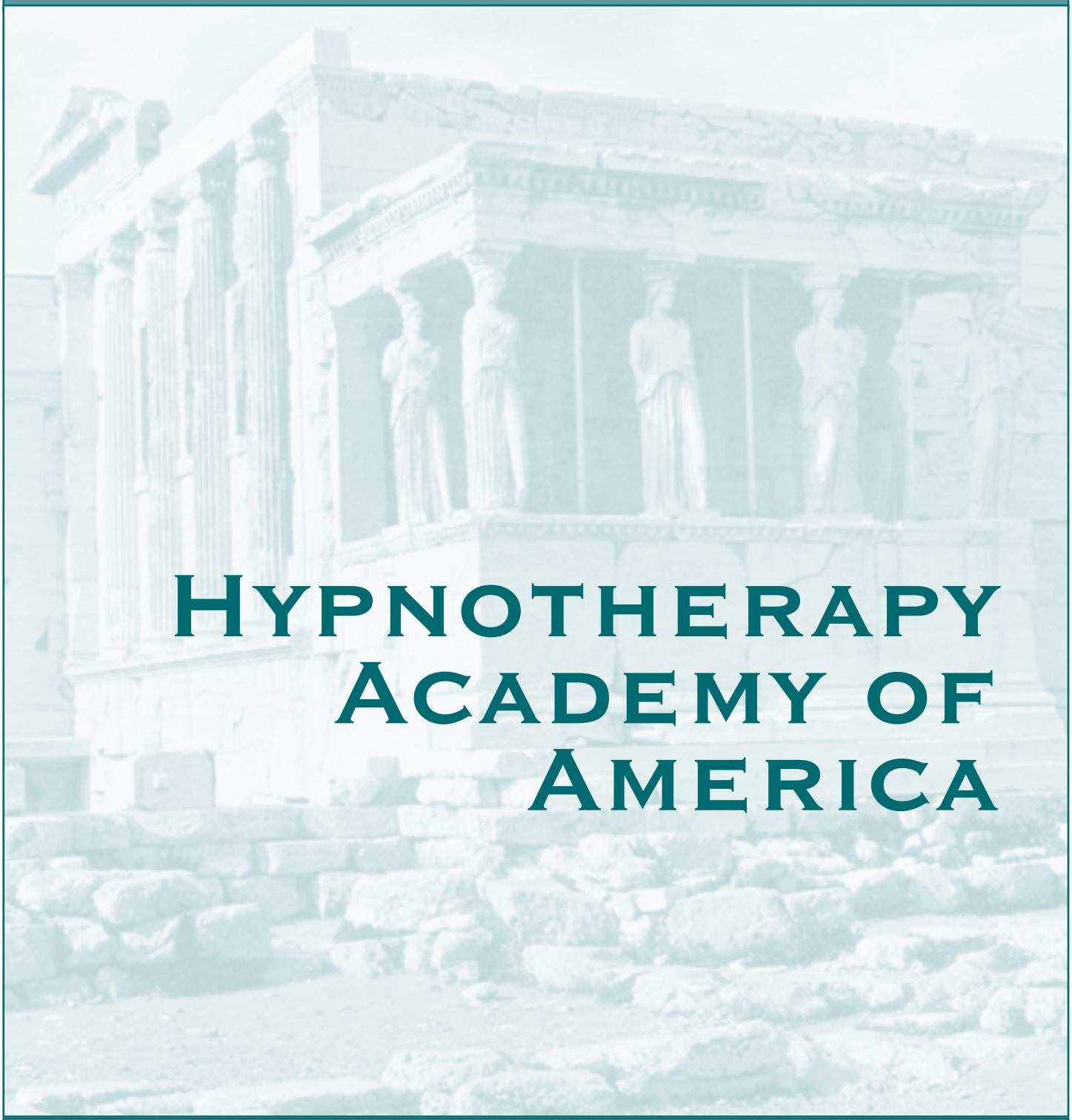
Celebrating 38 Years of
Unparalleled Preparation
For Certification in Hypnotherapy



Hypnotherapy Academy of America

State Licensed Hypnotherapy Course

Exclusive Providers of Integral Hypnotherapy™ Training

2026 Course Catalog

"At the Academy I regained my self-respect and self-confidence, and now experience self-acceptance, self-understanding and self-forgiveness. I made friends and learned how to accept others as they are. I discovered my purpose.

Thanks to your love and teachings Tim, I experienced the state of grace."

Ellen Callaghan, CHt
Bridgeville, CA

The Study of Hypnosis Provides You With an Understanding of The Very Nature of Human Miracles

The acceptance of hypnotherapy by the conventional medical and psychological community as a powerful tool for healing is the new leading edge in patient care. Hospitals, clinics and mental health centers around the world are exploring how to make use of these "integrative" and "complementary" therapies, and they all need highly trained and competent hypnotherapists to do that. The National Institutes of Health (NIH), the American Medical Association (AMA), and the American Psychological Association (APA), among others, have recognized the validity of the mind-body connection.

The Hypnotherapy Academy of America is gratified to be part of creating this new era hypnotherapy is enjoying. Our graduates are all over the world generating positive change. The Academy leadership made a choice fifteen years ago to set higher standards for training in hypnotherapy and so designed the "better way" of educating new hypnotherapists. As you read through this catalog, it will describe the educational philosophy, methods of instruction and subject matter that are providing people like you a means to succeed in the healing arts profession.

You will notice that our professional certification training is far more in-depth than the others. We designed it this way because we take your investment of time, tuition, travel and effort seriously—our students tell us it's paying off. Graduates from this program have phenomenal results with their clients, and so they command a fee of $125 to $275, on average, for private sessions, and up to $250 for a personalized hypnosis recording.

To study hypnosis is to understand the very nature of human miracles. Whether you're leaving an old career that doesn't reflect who you are and you want to open your own hypnotherapy practice, or you want to integrate clinical hypnosis into an existing healing arts practice, or you're coming to the training for personal growth and healing, we designed our course for you.

As you read through our catalog package and notice the outstanding reports we receive from our graduates, we hope that you get inspired by these miraculous healing stories and see the power of training with us.

