
4. Read all texts, do all homework assigned in class, and achieve a grade of 75 on the final exam.

RECOMMENDED READING:

***Talking to My Selves***, by Debbie Unterman

***Becoming Naturally Therapeutic***, by Jacquelyn Small



■ **Alchemical Hypnotherapist, Clinical Hypnotherapist (CCHT) also known as the “Assisting Program”.**

Prerequisites:

1. This program is an internship open to qualified graduates of any approved CHT program as described above, who have been practicing as a Professional Hypnotherapist for at least six months and who are approved for admission by the Director.
2. Candidates are required to submit two case studies for review by the Instructor.
3. Candidates are required to attend an Assisting Program Readiness workshop.

Overview: Training Assistants attend classes for their second time, including all lectures. During the experiential small group practice sessions, the Training Assistant supports and mentors the brand-new students, as the new students receive the training for their first time. Training assistants are supported by senior staff and/or by the Instructor.

Course List – 180 hours of class as follows:

- Attendance at the full Alchemical Hypnosis Practitioner Program
- plus at least 45 hours of the Professional Hypnotherapist Program

Certifications for graduates:

1. Alchemical Hypnotherapist
2. Clinical Hypnotherapist (CCHT)



## ■ **Personal Growth Program**

This program is for individuals who wish to receive a Personal Transformation certificate. Students will make actual contact with their Inner Child, Higher Self, and all of the internal resources needed to transform their life, relationships and creative abilities.

Course List:

Trance Induction and Post Hypnotic Suggestion (Introduction to Alchemical Hypnosis)  
Healing the Source of Emotional Pain (Emotional Clearing)  
Alchemical Past Life Regression, Ascension and Summit levels

Personal Growth Program participants do not write exams and are not required to practice as “student therapists” during the experiential practice sessions in class. They receive equal priority in receiving in-class sessions and participating in in-class exercises.





## ■ Alchemical Past Life Regression Practitioner – 2 Levels: Ascension and Summit

Prerequisite: **Open to everyone**; however, prior Past Life Regression training and/or prior Alchemical Hypnosis training is required for any student who seeks certification as an *Alchemical Past Life Regression Practitioner*.

Alchemical Past Life Regression training focuses on leading edge past life and interlife technology to clear trauma, change karma, access creativity and change relationship contracts. Students learn ancient shamanic and modern techniques for rapid personal change, physical and emotional healing, creativity, and spiritual growth.

Textbooks: [\*Alchemical Hypnosis, A Manual of Practical Technique\*](#), by David Quigley  
[\*Soul Contracts\*](#), by Linda Baker

## ■ Somatic Healing Practitioner

The Somatic Healing program is **open to everyone** who wishes to learn powerful techniques to heal illness and injury with powerful hypnotic tools such as hypnotic movement, accessing the Inner Healer, color healing, and energy channeling. During the class, each participant will have at least 4 opportunities to experience these healings in their own body.

Professionals who are not part of our training program but wish to receive Continuing Education Units and certification as a *Somatic Healing Practitioner* must provide evidence of previous certification in hypnosis, nursing, counseling or bodywork, and are welcome to a free listing on the online Practitioner Directory.

Textbook (optional, but highly recommended): [\*Alchemy of Healing\*](#), by David Quigley

## ■ Advanced Psychic Development

This program is a series of workshops offering a dynamic and fast-paced introduction to the vast realms of advanced psychic development and includes experiential learning of dozens of technologies and methods for reading, understanding, support, and effective healing. Open to beginners or advanced seekers. Each workshop is also offered on a stand-alone basis, with a discount for enrollment in the full program.

Course List:

The Aura and the 7 Chakras System, Death and the Afterlife; Through Death's Door, Alchemical Dreamwork, Alchemical Tarot, Medical Intuition, Channeling

## ■ Trainer Track Program

Through the experience of an apprenticeship with David Quigley during a basic training, qualified participants learn how to teach Alchemical Hypnosis. Prerequisites:

1. Alchemical Hypnotherapist (CCHT) with two years of practice in Alchemical Hypnosis prior to application and a minimum of 100 hours of previous teaching experience (in any context).
2. Letters of reference from three clients and two acquaintances.
3. Participation in two AIH personal growth intensives such as the Mt Shasta Empowerment, or a Personal Empowerment Intensive.

