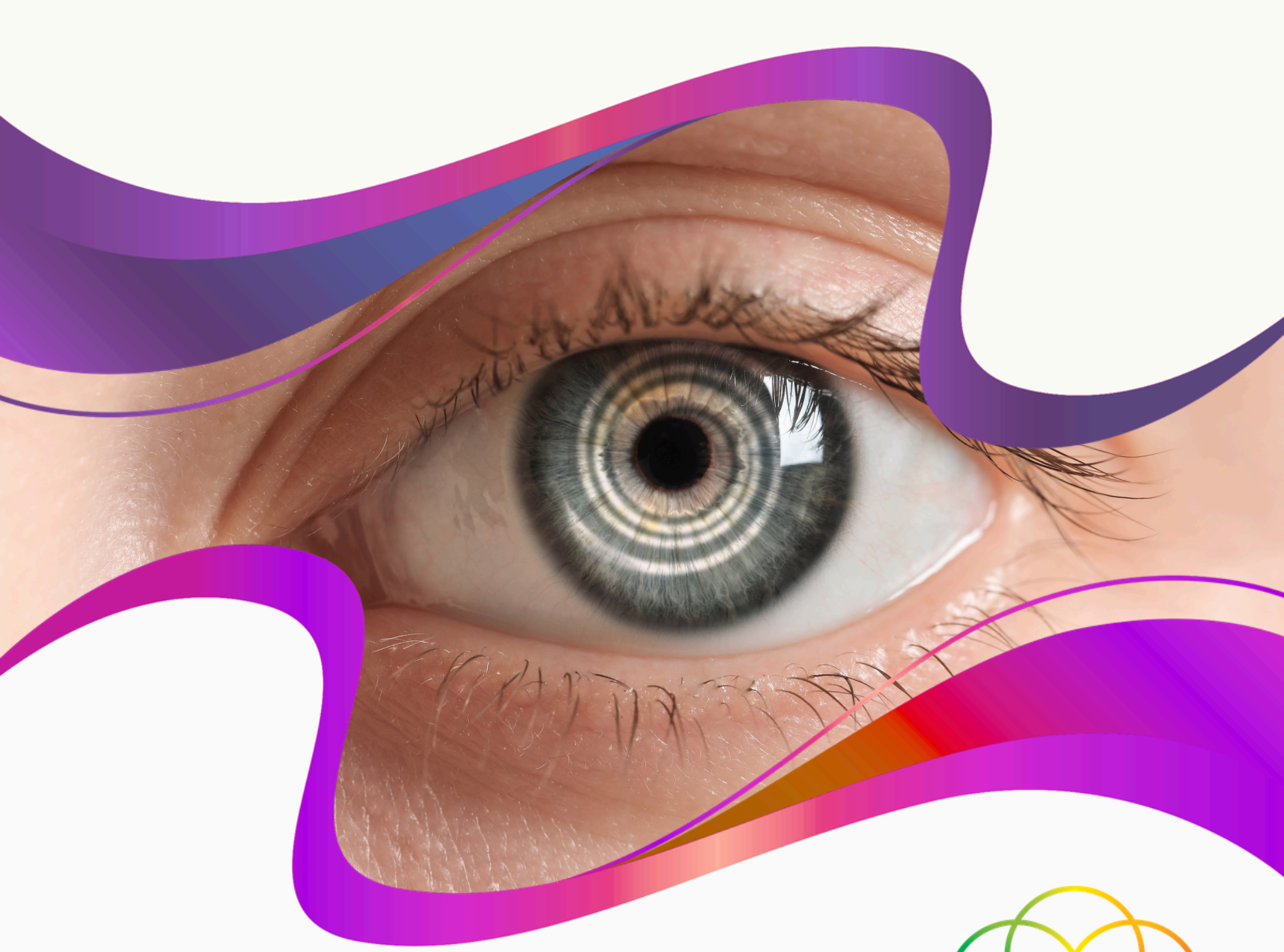
hypnosynchrony

HYPNOSIS

Professional Certification



Synchronicity
Hypnotherapy & Gestalt

HYPNOSIS TODAY

Hypnosis today reaches far beyond the old stereotypes of swinging watches, stage shows, and scripted sessions. It is used by professionals across a remarkably broad range of disciplines, including coaching, stress management, wellness, medical and mental health fields, nutrition, education, spiritual practice, and other helping professions. The International Association of Counselors and Therapists (IACT) reflects that diversity in its own membership, bringing hypnosis practitioners together with professionals from many complementary and conventional disciplines.

