



# ALCHEMY INSTITUTE OF HYPNOSIS

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## 2021 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 David Quigley since 1984. Over the years, David has mentored the establishment of approved Alchemical Hypnosis trainings in several other countries including Japan, Norway, New Zealand, and France. For details of the programs offered in Santa Rosa, CA see pages 8-12.

The practice of hypnotism is a self-regulated profession in the USA thus no licensing is available or required. Our programs and instructor are approved by **The National Guild of Hypnotists, Inc.** 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 a resource for professional hypnotists and hypnotherapists and a vehicle for legal and legislative action. Each year the NGH holds an extensive educational conference which is attended by hypnotists from all over the world. For many years David Quigley has been a Faculty member at the NGH Annual Convention; in 2010 he was awarded with the Order of the Braid in recognition of a lifetime of outstanding achievement, dedication and service.

The Alchemy Institute of Hypnosis is authorized to issue Continuing Education Units by the National Guild of Hypnotists. Continuing Education Units issued by AIH are also honored at many fine hypnosis schools and organizations world-wide.

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 in Santa Rosa CA, in various locations and live online. The educational content of the programs has undergone extensive enrichment throughout the years, ensuring we always provide high quality course content that is current and effective.

1. The Director attends educational conferences, conventions and seminars as often as possible; usually at least twice yearly.
2. The Director personally implements all techniques and protocols in his own professional private practice, with approximately 800 client hours yearly.
3. 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.
4. The training materials are reviewed thoroughly and updated or enriched as required.
5. 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. Our programs and instructor meet or exceed the annual criteria for approved instruction from the National Guild of Hypnotists.
  - AIH strictly follows all state law, regulation and policy set by the California Board of Education and the BPPE, Bureau for Private Postsecondary Education.



## ABOUT ALCHEMICAL HYPNOSIS

The Alchemy Institute of Hypnosis was founded for the purpose of preparing students to work as Alchemical Hypnosis Practitioners, Consulting Hypnotists, Professional Hypnotherapists, Somatic Healing Practitioners, Seminar Leaders, Group Process Facilitators and Clairvoyant Healers. 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, 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 a successful and professional hypnosis practitioner.

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 the transmutation of 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, 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 important, 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 1983. 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.
- Providing the inner child with new loving parents and the experiences of a nurturing childhood.
- 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.
- Integration of sub-personalities (different voices within ourselves) to resolve conflicting desires and goals. This leads to the unification of the will allowing us to achieve our goals.
- Healing the physical body of disease, pain and trauma as an adjunct to medical treatment, utilizing touch, bodywork, energy work, movement and the power of the inner healer.
- Accelerating our evolution through the unique power of group process, ritual and ceremony.
- Opening and developing our channels of inner healing and wisdom to become clairvoyant and psychic healing practitioners

Alchemical Hypnosis can be defined as a spiritual discipline of working with inner guides.



# 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.

**Students from other countries** are welcome; however please note that we do not provide visa services. The fee for providing potential students with a letter of Enrollment Confirmation is \$150.

**Courses are taught in English.** Proficiency to read, write and speak in the English language is assessed during the application and interview process. The pace of our training is intense and is both academically and experientially rigorous.

## Attendance Requirements

Classes run from 9:00am to 6:30pm. Students are expected to attend all classes on time and to bring necessary study materials to each class. Since classes begin on time, class material will not be repeated in order 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 to get copies of notes and recordings.

Successful completion of a certification program requires that make-up classes or tutoring be required at extra cost if more than 9 hours of class time are missed. All tutors must be AIH approved. Certification will be withheld until all attendance requirements are met.

## Leave of Absence

If for any reason a student must be absent from classes for more than 18 hours (2 days): in order to complete course requirements the missed classes must be attended at a subsequent training program, at no additional cost to the student. A discussion with the Instructor and the Program Director is required to organize either attendance at make-up classes, or tutoring.

