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# The Atlanta Series

## Course Guide

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### INTRODUCTION

Welcome to the “Dr. Kappas Atlanta Series” Course. This expansive program is your ticket to spend 172 hours up close and personal with Dr. John Kappas. Many HMI graduates have expressed to us the knowledge and experience that they have gained from this vintage video course is perhaps their single greatest resource for private practice.

Spending time with Dr. Kappas in the Atlanta Series lessons is more like sitting with him in his living room than watching a prepared lesson. We encourage students to think of the Atlanta tapes as a secret window to the past that allows them to eavesdrop on private conversations between Dr. Kappas and his friends. In this course you will hear Dr. Kappas’ share personal stories that are both funny and outrageous. This course also features Dr. Kappas conducting **34 live therapies with clients**, providing what is perhaps the single greatest demonstration of Dr. Kappas’ style and personality that we will never again have the opportunity to experience.

For decades this course has been one of the core requirements for our In-Person/One Year Resident training program. Now we are excited to be able to offer this online, streaming video course to you, our HMI Distance Education graduates. This is a unique learning experience that can take your training to the next level as you experience firsthand and study directly under the Master and man who started it all, Dr. John Kappas

### Course Description:

*The Dr. Kappas Atlanta Series* course is a collection of “vintage videotapes” from HMI’s video library vault. Between the years 1979 and 1984 by Dr. Ron Hodges, the Director of the Atlanta, Georgia, HMI, commissioned Dr. Kappas to visit the HMI Atlanta Institute once or twice a year to spend an intensive week with Ron and his professional students.

During these marathon sessions, Ron’s group would quiz Dr. Kappas with all their questions, listen to his “therapy stories,” and observe Dr. Kappas’ 30 years of experience in action as he worked with the many “LIVE THERAPIES” presented to him by Dr. Ron Hodges. Some of the “LIVE THERAPIES,” for instance, “the man with the frozen smile,” or “the man whose TV talked to him,” have proven to be so interesting and sometimes bizarre that they have now become “Atlanta Series legends.”

One of the conditions for Dr. Kappas’ visits George Kappas required Ron to use a brand new technology, “videotape”, to record every minute of Dr. Kappas’ presentations. At the time, George really did not know what would ever become of the videotapes; he just knew that something important was happening and that it should be captured. Consequently, after every

visit that Dr. Kappas would make to the Atlanta Institute, George would receive a box containing 30-40 hours of unmarked, un-catalogued videotapes. Because of this foresight we now have the opportunity to share in these unique learning sessions today.

George's collection of these interesting marathon sessions steadily grew from the years 1979 to 1984. During these years, the videotapes document not only Dr. Kappas' valuable lessons, but also chronicle Dr. Kappas' and Dr. Hodges' change in hairstyles, clothes, and habits, fluctuation in weight, and their respective transition from smokers to non-smokers. Ron is the ever-present figure sitting next to Dr. John Kappas throughout the program.

In 1991, George Kappas contracted with HMI student and independent travel film maker Rick Howard to take on the laborious task of editing the tapes and providing some guiding narration. It took Rick over one year of intensive work to get the project into shape. Once completed, however, both John and George realized that this collection of "Atlanta tapes" was perhaps the greatest record of Dr. Kappas and his work.

### **Re-Mastering:**

In 2007, George set upon the task of digitally restoring the now aging master tapes. George also rehired Rick Howard to come back and re-edit the project one more time. This time, Rick created a much more comprehensive course guide. This new revised course guide provides, not only more detailed descriptions of the content, but also time references to each different topic or demonstrations so students can jump right to the point in the video they wish. The detailed index in the back of this guide allows the user to look up any particular subject and see all the lessons in the series that contain that topic. This enables the student to use the Atlanta Series as an ongoing reference after completion of the course quizzes. Welcome to the "The Atlanta Series" Course. This expansive program is your ticket to spend 150 hours up close and personal with Dr. John Kappas. Many HMI graduates have expressed to us the knowledge and experience that they have gained from this vintage video course is perhaps their single greatest resource for private practice.

