Welcome To Our 2012 Catalog!

Thanks for picking up our catalog! It’s designed to answer most of your questions. But, if it doesn’t answer some, give us a call or e-mail us. We’re easy to talk with! We’d enjoy speaking with you even if you didn’t have any questions!

Our 20th year is one of changes!

We’re changing our name!
   The Access Institute is now The Michigan Institute of Professional Hypnotherapy.

We’ve added three highly distinguished Faculty Members!
   They’ve been chosen for one simple reason.
   We think they’re the best available anywhere.

We’re Pursuing State Licensure
   We have a 20 year record of happy graduates.
   Not one has ever complained that their credentials have not been accepted.
   Nonetheless, we want our graduates to rest assured that they possess
   The highest professional hypnotherapy credentials available!

Michigan Institute for Professional Hypnotherapy History

1992
Gordon Boyd, a United Methodist Clergyperson with a background in psychotherapy and hypnotherapy, starts teaching small handfuls of professionals in Michigan’s Irish Hills. Everything is by word of mouth. Students include medical doctors, clergypersons, and other helping professionals. Certification is offered through N.A.C.H. - The National Association of Clergy Hypnotherapists - of which Gordon is a board member. N.A.C.H. is the world’s most rigorous professional hypnotherapy organization - full membership requires an accredited graduate degree. Gordon calls his school “The Access Institute”

2005
By 2005, N.A.C.H. has been incorporated into another larger hypnotherapy organization and has become less active. Because of his proximity to and respect for The International Medical and Dental Hypnotherapy Association, Gordon becomes a member and has his school finds a new home. Gordon also comes to buy the right to use the curriculum of Michigan’s first state licenced professional hypnotherapy school - The Infinity Institute. Portions are incorporated in the Access Curriculum.

2011
Gordon listens to the requests of students and the urgings of professional colleagues and decides to pursue state licensure, change the name of the school, and assemble what he believes to be the Midwest’s most distinguished group of professional hypnotherapy educators.
Meet Our Faculty

**Michigan Institute of Professional Hypnotherapy Director:**
**Gordon Boyd, Ph.D.**

Gordon has been studying therapeutic trance for more than four decades. He took a year of clinical training in psychotherapy at Eastern State Hospital as part of his Master of Divinity degree in counseling and has completed his Ph.D. in Behavioral Science. For 15 years he taught classes in psychology, cognitive behavioral therapy, and philosophy at Great Lakes College and Baker College and recently wrote the curriculum for cognitive behavior therapy at Michigan’s largest private college system. He currently teaches psychology at the International Academy of Design and Technology, sees clients for hypnotherapy in his own office, and serves as a staff psychotherapist at Integrative Mental Health Services in Warren, Michigan. Gordon is also an ordained United Methodist Clergyperson. From 2006 to the present writing, he has served part time as “minister of pastoral care” at Franklin United Methodist Church. Gordon has been featured as a presenter to professional hypnotherapy conferences on topics such as “Hypnosis and Multilevel Consciousness”, “The Pastoral Use of Hypnotherapy in a Case of Major Organ Systemic Lupus and Bone Cancer”, and “My Favorite Ericksonian Paradigms” in Santa Anna, Chicago, Atlanta, and New Orleans. Gordon has also published several books of interest to professional hypnotherapists. He enjoys growing organic vegetables and medicinal herbs and is currently studying various natural healing traditions. He is married to Elena and has a grown daughter living and teaching physics in Chicago.

**Meet Dr. Anna H. Spencer**

When the definitive History of Hypnotherapy As A Profession is written, Anna Spencer is going to command a major chapter. Her contributions and achievements are enormous. The first licenced school of hypnotherapy in Michigan - The Infinity Institute. The World’s first woman with a licensed school of hypnotherapy. And then there’s that huge World wide organization - The International Medical and Dental Hypnotherapy Association - which she founded. I include the story of its development in my curriculum because it deserves to be told. A medical doctor, attending Dr. Spencer’s father for a surgical procedure, watched her work with her father and was so impressed he told her that every hospital should have a professional hypnotherapist on its staff. She took up the challenge and formed the IMDHA with that guiding goal. Today medical facilities throughout the World have hypnotherapists on their staffs, and, because she has consistently held high the bar of integrity, IMDHA hypnotherapists are considered respected professionals globally. Now that Dr. Spencer is “retired”, she continues her pioneering work as an ambassador for the profession and works with numerous hypnotherapy organizations. We are deeply honored she responded to an invitation teach Medical Hypnoanalysis through the Michigan Academy. For 30 years she built her entire practice around The Bryan approach and is, undoubtably, the World’s foremost authority on it. I have taken this course twice with Dr. Spencer, once in the mid 1980s and again in 2005. This course goes beyond information. Just to watch Dr. Anne work is worth far more than the cost of the class. Integrity, intentionality, effectiveness, compassion, that’s Dr. Anna - all with a teacher’s heart. Any hypnotherapist is urged to take advantage of this opportunity! Dr. Spencer needs no introduction to anyone in the hypnotherapy profession. If you are new to an interest in field, however, we invite you to do a simple Google search of “Anna H. Spencer” or “Subconsciously Speaking”. You will see why we say “Thank you, Thank you, Thank you Dr. Anna for your enormous contributions to our profession and your willingness to enrich the learning offerings of The Michigan Institute.
Meet Dr. Kim Manning