## Auditing

Courses offered by AIH may be audited by graduates of approved Alchemical Hypnosis training, on a space available basis and with consent of the school administrator. The fee for auditing is \$100.00 per day. Auditors are given every opportunity to give and receive practice sessions, although priority is generally provided to first-time students.



## Ethical Standards

The highest standards of personal integrity are expected of staff and students, at all times.

Students and staff:

- 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. Students are patient with each other as new student therapists, and listen closely to the help and advice of assisting staff.
- Do not to practice any form of discrimination on the basis of 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 practice or preach racism or religious fundamentalism involving hatred-based views of religion, gender, race, or sexual orientation. (See point 2 under Dismissal Policy.)
- Uphold a professional relationship with each other and do not engage in physical abuse, hugging or touching in an erotic way or any other sexual activities as part of our programs.
- Have a responsibility always to promote the dignity, privacy, autonomy and safety of all class members.
- Treat everyone with respect. If a problem exists, it will be presented clearly and quickly.

## Dismissal Policy

Students can be dismissed without refund for the following reasons:

1. Abusive or disruptive conduct that disrupts the learning environment.
2. Violation of ethical standards of our program.
3. Student’s emotional processes jeopardize the physical or mental health or the safety of the group.
4. 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. Student unwillingness to experience working on their own issues using the Alchemy process.
7. Violation of confidentiality or other ethical standards of our program.

## Evaluations and Tests

It is the responsibility of each student to participate in practice sessions both as a therapist and as a client during small group practice in class. These sessions are evaluated and may be recorded on the student evaluation form by the assistant supervising the practice session, at the exact time that the session is performed.

Exams will be administered. A passing grade of 75 points is necessary in order to qualify for certification. Several hours of study are suggested. If a student has a learning disability, the student needs to inform the AIH Administrator prior to admission so that alternate arrangements can be made. In the case of a student failing an exam, an alternate exam may be made available at the student’s expense if their in-class performance is deemed adequate by the instructor. The cost for the alternate exam is \$50.00.

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



## Recording

It is permissible for a student to record lecture material during the course of the training. **NO** recording of demonstrations or practice sessions or student sharing is allowed without the express permission of the student. Reproduction or sale of recorded material is prohibited.

## Instructors

David Quigley is the primary instructor for this training. Alternate guest instructors may teach up to one third of the training program depending on their expertise in specific areas and the demands of David's calendar.

When teaching live online, David and the students are supported by Nora Hoffmann, a Professional Online Training Assistant who is also an approved trainer of the program.

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. It is our belief that these instructors add to the quality of our program by providing diversity and expertise in style and specialization. These instructors will be introduced on the first morning of class, when possible.

Training Assistants are also at hand to support and mentor the students during their in-class practice sessions. Assistants are supported by and interning with David, either to earn their Clinical certification or their Instructor certification.

## Discounts

From time to time discounts are offered, as follows:

**Early payment tuition discounts:** Full payment of tuition 3 weeks in advance may entitle the new student to a discount of 10% off the amount of tuition. (Check the website course schedule.) Some exceptions may apply, for example when another discount is already in effect, or if the applicant is an auditing student. (The usual refund policy applies.)

A discount of 20% off tuition may be available when registration and payment in full is completed several months in advance. This discount was initially conceived to assist out of town students. It is now open to everyone. The usual refund policy applies. Contact our office for more info.

The first five students to complete their registration in advance receive a special early enrollment bonus: free membership in the Practitioner Success Program. Value: \$450.00

**Couple's discounts:** Couples who enroll in our professional training programs at the same time each receive an additional \$100.00 off the tuition of a program. (Up to \$200 each off, for both.)

**Group discounts:** "Bring 3, the 4<sup>th</sup> comes for free". When four or more students enroll as a group, one tuition payment is waived. Or, the savings can be divided among the registrants, reducing the total cost evenly for each of the four people.

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



## Loans

Should a student wish to finance their tuition themselves, we accept all major credit cards, debit cards, checks, money orders and Pay Pal remittances. If a student procures a loan from any source, the student is responsible for paying that amount plus any interest, less any refund due.