— Our Mission —

Our mission is to provide the best clinical and medical support hypnotherapy training in the world.

WE STAND FOR:

- **Graduates being happy, healthy, and prosperous facilitators of change.**
- **Empowering authentic self-expression.**
- **Living life from a place of unlimited potential.**
- **Helping people experience lasting peace of mind so as to unite humanity and collectively create peace and prosperity for all on planet Earth.**

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Receive Your Integral Hypnotherapy™ Training From a Trusted Leader

Receive Training in the Essential Hypnotherapy Methods

- Simmerman Sierra Model of the Mind™
- Pre-hypnosis Interview Skills
- Hypnosis Inductions (for Adult and Pediatric Clients)
- Hypnotic Deepening & Testing Methods
- Integral Hypnotherapy™
- Clinical Hypnotherapy Methods
- Medical Hypnotherapy Methods
- Analytical Hypnotherapy Methods
- Transpersonal Hypnotherapy Methods
- Regression Therapy Methods
- Healing Imagery & Guided Visualization
- Subconscious Languaging Patterns
- Positive Programming Techniques
- Inner Wisdom Integration
- Parts Therapy Techniques
- Ericksonian Philosophy
- Emotional Healing
- Releasing Trauma
- States of Consciousness & Quantum Biology
- Self-Hypnosis Techniques & Auto Suggestion
- How to Conduct Self-Hypnosis & Meditation Workshops
- Behavior Modification with Hypnotherapy
- Ending Bad Habits, Smoking Cessation, Weight Loss
- Dream Work with Hypnotherapy
- Making Hypnotherapy MP3 Audio Recordings
- Hypnotherapy for Children
- Childbirth Preparation
- Pain Control & Managing Chronic Pain
- Perioperative Support
- Accelerated Healing, and more . . .

Part of what makes this course so appealing is that you will gain the ability to combine other systems with the hypnosis methods. For example:

- Mindfulness Meditation Techniques
- Healing Inner Child Processes
- Psychoneuroimmunology
- Mystical Traditions/Shamanism/Huna/Spirituality
- The Science of Consciousness
- Philosophical Counseling
- Breathwork
- A Course in Miracles
- Patanjali's Yoga Sutras
- Neuro-Linguistic Programming (NLP)

Comprehensive Education, in an Accelerated Format

To learn more in less time, we created the first (and perhaps the only one in the world) licensed hypnotherapy school to provide a comprehensive hypnotherapy education in an accelerated learning format–-dividing the ten week course into five modules of two weeks each–-so you can take one module at a time or immerse yourself in the entire program. This program is packed with life-transforming techniques! You are taught flexible formulas to help you assess your client's needs to make the most appropriate, effective therapeutic choices. You will learn interview and assessment strategies, dozens of hypnosis induction techniques for all personalities and ages, and how to apply hypnotherapy to the endless array of issues that clients present.

What is Integral Hypnotherapy™?

More than three decades of real-life application in the field came together to create our copyright-protected, complete hypnotherapy system, called "Integral Hypnotherapy™." This unique style is based on a collaborative, client-centered approach. Our system combines classical hypnotherapy with modern methods and protocols. It also integrates perennial wisdom traditions, philosophical counseling, and human potential training—which includes life skills coaching and applied mind sciences.

By attending this program, you will receive in-depth instruction in the most important methodologies, learn from live demonstrations of techniques and have plenty of time for supervised "hands-on" practice. This is why people have attended from 35 countries and all 50 states to study with us.

> "What you are learning to do, quite elegantly,
> as a hypnotherapist, is to help people
> empower themselves to take responsibility
> for improving the quality of their lives.
> You will find it to be the most rewarding endeavor!"
>
> *Tim Simmerman-Sierra, Academy Director*

Hypnotherapy Defined

Experts agree that hypnosis is simply a natural state of mind with numerous beneficial characteristics. Hypnotherapy is the application of universally accepted self-discovery techniques and self-empowerment methods (during the hypnotic state), that free you of fear-based programming and assumed limitations. This provides an experience of your natural state--Health, Joy, Abundance and Love. Hypnotherapy also provides access to all your inner resources—resources you may not know you have. This helps with solving problems and reaching important goals more easily. At the heart of the practice of hypnotherapy is the dynamic principle that "thought is creative." This means that the quality of our dominant subconscious thinking influences every aspect of life. Each day of the course you will learn how to apply these concepts. The techniques that we teach have helped thousands of people like you have breakthroughs that bring about lasting positive change.

Why So Many People From Around The World And The United States Choose This Course

Learn Both Tele-Hypnotherapy & In-Person Styles

Freedom to choose how you will provide your hypnotherapy services is why many people attend our classes. Like many counseling and medical practitioners, hypnotherapists are switching to a hybrid of online and in-office settings to provide services. To support you in leading the field as an innovative hypnotherapy provider, we give you solid instruction in both tele-hypnotherapy and in-person styles of hypnotherapy methods.

School Licensure & Approvals

The Academy is licensed by the New Mexico Higher Education Department as a private post-secondary educational institution, non-accredited diploma awarding vocational school (first registered in the state of New Mexico in 1988). The Academy is an eligible provider under the New Mexico Division of Vocational Rehabilitation (DVR). Residents of other states can apply through their local Department of Vocational Rehabilitation to attend this program.

Training in the Most Important Specialty Applications

For example, you will receive smoking cessation, weight loss, ending anxiety and stress relief, and addictions programs, among others. While hypnotherapy is never intended to replace medical or psychiatric treatment, scientific research has proven hypnotherapy to be an important complementary therapy. You will learn protocols for accelerated healing and strategies for reducing acute and chronic pain. This is one reason why so many newcomers as well as professionals licensed in mental health and medicine attend this course.

How to Launch Your New Hypnotherapy Practice

There is more to being a successful hypnotherapist than knowing concepts, techniques, and skills. Methods to attract clients and serve them with integrity, clarity and confidence will also be taught. We provide you with a clear blueprint for launching your hypnotherapy practice, which includes how to get the word out to friends and other professionals, website design concepts, writing print advertisements, newsletters, and brochures. These are the stepping stones to create an abundant income while helping others.