With over 20 years of experience in the medical field, certified medical hypnotherapist “Dr. Kim” uses hypnotherapy help people overcome a wide variety of issues on an everyday basis. That is to say, she doesn’t just teach the profession, she makes her living through her very successful Bloomfield Hills practice. It is widely considered to be one of the top in the nation and she has been recognized through numerous awards and honors. Dr. Manning’s professional accomplishments don’t stop there though. She is the founder and president of The Academy for Continued Hypnosis Education, ACHE (International). Through the ACHE, Kim travels throughout the United States, The U.K., and the Middle East teaching advanced hypnotherapy skills along with another distinguished colleague, Dr. David Kato. Of course, The Michigan Institute recommends ACHE training in the highest regards. I’ve invited Dr. Kim to be a distinguished faculty member not only for her extraordinary accomplishments, but also for her winsome and effective teaching abilities. Among other things, she will share her elegant approach to smoking cessation and some of the powerful business building tips that have enabled her to build her thriving practice. Get to know Dr. Kim better through the following web sites. You’ll like what you see, and you’ll love her extraordinary teaching ability.

The Academy for Continued Hypnosis Education:   www.ache-international.com
The Focused Solutions Site (Dr. Kim’s Practice) www.focusedsolutions.com

You may call her at: (248)433-3075 or drop her an e-mail at:  kim@focusedsolutions.com

Meet Dr. John Tomlinson

The Michigan Institute is especially honored to include “Dr. John” on our faculty. This long time Mid-Michigan mover and shaker is well known in the Flint area. If you’ve read the Flint Journal, you’ve seen his articles. Saw the film Roger and Me? He’s in there. Most folks couldn’t pack as much life into five lives as Dr. John in one. He graduated from the University of Michigan-Flint, with a 4.0 grade point average and won, by vote of the university professors, the school’s highest award for scholarship. He’s been to the top of the financial services industry as a vice president of E.F. Hutton. New York Times best selling author? Yes, he’s that too. If you live in Mid-Michigan, you’ve also seen television advertisements for his highly successful hypnotherapy practice. It’s located in The Grand Blanc Medical Center near Flint. One simple reason explains his success as a hypnotherapist. He’s good - very good. He makes it look easy too. Only a true professional can do that. I asked John to present his protocol for Weight Issues to one of my classes in 2011. The students were blown away. It’s one thing to be wizard of human transformation. To be able to teach it to others? That’s something rare. After a few moments with John in the classroom, you’ll know why I am thrilled to have this master on the Michigan Institute Staff. He’s also at the top of the game for sports hypnosis in the nation. Get to know John better from some of his Web Sites. You would find it interesting to do a Google Search of “John Tomlinson Hypnotherapy” as well.

John’s Practice Web Site:   www.tomlinsonhypnotherapy
For The Finest in Sport’s Hypnosis:   www.thementalsideofgolf.com

You can reach Dr. Tomlinson by Phone: (810) 771-7105
The Michigan Institute of Professional Hypnotherapy Curriculum
For The Course: Hypnotherapy for Certification

The Michigan Institute’s approach is large enough to introduce learners to other schools and hypnosis organizations. In fact, one of our student’s first homework assignments is to contact other hypnosis schools and organizations in the area to ask what learning opportunities they offer. The institute’s goal is not to send out “cookie cutter” graduates loyal only to the approaches learned here. The following curriculum offers much information considered “advanced” in many other schools. Because our classes are small, we can be very flexible in our curriculum. Some students want to learn more about “covert hypnosis”, pain management, hypnosis for addictions, or some other topic. Every effort is made to personalize the course to its participants. Students in the “Hypnotherapy for Certification” Course can expect to become familiar with these topics - and MORE!

Hypnosis and Therapeutic Trance Throughout History
Hypnosis, as used today, has important historical contexts.

Standard Theoretical Approaches to Understanding Hypnosis
Explore important scientific and philosophic theories explaining trance experience.