For today's practitioner, that creates two distinct opportunities. Hypnosis can become a professional practice of its own, with services focused on areas such as personal development, motivation, habits, performance, relaxation, confidence, and other appropriate client goals. Or it can become a powerful complement to the work a professional already does, adding another way to help clients access their own resources and create change. IACT recognizes both paths, with clear emphasis on ethical practice, appropriate scope, and knowing when collaboration or referral to another professional is needed.

HYPNOSIS CREDIBILITY

Hypnosis has steadily moved from the edges of public perception into serious scientific study and professional practice. Researchers have spent decades examining hypnotic suggestion, attention, perception, behavior and the brain, and today hypnosis has an established place within psychological research. The American Psychological Association has its own Society of Psychological Hypnosis and describes decades of research supporting hypnosis for certain applications. Modern brain-imaging and laboratory studies have also demonstrated measurable changes in perception and cognitive processing associated with hypnotic suggestion.

RECOGNIZED, RESEARCHED & APPLIED ACROSS HEALTHCARE

AMERICAN PSYCHOLOGICAL ASSOCIATION

NIH NCCIH

AMERICAN COLLEGE OF GASTROENTEROLOGY ACG

ASCO AMERICAN SOCIETY OF CLINICAL ONCOLOGY

AMERICAN MEDICAL ASSOCIATION

The AMA formally examined the medical use of hypnosis in the 1950s, helping establish hypnosis as a legitimate subject for medical practice and scientific investigation. The AMA continues to maintain policy addressing the professional use of hypnosis and encourages continued research.

AMERICAN DENTAL ASSOCIATION

Hypnosis has a long history in dentistry. The ADA established policy concerning its use in dental practice as early as the 1950s, and hypnosis has been included in ADA educational guidance among nonpharmacologic approaches to anxiety and pain management.

Organizations shown are referenced for their recognition, research, professional engagement, or published guidance related to hypnosis. Their inclusion does not imply endorsement of this program, IACT, Synchronicity Hypnotherapy & Gestalt, or Kimberly Beer.

HYPNOSIS AS A BUSINESS

A professional hypnosis practice can be surprisingly flexible. You can work virtually, in person, or combine the two. You can build a small part-time practice around a handful of private clients or develop hypnosis into your primary professional income. And because the work is service-based, startup and overhead costs can remain relatively low compared with many other businesses.

WHAT COULD A PRIVATE PRACTICE GENERATE?

Using a conservative illustrative rate of $150 per client session and 48 working weeks per year:

5 SESSIONS/WEEK
$36,000 gross annual revenue
10 SESSIONS/WEEK
$72,000 gross annual revenue
15 SESSIONS/WEEK
$108,000 gross annual revenue

Published consumer pricing guides commonly place individual hypnosis sessions around $100–$250, depending on practitioner, specialty, session length and location.

WORK YOUR WAY

VIRTUAL • IN PERSON • HYBRID
PART TIME • FULL TIME

MORE THAN ONE-TO-ONE SESSIONS

A hypnosis practice doesn't have to depend entirely on individual appointments.
Private Sessions • Multi-Session Programs • Group Programs • Workshops & Classes • Retreats & Intensives • Recorded Experiences • Organizational Programs

Common Reasons People Seek a Hypnotist

Stress & relaxation
Confidence & self-esteem
Sleep
Performance & motivation
Habits & behavior change
Weight-related behavior
Smoking cessation
Fears/phobias
Pain management
Medical/dental procedure anxiety

Hypnosis lends itself to a location-flexible practice. Remote hypnosis has become common enough to be the subject of published research, and practitioner survey data reported in a recent review found nearly two-thirds of respondents were already using videoconferencing in their hypnosis work.

