

# DAY 7 - STUDENT WORKBOOK Q&A AND INTEGRATION

## दिन 7 - छात्र कार्यपुस्तिका

WEEK 1 Q&A AND INTEGRATION सप्ताह 1 प्रश्नोत्तर और एकीकरण

Consolidating Learning, Safety Review & Professional Setup सीखने का समेकन, सुरक्षा समीक्षा और पेशेवर सेटअप

Questions, Integration Exercises & Documentation प्रश्न, एकीकरण अभ्यास और दस्तावेज़ीकरण

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Student Name / छात्र का नाम: \_\_\_\_\_

Date / दिनांक: \_\_\_\_\_

# SECTION 1: WEEK 1 LEARNING SUMMARY

## सप्ताह 1 सीखने का सारांश

Before the Q&A session, review what you learned each day: प्रश्नोत्तर सत्र से पहले, समीक्षा करें कि आपने प्रत्येक दिन क्या सीखा:

### 1.1 DAY-BY-DAY REVIEW दिन-प्रतिदिन समीक्षा

#### DAY 1 - SATURDAY - THEORY

Antahkarana Chatushtaya / अंतःकरण चतुष्टय

##### Key concepts learned:

1. MANAS (मनस): \_\_\_\_\_
2. BUDDHI (बुद्धि): \_\_\_\_\_
3. CHITTA (चित्त): \_\_\_\_\_
4. AHAMKARA (अहंकार): \_\_\_\_\_

How they work together: \_\_\_\_\_

My understanding level:  Clear  Mostly clear  Need clarification

##### Questions I still have about Day 1:

\_\_\_\_\_

\_\_\_\_\_

# DAY 2 - SUNDAY - THEORY

## Hypnotherapy Foundation / सम्मोहन चिकित्सा आधार

### Key concepts learned:

1. Conscious vs. Subconscious Mind: \_\_\_\_\_
2. How Hypnosis Accesses Chitta: \_\_\_\_\_
3. Trance States and Depth: \_\_\_\_\_
4. Pre-Talk and Rapport: \_\_\_\_\_
5. Suggestibility Testing: \_\_\_\_\_

My understanding level:  Clear  Mostly clear  Need clarification

### Questions I still have about Day 2:

\_\_\_\_\_

\_\_\_\_\_

# DAY 3 - MONDAY - PRACTICAL

## Mind Mapping with Partners / साझेदारों के साथ मन मानचित्रण

### Skills practiced:

- Self-Observation of Antahkarana:  Practiced  Need more practice
- Progressive Relaxation Induction:  Practiced  Need more practice
- Partner Practice (as Hypnotist):  Practiced  Need more practice
- Partner Practice (as Subject):  Practiced  Need more practice
- Creating Client Mind Maps:  Practiced  Need more practice

What I did well: \_\_\_\_\_

What I need to improve: \_\_\_\_\_

### Questions I still have about Day 3:

\_\_\_\_\_

# DAY 4 - TUESDAY - PRACTICAL

## Manas Work & Deepening / मनस कार्य और गहराई

### Skills practiced:

- Sensory Awareness Meditation:  Confident  Need more practice
- Deepening Techniques Learned:  Countdown  Staircase/Elevator  Progressive Relaxation Deepening   
Breathing Deepening  Fractionation  Place of Peace  Hand Drop
- Testing Depth Indicators:  Confident  Need more practice
- Adjusting Approach Real-Time:  Confident  Need more practice

Strongest deepening technique for me: \_\_\_\_\_

### Questions I still have about Day 4:

\_\_\_\_\_

# DAY 5 – WEDNESDAY – PRACTICAL

## Buddhi & Suggestion Writing / बुद्धि और सुझाव लेखन

### Skills practiced:

- The 5 Golden Rules:  Positive Language  Present Tense  Personal & Specific  Believable Progression  Emotional Engagement
- Direct vs. Indirect Suggestions:  Confident  Need more practice
- Using Client's Language:  Confident  Need more practice
- Testing Suggestion Effectiveness:  Confident  Need more practice

Which Golden Rule do I find most challenging?