Leading Edge Educational Experts

Our educational model, developed by a Master's level Educational Designer, optimizes learning of the underlying principles and technical skills of hypnotherapy while promoting the development of flexible strategies that allow for the creative and intuitive application of our methods. We have organized every lecture, discussion topic, classroom activity and practical skills development period to provide you with what many agree to be the most comprehensive course in professional hypnotherapy today.

State-of-the-Art Training Materials

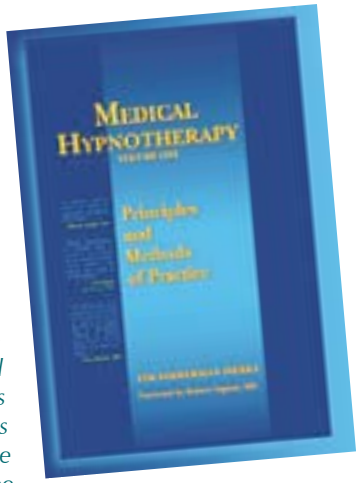
Our 1000-page training manual was designed using the cutting edge Information Mapping Methodology™. It features comprehensive easy-to-use content and clear objectives, with frequent self-assessment of knowledge and skills to ensure optimal learning. Our training materials, used in conjunction with the rest of our teaching methods, help you acquire the in-depth knowledge base and the technical competence needed in this new era of hypnotherapy's acceptance by the mainstream.

Help yourself and others with:

- *Improving the Quality of Your Relationships*
- *Increasing Decision-Making Power*
- *Ending Insomnia/Regaining Natural Sleep*
- *Pain Erasure Techniques*
- *Ending Bad Habits*
- *Instantaneous Stress Relief*
- *Increasing Self-Esteem/Experiencing Self-Love*
- *Ending Fears & Phobias*
- *Expanding Spiritual Connection*
- *Discovering Your Earthly Purpose*
- *Increasing Financial Income*

Medical Hypnotherapy: Principles and Methods of Practice By Tim Simmerman Sierra, Lead Instructor

Endorsed by: Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom,* and Bernie Segal, MD, author of *Love, Medicine and Miracles.*



Larry Dossey, MD, Author of *The Extraordinary Healing Power of Ordinary Things,* says:
"Hypnosis is one of the most misunderstood of all medical therapies, yet one of the most valuable. In volume 1 of Medical Hypnotherapy, Tim Simmerman Sierra reveals how this natural, mind-body technique can be used as an integral part of conventional medicine to prevent pain, diminish fear and anxiety, and relieve suffering. This is one of those unusual books that is accessible to laypersons and healthcare professionals alike. It deserves to be read in every medical school in the nation."

All students receive a copy of Medical Hypnotherapy

Why So Many People From Around The World And The United States Choose This Course

Help yourself and others with:

- *Creating Abundant Love and Happiness*
- *Self-Healing Methods*
- *Authentic Self-Expression*
- *Creating a Subconscious Blueprint for Success*
- *Fearless Public Speaking*
- *Emotional Healing*
- *Healing Grief & Loss*
- *Healing Your Relationship With Food & Weight Loss*
- *Improving Memory & Recall*
- *Improving Sports Performance*
- *Becoming an Eternal Optimist*
- *Achieving Special Goals*

and the list goes on….

Grounded & No-nonsense

In a results-oriented, no-nonsense way, we have incorporated practical, spiritual, holistic philosophies and advancements in the mind sciences into the therapeutic model.

Unique & Comprehensive Training

Emphasis on practical skills development is another way we are different from other schools. We teach from the experiential model. This means we consciously crafted the syllabus to provide you with the experience of supervised practice with our coaching staff.

Past students continue to tell us just how valuable this skill builting aspect of our training has been to them in both their personal life and professional practice.

Hypnotherapy methodology has two major branches: suggestion therapy and analytical hypnotherapy. All styles and schools of hypnotherapy (i.e., Ericksonian, Alchemical, Transpersonal, etc.), break down to be a form of one or a combination of both.

Suggestion therapy is basically saturating the mind with the right thinking and imagery to bring about new positive behavior (i.e., smoking cessation, better sports performance, etc.).

Analytical techniques are for processing and healing the underlying subconscious cause of the problem situation.

Just relying on intellectual understanding of techniques applied to both branches is insufficient. With this said, like those before you, we are sure you, too, will love experiencing the methods and benefit from the supervised practical skills development.

Unique

Scientific Research Refers to Academy Methodology as "Superior"

A recent clinical trial at the University of New Mexico Hospital in Albuquerque, using the Academy's methods, concluded that "the hypnotherapy group had superior global improvement" when tested against behavioral therapy. The methodology that was utilized in this study was developed by Tim Simmerman Sierra and is known as "Integral Hypnotherapy™," which is **exclusively taught on-site at the Hypnotherapy Academy of America in Albuquerque.**

Learn The Hypnotherapy Methodology Used in Research Funded by The NIH.

Yes, by attending the Academy you learn the methodology used in the resent successful research funded by the National Institutes of Health on hypnotherapy and Mind-Body Healing. Medical Support Clinical Hypnotherapist, author and master educator, Tim Simmerman Sierra, developed this hypnotherapy methodology. To read more about our clinical research please see www.HypnotherapyAcademy.com.

Train with a Leader in the Field

Our lead instructor, Tim Simmerman Sierra, served two terms as president of the hypnotherapist certifying board, American Council of Hypnotist Examiners (ACHE), and received its award for Educational Excellence in 2008. Tim has been lead instructor and Co-Director of the Hypnotherapy Academy of America since 1995. He has helped conduct Grand Rounds, and he serves as a clinical skills supervisor at University Hospital in Albuquerque, New Mexico. With the experience he has gained working in the field for over thirty years, teaching and advising the ACHE, he is now helping to take hypnotherapy to the next level in his position as one of the Directors of the International Board of Hypnotherapy.

"In my counseling practice, I primarily work with women who have suffered domestic abuse. The clinic I work in requires us to keep statistics on all of our clients. Before integrating the hypnotherapy techniques I learned at the Academy, the sad truth was over 80% of these women returned to the abusive relationship. Now, using the Academy methods to elevate self-esteem and build confidence, I have lowered that number to only 30%! This is really a phenomenal improvement.