Tuition: \$2,000.00



## ■ **Master Alchemist**

Master Alchemist is an honorary distinction awarded at the discretion of the Director, in recognition of excellence. The Master Alchemist designation is based on criteria including:

- A significant contribution towards the ongoing evolution of Alchemical work.
- Excellence as a practitioner and trainer of Alchemical Hypnosis, as reported by clients, students and peers.
- Tenure: at least 10 years experience as a “Quigley approved” instructor of Alchemical Hypnosis.
- Mastery of the present-day techniques of Alchemical Hypnosis; the Master Alchemist’s training is current and up to date at the time of the designation.



## COURSE DESCRIPTIONS

The most economical option is to enroll in a full program. However, each of the courses described below are available as stand-alone classes, or a "learn at your own pace" option.

### **Alchemical Hypnosis Practitioner Program:**

#### **Trance Induction & Post-Hypnotic Suggestion (Introduction to Alchemical Hypnosis)**

History of hypnosis, trance induction, levels of trance, hypnotic language, post-hypnotic suggestion, rapport, pre-induction interview, goal-setting. This class is a prerequisite for all other courses of the Practitioner program. (3 days)

#### **Healing the Source of Emotional Pain (Emotional Clearing)**

State-of-the-art techniques for rapid healing of unresolved emotional issues, including childhood pain, trauma and neglect. Includes etheric plane communication, regression, inner child and inner family work, the inner mate, and work with various forms of resistance. (6 days)

#### **Alchemical Past Life Regression – 2 Levels: Ascension and Summit**

Using inner guides for rapid personal change, physical and emotional healing, creativity, and spiritual growth. Past life regression as applied to clearing trauma, changing karma, contracts, accessing creativity, and changing relationship contracts. Students learn ancient shamanic and modern alchemical techniques for rapid personal change, physical and emotional healing, creativity, spiritual growth. Inner Guide Visualization is also offered as a 1-day stand-alone workshop. (6 days total)

### **Professional Hypnotherapist Program (CHT):**

#### **Somatic Healing**

Learn powerful techniques to heal illness and injury with powerful hypnotic tools: hypnotic movement, accessing the Inner Healer, color healing, and energy channeling. Learn many specific methods to contact and heal the underlying cause of disease in the subconscious mind. (3 days)

#### **Conference Room Therapy**

Communicating with different aspects of the personality and working with them to facilitate behavioral change. The judge, the inner child, the rescuer, the rebel – learn how to help your clients create contracts with these characters that strengthen the will. (4 days)

#### **Professional Tools for Practical Transformation (aka Addictions and Phobias)**

Techniques for working with weight loss, smoking, addictions, anxiety, depression and phobias, including the powerful Addictive Personality Technique, advanced aversive conditioning strategies, and the John Daughters Smoking Cessation Program. A full day is devoted to advanced methods and strategies for weight loss. (4 days)

#### **Establishing and Developing Your Professional Practice**

This course focuses on transitioning you from the classroom to operating your own successful hypnosis practice. Learn about patterns, boundaries, transference, referrals, safety, advertising, marketing & promotion, office management, legal and ethical limits to your practice. Learn to globalize your practice with phone and Zoom sessions, website promotions, retreat programs, social media. Includes "Developing Your Professional Practice" with guest instructor, Elizabeth Clinton. (3 days)



## ADVANCED LEVEL WORKSHOPS

Advanced electives are offered at various times.

**Advanced Alchemical Techniques:** Techniques for direct trance state work with mythical and symbolic imagery, advanced hypnotic dream work, religious deprogramming, Alchemical Tarot, spiritual & metaphysical principles of Alchemy.

**The Magic Theatre: Alchemy & Psychodrama:** Group process work. Use psychodrama, voice, movement and touch in the context of group therapy. Includes safety & intimacy issues and conflict management.

**Seminar Leadership:** Learn to be an effective leader of hypnosis seminars: teach weight loss, smoking cessation, Alchemical past life regression, and emotional healing in your community. Hands on experience available.

**Advanced Psychic Development:** Experiential learning of dozens of technologies and methods for reading, understanding, support and effective healing. Includes: Medical Intuition, Alchemical Dreamwork, Death and the Afterlife; Through Death's Door, Alchemical Tarot, The Aura and the 7 Chakras System, Channeling. <https://www.bridges.academy/apdprogram.html>

**The Clairvoyant Healer (*an advanced Somatic Healing course*):** Learn advanced medical intuition skills including how to access and use the third eye, the inner healer and your own hands to discover and help resolve physical challenges at physical and energetic levels.