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### Questions I still have about Day 5:

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# DAY 6 – THURSDAY – PRACTICAL

## Chitta, Ahankara & Self-Hypnosis / चित्त, अहंकार और आत्म-सम्मोहन

### Skills practiced:

- Accessing Chitta Patterns:  Confident  Need more practice
- Working with Ego Resistance:  Confident  Need more practice
- Ego Strengthening Scripts:  Confident  Need more practice
- Self-Hypnosis Practice:  Confident  Need more practice
- Teaching Self-Hypnosis:  Confident  Need more practice

How many self-hypnosis sessions have I done? \_\_\_\_\_

### Questions I still have about Day 6:

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# 1.2 OVERALL WEEK 1 SELF-ASSESSMENT

## समग्र सप्ताह 1 स्व-मूल्यांकन

Rate your overall confidence in each area (1-10):

### VEDIC CONCEPTS

Understanding Antahkarana

Chatushtaya: \_\_\_\_/10

Applying four instruments to real situations: \_\_\_\_/10

Explaining concepts to others: \_\_\_\_/10

### HYPNOTHERAPY FOUNDATIONS

Understanding conscious/subconscious mind: \_\_\_\_/10

Understanding trance states: \_\_\_\_/10

Conducting pre-talk: \_\_\_\_/10

Building rapport: \_\_\_\_/10

### PRACTICAL SKILLS

Progressive relaxation induction: \_\_\_\_/10

Sensory awareness meditation: \_\_\_\_/10

Deepening techniques: \_\_\_\_/10

Suggestion writing: \_\_\_\_/10

Self-hypnosis: \_\_\_\_/10

Partner practice: \_\_\_\_/10

**TOTAL SCORE: \_\_\_\_/130**

Areas of strength (score 8+):

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Areas needing development (score below 6):

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# SECTION 2: MY QUESTIONS FOR Q&A SESSION

## प्रश्नोत्तर सत्र के लिए मेरे प्रश्न

Write your questions here BEFORE the Q&A session: प्रश्नोत्तर सत्र से पहले अपने प्रश्न यहां लिखें:

### 2.1 VEDIC CONCEPT QUESTIONS वैदिक अवधारणा प्रश्न

#### Question 1:

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Answer received:

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#### Question 2:

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Answer received:

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#### Question 3:

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Answer received:

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### 2.2 HYPNOTHERAPY TECHNIQUE QUESTIONS सम्मोहन चिकित्सा तकनीक प्रश्न

#### Question 1:

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Answer received:

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#### Question 2:

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Answer received:

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#### Question 3:

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Answer received:

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## 2.3 CLIENT HANDLING QUESTIONS

### ग्राहक प्रबंधन प्रश्न

**Question 1:**

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Answer received:

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**Question 2:**

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Answer received:

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## 2.4 OTHER QUESTIONS अन्य प्रश्न

**Question 1:**

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Answer received:

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**Question 2:**

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Answer received:

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# SECTION 3: HYPNOTHERAPY SAFETY REVIEW

## सम्मोहन चिकित्सा सुरक्षा समीक्षा

### 3.1 CONTRAINDICATIONS - WHO SHOULD NOT BE HYPNOTIZED

मतभेद - किसे सम्मोहित नहीं करना चाहिए

#### **ABSOLUTE CONTRAINDICATIONS (Never hypnotize):**

- Psychosis or active schizophrenia
- Severe dissociative disorders
- Under influence of alcohol or drugs
- Actively suicidal clients
- Children without parental consent
- Anyone who doesn't want to be hypnotized

#### **RELATIVE CONTRAINDICATIONS (Use caution / get medical clearance):**

- Epilepsy (consult with doctor first)
- Severe heart conditions
- Severe depression (work with mental health professional)
- PTSD (may need specialized training)
- Personality disorders (requires experience)
- Pregnant women (for certain issues only)

Why is this important?