Payment plans with AIH: Available to qualified students registering for one or more programs of at least 90 hours duration. Terms: Student pays a lump sum up front, and agrees to pay the balance in monthly installments over a reasonable period of time. Minimum up front lump sum payment amount is \$1,000.00. No interest is charged, however a non-refundable administration fee of \$99.00 per program applies. Call the Institute office to inquire.

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

## Scholarships – reduced tuition amount

Financial aid in the form of a “scholarship” is provided on the basis of merit to students who are granted admission to the program, and who meet certain qualifying criteria. The “scholarship” candidate is required to provide the Program Administrator with documented evidence that supports their limited ability to earn an income due to significant involvement in charitable work during the previous 12 months. Income tax records and letters of recommendation may be requested. At most, one “scholarship” of \$1,000.00 off tuition may be granted per training session to the first qualifying candidate. The Alchemy Institute of Hypnosis does not receive any tax benefit through this process; our intent is to endorse charitable contributions that others give to their communities.

## Student Records

Student records are retained for ten years at the Alchemy Institute of Hypnosis offices. Upon written request a student may obtain a copy of their Transcript in print or electronic format, for a \$25 processing fee plus postage or shipping.

All student files including electronic records are strictly **confidential** thus access is limited only to Institute staff with a legitimate educational or administrative interest in the file. Student files are not shared with anyone outside of our staff without the written permission of the student, except as required by law.

**Class Lists** may be distributed to students who attend the class. 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.

**Students have the right to request and review the contents of their records.** Upon receipt of a request to review a student file, our staff will arrange for access and notify the student of a time for the file review in our offices. Copies of file documentation can be issued to the student upon payment of an administrative fee of \$2 per page, or \$10 minimum. Our usual service standard is to handle all such requests as quickly as possible and within 20 business days.

## Student Rights and Grievances

All **grievances** are handled by the Director, David Quigley, and should be addressed in writing, with a copy kept by the party initiating any complaint. Student issues and grievances are considered seriously and promptly, and in strictest confidence.





# REFUND POLICY

## 1. PROGRAMS

Refund is 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 amount of the refund does not include payment processing fees or textbooks purchased separately.

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.)

In the event of a withdrawal after the 72 hour deadline, the amount of the original payment can be applied towards tuition cost of a future program within one year, for an administrative fee of only \$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.

## 2. EMPOWERMENT RETREATS, MT SHASTA INTENSIVE

Due to the expensive preparation involved, refund is available only when written intent to withdraw (via post office mail) is received at least one week prior to the first day of the event.

Refund payments are issued within 45 days of receiving the notice of withdrawal.

## 3. WORKSHOPS AND CLASSES

Refund is 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 refund will be subject to a reduction of 10% to cover administrative costs. 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.)

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 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

**In person classes:** Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend, please contact our office at 707-537-0495. We appreciate as much advance notice as possible to ensure we have ample opportunity to meet your needs.

### Residential Intensives

Residential intensive trainings are offered in Santa Rosa CA and in various locations worldwide. Contact the Sponsor for logistical information.

In Santa Rosa CA the residential training may take place in a conference room at the Flamingo Resort Hotel at 2777 4<sup>th</sup> Street, Santa Rosa CA, 95405, approximately an hour north of San Francisco. The Flamingo is a lovely resort hotel located in California's scenic wine country, not far from the Redwood forests and the rugged Pacific coast. It features a health club, restaurant, tennis courts, pool, spa, and lovely gardens. Accommodations at the Flamingo include private or shared rooms. Preferred rates on the "Alchemy Institute" Corporate Account are available for stays of 12 days or more. Contact the Flamingo for information: <http://www.flamingoresort.com/>

When Santa Rosa class sizes are small, the training takes place in our offices at 567-A Summerfield Rd, Santa Rosa CA 95405. Free parking, healthy food choices and refreshment are steps away; a large park is located directly across the street.

Tuition costs do not include meals or accommodation.

