TEST
Hypnosis Certification

NAME: ___________________________________________ DATE: ______________

ADDRESS:____________________________________________________________________
______________________________________________________________________________

EMAIL: ___________________________ PHONE NUMBER: _________________________

1. What is hypnosis?
______________________________________________________________________________
______________________________________________________________________________

2. Who can be hypnotized?
______________________________________________________________________________

3. Is it possible to learn hypnosis from a good book? (describe your view)
______________________________________________________________________________

4. What are the 6 steps in creating a self hypnosis suggestion?
   1.          ________________________________________
   2.          ________________________________________
   3.          ________________________________________
   4.          ________________________________________
   5.          ________________________________________
   6.          ________________________________________

______________________________________________________________________________

6. Describe the difference between analytical and non analytical.
______________________________________________________________________________
7. Which types of occupations or people would normally come under a non analytical type classification?

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

8. Which types would most likely come under an analytical classification?

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______________________________________________________________________________
______________________________________________________________________________
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9. What is the purpose of suggestibility test?

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

10. Name four suggestibility test.

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

11. What is a Deepener?

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

12. How do you determine how deep someone goes in hypnosis or if they are in at all?

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______________________________________________________________________________
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13. What are post hypnotic suggestions?

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______________________________________________________________________________
______________________________________________________________________________
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14. How long can a post hypnotic suggestion last? (Explain your views)

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15. Name five common misconceptions the public has about hypnosis and state the correct response to them.

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16. What are four feelings that you may experience while in hypnosis.

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17. Explain the difference between a positive and a negative hallucination.

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18. In what level of hypnosis is it recommended you be in before dental work can be conducted on you?

______________________________________________________________________________
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______________________________________________________________________________
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19. In what level of hypnosis is it recommended you be in before major surgery is attempted?

______________________________________________________________________________
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______________________________________________________________________________
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20. What level of hypnosis are you in when you cannot remember your name?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
DEFINITIONS:

Match the terms in column one with the definitions in column two by placing the corresponding number on the space provided.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME DISTORTION</td>
<td>Memories are recovered by inducing an intense emotional state</td>
</tr>
<tr>
<td>AGE PROGRESSION</td>
<td>Advancing the subject's age level</td>
</tr>
<tr>
<td>PERMISSIVE</td>
<td>Re-experiencing of earlier events</td>
</tr>
<tr>
<td>SOMNAMBULISM</td>
<td>The loss of memory.</td>
</tr>
<tr>
<td>GRADING</td>
<td>Insensitivity to feelings of physical pain.</td>
</tr>
<tr>
<td>CATALEPSY</td>
<td>Forceful, strong, domineering,</td>
</tr>
<tr>
<td>EXPECTANCY</td>
<td>Self talk</td>
</tr>
<tr>
<td>ANALGESIA</td>
<td>Rigidity of the skeletal muscles</td>
</tr>
<tr>
<td>ANESTHESIA</td>
<td>Effortless concentration</td>
</tr>
<tr>
<td>HYPNAGOGIC</td>
<td>You believe in the positive results</td>
</tr>
<tr>
<td>AFFECT BRIDGE</td>
<td>Hanging on every word</td>
</tr>
<tr>
<td>AMNESIA</td>
<td>Pressure, but no pain.</td>
</tr>
<tr>
<td>NEGATIVE HALLUCINATION</td>
<td>Increase the difficulty of suggestions</td>
</tr>
<tr>
<td>PYRAMIDING</td>
<td>Between wakefulness and sleep.</td>
</tr>
<tr>
<td>AGE REGRESSION</td>
<td>Being open to suggestion</td>
</tr>
<tr>
<td>PHOBIA</td>
<td>Not seeing something that is there.</td>
</tr>
<tr>
<td>POSITIVE HALLUCINATION</td>
<td>Soft spoken, nondirective</td>
</tr>
<tr>
<td>CONTENTION</td>
<td>A morbid fear.</td>
</tr>
<tr>
<td>FIXATION</td>
<td>Seeing something that is not there.</td>
</tr>
<tr>
<td>AUTHORITATIVE</td>
<td>Suggestions carried out later on.</td>
</tr>
<tr>
<td>POSTHYPNOTIC SUGGESTION</td>
<td>Each successful challenge guarantees the success of the next.</td>
</tr>
<tr>
<td>AUTO-SUGGESTION</td>
<td>The deepest state of hypnosis</td>
</tr>
<tr>
<td>HYPNOSIS</td>
<td>Unexplainable lapse of time during hypnosis</td>
</tr>
</tbody>
</table>