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## 3.2 SAFETY CHECKLIST FOR EVERY SESSION

### प्रत्येक सत्र के लिए सुरक्षा चेकलिस्ट

| 1   | 2   | 3  |
|---|---|--|
| <b>BEFORE SESSION</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Screen for contraindications</li><li><input type="checkbox"/> Get informed consent</li><li><input type="checkbox"/> Explain what hypnosis is and isn't</li><li><input type="checkbox"/> Address fears and concerns</li><li><input type="checkbox"/> Ensure comfortable, private environment</li><li><input type="checkbox"/> Have emergency contacts available</li></ul> | <b>DURING SESSION</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Monitor client's state continuously</li><li><input type="checkbox"/> Use gentle, reassuring language</li><li><input type="checkbox"/> Never touch without explicit permission</li><li><input type="checkbox"/> Stop if client shows distress</li><li><input type="checkbox"/> Never leave client alone in trance</li><li><input type="checkbox"/> Maintain professional boundaries</li></ul> | <b>AFTER SESSION</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Ensure full emergence before leaving</li><li><input type="checkbox"/> Check client is oriented and grounded</li><li><input type="checkbox"/> Debrief the experience</li><li><input type="checkbox"/> Provide follow-up care instructions</li><li><input type="checkbox"/> Document the session</li><li><input type="checkbox"/> Schedule follow-up if needed</li></ul> |

## 3.3 WHAT TO DO IF THINGS GO WRONG

### अगर कुछ गलत हो जाए तो क्या करें

#### SCENARIO 1: Client becomes emotional/cries

What to do:

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#### SCENARIO 2: Client doesn't come out of trance easily

What to do:

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#### SCENARIO 3: Client has an abreaction (strong emotional release)

What to do:

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#### SCENARIO 4: Client reports negative experience after session

What to do:

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#### SCENARIO 5: Client reveals serious trauma during session

What to do:

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# 3.4 EMERGENCY EMERGENCE SCRIPT

## आपातकालीन उद्भव स्क्रिप्ट

If a client needs to be brought out quickly, use this script:

"[Client name], I'm going to count from 1 to 5, and when I reach 5, you'll be completely awake, alert, and feeling comfortable.

1 - Beginning to awaken now...

2 - Feeling more alert...

3 - Becoming aware of your surroundings...

4 - Almost fully awake...

5 - Eyes open, wide awake, feeling perfectly fine!"

If they don't respond, continue:

"You are safe. You are in control. When you're ready, simply open your eyes and return to full waking consciousness. Take your time."

**Practice writing this in your own words:**

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# SECTION 4: LEGAL AND ETHICAL SETUP

## कानूनी और नैतिक सेटअप

### 4.1 SCOPE OF PRACTICE अभ्यास का दायरा

#### AS A HYPNOTHERAPIST, I CAN:

- Help clients with stress and relaxation
- Support behavior change (habits, motivation)
- Work with performance anxiety
- Support confidence and self-esteem
- Assist with sleep issues
- Help with phobias and fears
- Support weight management goals
- Complement medical treatment (with doctor's knowledge)

#### AS A HYPNOTHERAPIST, I CANNOT:

- Diagnose mental health conditions
- Treat clinical depression, anxiety disorders
- Prescribe medications
- Claim to "cure" medical conditions
- Replace medical or psychological treatment
- Work with severe trauma without specialized training
- Practice outside my training level

My understanding of scope of practice:

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## 4.2 ETHICAL GUIDELINES नैतिक दिशानिर्देश

### THE CORE ETHICAL PRINCIPLES:

01

#### DO NO HARM (अहिंसा)

- Never use hypnosis to harm or exploit
- Always prioritize client wellbeing
- Refer out when beyond your competence

02

#### INFORMED CONSENT (सूचित सहमति)

- Client understands what hypnosis is
- Client agrees to the process
- Client knows their rights
- Written consent recommended

03

#### CONFIDENTIALITY (गोपनीयता)

- Never share client information
- Secure storage of records
- Exception: imminent harm to self/others

04

#### PROFESSIONAL BOUNDARIES (पेशेवर सीमाएं)

- No dual relationships
- Appropriate physical boundaries
- No sexual contact ever
- Clear financial agreements

05

#### COMPETENCE (योग्यता)

- Only practice within training
- Continued education
- Supervision when needed
- Honest about limitations

Which principle feels most important to you and why?