Introduction to The Physiological Basis of Trance - Trance and Biology
You don’t have to have a science background to marvel at what an extraordinary miracle you are! From hypnotic “command” to molecule - we can now trace how trance works biologically!

Introduction to the Psychological Basis of Trance
What makes people do what they do? Why does everyone “go into trance”?

Trance and Consciousness
The scientific study of consciousness along with its various states is way overdue in The Western World. Science meets the “transpersonal consciousness” in trance.

Hypnotherapy - Introduction to the Profession
Ours is a new profession. You will want to be a positive part of its growth!

Self Hypnosis
You will be able to use this powerful tool instantly for life.

Trance & Morphic Resonance
Contemporary biologist Rupert Sheldrake has rediscovered and described what Kilner researched almost century ago and mystics have always know about. The “mind body connection” is also connected to your various “auras”. Many folks find hypnosis helps them see and understand these important dimensions of our being.

Introduction to The Phenomenology of Trance
This is actually the “magic key” to hypnosis work (in my opinion). When you know what trance is and how it works, you can use it in infinite ways. My students know I’m always asking “Which of the phenomena of trance is operating here?”
Trance Indicators
Everyone responds to trance differently - but they all respond! You'll have fun seeing trance develop in therapy, and in “the common everyday trance.”

Trance and “Suggestibility”
Does trance really produce suggestibility? This is an open question among hypnosis researchers. It is an important concept in traditional hypnotherapy however. You will need to know about important “types” of suggestibility and how to test for them.

The Hypnotherapy “Pre-Induction Talk”
This important part of your practice is actually part of the definition of hypnotherapy. You will learn how to make the “pre” induction talk part of your induction.

Standard Hypnosis Inductions
Really, when you complete the Access Course, you will not need these because you will induce trance in a different way for each client. It’s great to have some of these well known approaches (such as eye closure) under your belt, though. You will see them throughout the world of hypnotherapy.

Rapid Inductions, Novel Inductions
These are fun - and vital! Sometimes folks have to go into trance FAST! Sometimes they have to go in different ways. My students love the “vertigo” induction. I love doing it for children when their parents are watching! The kids have fun and the parents are blown away!

Trance “Depth”
The idea of “depth” in hypnosis, though common, is controversial. Just what is meant by “depth”? Still, a hypnotherapist must be conversant with several ways to describe how profound a trance state is.

Some “Deepening” Techniques
OK. We don’t know what “depth” really is, but we want to get more of it? Yes. That’s called “trance logic”! But since any hypnotherapist needs to know about this, Access offers students a special treat. Those who have been in the hypnosis world for a while will remember Walter Sicort. His demonstrations of what he called “ultradepth” were breathtaking. I was fortunate to be one of his students. You could pay gobs of money (really!) to the folks who are teaching these “proprietary” approaches - or you could just have them included as part of your Access certification training. Go ahead, Google this topic and see what I mean. When you see how simple it all is, you’ll be glad you saved money by choosing The Michigan Institute.

Hypnotic Applications in Business, Sports, Medicine,& Health
Premier (and delightful) hypnosis researcher, Dr. Stockton makes a great point - that basically all life is hypnosis. I agree, and it’s applications are endless.

Guided Mental Imagery
One of my professors at Saybrook, renowned psychologist Lyn Freeman, has been doing exceptional hypnosis for years...she just doesn’t tell the big wigs who control the funds at her agency...all she is doing is “guided mental imagery”
Group Hypnosis
You will impress the groups you work with...and all the members will know they’ve experienced trance!

Introduction to Weight Management
Of course this is part of our curriculum. Your text also includes an excellent chapter on this!

Introduction to Smoking Cessation
Sure this is included. How could you have a hypotherapy course without this? You will enjoy these proven methods of hypnosis legend Paul Durbin.

Stress Management
Some folks base their entire hypnotherapy work on this. Think about it, if you do, you’ll never run out of business.

Formulating “Standard Suggestions”
A hypnotherapist must be aware of our stock and trade - language (both verbal and kinetic)

The Hypnotherapy Practice
All the knowledge in the world about how to use trance effectively means nothing if you can’t bring your services to the public. You are going to know, by the way, how to get paid $100 or more for 15 minutes work. Who would not love this work?!

A “Conversation” Between Hypnotherapy and other Contemporary Therapies
What do Cognitive Behavioral Therapy and Rational Emotive Behavior Therapy have to teach hypnotherapists? Plenty! Many hypnotherapists ignore more “conventional” approaches, but I think this loses something! We need to use anything we can find to help our clients quickly and effectively.

