ICHI Course Syllabus

Full Advanced Diploma

The Institute is the home of ICHI, and the home of hypnosis and hypnotherapy in Ireland. People come for the quality, the atmosphere, the people, the training, and to learn in person with Karl Anthony.

Trainer: Karl Anthony, over 16,000 clients.

Why ICHI training is different

Unlike a lot of training out there that comes from books and textbooks, all the training ICH Ireland offers is based on real clinical sessions.

Karl Anthony has seen over 16,000 clients.

With a network that went from one up to 18, 20 clinics, Irish Hypnosis Limited has seen thousands upon thousands of clients walk through their door into their recliner, all delivering the same standard, the same process, with the same testing and results where we could measure, we could develop, and we could improve and advance our methods because we were an organization. We had monthly meetings, so we could sit down and discuss. Karl Anthony was the lead trainer for Irish Hypnosis Limited, which adds more experience into the ICHI Ireland trainer.

The experience in ICH Ireland training is nothing like it: it comes from real clients, real people, using the most advanced methods.

From Karl: my five-year goal

I want ICH Ireland training in high demand worldwide.

I want my own institute, ICHI, to become a global institute.

I want two or three instructors.

I want consistent online training.

— Karl Anthony

Shared details

- **Venue:** The Pillo Hotel & Leisure Club, Ashbourne, Co. Meath
- **Introduction to Hypnotherapy:** Saturday 30 January 2027
- **Full Advanced Diploma:** six weekends in 2027 (dates in the Diploma section)
- **Sign-up:** Email enquiries@ichireland.ie
- **Payment:** by card or by bank transfer
- **Refunds:** No refunds, but your place can be transferred to someone else

Full Advanced Diploma

Professional training

Six live weekends. Train to practise hypnotherapy professionally.

Real clinical sessions, not textbooks. Karl Anthony has seen over 16,000 clients.

In my words

- **In the first five minutes, you know you are at home. You know you made a good decision being here.**
- **In analytical regression, ask. Don't lead with questions.**
- **Analytical regression is the lead.**
- **People describe my work as truth and honesty with each client, testing every session for real hypnosis.**
- **After a first session, my clients feel I am genuine and equal. I do not look down on anyone. They feel respected, and that I deliver 100% of the benefit I can.**

Who it's for

- **Anyone who wants to add a skill to their career or build a part-time or full-time practice.**
- **Entry for Level 1: the Introduction to Hypnotherapy day.**
- **No experience of hypnosis needed beyond that.**

What you'll learn (whole course)

- **How the human mind works**
- **Hypnotherapy techniques**
- **How to programme yourself for success**

- The best way to practise hypnotherapy professionally
- How to work with clients in a professional practice
- Quit-smoking and weight-management systems

How the 6 weekends are built

Level 1

- **Weekend 1:** Module 1, Foundation
- **Weekend 2:** Module 2, Suggestion for quitting smoking
- **Weekend 3:** Module 3, Suggestion for weight loss

Level 2

- **Weekend 4:** Module 4, Analytical Regression
- **Weekend 5:** Module 5, Continued Analytical Regression
- **Weekend 6:** Module 6, Professional Practice Management, exams and certification

Every weekend day runs the same way

1. Understanding the human mind
2. Introduction to that weekend's module
3. Practice

How you are assessed

- A written foundation exam
- 8 case studies and homework assignments
- A final practical exam

Format and duration

- **Format:** Live, in person. You are hypnotised from the first weekend and you hypnotise fellow students.
- **Duration:** 6 weekends, one a month, Saturday and Sunday
- **Times:** 9:45am to 5:00pm each day
- **Order of the day:** before lunch and after lunch
- **Before lunch:** the complete understanding of the human mind; suggestibility tests; waking hypnosis; demonstration and practice; experience hypnosis in a group setting
- **After lunch:** how to hypnotise; how to deepen hypnosis; how to test for hypnosis; how to deliver suggestions in hypnosis; how to emerge from hypnosis; find out all about the advanced full diploma
- **Venue:** The Pillo Hotel, Ashbourne, Co. Meath
- **The six weekends in 2027:**
  - Weekend 1: 6–7 March
  - Weekend 2: 3–4 April
  - Weekend 3: 8–9 May
  - Weekend 4: 12–13 June
  - Weekend 5: 10–11 July
  - Weekend 6: 7–8 August
- **Missed a weekend?:** Catch up on the next intake at no extra cost

Price and payment

- **Pay in full:** €2,700
- **Or:** €500 deposit, with the balance arranged
- **Pay by:** card or bank transfer

- **Refunds: No refunds, but your place can be transferred to someone else.**

Recognition

- **ICHI training is recognised by the GHSC, the NGH, the IHA and ICHI.**

Sign up

- **Email enquiries@ichireland.ie**