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## 4.3 INFORMED CONSENT FORM - KEY ELEMENTS

### सूचित सहमति फॉर्म - प्रमुख तत्व

A proper consent form should include:

- Definition of hypnotherapy
- Benefits and limitations
- Confidentiality policy
- Client's right to stop at any time
- Practitioner's qualifications
- Fees and cancellation policy
- No guarantees of results
- Permission to touch (if needed)
- Emergency contact information
- Date and signatures

**Create a brief consent statement:**

"I, \_\_\_\_\_ (client name), understand that:

1. Hypnotherapy is \_\_\_\_\_
2. I have the right to \_\_\_\_\_
3. All information shared will be \_\_\_\_\_
4. My practitioner will \_\_\_\_\_
5. I agree to \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ "

## 4.4 WHEN TO REFER OUT कब रेफर करें

Refer to a mental health professional when:

- Client shows signs of psychosis
- Client is actively suicidal
- Client has severe depression requiring medication
- Client has eating disorders
- Client has addiction requiring medical support
- Client's issues are beyond your training
- Client is not making progress after several sessions
- Client needs diagnosis

### How to refer gracefully:

"I believe you would benefit from working with a [specialist] who has more expertise in [issue]. I can [continue to support you / provide a referral]. This is about getting you the best help possible."

### Write your own referral statement:

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## SECTION 5: PRACTICE DOCUMENTATION

### अभ्यास दस्तावेज़ीकरण

#### 5.1 CLIENT INTAKE FORM TEMPLATE ग्राहक इंटेक फॉर्म टेम्पलेट

Create your own intake form by completing this template:

#### CLIENT INFORMATION:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Occupation: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

#### PRESENTING ISSUE:

What brings you to hypnotherapy?

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How long have you experienced this issue?

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What have you tried before?

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What result are you hoping for?

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# WEEK 1 COMPLETION & NEXT STEPS

सप्ताह 1 पूर्णता और अगले कदम

7

## Days Completed

Full week of intensive training in Vedic hypnotherapy foundations

4

## Core Instruments

Manas, Buddhi, Chitta, and Ahamkara mastered

15+

## Skills Learned

From induction to deepening to suggestion writing

## BEFORE LEAVING TODAY, ENSURE YOU HAVE COMPLETED:

- Week 1 learning summary (Section 1)
- Written your questions (Section 2)
- Reviewed safety guidelines (Section 3)
- Understood legal and ethical setup (Section 4)
- Created documentation templates (Section 5)
- Completed case study analyses (Section 6)
- Done integration practice (Section 7)
- Prepared client question responses (Section 8)
- Completed Week 1 reflection (Section 9)
- Recorded notes from session (Section 10)
- Understood homework for Week 2 (Section 11)

### WEEK 1 COMPLETION STATUS:

- I have attended all 7 days
- I have completed all workbook exercises
- I have practiced self-hypnosis at least 3 times
- I have practiced with at least 2 partners
- I feel ready to begin Week 2

My overall readiness for Week 2: \_\_\_\_/10

What I still need before moving forward:

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Instructor's Signature (if applicable): \_\_\_\_\_



# CONGRATULATIONS!



## WEEK 1: ANTAHKARANA CHATUSHTAYA + HYPNOTHERAPY COMPLETED!

"You have completed Week 1 of your journey into the inner world. The foundation is laid. The path ahead leads to deeper transformation and mastery." - Manudada

### NEXT WEEK - WEEK 2:

## MANONIGRAHA SADHANA + EFT

अगला सप्ताह - सप्ताह 2: मनोनिग्रह साधना + भावनात्मक मुक्ति तकनीक

DECODE LIFE TRANSFORMATION - Level 1

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