**Online Classes:** David Quigley frequently teaches LIVE online Programs and Workshops. Check the website calendar or contact [www.bridges.academy](http://www.bridges.academy)

## INSTRUCTIONAL MATERIALS

Students of the programs are provided with their personal copy of an up-to-date copyrighted Alchemical Hypnosis Training Workbook on the first day of class. Students of advanced elective courses and workshops are also provided with a copy of the relevant workbook pertaining to the course material, on their first day of class. 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. Recording devices are permitted for lectures.

Library: Students are encouraged to access the free "Alchemical Hypnosis Article Library" which contains over 100 pages of articles online at: [www.https://www.alchemyinstitute.com/alchemy-library.html](http://www.https://www.alchemyinstitute.com/alchemy-library.html)

Also, an extensive Resource Library is available in the Institute office. These books and resources are available at any time and may be borrowed by students of the program, upon request.



## PROGRAMS

Several programs are offered at the Alchemy Institute of Hypnosis. Most are offered both **live** online and in person when possible. Choose the program that meets your needs:

- ▶ Alchemical Hypnosis Practitioner
- ▶ Professional Hypnotherapist (CHT)
- ▶ Alchemical Hypnotherapist (CCHT)
- ▶ Pro-Pack, for previously trained hypnotherapists
- ▶ Personal Growth Program
- ▶ Alchemical Past Life Regression Practitioner
- ▶ Somatic Healing Practitioner
- ▶ Empowerment Intensives
- ▶ Group Process Facilitator
- ▶ Psychic Development and Spiritual Evolution
- ▶ Trainer Track Program

### ▶ Alchemical Hypnosis Practitioner (135 hours)

Successful completion of the Alchemical Hypnosis Practitioner program qualifies graduates for certification as a Consulting Hypnotist (CH) with the National Guild of Hypnotists and to begin their practice as an Alchemical Hypnosis Practitioner. Students will participate fully in the experiential segments in class, both as "student-client" and "student-therapist", making actual contact with their Inner Child, Higher Self and all of the resources needed to permanently change 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

Somatic Healing

Concurrent to this program, students are required to receive **two** professional sessions with a Professional Hypnotherapist who specializes in Alchemical Hypnosis. Payment for these sessions will be made directly to the provider of the sessions. Students are required to read all texts (purchased separately) and to successfully complete exams plus any homework assigned in class.

Certifications for graduates:

1. Alchemical Hypnosis Practitioner
2. Somatic Healing Practitioner
3. Alchemical Past Life Regression Practitioner

Graduates are welcome to request a free listing in the Practitioner Directory on our website.

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

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

RECOMMENDED READING:

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

**Becoming Naturally Therapeutic**, by Jacqueline Small

**Soul Contracts**, by Linda Baker



## ► Professional Hypnotherapist, CHT (99 hours)

Prerequisite: open to 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 in the most up to date techniques for smoking cessation, weight loss, addictions and phobias, sub-personality work PLUS instruction in establishing and maintaining a successful professional practice (promotion, marketing, legal and ethical issues.) This program extends and builds upon the foundation of the Practitioner training and leads to receiving the approved credentials of a Certified Hypnotherapist (CHT). Students will participate fully in the experiential segments in class, both as "student-client" and "student-therapist."

Certifications for graduates:

1. Professional Hypnotherapist, specializing in Alchemical Hypnosis

Graduates are welcome to request a free listing in the Practitioner Directory on our website.

Course List:

Conference Room Therapy

Specific Regimens: Addictions and Phobias

Establishing Your Professional Practice

Students are required to successfully complete exams plus any homework assigned in class.

RECOMMENDED READING:

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

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

## ► Alchemical Hypnotherapist, CCHT (135 hours)

Prerequisite: 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. Candidates will submit two case studies for review by the Director.

While a standard certification course in Professional Hypnotherapy provides an excellent foundation for a professional practice, it is by no means adequate to ensure competent performance in a range of hypnosis modalities. For this reason, the Institute has designed this internship program. Graduates of this program are ***Alchemical Hypnotherapists*** and receive Clinical Hypnotherapy (CCHT) credentials.

