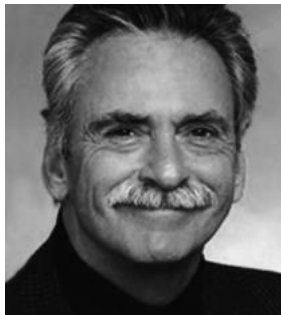

SKILLAS ATLANTA HYPNOTHERAPY CENTER

4012 Spalding Hollow, Norcross, Ga. 30092 USA • 770-449-7976

Re-SET Hypnotherapy System Course Syllabus

- Energy Hypnotherapy
- Enhanced Hypnotherapy
(with NGH Certification)
- Bridge to Advanced Hypnotherapy
- Advanced Cert. Clinical Hypnotherapy
(featuring The Skillas Re-SET Hypnotherapy System[©])



Charles Wm. Skillas,
PhD, BCH, FNGH, CI, MCCHt
SAHC Founder & Instructor
Master Clinical Hypnotherapist



Venus Von Mock,
DD, BA, CH, CI, ACCHt
NGH Certified Instructor
Adv. Cert. Clinical Hypnotherapist

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Skillas Atlanta Hypnotherapy Center (SAHC) Clinical Hypnotherapy Courses Syllabus

The structure of these courses, the enhanced hypnotherapy course technology and the Skillas Re-SET System[©] technology are Copyrighted© 2011 by Skillas Atlanta Hypnotherapy Center. All rights reserved including the right to reproduce this material or portions thereof in any form whatsoever or to teach the material in any forum without the written permission of the Skillas Atlanta Hypnotherapy Center.

SKILLAS ATLANTA HYPNOTHERAPY CENTER (SAHC)

4012 Spalding Hollow, Norcross, Ga. 30092 USA • 770-449-7976

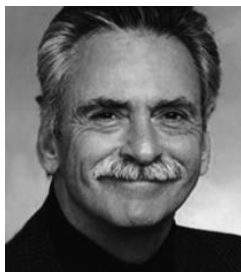
About Us

At SAHC, we offer a comprehensive hypnotherapy program whether you want to *start* an exciting new career or *enrich* your present career! We offer *Enhanced* Hypnotherapy Courses, leading to full NGH (National Guild of Hypnotists) Certification and Advanced Courses in Clinical Hypnotherapy leading to a SAHC Advanced Certified Clinical Hypnotherapist (ACCHt). If you are already an experienced hypnotherapist and would like to add to your skills by taking our Advanced Clinical Hypnotherapy Course, we offer a preliminary Bridge Course (one weekend). All classes are participatory and are taught both theoretically and as a practicum. Students have hands-on classroom practice under the guidance of trained competent instructors, gaining the confidence to begin their practice... right away! It is our goal for our graduates to have all of the techniques they need and the skills to use them.

Our Mission...

It is our ultimate objective to bring about compassion for humankind. We hope to achieve this by training practitioners how to help others and to bring about an awareness that enriches lives.

About The Founder of SAHC



SAHC was founded by Charles Wm. Skillas, PhD, BCH, FNGH, CI, MCCHt. His background in engineering made him an unlikely master of hypnotherapy, but after years of research, he developed a system of technologies that *really* worked! By bringing the element of science to the mind-body relationship, he was able to create a logical approach to working with the subconscious mind, appealing to the scientifically trained student and the spiritualist alike. His Re-SET System[©] is unparalleled! Dr. Skillas' teachings and methodology are the basis for SAHC's curriculum. He has been teaching NGH Hypnotherapy Certification Courses and Advanced Clinical Hypnotherapy Courses since 1992.

Become a Hypnotherapist, But... Do It Right!!

By SAHC Founder Charles Wm. Skillas, PhD, BCH, CI, FNGH, MCCHt

People are hailing the newly rediscovered, yet ancient, healing modality of Hypnotherapy as the wonder of Alternative Medicine. *So, why are so many people, who seek it's healing, often disappointed in their results?* Is it because it really isn't the mighty technique people are hoping for? Or is it **because it's not always done right**.

Hypnotherapy's capability to heal stems from its ability to reach the subconscious mind, where according to medical authority about 85% of disease originates psychosomatically. Some authorities say that all disease is of the mind. Because of the great cost involved in modern medicine and lack of insurance by so many, there is a great clamor for less costly healing approaches. In addition, hypnosis enhances people's lives by helping them to be more successful personally and professionally.

Hypnosis is a technique that permits the Critical Factor of the Conscious Mind to be bypassed. This allows access to the subconscious, where the problem causing energy is lodged. Hypnosis produces a highly receptive state of mind in which beneficial suggestions can be offered to the subconscious.

Hypnosis *itself* is no big deal. One can easily learn to hypnotize in a 3-day weekend course. *It is what the hypnotist does after the client is in hypnosis that makes the difference.* It is here, that therapy is done and makes the *hypnotist* a *Hypnotherapist*.

Many hypnotists are trained to hypnotize, but are not trained to be Hypnotherapists. These hypnotists hypnotize a person and while in this receptive state, the hypnotist reads him a prescription to reprogram his subconscious mind. For instance, for smoking the hypnotist reads suggestions to stop smoking. The same technique is used for weight loss, addictions, etc. Many such programs are *ineffective* in the long haul, achieving little more success than the placebo effect.

Why is this so? For every difficulty a person is experiencing, there is *always* a cause. The *cause* must be uncovered and removed and *only then*, can the subconscious be reprogrammed so that the difficulty will not reestablish.

Techniques for uncovering the cause of the distress are many and the skilled *Hypnotherapist* has available an impressive array of uncovering methods with which to find the causes. After *finding* them, the Hypnotherapist must then choose from an equally impressive array of techniques to *release* the distress source energy. The well-trained Hypnotherapist will choose the most appropriate and effective uncovering and energy removal techniques, depending on the particular needs of the client. Once the *distress cause is found* and *the energy released*, the Hypnotherapist can **then** reprogram the subconscious and *permanent* change can happen.