Dream Work
Dreams and trance work go hand in hand. Access will point the way to several schools of dream work. There is never “just one way”

Introduction “Ericksonian” Therapy
Lots of folks say they do “Ericksonian” therapy, but the truth is, no one will ever be an exact duplicate of the amazing Milton Erickson. Luckily, you won’t need to be to be extremely effective using some of his approaches. I’ve been using principally Ericksonian approaches for more than a quarter century, and I learn more about him almost every day. You will learn many of his techniques, but, more importantly, you will have a grasp of some of the important principles that guided his work so you can develop your own techniques!

Introduction to N.L.P.
Though it grew largely out of Erickson’s work, N.L.P. has grown in its own way. A hypnotherapist today must have some grasp of this powerful technology. You will understand submodalities, “The Milton Model”, “The Meta Model”, “T.O.T.E” and more. Among the techniques to will be able to use are “The Double Dissociation Phobia
Cure”, “The Physiology of Excellence” “Collapsing Anchors”, and “The Six Step Reframe”. Yes, my N.L.P. friends, I know the reframe is outdated, but it is still effective and instructional. You will also understand a little of the spirit of N.L.P. It is as or more important than the techniques. This introduction will not prepare you to call yourself a “practitioner”, you’ll need to take a fourteen day (or more) intensive course in N.L.P. to do that. But you will have some extraordinarily powerful tools in your hands. When people are blown away at your abilities...you can just smile and say “Ya, I'm good”

**Utilizing Trance Phenomena In Hypnotherapy**
As I mentioned above, these are the keys to all the hypnotic work you will do. (Including Pain Management, Phobia Elimination, Release from Painful Memories, Removal of Memory Blocks, Release from obsessions and Compulsions, or ANY HYPNOTIC INTERVENTION YOU WILL EVER NEED.) These include amnesia and hypernesia, trance logic, time distortion, trance logic, hallucinations and more.

**Dave Eleman’s Approaches**
Elman’s approaches are classic to the profession of hypnotherapy, you will need to be familiar with his work and approaches.

**Introduction to “Subtle Energy” Psychotherapy & Hypnosis**
Lots of folks find “Therapeutic Touch” or “Hands on Healing” powerful adjuncts to hypnotherapy. I’m including a powerful technique I learned as a Quantum Touch instructor. A friend of mine who studied Chi Kung in China told me it was much more powerful than what she learned in China. (I’m not dising Chi Kung or any other wonderful approach!...just see what you think!)

**Introduction To Medical Hypnoanalysis**
You will actually learn the basis for several hypnoanalytic protocols. I learned hypnoanalysis initially from hypnotherapy pioneer Gil Boyne and have found it to be a powerful modality so I will pass his basic approach along to my students. You will also be introduced to Edgar Barnett, M.D.’s powerful hypnoanalytic protocols. The course for certification will introduce learners to the Bryan method as well. This is a huge topic however, and The Michigan Institute is pleased to offer an entire separate course by the World’s leading authority on this powerful approach - Dr. Anne Spencer, founder of the International Medical and Dental Hypnotherapy Association.

**Introduction to Standard “Parts Therapy” and The “Internal Family” Approach**
Various “parts” approaches can be powerful and dramatic. This is a great approach to have “under your belt”. Along with reframing, you will discover “The Internal Family approach and Core Transformation.

**Circle Therapy**
So simple and yet so powerful. This is a hypnotic approach you will use again and again.

**Ideodynamics**
This is one of those trance phenomena - an important and potent key to hypnotic work.
Spiritual & Theological Dimensions of Trancework
What of “spiritual hypnosis”? “Karma”? “transmigration”? being “born again”? Such topics are discussed respectfully and with an eye to the needs of class participants

Regression Protocols
If you only have one way to produce “age regression” you need to know there’s more!

Introduction to Meridian Based Therapy - Combining Hypnosis with EFT & TFT
Simply speaking, you need the power to help bring change these approaches afford. Don’t shell out 500 bucks like I did when I was first learning this approach. You will be just as effective or more.

Introduction to Integrative Eye Movement Therapy
Unless you are a licensed therapist, you are not even allowed to learn EMDR, considered by some to be the hottest news therapeutic protocol. (Go ahead, do a web search). Not to worry! In the spirit of democratization characterizing professional hypnotherapy, The Michigan Institute teaches IEMT. It is just as effective. Any well trained hypnotherapist will be able to deal with the abreactions this often elicits. A school in New England recently charged several thousand dollars to teach IEMT. It is just one more Michigan Institute bonus.

The goal of the Michigan Institute of Hypnotherapy is to teach more than just technique. You will learn Principles, so you can develop your OWN techniques.