## **QUALITY**

One of the reactions that many new students have when they view the Atlanta videos for the first time is "why is the quality so poor?" They try to compare the quality of the tapes produced by HMI today to those tapes recorded in Atlanta two decades ago. The first thing to remember is that in 1979, video tape was still a very new medium for the consumer. Secondly, these recordings were not professionally produced or even produced with a purpose. Most of the time, they were made with just a camera in the back of the room running unattended. When the camera was attended, it was usually an unskilled student who was working off part of his tuition costs for attending the meeting. Consequently there are times even with digital enhancement, when the sound is bad, or the camera is pointing in the wrong direction. Every once in a while you may see the camera fall over and point at the ceiling for five minutes before someone notices and sets it upright again. With broadcast television having made us so accustomed to quality production values, many people find these errors annoying.

The most important thing to remember, however, is that the lack of attention to the camera may have hurt the production, but it infinitely helped the content. Throughout most of the series, Dr. Kappas had totally forgotten the camera was even present. The results are uninhibited, unrehearsed, and totally candid discussions and demonstrations that perhaps could never have been captured had real production equipment and operators been present in the room.

Spending time with Dr. Kappas in the Atlanta Series lessons is more like sitting with him in his living room than watching a prepared lesson. We encourage students to think of the Atlanta tapes as a secret window to the past that allows them to eavesdrop on private conversations between Dr. Kappas and his friends. Some of the stories you will hear may be funny and outrageous. Some of the “LIVE THERAPIES” will show you things you will never again have the opportunity to experience. Because of this, the decision was made that the value and quality of the content far out weighed what is lacked in polish and quality of production.

## **YOUR 401 LESSON GUIDE**

Your Atlanta Series Lesson Guide lists and describes the content of each lesson in great detail. By using the Lesson Guide you know what to expect from each lesson as well as pick out specific lessons or “LIVE THERAPIES” you may wish to view to get answers or examples of specific techniques. Each lesson is broken down into chapters. Each chapter represents a topic change in the lesson. These chapters have a “time” listed so that you can jump ahead in the video to a particular topic or demonstration.

Because the Atlanta series is really a collection of different visits that Dr. Kappas made to the Atlanta Institute, some of them are in sequential order and some of them are not. This means that some lessons are actually a continuation of the previous lesson while others are not and may be viewed out of sequence. Your Lesson Guide will assist you in determining if a lesson is sequential or not. Some students may jump around in the order of the lessons they complete, based on the content they are interested in, or the availability of the videotapes on the date they are viewing them.

Your Lesson Guide will also assist you by describing any audio problems, short lessons, or other notable points about a lesson that may be helpful for you to know.

## **401 ESSAY QUESTIONS**

The section, "Essay Question," of your workbook, contains a list of essay questions for you to complete. One essay question corresponds to each Atlanta Series tape.

Your essays should be between  $\frac{1}{2}$  to  $\frac{3}{4}$  pages long or longer if you so desire. Please answer the essay as completely as possible. You may want to draft your answer on scratch paper first, then edit it and recopy it onto your answer sheet in the book. Do not hesitate to use both sides of the page for your essay answer.

## **BUILDING A REFERENCE GUIDE**

The goals of the Atlanta Series course are two-fold. First is the goal of spending time with Dr. Kappas, sharing in his experience and modeling his style and techniques. The second goal is for the student to build a journal of their learning experience that can be used for future reference. For each lesson listed in the "Lesson Guide" a corresponding essay question is listed in the "Essay Questions". The course is designed for you to have the essay question in front of you as you view each lesson. This creates a more active learning process and serves to cement the learning experience in your memory. As you complete the essay question for each lesson you are not only completing the course but are also building a valuable reference guide that you can use for years to come in your private practice. Your essays are not graded for spelling or grammar. You are writing your essays for you and your future reference.

## **STREAMING VIDEO**

The Atlanta Series is now delivered to students via streaming video to watch in the convenience of their home or office through high speed internet connections. Your streaming video interface provides you the links to the video lessons, student guide and on-line quiz questions. If when viewing the streaming videos the pause or "buffer", if you start the video and hit "pause" and walk away for 10 minutes, when you return the video will have completely loaded into your media player and it will allow you to jump to any point on the tape. You can use the "time" listings in the guide to find different content listed in this guide.

## **WRITTEN ESSAYS**

HMI Resident Students are to complete the essay questions for this course using our online interface. All your lessons will be saved for you as well as forwarded to HMI to track your progress. Students should print their written essays for safe keeping and until such time that the completed collection is submitted to the Student Center for final grading. (HMI Resident Students only).