Course Benefits

- SAHC curriculum is unique in the world (Skillas Re-SET System®). You will not find another hypnotherapy program that includes all these techniques in one course.
- Students receive NGH Hypnotherapy Certification, recognized and accepted all over the world and a SAHC Clinical Hypnotherapist Certificate for completing the Skillas Re-SET System®.
- Students learn the skills and gain the confidence to begin practicing upon completion of the courses and can make a good living doing so.
- Script Templates are provided to students for use in The Advanced Clinical Hypnotherapy Course and in private practice upon graduation.
- Mentoring program available to graduates.
- Payment arrangements available.

These Courses are Designed for:

- Those who seek career advancement and who enjoy working with people in a private professional practice of their own (full or part time)
- All health care professionals including Medical Doctors, Psychiatrists, Psychologists, Regression Therapists, Mental Health Counselors, Social Workers, Pastoral Counselors. Hypnotherapists, Physical & Massage Therapists, Nurses, Researchers and Students desiring to enhance their skills.
- People who want to understand how the mind works in order to enhance their work and enrich their own lives

Yearly Curriculum Structure:

Winter & Spring (2 times per year)

Hypnosis I: Energy Hypnotherapy

Hypnosis II Enhanced Hypnotherapy with NGH Certification

Summer (1 time per year)

Hypnosis III: Bridge to Advanced Clinical Hypnotherapy (Re-SET System®)

Re-SET: 201: Advanced Clinical Hypnotherapy (Re-SET System®)

Hypnotherapy Classes Facts & Figures

Courses Cost Summary (Enhanced Course)

Hypnosis I: Energy Hypnotherapy	\$250.00
Hypnosis II: <i>Enhanced</i> Hypnotherapy with NGH Cert.....	\$2,100.00
Re-SET IV: Advanced Cert. Clinical Hypnotherapy.....	\$4,200.00
Total for All Courses.....	\$6,550.00

Courses Cost Summary (With Bridge Course)

Hypnosis III: Bridge to Clinical Hypnotherapy	500.00
Re-SET! V: Advanced Cert. Clinical Hypnotherapy	\$4,200.00
Total for All Courses.....	\$4,700.00

Mentoring Program Cost - Advanced training\$100.00/session

Course prices include all books & materials; plus script templates (Re-SET IV) for the sole purpose of class and private practice guidelines. Payment arrangements are available and to be discussed with the Instructor.

Course Schedules and Locations

Hypnosis I: Energy Hypnotherapy Course

Schedule: Saturday 10:30 am – 5:30 pm

Location: Skillas Atlanta Hypnotherapy Center's Healing Room
4012 Spalding Hollow, Norcross, GA 30092

Hypnosis II: Enhanced Hypnotherapy Course (100 Hours/2 months)

Schedule: Weekdays (Mon, Tues) 6:00 pm – 9:30 pm

Location: Alpharetta, GA 30004

Hypnosis III: Bridge to Advanced Clinical Hypnotherapy Course

Schedule: 1 Weekend (Sat, Sun) 10:30 am – 5:30 pm

Location: Skillas Atlanta Hypnotherapy Center's Healing Room
4012 Spalding Hollow, Norcross, GA 30092

Re-SET IV: Adv. Clinical Hypnotherapy/Re-SET System© Course

Schedule: 4 weekends, 10:30 am – 5:30 pm.

Location: Skillas Atlanta Hypnotherapy Center's Healing Room
4012 Spalding Hollow, Norcross, GA 30092

Hypnosis I

Energy Hypnotherapy

1 Day/Credit Hours: 7

Contact Instructors for dates/schedule.

Instructors: Dr. Charles Skillas

Dr. Venus Von Mock

Prerequisites: No prior skills required. This course is a stand-alone course and/or prerequisite to the Hypnosis II: *Enhanced Hypnotherapy w/NGH Certification Course*.

Credit Hours can be applied towards NGH Certification 100 hour requirement.

Materials: Supplied by SAHC. Note taking is recommended.

Class Structure: Lecture, Discussion, & Practice. Class participation is encouraged for maximum benefit.

Location: Skillas Atlanta Hypnotherapy Center

Hours: 10:30 am – 5:30 pm (Saturday)

Dr. Charles Skillas

drskillas@drskillas.com

ph: 770-449-7976

Dr. Venus Von Mock

imyourvenus.hypnotherapy@gmail.com

ph: 678-478-9644

Course Description:

Students will have a basic understanding of hypnosis and energy flow through the body. They will learn techniques to hypnotize and practice the techniques in class. Students will also have an understanding of the principles of advanced hypnotherapy and can then decide if they want to commit to further courses offered by SAHC. They will be able to apply the educational hours towards their 100 hours of study required by the NGH for certification, should they decide to take SAHC's Hypnosis II: *Enhanced Hypnotherapy with NGH Certification*.

- Students learn:
- How Hypnotherapy Heals
- The Energy Concept of Hypnotherapy
- Suggestibility Assessment Techniques
- Classification of Subjects
- How to Hypnotize
- Overview of Hypnotherapy Technology of Advanced Clinical Hypnotherapy.