**Alchemy and Healing from Sexual Abuse** (Instructor: Linda Baker) In this class learn new tools to add to your Alchemical toolbox that will help you specifically to work with clients who have suffered sexual abuse. (Prerequisite: Healing the Source of Emotional Pain class, or the equivalent.)

**Wilderness Intensive:** 5 days of empowerment process, wilderness ceremonies and profound transformation. Held at locations such as Mt. Shasta or Sedona.

**Personal Empowerment Weekend Intensive:** Transform your life in 3 days. This is the most powerful weekend of Alchemical work available. It is often offered at New Year's.

**Graduate Supervision:** A must for the graduate who is beginning a practice, and open to all Alchemically trained hypnotherapists. Working individually with David Quigley for 4 half-hour weekly sessions, he will personally coach you with specific client issues and assist you in marketing and building a successful practice.

### **Group Process Leadership Training**

This course provides numerous tools and profound personal transformation to prepare you for the exciting work of group process facilitation.

If you want a specific workshop but don't see it on the calendar, contact the Program Facilitator: [pat@bridges.academy](mailto:pat@bridges.academy)

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## FACULTY

Our faculty practices what they teach.

They are accomplished in classroom management and other teaching-related criteria.

### **Alexa LittleStar, CCHT**

Instructor of Alchemical Hypnotherapy professional certification training programs  
Clinical and Alchemical Hypnotherapist  
Trance Facilitator of Soul Alchemy, Circle Leader and Ceremonialist

On May 1, 2022, Alexa completed a multi-year extensive internship with David Quigley and received certification as an Instructor of AIH-approved professional training programs. In the spring of 2024, Alexa became the primary instructor of the *Alchemical Hypnosis Practitioner* program. She also teaches, mentors and supports students of the *Professional Hypnotherapist (CHT)* program.

In her private professional hypnotherapy practice, Alexa specializes in Archetypal Discovery, Inner Architecture, Somatic Healing, Regression Work, Conscious Harmonizing of Relationships/Uncoupling, Grief Processing, End-of-Life Trance Practice, Group Workshops and Ceremonies.

**David Quigley, BA, CH** created Alchemical Hypnosis (also known as Alchemical Hypnotherapy) and is the Director of the Alchemy Institute of Hypnosis.

David graduated from Duke University with a degree in Comparative Religion and Transpersonal Psychology, and he received training in hypnosis from the Hypnotherapy Training Institute in Corte Madeira, CA. David created the synthesis of powerful therapeutic techniques now called *Alchemical Hypnosis or Alchemical Hypnotherapy*, using techniques from Gestalt, Jungian Visualization, and Hypnosis to achieve rapid clearing of personal problems, elimination of negative habits, and the realization of one's full potential as a spiritual being.

In addition to his private practice, David began training professional hypnotherapists in 1984. A popular presenter, he has spoken at the United Nations Enlightenment Society and at numerous hypnotherapy conferences worldwide. He is the author of *Alchemical Hypnosis - A Manual of Practical Technique* and *The Alchemy of Healing*. David Quigley is widely regarded as a leader in the field of hypnosis education and has mentored the establishment of Alchemical Hypnosis training programs in educational centers in the United States and many other countries.

In 2024, after 40 years of teaching professional training programs full-time, David transitioned to semi-retirement with occasional part-time teaching.

**Guest Instructors** are experienced teachers who are highly accomplished in their fields.

As scheduling allows, a guest Instructor may be invited to present an advanced elective class, a workshop or a practicum in an area of their specialty.



## CONTACT US

Alchemy Institute of Hypnosis  
4241 Montgomery Dr #206  
Santa Rosa CA 95405

Email: [info@alchemyinstitute.com](mailto:info@alchemyinstitute.com)  
Web: <https://www.alchemyinstitute.com/>

Online courses, distance learning, workshops, clinics and events are available through Bridges.Academy LLC, "A premier learning center for consciousness raising and the healing arts". See the calendar of David Quigley's current and upcoming offerings at this link: <https://www.bridges.academy/alchemicalclasses.html>

David Quigley, Director and Instructor  
[quigley@alchemyinstitute.com](mailto:quigley@alchemyinstitute.com)  
Cell: 707-888-8403

Alexa LittleStar, Instructor  
[moondoings@gmail.com](mailto:moondoings@gmail.com)  
Cell: 415-314-1769

Patricia Haggard, Facilitator of online programs and workshops  
[pat@bridges.academy](mailto:pat@bridges.academy)  
Cell: 707-535-6420