## **SATISFACTORY PROGRESS**

For HMI Resident Students the Atlanta Series (401 Course) begins when a student enters the 201 course. The 401 course is completed independently by each student while they are attending classes. It is recommended that each student view and complete a minimum of 2 lessons and 2 essays per week, so they will have completed essays for at least 54 tapes by the time they enter their 501 course.

## **COURSE GRADES**

For HMI Resident Students your 401 final workbook grading is as follows: Essays are reviewed as to their content, length, etc.

Completed essay grades: 61=C, 72=B, 82=A

## **PROTECTION OF MATERIALS**

The Atlanta Series course materials DVD's/Streaming video are the sole property of Panorama Publishing Company and all the rights of the video/DVD materials are reserved and protected by United States Copyright laws. Students agree that they will not copy, download, or allow or cause to be copied, or assist in anyway the copying of any of the Atlanta Series video/DVD/streaming video course materials. Students who participate in any way in the copying this material will be suspended from HMI enrollment, and face possible criminal prosecution under the copyright laws of the United States.

## **LEGAL NOTE**

California law provides Hypnotherapists an exemption from the Psychology licensing law (Business & Professions code 2908) to do *vocational or avocational self-improvement counseling*, or work under referral from licensed professionals. In the Atlanta Series, Dr. Kappas, who is a licensed Marriage & Family Therapist, does on occasion entertain cases that go beyond the scope of vocational and avocational self-improvement counseling. Such cases and/or examples do not suggest that you ignore the scope of practice guidelines of 2908 (vocational or avocational self-improvement). Instead allow them to provide you the experience of observing work with individuals beyond such guidelines and how you might work with such individuals under referral of licensed professionals.

# THE ATLANTA SERIES

## Lesson 1

In this lesson Dr. John Kappas and Dr. Ron Hodges tell the story of the origin of the Hypnosis Motivation Institute. Dr. Kappas explains the basics of Kappasinian hypnotherapy. This includes: an explanation of the differences between Emotional and Physical suggestibility, the test questionnaire, theory of mind, dream analysis and therapy, and an explanation and demonstrations of the methods that Dr. Kappas developed in the practice of hypnotherapy. (An inferred arm raising demonstration)

Essay question: discuss Dr. Kappas' development of Emotional and Physical suggestibility.

Chapter # 1 - Starts: 2 min. 56 sec. to 5 min. 11 sec. (2 min. 7 sec. in length.)

Dr. Hodges tells the group how he met Dr. John Kappas. Then he gives a brief history of how the Hypnosis Motivation Institute was created, and introduces Dr. Kappas to the group.

Chapter # 2 - Starts: 5 min. 11 sec. to 21 min. 0 sec. 15 min. 49 sec. (15 min. 49 sec. in length.)

Dr. Kappas describes suggestibility, how it's created, what it is, and the way that a person's mind processes the information that their senses take in. Then how, with hypnosis, this can be modified to change behavior.

Chapter # 3 - Starts: 21 min. 0 sec. to 26 min. 5 sec. (5 min. 5 sec. in length.)

Dr. Kappas goes over the suggestibility test questionnaire and describes how it's used by a hypnotherapist in determining a person's suggestibility.

Chapter # 4 - Starts: 26 min. 5 sec. to 44 min. 20 sec. (18 min. 15 sec. in length.)

Dr Kappas illustrates how a therapy room is set up and how this space is used by a hypnotherapist. Then he describes, and illustrates, theory of mind. Then dream analysis and therapy.

Chapter # 5 - Starts: 44 min. 20 sec. to 59 min. 14 sec. (14 min. 44 sec. in length.)

Dr. Kappas describes how hypnosis is accomplished by overloading a person's mind with message units, stimulating their fight flight mechanism, and allowing them to escape into hypnosis.

Chapter # 6 - Starts: 59 min. 14 sec. 69 min. 40 sec. (10 min. 26 sec. in length.)

Dr. Kappas talks about his family history with his father, how he first got into hypnosis, and the practice of hypnotherapy and methods that he developed.

Chapter # 7 - Starts: 69 min. 40 sec. to 77 min. 32 sec. (7 min. 52 sec. in length.)

Dr. Kappas illustrates, on the blackboard, the ratio of people who are Emotional suggestible to Physical suggestible, and the differences in how they process information and learn.