Hypnosis I: Energy Hypnotherapy Course Curriculum

❖ Energy and Hypnotherapy – How Hypnotherapy Heals

- The Eastern Disease Model
- Relationship Between Energy and Hypnotherapy
- Influence of Attached Entities
- Need For Body Detoxification and Cellular Regeneration
- Cognizant Behavioral Therapy Methods
- Forcing Function Source Energy Release
- Reprogramming The Subconscious Hard Drive
- Behavior and Response To Life

❖ Preliminary Suggestibility Tests

- Chevreul's Pendulum
- Arms rising and Falling Test
- Authoritarian Hand Clasp Test
- Permissive Hand Clasp Tests
- Postural Sway Test
- Progressive Relaxation Test
- Recognition and Classification of Subjects
- Common Fallacies
- Occupational Susceptibility
- Age Effects
- Susceptibility of Highly Impressionable and Emotional People

❖ Favorable and Unfavorable Influences and Dangers of Hypnosis

- Importance for Beginners
- Office environment
- Physical Condition of Client
- Emotional condition of Client
- Dangers of Hypnosis

❖ How to Hypnotize

- The Six Main Induction Types
- Three Step Induction Procedure
- Instantaneous Methods
- Indirect Methods
- Waking Hypnosis
- Introducing Hypnosis to your Client
- What is Going On With the Client?
- Awakening Procedures

Hypnosis II

Enhanced Hypnotherapy with NGH Certification

100 Credit Hours:
2 Month Class Duration
Contact Instructors for dates/schedule.
Instructors: Dr. Venus Von Mock
Dr. Charles Skillas

Prerequisites: Hypnosis I Energy Hypnotherapy. This course prepares students for the Advanced Clinical Hypnotherapy Course and Re-SET System[®].

Materials: NGH Manuals, *plus* Complementary materials supplied by SAHC.

Class Structure: Lecture, Discussion, Class participation, Assignments, Practice, Exam.

Yields: National Guild of Hypnotists Certification

Location: Alpharetta, Ga

Hours: 6:00 pm – 9:30 pm (Mon, Tues.)

Dr. Venus Von Mock

imyourvenus.hypnotherapy@gmail.com
ph: 678-478-9644

Dr. Charles Skillas

drskillas@drskillas.com
ph: 770-449-7976

Course Description:

Our *Enhanced* Hypnotherapy Course Students learn the fundamentals of standard hypnotherapy are taught from the unique perspective of energy flow through the body. Complementary techniques are added to the curriculum for a more comprehensive program. This 100-hour course teaches much more than how to hypnotize and reprogram the subconscious! Upon satisfactory completion, students earn **National Guild of Hypnotists (NGH)** Certification.

The National Guild of Hypnotists (NGH) is the oldest, largest, and most prestigious certification organization in the world. NGH has chapters throughout the USA and is represented in 71 countries around the world. NGH certification requires a minimum of 100 hours of core curriculum instruction and will only certify hypnotherapists taught by NGH Certified Instructors. The NGH and its affiliate The National Federation of Hypnotists (104 - OPEIU AFL-CIO) are in the forefront of this legislation. The NGH writes all legislation in the USA affecting hypnotherapy and provides legislative direction; liaison and lobbying to ensure graduates practice rights. *Important: States are moving towards registration or licensing governing the practice of Hypnotherapy; unapproved hypnotherapy training not meeting practice requirements will be useless in the future.*

Course includes, but is not limited to:

- NGH Curriculum and Materials
- EFT-Emotional Freedom Technique
- NLP-Neuro-linguistic Programming
- Additional Assessments/Inductions

The following techniques are taught in Hypnosis II and III:

Emotional Freedom Technique (EFT)

It is a complementary tool to standard hypnotherapy. It is an energetic process for releasing the emotional component of distress. This is a simplified version of EFT and can be used for many problems.

Neurolinguistic Programming (NLP)

Neuro-linguistic programming (NLP) is an approach to psychotherapy and organizational change based on "a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences (esp. patterns of thought) underlying them" and "a system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication; to change their patterns of mental and emotional behavior". The term "Neuro-Linguistic Programming" refers to a stated connection between the neurological processes ("neuro"), language ("linguistic") and behavioral patterns that have been learned through experience ("programming") and can be organized to achieve specific goals in life. In our course it is used to anchor ego states. NLP is a great trigger mechanism to enhance relaxation by recalling previously obtained ego states of relaxation using the trigger. In the course, we also use NLP to elicit modalities of stress and replace them with elicited modalities of relaxation.

Hypnosis II: *Enhanced* Hypnotherapy with NGH Cert. Course Curriculum

❖ **Trance Depth**

- Degrees or Stages of Hypnosis
- Judging trance Depth
- Uses of Depth Testing

❖ **Development of Suggestions and Suggestion Management**

- Suggestions
 - What They Are and How They Work
- Reinforcement and Encouragement – Motivational Tools
 - How the Mind Works
- Positive Suggestion Management
 - The Six Criteria of Positive Suggestions Acceptable to the Subconscious Mind
 - The Three Factors That Influence Positive Suggestion Management
 - Writing the Therapeutic Script
- Post-Hypnotic Suggestions
 - How They Work and How To Make Them

❖ **Self Hypnosis**

- The 3 Step Self Hypnosis Technique
- Reprogramming Your Own Subconscious Mind
- Applying Suggestions to Yourself

❖ **Sensory Hyperaesthesia**

- Accentuation of the Senses Under Hypnosis

❖ **Mechanical Aids**

- Spirals & Revolving Mirrors
- Sound Stimuli
- Conditioning Tapes
- Biofeedback Devices

❖ **Deepening Techniques**

- Basic deepening Techniques
- Pyramiding With Repeated Inductions
- Feedback Method

❖ **Hypnotic Miscellany**

- Negative Words To Avoid
- Importance of Record Keeping & Ethics
- Highway Hypnosis

❖ Subliminal Advertising & Subliminal Tapes

- Sleep Learning

❖ Anesthesia Management

- How to Produce It
- Maintenance of Anesthesia
 - Surrogate Devices
- Combining Hypnosis With Local Or General Chemical Anesthesia
- Hypnotic Pain Control
- Emergency Hypnosis
- Hypnotic Bleeding control
- Hypnotic Child Birth
- Controversial Aspects