Course List:

Assisting Program

Tuition: \$250.00

Assistants attend all lectures. During the experiential segments and practice sessions, the assistants support and mentor the brand new students in small groups, as they receive the training for the first time. Training assistants are supported by an Assistant Coordinator and/or by the Instructor.



## ► Pro-Pack for previously trained Hypnotherapists (135 hrs)

Prerequisite: The “Pro-Pack” is offered to hypnotists who have previously completed at least 100 hours of approved hypnosis study with any approved school and who wish to further their education by learning the foundations of Alchemical Hypnosis. Documented evidence of previous training must be provided prior to admission into the program.

Graduates receive certification as a *Professional Hypnotherapist (CHT) Specializing in Alchemical Hypnosis*. Graduates are welcome to request a free listing in the Practitioner Directory on our website.

### Course List:

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

Healing the Source of Emotional Pain (Emotional Clearing)

Alchemical Past Life Regression

Somatic Healing

Tuition cost is the same as the cost of the Alchemical Hypnosis Practitioner Program less the equivalent of 3 days of class, a reduction of approx \$490.

Concurrent to this program, students are required to receive **two** professional sessions with a Professional Hypnotherapist who specializes in Alchemical Hypnosis. Payment for these sessions will be made directly to the provider of the sessions. Students are required to read all texts (purchased separately), complete any homework assigned in class and to pass the examinations.

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

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

RECOMMENDED READING:

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

**Becoming Naturally Therapeutic**, by Jacqueline Small

**Soul Contracts**, by Linda Baker

## ► Personal Growth Program (135 hours)

This program is for individuals who wish to receive a Personal Transformation certificate. Students make actual contact with their Inner Child, Higher Self, and all of the resources needed to permanently change 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

Somatic Healing

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.

RECOMMENDED READING:

***Alchemical Hypnosis – A Manual of Practical Technique***, by David Quigley

***Alchemy of Healing***, by David Quigley

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

***Becoming Naturally Therapeutic***, by Jacqueline Small

***Soul Contracts***, by Linda Baker

### ► **Alchemical Past Life Regression Practitioner (36 hours)**

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, spiritual growth.

Certification and CEU's are available to qualified participants.

Textbook (optional, but highly recommended): ***Soul Contracts***, by Linda Baker

### ► **Somatic Healing Practitioner (27 hours)**

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.

Certification and CEU's are available to qualified participants.

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

### ► **Trainer Track Program**

Through the experience of an apprenticeship with David Quigley during a basic training, 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:

1. A significant contribution towards the ongoing evolution of Alchemical work.
2. Excellence as a practitioner and trainer of Alchemical Hypnosis, as reported by clients, students and peers.
3. Tenure: at least 10 years' experience as a "Quigley approved" instructor of Alchemical Hypnosis.
4. Mastery in 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:**

### Alchemical Practitioner and CHT Programs

#### **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 135 hour program. (27 hours)

##### **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. (45 hours)

##### **Alchemical Past Life Regression and Inner Guides**

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. (36 hours)

##### **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. (27 hours)

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

##### **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. (27 hours)

##### **Specific Regimens (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. (36 hours)

##### **Establishing Your Professional Practice**

This course focuses on empowering you to become a successful hypnotherapist. Learn to conduct an in-depth first interview utilizing assessment techniques and professional interviewing skills. 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, Zoom and Skype sessions, website promotions, retreat programs, social media and more. (27 hours)





## ADVANCED LEVEL WORKSHOPS

The advanced electives are offered at various times throughout the year. Most are two-day, 18 hour courses, except as indicated.

**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 Somatic Healing:** Alchemical Bodywork techniques, including calibration to find "sweet spot", advanced induction methods, "spiritual surgery" for core beliefs & more. Includes specifics for allergies, diabetes, autoimmune diseases, cancer and more. Textbook (purchased separately): *Alchemical Scents*, by Linda Baker and Patricia Haggard.