Chapter # 8 - Starts: 77 min. 32 sec. to 94 min. 17 sec. (17 min. 45 sec. in length.)

Dr. Kappas demonstrates how to determine a person's suggestibility by asking specific questions. He uses Ron as a demonstration subject.

Chapter # 9 - Starts: 94 min. 17 sec. to 119 min. 32 sec. (15 min. 6 sec. in length.)

Still with Ron as the subject, Dr. Kappas demonstrates an inferred arm raising and conversion to hypnosis. Then a group discussion about arm raising inductions.

## Lesson 2

This is a very full lesson. Dr. Kappas hypnotizes five people, including Ron, demonstrating literal arm raising induction, progressive relaxations, arm rigidity deepening, circle therapy, and exercising post-suggestions to re-hypnotize using auto-dual inductions with both written and pulse techniques for analytical subjects. The four basic laws of hypnosis and a live therapy with a male Emotional sexual complaining of nervous sweating.

Essay question: describe the auto-dual induction and how it can be used.

Chapter # 1 - Starts: 1 min. 3 sec. to 14 min. 14 sec. (14 min. 11 sec. in length.)

Dr. Kappas demonstrates a progressive relaxation, arm rigidity, and other deepening techniques, post-hypnotic suggestions, and awakening.

Chapter # 2 - Starts: 14 min. 14 sec. to 21 min. 23 sec. (7 min. 9 sec. in length.)

Dr. Kappas exercises the post-suggestion to re-hypnotize Ron. Then a group discussion and explanation about what has transpired.

Chapter # 3 - Starts: 21 min. 23 sec. to 34 min. 45 min. (13 min. 22 sec. in length.)

Dr. Kappas talks about pre-induction questions to determine a subject's suggestibility. Then he demonstrates an inferred arm raising with an Emotional sexual male who has a problem of nervous sweating.

Chapter # 4 - Starts: 34 min. 45 sec. to 48 min. 34 sec. (13 min. 49 sec. in length.)

Then, with this client, Dr. Kappas demonstrates a nervous progressive relaxation, an arm rigidity deepening technique and circle therapy to treat the nervous sweating. Then awakening and exercising the post-suggestion to re-hypnotize.

Chapter # 5 - Starts: 48 min. 34 sec. to 57 min. 20 sec. (8 min. 46 sec. in length.)

Dr. Kappas and the group have a post hypnosis discussion with the client that has just finished his hypnotherapy session.

Chapter # 6 - Starts: 57 min. 20 sec. to 72 min. 58 sec. (15 min. 38 sec. in length.)

An interview and arm raising induction with Sandra, an Emotional sexual and suggestible female who demonstrates a lot of resistance to the arm raising. Dr. Kappas must use a lot of overload to overcome it.

Chapter # 7 - Starts: 72 min. 58 sec. to 81 min. 27 sec. (8 min. 31 sec. in length.)

Dr. Kappas does a very literal induction with Sharon, an Emotional suggestible. Then a very interesting exercise of the post-suggestion to re-hypnotize using her own handwriting as the induction.

Chapter # 8 - Starts: 81 min. 27 sec. to 88 min. 24 sec. (6 min. 57 sec. in length.)

Another literal arm raising induction with a very quickly hypnotized Emotional suggestible female. Then an auto - dual exercise of the post-suggestion to re-hypnotize.

Chapter # 9 - Starts: 88 min. 24 sec. to 95 min. 45 sec. (7 min. 21 sec. in length.)

Dr. Kappas and the group discuss the purpose and practice of the post-hypnotic suggestion.



Chapter # 10 - Starts: 95 min. 45 sec. to 105 min. 42 sec. (9 min. 57 sec. in length.)

Dr. Kappas describes, in detail, the purpose and procedure of the auto- dual induction. This is used to hypnotize the most resistant of all subjects, the Analytical.

## Lesson 3

This lesson is the hypnotherapy and discussions involving a male client 44 years of age. He tested 55% Physical sexual and 88% Physical suggestible. His presenting complaint is erection loss during intercourse.

Diagnosis: impotence due to rejection in a past relationship.

Therapy: bring down his Physical-ness and block his anxiety during sexual performance. Then class discussion of the case.

Essay Question: what was the relationship cause of the subject's inability to maintain an erection? (This lesson is fascinating.)