❖ Hypnotherapy Applications

- Smoking Cessation
 - Smoking Withdrawal Program with EFT (Emotional Freedom Technique)
- Weight Control
 - Imagination Training
 - Stress Management For Weight control
 - Self-Hypnosis For Weight Reduction and Weight Control
- Stress Management
 - What is Stress?
 - How Stress Works
 - Recognizing Stress
 - Stress Management Techniques
 - Proper Breathing
 - Self-Relaxation
 - Pre-Sleep Technique
 - The Reinforcement Script
 - Progressive Neuromuscular Relaxation
 - Hypnosis & Relaxation training
 - The Zeigarnick Effect
 - Stress Reduction Action Plan

❖ **Communicating With the Subconscious Mind**

- Ideomotor Response
- Finger Response
- Rossi Technique
- Pendulum
- Kinesiology & Muscle Testing
- Interpreting Responses

❖ **Emotional Assessments**

- STEMS

❖ **Behavioral Assessment**

- Purpose & Assumptions
- What is Behavioral Assessment & Types of Behavioral Assessment
- Goals of Behavioral Assessment

❖ **The BASIC Assessment Technique**

- Behavior
- Affect
- Sensations
- Imagery
- Cognition

❖ **Setting Goals**

- Benefits
- How To Do It

❖ **Objectives**

- Content
- Statements of Intention
- Form
 - Thinking – Feeling - Action

❖ **Writing the Hypnotic Script**

- Reinforcement Using Self-Suggestion
- Using STEMS to Develop Scripts

❖ Image Psychology & Hypnosis

- Imagery Techniques
 - Hypno & Cognitive Behavioral
 - Psychodynamic
 - Humanistic-Trans-Personal
- Imagination Training
 - Thought stopping
- Systematic Desensitization
 - Phobias & Anxiety Reduction
- Color Imagery
 - Color Calming
 - Agoraphobia
- Advanced Inductions
 - Hyperemperia & Mystical Inductions

❖ Ego Strengthening Technique

- History - Case Studies
- Script

❖ Goal Image Focusing Technique (GIFT)

- Behavioral Modification For Weight, Smoking, Stage Fright & Phobias

❖ Regression Therapy

- True regression
- Pseudo Regression
- Age Regression - Calendar Method
- Hypnotic Interviewing
- Defining Limits of Recall
- Past Life Regression (PLT) –Introduction
- Timeline Therapy
- Handling Abreactions

❖ Spirit Releasement Therapy (SRT)

- Introduction to Techniques– Covers Protection and Remote Clearing Front End Work

❖ Parts Therapy

- Introduction – Covers integration with PLT and (SRT)

❖ Gestalt Work

- Introduction to Mind Transfer, Chair Therapy, Death Bed Therapy

-
- ❖ **The Affect Bridge Technique**
 - ❖ **The Six Hour Self Hypnosis Course**
 - ❖ **Automatic Writing**
 - Dissociation & Uses of Automatic Writing
 - ❖ **Setting Up Your Practice –**
 - Considerations, Legal, Location
 - ❖ **Types of Practice**
 - Private or Group Practice
 - Private or Group Teaching Practice
 - ❖ **Marketing Your Expertise – Building Your Practice**
 - ❖ **Your Practice - How To Do It**
 - Pricing Your Services
 - Other Considerations
 - The First Client Session
 - Intake Information
 - The Pre-Talk
 - Elements and Importance
 - Sessions Two, Three and Four With the Client
 - Subsequent Sessions

Hypnosis III

Bridge to Advanced Clinical Hypnotherapy

2 Day/Prerequisite Course
Contact Instructors for dates/schedule.
Instructors: Dr. Charles Skillas
Dr. Venus Von Mock

Prerequisites: Must be a Hypnotist whom has demonstrated competence by being in practice for a minimum of five years, continuing SAHC students, and/or sufficient credentials from other organizations, per SAHC Instructor approval. It is a prerequisite to the Advanced Clinical Hypnotherapy Course/Skillas Re-Set System[®].

Materials: Supplied by SAHC. Note taking is recommended.

Class Structure: Lecture, Discussion, Practice. Class participation is encouraged for maximum benefits.

Location: Skillas Atlanta Hypnotherapy Center's Healing Room

Hours: 10:30 am – 5:30 pm (Sat, Sun.)

Dr. Charles Skillas

drskillas@drskillas.com

ph: 770-449-7976

Dr. Venus Von Mock

imyourvenus.hypnotherapy@gmail.com

ph: 678-478-9644

Course Description:

SAHC provides a "Bridge" course for hypnotherapists wanting to take the Advanced Clinical Hypnotherapy Course and have not taken the SAHC Enhanced Hypnotherapy Certification Course. It was developed to accommodate those hypnotherapists trained by other organizations and wish to learn the advanced techniques from SAHC's Advanced Clinical Hypnotherapy Course. It is also for those returning SAHC NGH Certified students who may need a refresher before continuing to Advanced Clinical training (To be determined by instructor). This is a two-day course that covers the training material required for the Advanced Clinical Hypnotherapy Course not covered in standard hypnotherapy courses.

Hypnosis III: Bridge to Advanced Clinical Hypnotherapy Course Curriculum:

❖ Energy and Hypnotherapy – How Hypnotherapy Heals

- The Eastern Disease Model
- Energy & Hypnotherapy Relationship
- Influence of Attached Entities
- Detoxification & Cellular Regeneration
- Cognizant Behavioral Therapy Methods
- Forcing Function Source Energy Release
- Reprogramming The Subconscious
- Behavior & Response To Life

❖ Favorable and Unfavorable Influences

- Physical & Emotional Condition of Client

❖ Hypnosis Overview

- Introducing Hypnosis to your Client
- What is Going On With the Client?