"I could have gone anywhere in Canada or the US for hypnotherapy training. I am really thankful that I chose the Academy in Santa Fe [Albuquerque]."
Cindy Albert Doyle, RSW, CCHt
Alberta, Canada

Higher Standards in Hypnotherapy Training

The practice of hypnotherapy is not regulated at the federal level. This means educational institutions must independently anticipate the needs of students going into practice, design their own curriculum, and set requirements for successful completion of training, which should include: scope of practice, ethics, and standards of practice.

Just as an education in counseling, medicine, or even massage therapy requires practical skills development with a clinical supervisor, so does hypnotherapy. We know that you need live demonstrations, question and answer periods, supervised practiceg and ample time with instructors to become a competent and confident hypnotherapist.

In the 1950s, the standard was below 100 hours of training. In the 1980s, the standard of hypnotherapy training was set at 200 hours.

Since then, there have been numerous significant developments in the field of hypnotherapy, and there simply is not enough time for you to learn what you need in just 100 to 200 hours.

For this reason, before a diploma in medical support clinical hypnotherapy is awarded, we require 400 hours of training. Over the years the Academy has continued to raise the bar in training hours to integrate new developments in the field. We have taken these steps because we are committed to your success, anticipating your needs, and what hypnotherapy can do for humanity.

Carefully research hypnotherapy training. There are many brief and superficial courses and substandard hypnosis certifying organizations that award misleading titles. Some schools claim to provide "certification" that is only a "certificate" of course completion in hypnotherapy. Some schools have even claimed to award degrees in hypnotherapy, but were not approved by the U.S. Department of Education.

Diplomas

We know of no other 500-hour hypnotherapy course in the world taught in our accelerated training format. We have designed our course this way because that way you learn more in less time. Class is held Monday through Friday. Requirements for graduation consist of class participation, completion of practical skills projects, structured independent study assignments, development of a personal practice with self-hypnosis and/or mindfulness meditation, and maintaining a grade of 80% or better on both written and practical skills examinations.

Midway through the course, students are assessed for their academic and practical skills proficiency. This is to support students in completing the course satisfactorily.

If it is found that the student is falling behind, they are offered tutoring at the normal tutoring rate of $100.00 per hour. Academy students receive training that far exceeds the minimum standards and tend to excel during testing. Also, students are encouraged to experience private sessions with a staff hypnotherapist prior to graduation.

Diplomas awarded: Clinical Hypnotherapy, Medical Support Clinical Hypnotherapy, and Natal, Interlife, and Past-Life Regression Therapy.

Upon written request, transcripts are available for a fee of $10.00.

Medical Support Clinical Hypnotherapists

The Academy's comprehensive training program prepares you for certification with the International Board of Hypnotherapy (IBH). The IBH requires education in hypnotherapy be provided by State Licensed schools that are live class format. The IBH, founded by Robert Sapien, MD, and Tim and Angela Simmerman Sierra, not only established the most rigorous requirements for hypnotherapy certification, it has also gone on to create a registry of specially trained medical support clinical hypnotherapists who are the most qualified to take on the demands of supporting the progressive medical community with clinical hypnosis.

Practitioners of allopathy, chiropractic, osteopathy, Chinese medicine, acupuncture, midwifery, and naturopathy are already looking at how to utilize medical support clinical hypnosis. The medical support clinical hypnotherapist who qualifies to be a Fellow of the International Board's Registry is one who can best bring the healing powers of the mind to the patients of the medical community.

Certification as a Hypnotherapist

In the absence of Federal regulation of the practice of hypnotherapy, professional organizations have formed to support hypnotherapists who are in practice. These organizations help with self-regulation of the practice of hypnotherapy by setting standards required before awarding certification as a hypnotherapist. The International Board of Hypnotherapy has gone as far as to require adherence to a scope of practice, code of ethics, standards of practice, consumer complaint mechanisms, and continuing education.

Completing our training qualifies you for certification by the boards with the highest requirements for certification. They are the International Board of Hypnotherapy (IBH), and the American Council of Hypnotist Examiners (ACHE).

Three Great Pioneers of 20th Century Hypnotherapy
Erickson, Elman and Boyne

Milton Erickson (1901-1980) is known for helping to popularize the use of hypnosis to reach the subconscious in psychiatry. Part of his genius was rapidly assessing the needs of the client and working within the client's "map" of reality. We integrate essential aspects of the Ericksonian approach to hypnotherapy, including basic philosophy, indirect and inferred induction styles, and creative use of metaphors.

While Dave Elman (1900-1967) had no formal training in medicine or psychology, he taught hypnotherapy to more physicians, dentists, anesthesiologists, and psychiatrists than any instructor in modern times. Our presentation style is based on his no-nonsense, plain-spoken way of presenting the principles of hypnosis and analytical hypnotherapy.

Gil Boyne (1924-2010) made numerous original contributions to the contemporary practice of hypnotherapy. Perhaps the most radical was his devotion to the spiritual nature of the human psyche. He believed that the inner creative mind knows all the questions and all the answers. During his fifty years of hypnotherapy practice and teaching, he developed the Transforming Therapy™ formula, a pragmatic methodology that focuses on rapid results instead of attempting to prove theories.

His commitment was to the client's internal problem-solving ability. Boyne contended that the spiritual gift of the Creative Intelligence lies within each of us. His methods facilitate the discovery of the client's own divine nature, teaching them how to direct their creative intelligence to easily solve their own problems and conflicts.

Gil Boyne with his protégé Tim Simmerman Sierra

Gil Boyne was America's most honored hypnotherapy teacher. After completing Boyne's hypnotherapy training in the spring of 1992, Tim Simmerman Sierra had the good fortune to be mentored by this living legend for nearly two decades. Boyne lived in Santa Fe from 2003 to 2008, and during this time he often saw private clients, taught at the Academy, and was the director of the Academy's post-graduate program. He moved to London in the summer of 2008.

The Academy's Lead Instructor, Tim Simmerman Sierra made a careful analysis of these three pioneers, as well as a number of other important teachers in the field, and integrated the best from each to form a complete hypnotherapy system.

