ICHI Course Syllabus

Introduction to Hypnotherapy

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
- **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

Introduction to Hypnotherapy

Start here

One day. No experience needed. You see hypnosis, learn the basics and take home a manual.

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.**
- **The shaping moment: understanding that the subconscious mind cannot tell the difference between imagination and reality.**
- **I kill the myths: that you lose control, that you are asleep, that you can be made to do anything, that you can get stuck, and that it is dangerous or damaging.**
- **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.**
- **People describe my work as truth and honesty with each client, testing every session for real hypnosis.**
- **Parents of children with special needs: before you book, understand this. Learning about the mind, emotional triggers, environments and stimulus can help you see your child in a different light. I can show you skills to help relax your child and to support their well-being. These are supportive, practical skills for you as a parent, working alongside your child's usual care.**

Who it's for

- **Anyone who wants core skills without taking a diploma yet.**
- **A good first step if you are thinking about the Full Advanced Diploma.**

What you will learn

- **How your mind works**
- **Suggestibility testing (“waking hypnosis”) and what it shows**
- **How to hypnotise**
- **How to deepen hypnosis**
- **Hypnosis convincers**
- **Hypnotic suggestions**

Format and duration

- **Format: Live, in person only. Demonstrations, explanations, questions. Manual included.**
- **Certificate: When you complete the course, your certificate is emailed to you automatically.**
- **Duration: One 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**
- **Date: Saturday 30 January 2027**
- **Time: 9:45am to 5:00pm**

- **Venue:** The Pillo Hotel & Leisure Club, Ashbourne, Co. Meath

Price and payment

- **Price:** €147
- **Pay by:** card or bank transfer
- **Refunds:** No refunds, but your place can be transferred to someone else. Just let us know their name before the day.

Full Advanced Diploma: module schedule

- **Level 1 (three modules):** Module 1, Foundation; Module 2, Suggestion for quitting smoking; Module 3, Suggestion for weight loss
- **Level 2:** Module 4, Analytical Regression; Module 5, continued Analytical Regression; Module 6, Professional Practice Management, exams and certification
- Weekend 1: Module 1, Foundation
- Weekend 2: Module 2, Suggestion for quitting smoking
- Weekend 3: Module 3, Suggestion for weight loss
- Weekend 4: Module 4, Analytical Regression
- Weekend 5: Module 5, continued Analytical Regression
- Weekend 6: Module 6, Professional Practice Management, exams and certification

Sign up

- Email enquiries@ichireland.ie