❖ Working with your Client

- Introducing Hypnosis to your Client
- Interview
- Note Taking

❖ Client Assessments

- Emotional Response Testing (STEMS)
- Ideomotor Responses

❖ Ethics

- Hypnotic Contract

❖ Methods & Inductions

- The Six Main Induction Types
- Three Step Induction Procedure
- Instantaneous Methods
- Indirect Methods
- Awakening Procedures

❖ NLP (Neuro-linguistic Programming)

- See description in Hypnosis II: Enhanced Hypnotherapy Course Description

❖ EFT (Emotional Freedom Technique)

- See description in Hypnosis II: Enhanced Hypnotherapy Course Description

Re-SET[©] IV

Advanced Certified Clinical Hypnotherapy

8 Day Intensive

Contact Instructors for dates/schedule.

Instructors: Dr. Charles Skillas

Dr. Venus Von Mock

Prerequisites: Successful completion of the SAHC **Hypnosis II: Enhanced Hypnotherapy** Course or completion of the SAHC **Hypnosis III: Bridge to Advanced Hypnotherapy** Course.

Materials: Supplied by SAHC. Script Templates are supplied for the sole purpose of class and private practice guidelines. Note taking is recommended.

Class Structure: Lecture, Discussion, Demonstration, Exam, Class Practice.

Yields: SAHC ACCHt Certification

Location: Skillas Atlanta Hypnotherapy Center's Healing Room

Hours: 10:30 am – 5:30 pm (Sat, Sun.)

Dr. Charles Skillas

drskillas@drskillas.com

ph: 770-449-7976

Dr. Venus Von Mock

myourvenus.hypnotherapy@gmail.com

ph: 678-478-9644

Course Description:

Our **Advanced Certified Clinical Hypnotherapy Course** features the **Skillas Re-SET System[©]**. Here is where the *real* work begins! This course builds on the fundamentals taught in Hypnosis II and 102 (and/or the Bridge course - Hypnosis103) and applies principles from the perspective of energy flow through the body. You will learn techniques for uncovering and releasing Negative Forcing Functions (the cause or source of distress) from the subconscious. By learning to effectively uncover and remove the negative energy, and repair the cellular damage, the Life Force Energy can then be restored to the cells. These techniques (Skillas Re-SET System[©]) allow you to make positive changes, permanently. Those trained at The Skillas Atlanta Hypnotherapy Center are an elite group equipped with the tools and techniques to effectively achieve optimum results with their clients. This is an absolute must for the serious hypnotherapist. You will not find another hypnotherapy program that includes all these techniques in one course!

Re-SET System[®] Techniques Includes But is Not Limited to:

- Spirit Releasement Therapy (SRT)
- Soul Mind Fragment Retrieval
- Past Life Regression therapy (PLT)
- Parts Therapy, Gestalt Work
- Cellular Damage Repair
- Remote Clearing.

See Descriptions of these Advanced Techniques Following the Curriculum.

Skills Learned:

- Modeling the energy: mind – body connection
- Resolution of sub-conscious forcing functions causing illness and addictions
- Characteristics and treatment of the different kinds of entities
- Protection – Your Client – Yourself – Others
- Remote Depossession of individuals and places
- Dealing with possessed children

Continued Training Available - Mentoring Program:

A mentoring program is available to graduates whom wish to increase confidence and competence through additional training. The mentored Hypnotherapists will, in fact, work with Dr. Skillas during his actual practice, on actual cases, as the healing process unfolds from start to finish. Those interested may apply with Dr. Skillas.

Re-SET IV: Advanced Clinical Hypnotherapy Course Curriculum:

First 4 days

❖ **Spirit Releasement Therapy & Cell Damage Repair**

- Clinical Hypnotherapy Technology
- Application of Stems
- Discussion of Process
- Demonstration
- Discussion

❖ **Remote Clearing**

- Technology
- Demonstration
- Discussion

❖ **Past Life Regression Therapy**

- Technology
- Demonstrations
- Discussion of Process

❖ **Gestalt Therapy & Cell Damage Repair**

- Technology
- Demonstration
- Discussion of Process

❖ **Parts Therapy & Use of NLP**

- Technology
- Demonstration
- Discussion of Process

Remaining 4 days:

❖ **Students Practice Learned Techniques**

Demonstrations are conducted with volunteers; they may be with students and/or independent volunteers. Due to the nature of the work, the order of technique instruction may vary from class to class. Students practice these learned techniques with one another. At SAHC it is mandatory for students to respect the confidentiality privacy of volunteers and participants, as well as uphold the Code of Ethics. At SAHC we pride ourselves in our high standards of integrity.

Description of Advanced Techniques

The Skillas Re-SET System[©]

(The Skillas Restorative System of Elemental Truths)

"Restoring you to your Optimal Self"

Spirit Releasement Therapy (SRT)

Soul Mind Fragments (SMF) of people living or dead using Soul Retrieval, Curses, Earthbound Spirits, Aliens Energies, Demon Energies, Thought forms

The ancient concept of spirit attachment may be quite valid, even though largely ignored in our modern, scientifically oriented society. Clinicians in many countries find the condition widely prevalent among people now. Spirit Releasement Therapy can bring *profound and often immediate results*, both mental and physical, ranging from minor improvements to total remission of otherwise untreatable symptoms and conditions. The methods used are straightforward and grounded in sound psychotherapeutic principles and clinical practice.