Tim organized the elements of Boyne's approach into a step-by-step format for students to learn from. Soon after, Tim was the first hypnotherapy instructor in the world to co-teach with Boyne his Transforming Therapy method. Tim has since updated Boyne's style to create a new version of regression therapy. This updated form is now considered the most current, effective, and reliable way to identify and heal the underlying issues that block us from living happier lives.

This hypnotherapy course focuses on you becoming highly skilled in this powerful new approach. For this reason, people have attended from 36 countries and all 50 states to study at the Hypnotherapy Academy of America.

"Tim had the fire in the belly to help people empower themselves when he first attended classes at my Hypnotism Training Institute in Los Angeles. Tim has since created one of America's finest and most comprehensive hypnotherapy training programs and has trained hundreds of hypnotherapists from around the world. While his training program provides in-depth instruction on the essential aspects of hypnotherapy, his new book, Medical Hypnotherapy, is an excellent field guide for accelerated healing and pain control with hypnosis."

Gil Boyne
Founder, American Council of Hypnotist Examiners (ACHE)

Clinical Hypnotherapy Training
300 Hours Required

Completing Modules 1 through 3 of the Clinical Hypnotherapy Training (300 hours) prepares you for certification as a Clinical Hypnotherapist

Clinical Hypnotherapy Training, Module 1

(Weeks 1 & 2)

This class presents you with the foundational concepts to fully understand the creative nature of the mind. You will learn how to still the mind and speak the language of the subconscious to facilitate the amendment of negative subconscious programming with positive, life-affirming attitudes.

Laws of Mental Effect
Conscious mind functions
Subconscious mind functions
Superconscious mind functions
How the subconscious influences attitudes, emotions & behavior
Hypnosis defined
Altered states and stages of consciousness
How to acquire the positive attitudes to extend life expectancy
Pre-hypnosis interview
The rapport-building traits of successful hypnotherapists & developing your healing presence
Self-Hypnosis training
Brainwave activity and hypnosis
Problem Solving with the Superconscious
Structuring positive suggestions
Mental Imagery
Simmerman Sierra Model of the Mind™
Suggestion Therapy
The formula for hypnosis induction
Signs of hypnosis
How to increase responsiveness to hypnotic induction
Understanding the subconscious results model & how thought is creative
Directing your creative intelligence
Amending negative self-thoughts
Suggestibility testing and increasing responsiveness
Direct hypnosis induction techniques
Indirect hypnosis induction techniques
Mechanical hypnosis induction techniques
Overload/confusion hypnosis induction techniques
Rapid & Instantaneous hypnosis induction techniques
How to adapt hypnosis inductions for differing personalities & therapeutic applications
Hypnosis inductions for children
Tele-hypnotherapy techniques
In-person techniques
Live demonstrations
Practical skills development
Includes 275-page instructional manual

Clinical Hypnotherapy Training, Module 2

(Weeks 3 & 4)

For thousands of years, our greatest healers, philosophers, and teachers have used metaphors and storytelling to heal. You will learn the art of suggestion therapy (positive words and images), to solve problems, resolve conflicts, and create new behavior patterns for optimal results. Identification and integration of various aspects of the inner self will be addressed through a form of parts therapy. This technique helps the client to understand and resolve inner conflicts that delay achieving goals. This module prepares you for the advanced methods in Module 3.

Building a successful hypnotherapy practice
Marketing and promotion strategies
Building a client referral system
Building both, a tele-hypnosis and in in-person practice
Developing Prosperity Consciousness
Advanced suggestion therapy
Coué's healing principles of mind action
Teaching personal empowerment
Ethics of Caring
Creating positive change by reversing negative self-thoughts
Tele-hypnotherapy techniques
Visual, auditory, kinesthetic learning model
Pre-suppositional patterns
Releasing trauma
Angela's Return to Alignment (ARTA) process
Transforming resistance into therapeutic change
Discovering the positive intention of negative issues
Accessing inner intelligence
Building self-esteem
Establishing positive signals and subconscious triggers
Kinesthetic anchors
Mental Imagery
Advanced guided imagery
Rapid motivation patterns
Hypno-behavioral model and behavior modification
In-person techniques
Live demonstrations
Practical skills development
Includes 200-page instructional manual

Clinical Hypnotherapy Training, Module 3

(Weeks 5 & 6)

With this training you will no longer chase down symptoms. You will address the original, subconscious programing of negative feelings, attitudes and behaviors, and then transform them. You will study analytical hypnotherapy, emotional clearing, attitude restructuring and dream work.

Identifying and healing sensitizing events
Analytical Hypnotherapy
Regression therapy strategies
Positive resource regression methods
Addressing anxiety & stress cycles
Various uncovering methods
Understanding the affect bridge
Healing relationship issues
Eliminating fears and phobias
Smoking cessation and habit control
How to heal the past
Keys to consistent happiness
Weight Management
Tele-hypnotherapy techniques
Inner Wisdom Integration (metaphor therapy)
How to motivate positive change in behavior
Emotional clearing by processing feelings
Breathwork & hypnotherapy
Restructuring negative internal representations
Improving athletic performance, sports hypnosis
Transforming negative subconscious beliefs
Understanding dream work with hypnosis
Healing negative internal dialogues
Creating self-love accelerators to positive change
Therapeutic forgiveness
Desensitizing strategies
Scope of practice
How to conduct self-hypnosis workshop series
In-person techniques
Live demonstrations
Practical skills development
Includes 200-page instructional manual

Medical Support Clinical Hypnotherapy Training

After the 300-hour Clinical Hypnotherapy Training, the additional 100 hours of Accelerated Healing and Pain Control prepares you for certification as a Medical Support Clinical Hypnotherapist

Accelerated Healing and Pain Control Module 4

(Weeks 7 & 8)

We know of no other hypnotherapy program that actually offers this quality of "medical support" clinical hypnotherapy training. This module is two weeks in duration and is solely devoted to using the mind to accelerate healing and reduce or eliminate pain. Former nationally-registered paramedic and Lead Instructor, Tim Simmerman Sierra designed this module both for your self-healing and as preparation in medical support clinical hypnotherapy.

Hypnotherapeutic theory states that illnesses may be exacerbated by, or even result from, information held in the subconscious that is expressed through the physical body. Advances in hypnotherapeutic psychoneurophysiology and psychoneuroimmunology techniques will be taught.