HYPNOSIS IN YOUR BUSINESS

Professional Practices that can Benefit from Adding Hypnosis

Coaches
Gestalt Practitioners
Stress Management Professionals
Wellness Practitioners
Nutrition & Lifestyle Professionals
Equine-Assisted Practitioners
Spiritual Practitioners
Energy Practitioners
Retreat Leaders
Other Complementary Professionals

Expand What You Already Offer

Private Hypnosis Sessions • Hypnosis Add-Ons • Integrated Sessions • Multi-Session Programs • Group Experiences • Workshops • Retreats & Intensives • Recorded Experiences

For an established wellness professional, hypnosis doesn't have to mean starting another business. It can become an additional way to serve the clients you already have.

Hypnosis can be offered as a separate service, incorporated intentionally into existing sessions, or used to create new programs and experiences that complement the work you're already known for.

WHAT COULD ADDING HYPNOSIS GENERATE?
More ways to help your clients create meaningful change.

Adding hypnosis gives you another way to approach the goals your clients are already bringing to you. Rather than replacing the work you already do, hypnosis can expand the range of tools, experiences, and pathways you can offer while keeping your existing professional practice at the center.

AS AN INCOME STREAM

Hypnosis can also create additional revenue without requiring an entirely new business. At an illustrative rate of $150 per session, just two additional hypnosis sessions per week could generate $14,400 in gross annual revenue over 48 working weeks.*

Illustrative example only. Actual revenue varies based on pricing, clientele, services, expenses, and other business factors.

THE VALUE OF PROFESSIONAL CERTIFICATION

Professional certification is more than learning how to guide someone into hypnosis. It provides the education, practice, ethical foundation, and professional framework needed to use hypnosis responsibly and confidently with real people.

Understanding Hypnosis & Trance
Know what hypnosis is, recognize trance, understand different approaches, and explain the process clearly to clients.

Working With Clients
Develop rapport, conduct effective pre-talks and intake, establish appropriate outcomes, recognize client responses, and work within ethical and professional boundaries.

Creating & Guiding Hypnosis
Become comfortable with multiple inductions, deepening methods, hypnotic language, suggestion, and different ways of creating and utilizing trance.

Facilitating Change
Develop a range of approaches for helping clients access resources, create new behaviors, work with habits and patterns, strengthen confidence, explore past experiences, and pursue appropriate personal goals.

Adapting to Client Needs
Learn to observe what's happening, make choices, adjust your approach, and respond to the individual rather than depending on a script.

Using Hypnosis Professionally
Learn how to structure sessions, integrate hypnosis into an existing complementary practice, or develop hypnosis as a service of its own.

The International Association of Counselors and Therapists (IACT) is a multidisciplinary professional association serving hypnotists and professionals across complementary and helping fields. IACT establishes educational, ethical, and professional standards for certification while supporting a broad range of approaches to hypnosis. Its training requirements emphasize not only knowledge, but also live instruction, supervised practice, ethical responsibility, and the practical skills needed to work professionally with clients.

IACT Professional Certification Includes:

- 220 total hours of education and study
- A minimum of 110 hours of live, interactive instruction
- Supervised practice, exercises, and instructor feedback
- Required education in professional ethics and client safety
- Training in multiple inductions, deepening methods, hypnotic language, and change techniques
- Education in client intake, outcome development, professional relationships, and scope of practice
- Training in both foundational and advanced applications of hypnosis
- Professional business practices as part of the required curriculum
- A professional Code of Ethics and Standards of Practice

Graduates who successfully complete IACT certification requirements are eligible for professional certification and IACT Certified Membership. Credential titles and the terminology practitioners may use can vary according to state law and individual professional licensure.

ABOUT IACT

HYPNOSYNCHRONY

PROFESSIONAL HYPNOSIS TRAINING DESIGNED FOR REAL-WORLD PRACTICE.

Hypnosynchrony is an integrative approach to professional hypnosis built around Synchrony, Insight, Synthesis, Adaptation, and Presence. Rather than teaching hypnosis as a collection of scripts and techniques to memorize, the training develops your ability to understand what you're doing, recognize what is happening with the client, choose an appropriate approach, and adapt your work in the moment. Throughout the program, you'll learn to use hypnosis both as a stand-alone professional service and as a skill that can be thoughtfully integrated into an existing complementary practice.

SIX CORE FOCUSES

APPLY NOW

Becoming a Hypnotist
Understand hypnosis, trance, the hypnotic relationship, ethics, client safety, and the foundations of working professionally with hypnosis.