In Dr. Skillas' Spirit Releasement Work, he has integrated the technologies and techniques, of Psychiatry, Clinical Psychology, Hypnotherapy and that of indigenous people of North and South America, China, India and Africa. He has studied with Native Americans of the Cherokee, Zuni, and Hopi tribes, is a Shaman of the Nemenhah Band of the Lakota Sioux and is certified in Chinese energetic Medicine. He is a Medicine Man and Shaman, skilled in Soul Retrieval and has studied with witch doctors, shamans and holy men of African tribes including Credo Mutwa, Chief Holy Man of the Zulu Nation. In Hypnotherapy he has studied with and has been certified by: Dr. Bill Baldwin, Dr. Irene Hickman, Dr. Edith Fiore, Dr. Arthur Winkler, Dr. Ed. Martin and Cheryl, Dr. Leidecker, Dr. Carl Carpenter, Jerry Kein, Don Motin, Dr. Mell Reese and many others too numerous to mention.

Past Life Regression Therapy (PLT)

Heal the Present through The Past. Reincarnation is beginning to come out of the dark corners of mysticism and into the light of 21st Century healing. Much authoritative work is being done on Reincarnation. Many illnesses, both physical and psychological, result from past life events. Our past lives leave an indelible impression on our lives, and at times, manifest in present day illness. Reviewing our past lives while in hypnosis often releases the stressors from the past and permits our minds and bodies to create their own healing. Even if you do not believe in Reincarnation, the therapy works just as effectively to produce healing. Past Life Regression Therapy, in addition to helping learn and release the origins of current life problems, also allows maximizing skills, talents and gifts inherited from the past. The Therapy also provides greater insight into the meaning and purpose of life. PLT is an excellent uncovering technique and energy releasing modality, which can dramatically positively change a person's life. Dr. Skillas has developed his own unique techniques for doing PLT as a result of his 30 + years experience doing this work and his studies with world-renowned expert in PLT, Dr. Arthur Winkler, President of St. John's University.

Cell Damage Repair

Cellular damage is caused by Negative Forcing Functions buried deep in the subconscious self. If the cell damage is left uncorrected, the cell damage will proceed to eventual degeneration and destruction of the cell communities that have been deprived of vital life force energy. This results in physical illness and, ultimately, death if the degeneration process is not corrected. So, after we find and release the negative energy in the subconscious, we have to repair the causal damage to the cells on each layer of consciousness. Dr. Skillas' studied Cellular Repair with Dr. Edward Martin of Texas and Alabama.

Parts Therapy

An excellent technique developed by Dr. Charles Tebbetts to resolve negative internal conflict forcing functions in the sub-conscious self. Under deep trance hypnosis, the trained therapist can speak to the parts of the client engaged in conflict and by using adroit methods of compromise can affect an agreement which resolves the conflict, thereby eliminating the negative internal conflict forcing function.

Remote Clearing

Remote Clearing is clearing work done on a person or place when the person cannot or will not physically come for work. The person or place to be cleared can be anywhere in the world. This work is usually done using a surrogate and protector(s). The advanced Course covers the entire process for remote Clearing and in remote reprogramming. The process is explained, demonstrated and practiced. Dr. Skillas studied with Dr. Irene Hickman, DO.

Gestalt Work

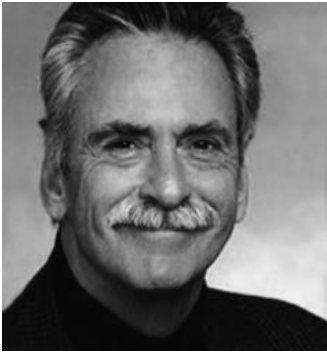
Gestalt work uses a mind transfer technique to facilitate the power of forgiveness through the resolution of old conflicts. The client is given an opportunity to release mental and emotional problems with another person or persons leading to forgiveness on both sides, but always on the part of the client for their own benefit. The offending ones may be living or dead. This powerful negative energy release technique is applicable to various conflicts.

Parallel Universes

In the past 10 years Dr. Skillas became very interested in the singularity that occurs where quantum mechanics and relativistic theory meet. Quantum mechanics works very well for very small particles and Einstein's theory of relativity works very well for larger particles. But, both of them fall apart when you try to integrate them and this causes the singularity. It's a singularity like the Big Bang.

At Princeton University, physicists have been working on string theory, superstring theory and now membrane theory as a way to resolve the singularity. They discovered that 11 dimensions were necessary to make the mathematics work and they were able to achieve a resolution of the singularity using vibrating membranes instead of vibrating strings in the equations. Skillas believes that perhaps the 11 dimensions that Princeton found were necessary to resolve the mathematical conundrum for membrane theory, are the same 11 dimensions of reality sometimes called 11 parallel universes. Dr. Skillas teaches how to clear negative energies from these other dimensions of reality through the Meta Consciousness. He has found that clearing these negative energies can have a profound effect on the health of an individual.

Master Instructor & Founder of Skillas Atlanta Hypnotherapy Center



Dr. Charles Skillas, PhD, BCH, FNGH, CI, MCCHT is an NGH Certified Instructor (CI) and Internationally Recognized NGH Board Certified Hypnotherapist and Master Clinical Hypnotherapist (MCCHT). He is also a Fellow of the NGH (FNGH). He has practiced energy healing and Hypnotherapy since 1981 and is a member of the Business and Metaphysical teaching faculty of St. Johns University and a Faculty Member of The National Board of Hypnotherapy and Hypnotic Anesthesiology. He is also President of the GA. Chapter of the National Guild of Hypnotists. Dr. Skillas has taught the NGH Hypnotherapy Certification Course and the Advanced Clinical Hypnotherapy Course since 1992.