How the subconscious influences the Autonomic Nervous System
Procedural hypnosis methods
Hypno-analgesia
Quantum Biology and Hypnotherapy™
Comprehensive pain management strategies
Surgery preparation & post-operative healing
Clearing the roadblocks to healing
Adjunctive protocols complementing medical care
Anatomy and physiology as it relates to mind/body medicine
Clearing negative anticipatory anxiety related to medical procedures
Insomnia & regain natural sleep
Accelerated healing techniques adaptable to all health issues
Medical Relaxation
Healing imagery & interactive imagery
Elman's principles of pain erasure
Neo-Elman Induction Methods
How to adapt hypnosis inductions to medical situations
Hypnotherapy methods for children
Autogenics and restoration of health
Working in the hospital setting
Interfacing with the medical community
Preparation for childbirth & pain control during childbirth
Working with catastrophic illness
Hypnosis methods for dentistry
Stress reduction & wellness strategies
I.W.I for pain control and illness
Scope of practice rules for the adjunctive use of hypnotherapy
Perioperative hypnosis
Tele-hypnotherapy techniques
In-person techniques
Live demonstrations
Practical skills development
Includes 300-page instructional manual

Elective Topics

(Continuing your education, this module not required for certification)

Natal, Interlife, & Past Life Regression Therapy

Prerequisite: Clinical Hypnotherapy Training
Module 5 (Weeks 9 & 10)

Natal Regression & Interlife Exploration

Your personality has many influences. Research now confirms that while in the womb, you were aware of your parents' attitudes toward you and your attitudes toward them and the world as well. By using hypnosis to unlock the subconscious memories of womb-time and birth, we can heal issues that began early in our development and their present-day effects.

Understanding the life between life
Exploring interlife decisions
Healing womb-time memories
Prenatal regression strategies
Understanding birth scripts
Therapeutic rescripting
Healing family issues
Understanding and healing the inner child
Empowerment and hypnotic re-parenting
Breath work and natal regression
Healing birth trauma
Reconnecting with your divine nature

Live demonstrations
Practical skills development
Includes 110-page instructional manual

Past Life Therapy

Past life therapy resolves issues that do not appear to have current-life causes. Past life exploration accelerates spiritual growth. It must be properly integrated using proven therapeutic strategies. This course comprises the history and philosophy of reincarnation and its applications in hypnotherapy. We will discuss metaphysical, spiritual influence on emotions and behavior, as well as the purpose of the soul's sojourn on earth.

Exploring the major theories of reincarnation
Contraindication to past life regression
Learn 5 karma types
Discover the 3 ways karma manifests
Indications for past life regression
Understanding karmic influences on the current day family of origin
Exploring your earthly purpose
Exploring past life special talents and abilities
Couples past life regression and metaphysical relationship dynamics
How to conduct past life workshops

Live demonstrations
Practical skills/hands-on practice
Includes 110 page instructional manual

"Tim Simmerman Sierra has brought together a curriculum and teaching style that makes ancient wisdom accessible with seemingly infinite new world applications. I am astonished every day here at the Academy. This is an intensive distilling experience. In a world full of snake oil salesmen, it is thrilling to study real transformation."

Ben Foster, filmmaker – New York, NY

"While working as a hospice nurse, I became very interested in the emotional and spiritual aspects of pain management, stress relief and grief therapy. Because of this, I decided to study clinical hypnotherapy. After a complete web search, I found the Academy. Their extensive curriculum seemed like the comprehensive preparation I was looking for. It was a huge decision for me to quit my job and fly out to New Mexico for the training, but it turned out to be the GREATEST BARGAIN I'VE EVER ENCOUNTERED and truly a life-changing experience. The Academy exceeded all my expectations. The education and personal support throughout the course by the instructors and coaches was remarkable. By the first week, my classmates and I felt like a huge family. I have a friend who has a counseling practice who heard about my new certification and during the first week back home, she had arranged for 15 of her clients to get hypnotherapy sessions with me. I felt totally prepared and they were thrilled. The Academy offers much, much more than just education."

Bobbi Liebman, RN, CHt – Chicago, IL

Experiential certification training in hypnotherapy.

Our 500-hour course focuses on learning by doing.

We teach transformation.

Dear Tim and Angela...

"My experience with the Academy's training is that this is the best training I have ever had, in anything I have ever learned.

"I have gained so much confidence with this hypnotherapy course that I ALREADY HAVE 4 PAYING CLIENTS BOOKED AND WAITING FOR ME TO GRADUATE!

"This training has healed so much junk that lingered within me from childhood that I had no idea how to heal until now....Tears of gratitude for all the staff. This team is top-notch, top rated, and the absolute best place to learn how to live a very healthy, healed life with love, and of course how to be an exceptional Hypnotherapist."

Angela Riechers
Arizona

Tim & Angela at the Albuquerque International Balloon Fiesta

"Tim Simmerman Sierra is the absolute best teacher I have ever had. He is able to break down aspects of the course so they are easy to understand. I also ENJOYED HIS SENSE OF HUMOR AND THE INTEGRITY with which he conducts himself."
Teresa Eberth, CHt

"A+ is the letter grade I give Tim Simmerman Sierra for the instructional quality at the Hypnotherapy Academy of America. The course construction, instructional materials and delivery methods are top drawer! Learning is gradual and steady, like walking up a ramp rather than lurching big steps. This is THE place to receive quality hypnotherapy instruction."
Anthony Moon, Ph.D.
(Doctorate in Educational Technology, University of Oklahoma)
Arcadia, OK

Tim used medical hypnosis at the hospital to help this client eliminate all the pain and accelerate the healing of fractures in both legs. "It was gratifying to see him use the power of his mind to help himself."

"Using the hypnosis techniques Tim taught me, I was able to help a volunteer CLIENT END 45 YEARS OF INSOMNIA AFTER ONLY ONE SESSION! This was accomplished only halfway through the training course at the Hypnotherapy Academy of America." Rick Allen, CHt

"The knowledge and depth of experience provided by Tim is quite exceptional, a great grasp of the theory, the research and the practical application. I found the course to be very thorough and in depth. Overall, a good foundation for the practice of hypnotherapy and a good mixture of theory and practical sessions.