MULTIPLE CHOICE

44. The Catholic Church accepted hypnosis as legitimate therapy and British Hypnotherapy founded in… (Circle one)
   1. 1958
   2. 1725
   3. 2003
   4. Not yet

45. Both the British Medical Association and the American Medical Association issued statements supporting the usefulness of hypnosis as a form of therapy in the…
   1. 1980’s
   2. 1930’s
   3. 1090’s
   4. 1950’s
46. Signs to look for in hysterical subjects in hypnosis are… *(Circle all boxes that apply)*
   1. Rhythmic circular movement of the head
   2. Excessive eyelid fluttering
   3. Uncontrollable crying or laughter
   4. Itching of the toes

47. Office environment should include… *(Circle all boxes that apply)*
   1. Subdued lighting
   2. Lava lamps and bright colors
   3. Warm comfortable temperature
   4. All day long buffet

48. Which of the following is required to be hypnotized?
   1. A willingness to be hypnotized
   2. A weak will
   3. Mental illness
   4. Low-to-average intelligence

49. Which of the following is considered an early pioneer of hypnosis?
   1. Svengali
   2. Franz Anton Mesmer
   3. Lloyd Wright
   4. Charlie Chaplin

50. Which individual coined the term “hypnosis”?
   1. Pierre La Pieu
   2. Jack Benny
   3. James Braid
   4. John Christian Anderson

51. The term “hypnosis” derives from the Greek word for?
   1. Relaxation
   2. Sleep
   3. Power
   4. Deity

52. Franz Anton Mesmer was known for which of the following?
   1. Post hypnotic conditioning
   2. Memory replacement
   3. Negative Hallucinations
   4. Animal Magnetism

53. A suggestion given while in hypnosis to be carried out at a later time is called?
   1. Direct
   2. Post hypnotic
   3. Indirect
4. Time delayed

54. The deepest of the four brainwave states is…
   1. Alpha
   2. Delta
   3. Theta
   4. Beta

55. Which is required for hypnosis?
   1. Total quiet
   2. Eyes must be closed
   3. Soft music
   4. None of the above

56. If you normally remember 1/3 of all memories how much will you remember with automatic writing?
   1. Approximately 2/3
   2. Approximately 1/2
   3. Everything
   4. Less

57. Hypnosis is a…
   1. Truth serum
   2. Control method
   3. Way to get what you want
   4. Tool for positive change

58. Glove analgesia is…
   1. Allergic allergies to gloves
   2. Feeling slight pain but no sensations
   3. Feeling pressure but no pain
   4. Not seeing something that is there

59. Who was Svengali?
   1. A well known old time magician
   2. A sinister hypnotist that took advantage of young women
   3. A fictitious character
   4. The author of a specialty deck of cards

60. British surgeon performed over 2000 operations, even amputations simply using hypnosis.
   1. James Braid
   2. Jean Charcot
   3. James Esdail
   4. Marcus Welby

61. A counter suggestion is a suggestion…
   1. Given on a shelf in a supermarket
2. To counter an earlier suggestion
3. Given by an auditor
4. That you can count downward

62. Time distortion in hypnosis is defined as?
   1. The swinging of a stop watch in front of the client's face
   2. Not really sure of the exact time when asked
   3. Unexplained lapse of time during hypnosis
   4. Seeing the numbers on a clock getting fuzzy