He is certified in: Advanced Clinical Hypnotherapy, Hypno-Anesthesiology, Hypnotherapy Instruction, Transformational Counseling, Cell Command Therapy, Spirit Releasement Therapy, Master Level Neurolinguistic Programming, Hypnotic Pain Control, Emergency Hypnosis, Cellular Regeneration Therapy, Parts Therapy, Past Life Regression Therapy, Remote Clearing, Chinese Energetic Medicine and Native American Healing. He also studied with witch doctors, medicine men and holy men of African tribes. One of his mentors was Credo Mutwa, Chief Holy Man of the Zulu Nation. He is a member of: The National Guild of Hypnotists, The National Board of Hypnotherapists and Hypnotic Anesthesiologists, The National Federation of Neurolinguistic Psychology, The International Hypnosis Research Institute and The National Federation of Hypnotists

Dr. Skillas earned a Ph.D. in Engineering, an MBA in Business Administration, and has many years of experience in the Aerospace/Defense Industry as: Chief Engineer, General Manager, VP of Marketing, and Consultant to the Department of Defense and Major Defense Companies of the Western World in the areas of: Anti Submarine Warfare, Submarine Torpedo Defense, Electronic Warfare and Mine Countermeasures. He has lectured at the Applied Physics Laboratory of Johns Hopkins University (APL/JHU), the Massachusetts Institute of Technology (MIT) and other prestigious universities throughout the world. He was honored by the US Congress for serving as expert witness and helping write legislation, which created the National Oceanographic and Atmospheric Administration (NOAA) and received the US Navy Meritorious Public Service Medal. He was also NH Co-Chairman of The NH/ME Bi-State Commission on Oceanography. He is a Licensed Professional Engineer and is listed in Who's Who in America.

Dr. Venus Von Mock, DD, BA, CH, CI, ACCHt
Clinical Hypnotherapist Practitioner & Instructor



Venus Von Mock is a Private Practice Clinical Hypnotherapist (ACCHt) with a background in the healing arts for more than 18 years. She is an NGH Certified Hypnotherapist (CH) and Instructor (CI), a Re-SET System[®] Practitioner and Instructor, NGHGA Director of Professional Development, an Instructor with the Skillas Atlanta Hypnotherapy Center, and has a Doctorate of Divinity in Healing Arts. Some other background studies include: The Essence of Being and Passionate Manifestation with EOB, Flower of Life teachings and the Merkaba meditation with Drunvalo's lineage of teachers, Soul Coaching (SC20) and Past Life Regression with Denise Lynn, Universal Law and Core 4 Healing with Lynn Clements, and Life Coaching with Dr. Michael Duckett

Dr. Venus's background prior to hypnotherapy has been in the arts as a professional graphic designer and product photographer, who developed company identities and promotional materials such as: packaging, logos, website designs, advertising. She also has an extensive background in the performing arts as an Oriental Dance Performer for more than 10 years, having studied with some of the most talented master instructors on the scene. She views all life's experiences as creative expressions.

The insight gained from Dr. Venus' studies has provided her with a deep intuitive understanding of the human spirit and its inherent desire to improve one's quality of life. It is her desire to assist others through empowerment, to take charge of their own lives, to free them from the energy blocks that impede personal growth, and ultimately help them to embrace their true essence. As a Hypnotherapist she incorporates various modalities: Spirit Releasement Therapy, Past Life Regression Therapy, Soul Mind Retrieval, Internal Conflict Resolution through Parts and Gestalt Therapy, Behavioral Modification, Positive Reinforcement Reprogramming, Cellular regeneration Therapy, etc. to achieve effective and many times profound results.

Skillas Atlanta Hypnotherapy Center Policies:

All NGH Courses are taught under the strict guidelines of the NGH. Because each class is unique and may require adjustments in order to accommodate the needs of students while fulfilling course requirements, SAHC reserves the right to make adjustments as necessary.

SAHC reserves the right to refuse entry into our courses. Class space is limited.

Attendance Policy:

Students are expected to attend the classes in their entirety. We recognize that emergencies can occur: therefore students are to make arrangements with the instructor for any time missed.

Payment Policy:

Payment Plans are available and must be arranged with SAHC. All payments are to be made according to agreement and paid in full upon completion of the course and in order to receive certifications.

Classroom Etiquette:

At SAHC we aim to create a supportive environment in the classroom for students to learn and personally experience therapeutic techniques. It is imperative that students honor the privacy and confidentiality of fellow students. Mutual respect in the classroom is required and appreciated.

Students are expected to complete the course requirements, including: reading, written assignments, exercises and class participation. Notes recommended.

Contact SAHC Instructors for details & current course dates.

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ADDENDUM

Practicing & Teaching The Skillas Re-SET System[®]

By SAHC Founder Charles Wm. Skillas, PhD, BCH, FNGH, CI, MCCHt

Dr. Charles Skillas spent 17 years, between 1981 and 1998, developing and practicing a system of hypnotherapy that would work for him and meet the needs of his clients. He studied and researched hypnotherapy as practiced by leading members of this profession and also the healing techniques of indigenous people all over the country and around the world. Finally he came to an understanding and developed a system of technologies that worked effectively for himself and his clients, which he now calls The Skillas Re-SET System[®] (Restoration System of Elemental Truths). Skillas calls this technology the Re-SET System[®] because it ultimately restores (resets) you to your optimum self and resolves problems plaguing humans. Re-SET[®] is the *Ultimate Remedy*.

The Re-SET System[®] consists of clearing negative energy buried in the subconscious self, then repairing cellular damage caused by the negative energy, thus restoring the flow of Chi to the cell communities of the body and reprogramming the subconscious self after the negative energy is cleared. Negative energy is caused by distortions in the body's energy field resulting from negative forcing functions. Negative forcing functions are bad things that have happened to you in this or a past lifetime, unresolved internal conflicts, biological carryovers from your ancestors and the attachment of foreign energies. This negative energy blocks the flow of life force energy (Chi) to the cells, causing them to degenerate and produce physical disease. They also install and support negative programs on the subconscious computer's hard drive, which affects mental, emotional and spiritual health. The integrated summation of the subconscious programs determines our behavior, how we feel and how we respond to life. So, if you want to change any of these, you must change the programs and the Re-SET System allows us to do so with permanent results.