"The course opened my mind to the potential within myself and also within others. This has given me fresh excitement and energy for life, both personally and professionally."
Ian Hogan, NLPP, CMS-CHt
Edinburgh, Scotland

Meet Your Trainers and Academy Co-Directors

Award Winning Hypnotherapy Educator & Author

Tim Simmerman Sierra

Since 1988, our school has been licensed as a private post-secondary institution and career school by the Higher Education Department of New Mexico. Tim took over as Director of our hypnotherapy training program in 1995. As the Academy's lead instructor, he transforms the classroom into an exciting, fun and stimulating learning environment. With his talent for distilling complex theories of the mind into their practical therapeutic application, he masterfully guides the student to an advanced understanding and skilled use of hypnotherapy. Tim is recognized internationally as an expert in all applications of medical support clinical hypnotherapy. His former career as a nationally-registered paramedic helps him integrate hypnotherapy and conventional medicine into some of the very best medical hypnosis training available.

Tim's book, *Medical Hypnotherapy: Principles and Methods of Practice*, is an effective handbook, not only for professionals in the healthcare system, but also for anyone who wants to learn how medical support clinical hypnosis can help people discover and activate their own inherent self-healing capacity. With two decades of experience in the field, and recognition of national excellence, he served two terms as president of the American Council of Hypnotist Examiners (ACHE), from 2003-2005, and from 2007-2009. In order to stay true to a greater vision and bring hypnotherapy fully into the mainstream by increasing credentialing requirements, he helped establish the International Board of Hypnotherapy (IBH), and currently serves as one of the directors.

Used Hypnosis to Regain Her Eye Sight after Near Fatal Car Accident

Angela Simmerman Sierra

Angela experienced first hand the transformative power of hypnosis after a near-fatal car accident in 1998 in which her skull was crushed. Her attending physician, one of the top neurosurgeons in the country, believing she was about to die, sent her home blinded and semi-conscious without any hope.

Soon after, her family found a new neurosurgeon who also used hypnosis and guided imagery. Without surgery or medication, he helped Angela regain her will to live. Within months her sight returned, she could walk again and not long after she was fully recovered. Angela, wanting to pass on to others the tools that helped her heal, is now the Co-Director of the Academy, a Certified Medical Support Clinical Hypnotherapist, Instructor and Practical Skills Coach sharing the healing power of hypnosis. By attending our program you learn the medical hypnosis and guided imagery methods that helped Angela with her miraculous healing. She is also one of our bilingual practitioners, working in English and Spanish. Angela is also the Academy's Certified Neurolinguistic Programming Instructor. She is a graduate of Robert Dilts' NLP University, where she completed both her Master Practitioner Training and her NLP Instructor Training.

Staff Biographies Continue on Page 14

Waiting List Policy

Because of the quality of the Academy's hypnotherapy training, people travel from all over the world and the United States to attend our courses. Our classes often fill to capacity, therefore, admission is on a first-come, first-served basis. The Academy must have accepted you into the program and received all your enrollment paperwork and tuition before your seat is assured.

Sometimes cancellations occur, so if the upcoming class is full, we can place you on a waiting list. To be placed on the waiting list, we need your completed enrollment paperwork.

Please phone (505) 767-8030 or email info@hypnotherapyacademy.com to find out if there are still seats available in the upcoming course.

Accelerated Training Schedules

Modules May Be Taken One At A Time, or All Together

Winter 2026
Starts January 26

Required Modules for Your Diploma in Clinical Hypnotherapy

Clinical Hypnotherapy Training

Module 1
Jan 26-30 & Feb 2-6
☐ $1,980.00

Module 2
Feb 9-13 & 16-20
☐ $1,980.00

Module 3
Feb 23-27 & Mar 2-6
☐ $1,980.00

For Medical Support Clinical Hypnotherapy Diploma

Accelerated Healing & Pain Control
Module 4
Mar 16-20 & 23-27
☐ $1,980.00

Elective

Natal, Interlife & Past Life Therapy
Module 5
Mar 30-Apr 3 & Apr 6-10
☐ $1,980.00

Summer 2026
Starts June 1

Required Modules for Your Diploma in Clinical Hypnotherapy

Clinical Hypnotherapy Training

Module 1
June 1-5 & 8-12
☐ $1,980.00

Module 2
June 15-19 & 22-26
☐ $1,980.00

Module 3
July 6-10 & 13-17
☐ $1,980.00

For Medical Support Clinical Hypnotherapy Diploma

Accelerated Healing & Pain Control
Module 4
July 20-24 & 27-31
☐ $1,980.00

Elective

Natal, Interlife & Past Life Therapy
Module 5
Aug 3-7 & 10-14
☐ $1,980.00

Fall 2026
Starts September 28

Required Modules for Your Diploma in Clinical Hypnotherapy

Clinical Hypnotherapy Training

Module 1
Sept 28-Oct 2 & Oct 5-9
☐ $1,980.00

Module 2
Oct 12-16 & Oct 19-23
☐ $1,980.00

Module 3
Oct 26-30 & Nov 2-6
☐ $1,980.00

For Medical Support Clinical Hypnotherapy Diploma

Accelerated Healing & Pain Control
Module 4
Nov 9-13 & 16-20
☐ $1,980.00

Elective

Natal, Interlife & Past Life Therapy
Module 5
Nov 30-Dec 4 & 7-11
☐ $1,980.00

Fees required for attendance: Tuition and up to $310 for required textbooks, plus shipping for course materials.

Admission requirements: A minimum of a high school diploma or GED, photo identification, letter of recommendation, the personal history form, interview with admissions representative, emergency contact form and tuition.

If you choose not to attend within three days of submitting the enrollment agreement (the cooling off period), all tuition paid, including processing fees, will be refunded.