63. Vasomotor is . . .
   1. A motor that is very fast
   2. Physical activity over which the subject has no control
   3. A state of profound abstraction
   4. Mental reaction to a stimuli

64. The daydream state starts in…
   1. Alpha
   2. Delta
   3. Theta
   4. Beta

TRUE & FALSE

65. In deep levels of hypnosis you cannot resist the suggestions of the Hypnotherapist.
   TRUE ___ FALSE ___

66. There is always a danger of the hypnotist having a heart attack while the subject is in hypnosis and the subject remaining stuck in trance.
   TRUE ___ FALSE ___

67. Anyone can resist going into hypnosis if they try.
   TRUE ___ FALSE ___

68. Hypnosis is simply being open to suggestion.
   TRUE ___ FALSE ___

69. Suggestibility tests are used to see what you can make your client do.
   TRUE ___ FALSE ___

70. A client will not do anything against their will or nature.
   TRUE ___ FALSE ___

71. Only a trained mental health professional should attempt regression to re-open memories from a traumatic attack or abuse.
   TRUE ___ FALSE ___

72. Only weak minded people can be hypnotized.
   TRUE ___ FALSE ___
73. True regression is like watching yourself from a movie theatre seat.  TRUE ___   FALSE ___

74. Certification for an association is required to open an office.  TRUE ___   FALSE ___

75. A post hypnotic suggestion can be given through the mail.  TRUE ___   FALSE ___

76. You can be hypnotized on the telephone.  TRUE ___   FALSE ___

77. You must be deeply relaxed to be hypnotized.  TRUE ___   FALSE ___

78. Military people are difficult to hypnotize.  TRUE ___   FALSE ___

79. In the deeper levels of hypnosis you can control your subjects mind.  TRUE ___   FALSE ___

80. You are in a deep sleep while in hypnosis.  TRUE ___   FALSE ___

81. All hypnosis is self-hypnosis.  TRUE ___   FALSE ___

82. It’s necessary for a person to be very relaxed to get into a trance.  TRUE ___   FALSE ___

83. People who are intelligent have difficulty entering into trance.  TRUE ___   FALSE ___

84. You can be made to do things against you will in hypnosis.  TRUE ___   FALSE ___

85. People who are in a hypnotic trance always tell the truth.  TRUE ___   FALSE ___

86. Sleep hypnosis is conducted while the subject is the hypnagogic state.  TRUE ___   FALSE ___

87. Hypnosis can be used for anesthesia.  TRUE ___   FALSE ___

88. Artistic, creative people suet more of the right mind.  TRUE ___   FALSE ___

89. Students and military are the least suggestible subjects.  TRUE ___   FALSE ___

90. People with mental illness are easy to hypnotize.  TRUE ___   FALSE ___

91. Only 50% of society are susceptible to rapid inductions.  TRUE ___   FALSE ___

92. Pseudo regression is experiencing the event first hand and you will feel the feelings and emotions.  TRUE ___   FALSE ___

93. A post hypnotic suggestion can be given through the mail…  TRUE ___   FALSE ___
94. A person can be hypnotized over the computer… TRUE ___ FALSE ___

95. In hypnosis all senses are enhanced about 15%. TRUE ___ FALSE ___

96. The Arons Depth Scale has 10 levels. TRUE ___ FALSE ___

97. Level 4 is the best level of the Arons Depth Scale for hypno-birthing. TRUE ___ FALSE ___

98. Suppressed memories can be uncovered in the Beta stage. TRUE ___ FALSE ___

99. If you suspect that your subject is sleeping you should simply ask them? TRUE ___ FALSE ___

100. The two most common one word commands used in instant inductions are “sleep” and “run”. TRUE ___ FALSE ___

**BONUS ESSAY (For extra credit if needed)**

Describe how you would explain how the conscious mind and subconscious mind works to your client.
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