**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: Alchemical Hypnosis Practitioner program.)

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

**Personal Empowerment Intensive:** Transform your life in 3 days. This is the most powerful weekend of Alchemical work available.

**Graduate Supervision** A must for the Alchemist who is beginning a practice or doing practice sessions. Work individually with David Quigley for 4 half-hour weekly sessions in which David will personally coach you with 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.

**OTHER** advanced level courses include: **Advanced Conference Room, Advanced Alchemical Past Life Regression, Hypnosis with Children and Family Systems, Peak Performance.**

See the EVENTS calendar: <http://www.alchemyinstitute.com/calendar.htm> (Contact our office if the course you want is not currently scheduled.)



## FACULTY

**David Quigley BA, CH** is the founder and creator of Alchemical Hypnosis (also known as Alchemical Hypnotherapy), the Director of the Alchemy Institute of Hypnosis, and the primary Instructor of our programs. David graduated from Duke University in comparative religion and transpersonal psychology, and he received training in hypnosis from the Hypnotherapy Training Institute in Corte Madeira, CA. In 1983, David created the synthesis of powerful therapeutic techniques now called *Alchemical Hypnosis*, using techniques from Gestalt, Jungian Visualization, and Hypnosis to achieve rapid clearing of personal problems, elimination of negative habits, and the recovery of one's full potential as a spiritual being. In addition to his busy private practice, David has been training professional hypnotherapists since 1984, teaching throughout the United States and around the world, 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. See the website for testimonial information and student success stories. [www.alchemyinstitute.com](http://www.alchemyinstitute.com)

**David Quigley** is the primary instructor at the Alchemy Institute of Hypnosis. When a substitute is required, a qualified instructor will lead the class for no more than one third of the training.

All **guest instructors** or substitute instructors are hand-picked by David. They are experienced teachers in their own right and highly accomplished in their fields. Our Faculty practices what they teach.

**Nora Hoffmann**, an approved Professional Online Training Assistant and Instructor of Alchemical Hypnosis provides professional support, instruction and assistance in online classes.

As scheduling allows, David Quigley may invite a guest instructor to present an advanced elective class, a workshop or a practicum in an area of their specialty.

Faculty must maintain current membership with a national hypnosis or hypnotherapy association, to whom they submit documented evidence of ongoing and updated training in the field of hypnosis therapy. Additionally, they are proven and accomplished in classroom management and other teaching related criteria.



# PRACTITIONER SUCCESS PROGRAM

The Alchemy Institute of Hypnosis recommends membership and participation in our professional support organization, *The Practitioner Success Program*. Membership in this program is open to all AIH graduates who complete a minimum of 135 hours of certification training.

The mission of the program is to promote and support Alchemical Hypnosis practitioners around the world, helping practitioners reach their professional goals with tangible career-building resources at super discounted rates.

Cost is **\$100.00** and entitles you to the following benefits:

<b>FEATURES of the Practitioner Success Program</b>	<b>VALUE</b>
• mp3 download of all 10 Alchemy Journeys	60.00
• set of 5 CD's (10 Alchemy journeys)	45.00
• Discount off Mt Shasta Empowerment Intensive with David Quigley	125.00
• 1 hour of Graduate Supervision with David Quigley	100.00
• 5 copies of " <i>Alchemical Hypnosis—A Manual of Practical Technique</i> "	60.00
• Extra copy of the Practitioner training Workbook	60.00
 TOTAL VALUE (if purchased separately):	 <b>\$450.00</b>

## PLUS:

- **50% off** any or all of David Quigley's books, DVD and CD's when you buy 5 or more copies
- Use of the Alchemy Institute **logo** on your website and business promotional material
- Certificate of Membership

## NOTE:

Each semester the first five students to enroll minimum of 3 weeks in advance, receive the Practitioner Success Program for free.



## CONTACT US

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Online courses available through Bridges.Academy LLC ([www.bridges.academy](http://www.bridges.academy))

Office hours: Monday through Friday, 9:30am to 5:00pm Pacific Time

Outside of office hours, contact:

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