Refund schedule policy: Any student signing an enrollment agreement or making an initial deposit or payment toward tuition and fees of the institution shall be entitled to a cooling-off period as defined in 5.100.7.7 NMAC. During the cooling-off period the agreement can be withdrawn and all payments shall be refunded. Evidence of personal appearance at the institution or deposit of a written statement of withdrawal for delivery by mail or other means shall be deemed as meeting the terms of the cooling-off period. Following the cooling-off period, but prior to the beginning of instruction, a student may withdraw from enrollment, effective upon personal appearance at the institution or deposit of a written statement of withdrawal for delivery by mail or other means, and the institution shall be entitled to retain no more than $100 or five percent in tuition or fees, whichever is less, as the institution's registration charges. Upon request by a student or by the department, the institution shall provide an accounting for such amounts retained under this standard within five work days.

After the course begins, if a student drops "the course" (inclusive of all modules or levels checked on page 12, regardless of being taken consecutively or not) and notice is given in person or in writing to the school, refundable tuition will be returned within 30 days of official notice according to pro rata attendance schedule below. "Attendance time" is the time between the start date of "the course" and the date on which enrollment is officially cancelled (**whether or not student attends class**). In the unlikely event a course is cancelled by the Academy, tuition will be refunded.

Attendance time	Portion of tuition that school retains
From time of deposit to first day	See above
up to 10%	10%
11% to 25%	50%
26% to 50%	75%
50% and thereafter	100%

Student complaint policy: Per the New Mexico Higher Education Department, students or other parties with complaints or grievances are to first seek to resolve their complaint with the educational institution. No adverse action will be taken against the complainant for registering a complaint. An impartial representative of the institution, not directly involved in the area of the complaint, will serve as a representative of the institution to hear and attempt to resolve the complaint. The institution will investigate the complaint and respond within 30 days. If the finding of the investigation is not satisfactory, the complainant may choose to file a complaint with the New Mexico Higher Education Department, Private Post Secondary Schools Division at 2044 Galisteo Street, Suite 4, Santa Fe, NM 87505.

Dismissal policy: At the discretion of the Directors, a student may be dismissed from the course, without refund of tuition, for: intoxicated or drugged-appearing behavior; possession of illegal-appearing substances, alcohol, or weapons on school premises; behavior creating a safety hazard to other persons at school; disrespectful behavior to those at school; disrupting the educational environment; not maintaining an acceptable academic or practical skill level; or any other action determined inappropriate. The student is always responsible for the payment of their tuition. If the student loses a sponsorship or funding from a third party, the student must pay the tuition or they will be dismissed for non-payment.

Applicants are responsible for reading the course catalog, understanding the fees required for attendance, understanding admission, refund, complaint, and dismissal policies, understanding the student's and the school's obligations, and understanding that this is a practitioner training.
Students must further understand that these classes are not for the purpose of diagnosing, or the treatment of any physical or mental ailment, and that hypnotherapy is not a replacement for psychotherapy, psychiatric, or medical treatment. Students are required to practice and experience hypnotherapy during class.

To obtain the application for enrollment, please contact the Hypnotherapy Academy of America by calling 505-767-8030.

Meet Your Trainers And Support Staff

"We look forward to providing you with a reliable way to help people live happy, loving, and fulfilled lives."

Tim and Angela Simmerman Sierra

Robert Sapien, MD, MMM
CMS-CHt, FIBH

Robert is a physician and a tenured Distinguished Professor at the University of New Mexico Health Sciences Center. He serves as principal investigator on several research studies and is recognized nationally as an expert in emergency asthma care and school emergencies. Dr. Sapien formerly served as the Chief of Pediatric Emergency Medicine at UNM Hospital. After graduating from the Academy's clinical hypnotherapy program, he returned as an Associate Instructor and Practical Skills Coach. Dr. Sapien has incorporated hypnosis in the emergency care of children, as well as conducting grand rounds and other C.M.E. in-services on the use of medical support hypnosis.

Jerome Lovato
CHt, IBH

Jerome is a graduate of the Hypnotherapy Academy of America® He serves as our Admissions Counselor and a Practical Skills Supervisor. Jerome is passionate about helping others discover the natural healing power of the subconscious mind, both for personal transformation and for guiding others toward lasting change. He believes that true healing comes from within, and that is why he is dedicated to inspiring each prospective student to unlock their fullest potential as hypnotherapists.

Christian Raphael
CMS-CHt, FIBH

Christian graduated from the Hypnotherapy Academy of America in November 2013. Since Mr. Raphael opened his full-time practice in Albuquerque, New Mexico, he has been running group hypnosis workshops regularly and conducting an average of 45 private sessions monthly. In addition to working with private clients, Christian is an Associate Instructor and Practical Skills Coach. He was also one of the hypnotherapists in the NIH study for overactive bladder syndrome. Prior to becoming a hypnotherapist, Christian spent over 20 years in various leadership roles with national and international corporate brands.

Joaquin Dulcey, MD

Dr. Dulcey received his medical degree in 1963 from the Universidad del Cauca (Cauca's University) in Popayan, Colombia. He initially specialized in Obstetrics and Gynecology in 1964, then Neurosurgery in 1968. Dr. Dulcey was Director of the Department of Neurosurgery at San Pedro Hospital in Pasto, Nariño, Colombia, for 18 years. Later he was General Director and Chief Medical Director at San Jose University Hospital in Popayan.
He also taught neurosurgery for 11 years at Universidad del Cauca, his alma mater. His compassion for people lacking economic resources, and in need of specialized medical treatment, motivated him to study Hypnotherapy, Imagery, Sophrology, Medical uses of Qigong and Neuro therapy. Today Dr. Dulcey is semi-retired with a private practice in which he mostly provides pro bono medical care for those who need him the most. At the Academy, we have the privilege to have him as an Associate Instructor.

Madeleine Moku

Madeleine has a B.A. from the University of New Mexico. Prior to coming to the Academy in 2015, she acquired 20 years of administrative experience in the field of higher education at Webster University. She is the Academy's Assistant Director and is committed to helping students attain the training and knowledge necessary to fulfill their goals.

Our School Mascots

Olivia and T.T. are two chihuahuas, rescued from difficult situations, who are now happy members of staff, and Tim and Angela's family. They are frequent visitors to the Academy, bringing us joy and love.

Hypnotherapy Academy of America

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Fax (505) 344-1861

email: info@hypnotherapyacademy.com

Join other people like yourself from around the world at our next Hypnotherapy Certification Training