The oldest extant model of disease on the planet is the Eastern Model, which is between 4000, and 6000 years old. This model says that all diseases, that is, all the problems we have in life; mental emotional, physical, and spiritual are

caused by improper functioning of the cells of the body. To be healthy and function properly, cells of the body require the Life Force Energy which the

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Chinese call Chi. Other cultures call this life force energy by other names. Because the RE-SET System[©] finds and releases the buried distortion energy, it restores the flow of Chi to the cells and promotes the body's natural healing response.

After having developed the technology and using it in his practice for a number of years with great success, Skillas was asked to teach it to others who wished to employ *his* brand of hypnotherapy in their *own* practices. Many were practicing psychotherapists and many were those *new* to hypnotherapy. In order to satisfy the needs of *new* hypnotherapists, Skillas became a certified instructor for the National Guild of Hypnotists (NGH). The Guild's curriculum provided those students with all the fundamentals of standard hypnotherapy. He could then expand upon this solid foundation with his unique perspective of energy flow through the body and teach the advanced techniques of the Re-SET System[©]. He has since founded the Skillas Atlanta Hypnotherapy Center, where students learn the art and science of hypnotherapy. Students can become NGH Certified Hypnotherapists; learn the principles of energy flow and their relativity to effective results, and the coveted Restorative System of Elemental Truths (Re-SET[©]). Among the many techniques taught at SAHC are: Spirit Releasement Therapy (SRT), Past Life Regression therapy (PLT), Parts Therapy, Gestalt Work, EFT, NLP, Cellular Damage Repair, Soul Mind Fragment Retrieval and Remote Clearing. Those trained at The Skillas Atlanta Hypnotherapy Center are an elite group equipped with the tools and techniques to effectively achieve the desired results with their clients.

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We at Skillas Atlanta Hypnotherapy Center are not licensed healthcare providers. We cannot treat, cure or heal any medical, mental or emotional condition and this is related to all students and clients. To cite the efficacy of this Re-SET System[©], we direct your attention to the following three stories. The three stories are from the practice of Charles Skillas; the names and other personal details have been respectfully undisclosed. The three stories illustrate three different problems of clients that were resolved by using the same methodology of the Re-SET System[©].

Story 1: Several years ago a young woman came to see Dr. Skillas suffering from severe breast cancer. She spent the previous five years in unsuccessful allopathic treatment for the condition. She had 14 sessions with him over a period of 18 months resulting in a clean bill of health from her allopathic physicians. The breast cancer was entirely gone and has been gone now for six years. She feels wonderful that she has her life back.

Story 2: a middle-aged man came to see me a number of years ago for very severe bleeding hemorrhoid problems. He struggled with this problem for the past 17 years. He had many kinds of allopathic treatment and yet the condition worsened instead of getting better. Over a period of two years I saw him about 20 times and at the end of this time, the bleeding hemorrhoids had disappeared and have not returned for seven years.

Story 3: a young man in good health asked Dr. Skillas if he could help him regain his facility in sports. He had been an excellent athlete and had achieved the pinnacle of his promise. All of a sudden he went into a terrible slump and the quality of his game diminished rapidly and greatly. Using the Re-SET System[©] Dr. Skillas was able to remove the blocks to the flow of Chi through his body, reprogram his subconscious mind positively and repair the damage to the cells of his body caused by the negative energy that had caused his Chi blocks. Once he was clear and his subconscious was reprogrammed for positive effect, his performance improved dramatically. The last time Dr. Skillas saw him, about three years ago; he was still performing at the height of his capability.

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How It All Works ... In a Nutshell

By SAHC Founder Charles Wm. Skillas, PhD, BCH, FNGH, CI, MCCHt

Most of us do not realize that our mental, emotional and physical health depends on the flow of life force energy (Chi) through our bodies and if it is blocked, we have problems. The more severe and long-lived the blocks, the worse the problems become. The blocks are caused by “bad things” that happened to us in this life or in past lives, unresolved internal conflicts, genetic carryovers from our ancestors and from foreign energy attachments. These “bad things” produce negative energy generators in our subconscious mind called Negative Forcing Functions.

These Negative Forcing Functions (NFF's) do two things: they block the flow of Chi through your body and they install negative programs onto your subconscious computer's “hard drive” and then **constantly reinforce them**. The programs on your “hard drive” determine how you behave and feel. To change how you behave and feel requires that the programs be changed. This can only be done effectively if you first eliminate the negative energy generators (NFF's) that are reinforcing your bad programs and then positively reprogram your subconscious hard drive. Then change happens and it is permanent.

The only way to find and release the negative energies and reprogram your subconscious hard drive is with hypnosis because it is the only way to directly access your subconscious mind. If there is any foreign energy on you (entity attachments), they must first be removed before any other work is done because entity attachments block access to the internal subconscious. Sometimes, just releasing the entities brings remarkable change, because if the entities are the sole cause of your problems, when they leave, they take their problems with them. Often, however, the entities are attracted by your problems and just make them worse. Your own problems also are what cause your protective psychic defense system to go down, allowing entities to get onto you.

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So, if you feel bad, mentally emotionally or physically, try to get to the source of your problems and get rid of them rather than just continually “band aid”, and struggle with life. Most western medicine is allopathic, in that symptoms are treated with medicines so that we don’t feel the symptoms anymore. This is of great help, but it is my belief that eliminating the source of the symptoms is better. Remember that your symptoms... pain, fatigue, anxiety, depression, addiction, feelings of worthlessness, hopelessness, etc. are just symptoms, *not the cause*. The *causes* are the Negative Forcing Functions in your subconscious mind. Get rid of them, reprogram and you solve your problems!

Skillas Atlanta Hypnotherapy Center (SAHC) Clinical Hypnotherapy Courses Syllabus

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Learn More about the **Skillas Re-SET System**® and how it can
“Restore You to Your Optimal Self”