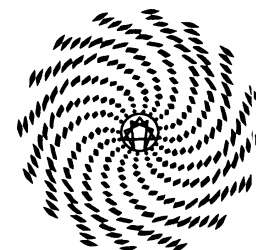


# Success Center, Inc.

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## FIRST RESPONDER HYPNOTHERAPIST TRAINING PROGRAM

**What:** The primary goal of Success Center's First Responder program is to ensure long-term physical and mental health and wellbeing of first responders, pre-hospital, doctors, nurses and other health care workers. First responders and health care workers cannot afford to make the kinds of mistakes. Individuals who suffer from trauma and unprocessed stress often have impaired decision making abilities and inefficient response rates. In addition to helping first responders, this program will also help civilian employees who are the team behind first responders.

The program is designed to address the stress, trauma, PTSD, and anxiety these critical workers may feel immediately, on-going and long-term, helping them cope with these emotions, maintain professional competency and overall health and well-being, specifically:

- Increased resiliency, efficiency, and peak performance, allowing workers to help more people.
- Increased mental and physical health in order to reduce number of days lost from work due to exhaustion and stress-related illness.
- Ability to immediately deal with self-blame, irrational anger, depression, and other issues that may hurt their wellbeing and work performance. This will allow workers to bounce back from work stress quickly and balance their lives so they do not take stress home or turn to addictive behaviors to cope.
- Increased mental acuity and better, deeper sleep so workers are mentally present while working.

Success Center's developed a program that achieves the above results for the individual First Responder and cultivating relationships with First Responder Departments and Organizations for delivery. To implement the program Success Center has also developed a specific training for Hypnotherapist to deliver sessions to First Responders and increase their impact and income. As part of this program, Success Center has modified and leveraged existing expertise, programs and products, such as free weekly support calls, First Responder specific meditations and the effective Seven Keys to Self-Actualization systems used by hypnotherapist, coaches and professional healers worldwide.

The First Responder Training is a subset of the Seven Keys System with modifications to address trauma, stress and anxiety exposure of First Responders. This will add to your skill set, tool box, client base, income and impact.

Each hypnotherapist upon completion of this professional and detailed training will own a portion of the Seven Keys System, with the option to receive the entire system, a certificate of completion and able to receive referrals from Success Center to serve First Responders.

**First Responder Training:** This training is diverse with four components. All sessions given by hypnotherapist to First Responders will be virtual at this point in time.

Immediate Trauma Intervention (ITI) Training: The hypnotherapist will be trained to provide an immediate, 60-minute intervention for the first responder/health care worker in his/her car or other semi-private, stationary and safe place, while the hypnotherapist guides them through a meditation to address the issue at hand.

First Responder Consultation (after and ITI session): After an ITI Session, the First Responder will complete a questionnaire (intake form) identify and prioritization their challenges and desires and meet for a 45-60 minute consultation with a hypnotherapist. The hypnotherapist role is to help the First Responder determine if group or individual sessions are appropriate for their next steps and provide another relaxation guided mediation.

Self-Hypnosis Stress Management Group Sessions: The hypnotherapist will be trained to deliver the Self-Hypnosis Stress Management Group sessions include seven 1-hour sessions that cover auto suggestion instructions for relaxation, stress management, rapid effective decision making, and goal setting – as well as emotional awareness, control, and expression. The first four sessions are followed by a stress regression for releasing emotional triggers to stress, a regression to take command of the body to reduce physical symptoms of stress, and a follow up to both. These are subsets of the Seven Key System modified for a group setting. Group size is limited to 10 participants to ensure sufficient support.

First Responder Individual Session Training: The hypnotherapist will be trained to deliver for the First Responder a modified Life Guidance Discovery Session that includes a guided hypnosis and a customized recording of their goals to listen to each evening. Next, the HT will deliver eight individual sessions that follow a subset of the Seven Key Systems program for self-hypnosis, relaxation and stress management regressions, emotional awareness, control and expression, effective decision making on the job and at home, releasing emotional and stress triggers, body awareness, control and health, goal setting and time management. These will integrate the First Responders' language and unique needs.

Additional Content: Hypnotherapist will also be trained regarding dealing with trauma, anxiety and stress, how to manage and give group sessions, documentation and recording, how to integrate into existing practice and implementation strategy, coaching and program hypnosis delivery model training and mentoring during First Responder Program delivery if needed.

You will complete the Success Center intake process, receive your own Life Guidance Discovery Session and hypnosis session (its own benefit), and potential program to get you from where you are to where you want to be in your own life. The opportunity to acquire the rest of the Seven Key System Program at a discount is also available that includes training and other resources post First Responder Training.

**Who:** Each cohort class is a maximum of 10 and minimum of 4 hypnotherapists.

**When:** Each training cohort class starts the first Saturday of the month and runs the 10 weeks, with an average of 10 hours per week, a total of 68 certified hours. The Course is delivered in a combination of an on-line self-paced teaching platform with tests for content understanding, live teaching, weekly support sessions, giving and recording sessions. All sessions must be completed for certification. Skills and tools learned in this training can be applied to other areas of a practice with ease and effectiveness.

**Result and Return: Increase your income, reach and impact!** For your investment you will receive a certificate of complete as a "First Responder Hypnotherapist", adding that to your professional credentials. In addition the 68 classroom hours can be used for continuing education credits with a

recognized professional organization. And many of the sessions and skills in this training are applicable to across other areas of in your practice, increasing their reach and impact and your income.

Success Center is building connections with First Responder organizations across the country. As a trained First Responder Hypnotherapist you will join a team that will get referrals for these sessions as Success Center secures contracts to during and post COVID-19. Each department contract will vary and you will receive a percentage of all sessions you deliver to each responder.

### **Hypnotherapist Investment:**

- \$445 Life Guidance Discovery Session (2.5 hours with personalized goal hypnosis session, option to acquire professional recording to listen to in evenings, \$150). This investment will be applied to the purchase of the Full Seven Key Self-Actualization System if that option is selected.
- \$2897 Complete First Responder Training, 68 credit hours and certification, equivalent of \$42.60/credit hour (a 50% savings and \$6000 value).
- Includes scripts and program for subset of Seven Key System for Life Guidance Discovery Sessions and eight other sessions, support and First Responder referrals (session you can use with any client).
- Minimum Investment \$3492 and payment plans are available.

**If you want to acquire the entire Seven Key Self-Actualization System at the same time get the following discount:**

- \$6025 Full Seven Key Self-Actualization System that includes entire programs in seven key areas of life (multiple scripts), twice monthly training calls, two private coaching sessions, study partners, all of Success Center's library of books, recordings and more (only \$5580 with Life Guidance Discovery Session investment applied).
- Get your customized essential and growth program delivered to you during the training with study partners (A \$15,000 minimum value for the price of the system).

**If purchase Seven Key Self-Actualization System at the same time purchase First Responder Training:**

- 20% off entire package, Life Guidance, First Responder Training and Full Seven Key Self-Actualization System, if desire a payment plan = \$6902 (\$3642 savings)
- 25% of entire package one payment = \$6471 (\$3803 savings)

**If you already have the Seven Key Self-Actualization System, Training Investment above plus:**

- Training package discount 10% (total of \$3142)
- If purchased less than two years ago, for an upgrade on the system \$650
- If purchased more than two years ago, an upgrade of the system \$750

**Questions about this training please email [bhorn@centurylink.net](mailto:bhorn@centurylink.net)**