Creating the Hypnotic State
Develop skill with inductions, deepening, hypnotic phenomena, trance recognition, convincers, self-hypnosis, and multiple ways of creating and utilizing trance.

Communicating Hypnotically
Learn hypnotic language, suggestion, direct and indirect approaches, metaphor, questioning, utilization, and how language influences the hypnotic experience.

Facilitating Change
Build a versatile toolkit for accessing resources, changing patterns and behaviors, strengthening self-image, working with past experiences, regression and reimprinting, and other approaches to client-directed change.

Integrating Hypnosis Into Practice
Learn how to use each skill in different contexts, including stand-alone hypnosis sessions, as part of an existing professional session

Becoming a Professional Practitioner
Session design, ethics and scope of practice, case consultation, professional decision-making, business practices, and the practical realities of working with clients.

PROGRAM DETAILS

130 live training hours deliverd virtually over Zoom
90-110 hours of Self-guided Study/Practice

Weekly Skills Studios
Six Practitioner Intensives
Supervised Practice & Feedback
IACT Ready Certification Curriculum + Student Membership in IACT
Hypnosynchrony Training Certificate
Access to Recorded Sessions, Classes & Materials for 2 years post completion.

2026/2027 Program Schedule

Foundations Immersion - Virtual
November 6–7, 2026
14 Live Hours

APPLY NOW

Weekly Practitioner Skills Studio via Zoom
Tuesdays, 10:30 AM–1:00 PM Central
November 10, 2026 – April 27, 2027
24 Sessions • 60 Live Hours

Monthly Practitioner Intensives - Virtual
Six Saturdays, 9:00 AM–5:00 PM Central
42 Live Hours

Mastery Immersion - Virtual
May 7–8, 2027
14 Live Hours

For IACT Certification, you MUST attend 110 LIVE instructional hours. This program purposely is 130 hours to allow for 20 hours of missed live instruction.

LEARN ✦ SEE ✦ DO ✦ ADAPT ✦ INTEGRATE

MEET YOUR INSTRUCTOR

Synchronicity Hypnotherapy & Gestalt

BE MORE BUSINESS

Kimberly Beer brings together decades of experience in business, education, personal development, and complementary change work. Her approach to hypnosis is grounded in a simple belief: effective practitioners need more than techniques and scripts. They need the confidence, awareness, and adaptability to meet the person in front of them.

As the creator of the Hypnosynchrony Program, Kim combines professional hypnosis with her background in Gestalt, stress management, entrepreneurship, and experiential learning. Her teaching emphasizes hands-on practice, critical thinking, ethical application, and learning how to adapt hypnosis both as a stand-alone professional service and within an existing practice.

Credentials

- IACT Board Certified Hypnotist (BCH)
- IACT Certified Master Trainer (CMT)
- Master Equine Gestaltist (Touched by a Horse)
- Certified Stress Management Consultant
- Ordained Minister
- Entrepreneur, Facilitator, Business Strategist & Educator

INVESTMENT & NEXT STEPS

APPLY NOW

Standard Tuition: $2,800
$700 enrollment deposit + 6 monthly payments of $350

Pay in Full Discount:
$2,600 by check • $2,700 by card

The $700 enrollment deposit is nonrefundable and is applied toward tuition.

Refund Policy
Students who withdraw within the first 30 days of training may receive a refund of tuition paid, less the $700 nonrefundable deposit. After 30 days, all tuition paid is nonrefundable. Future payment-plan installments will be canceled upon withdrawal.

Need Additional Live Hours?
The program includes 130 live hours, 20 more than IACT's 110-hour minimum. An optional 6-hour Professional Practice Intensive is available May 27 for students needing additional live hours, practice, or support. Additional tuition: $375.

Ready to Enroll?

1. Apply: Complete a short application so we can make sure the program is a good fit.
Click here to apply now!

2. Acceptance: Kim personally reviews each application and sends enrollment information to accepted students.

3. Enroll: Choose your tuition payment option and submit your deposit or pay-in-full tuition to secure your place.

4. Meet With Kim: Schedule your private 30-minute onboarding session to discuss your goals and prepare for training.

ENROLLMENT DEADLINE IS NOVEMBER 4, 2026

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LiveinSynchronicity.com

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