Chapter # 1 - Starts: 1 min. 24 sec. to 6 min. 25 sec. (5 min. 1 sec. in length.)

A pre-interview group discussion about the male Physical client coming in with a problem in maintaining an erection during sexual intercourse.

Chapter # 2 - Starts: 6 min. 25 sec. to 20 min. 0 sec. (13 min. 35 sec. in length.)

A group discussion with this man about his sexual problem. There are a lot of very detailed descriptions about his problem, and the resulting effects in his life.

Chapter # 3 - Starts: 20 min. 0 sec. to 30 min. 0 sec. (9 min. 40 sec. in length.)

The client describes one of his dreams to the group. Then more about his sexual history. This is a very high Physical sexual rejected male.

Chapter # 4 - Starts: 30 min. 0 sec. to 39 min. 40 sec. (5 min. 30 sec. in length.)

More discussion about the client's past, rejection, anger and dreams.

Chapter # 5 - Starts: 39 min. 40 sec. to 45 min. 10 sec. (5 min. 30 sec. in length.)

A group discussion about this client after he has left the room.

Chapter # 6 - Starts: 45 min. 10 sec. to 56 min. 33 sec. (11 min. 23 sec. in length.)

(Essay Question Info) This chapter starts with the camera on an empty chair as Dr. Kappas, off camera, answers the essay question, and discusses this man.

Chapter # 7 - Starts: 56 min. 33 sec. to 64 min. 56 sec. (8 min. 23 sec. in length.)

Continuation of discussion about the client who is soon coming back in for his hypnotherapy session.

Chapter # 8 - Starts: 64 min. 56 sec. to 70 min. 15 sec. (5 min. 19 sec. in length.)

(Essay Question Info) Pre-induction talk with the client. (Still off camera.)

Chapter # 9 - Starts: 70 min. 15 sec. to 80 min. 1 sec. (9 min. 46 sec. in length.)

The client sits in the chair next to Dr. Kappas who questions him to determine his suggestibility. Then he does an arm raising induction/conversion to hypnosis.

Chapter # 10 - Starts: 80 min. 1 sec. to 89 min. 17 sec. (9 min. 16 sec. in length.)

Into the recliner for a progressive relaxation, followed by an arm rigidity deepening technique, and further relaxation.

Chapter # 11 - Starts: 89 min. 17 sec. to 96 min. 47 sec. (7 min. 30 sec. in length.)

This may be the most fascinating chapter in any of the 401 lessons. When Dr. Kappas uses a five count to release this man's pent up emotional pain, his whole body convulses and stiffens causing his torso to rise from the recliner. Then many suggestions to alter his suggestibility, and circle therapy to block his fear and anxiety.

Chapter # 12 - Starts: 96 min. 47 sec. to 115 min. 38 sec. (18 min. 51 sec. in length.)

A group discussion about the therapy just concluded. Then Dr. Kappas tells the story about how and when he developed the theory of Emotional and Physical suggestibility and sexuality. The basis of what we do at the Hypnosis Motivation Institute.

## Lesson 4

This lesson covers many subjects beginning with Dr. Kappas talking about the history and practice of hypnotherapy. Then literal and inferred approaches to agoraphobia. endogenous vs. exogenous depression and hypoglycemia. Cubicle release, sexual

techniques and the psychodynamics of orgasms, and various sexual problems. Body syndromes, corrective therapy, progressive relaxation and depth of hypnosis.

Essay Question: discuss the connection between hypoglycemia and depression.

Chapter # 1 - Starts: 1 min. 37 sec. to 17 min. 17 sec. (15 min. 40 sec.)

A discussion, by Dr. Kappas, and a group member, about the history and practice of hypnotherapy.

Chapter # 2 - Starts: 17 min. 17 sec. to 28 min. 0 sec. (10 min. 43 sec. in length.)

(Essay Question Info) The discussion gets into agoraphobia, depression, and hypoglycemia.

Chapter # 3 - Starts: 28 min. 0 sec. to 31 min. 50 sec. (3 min. 50 sec. in length.)

The discussion has become a debate, so Dr. Kappas sums it up and focuses the group on the important points.

Chapter # 4 - Starts: 31 min. 50 sec. to 51 min. 26 sec. (19 min. 36 sec. in length.)

Dr. Kappas explains and describes cubicle release, and it's effect on orgasms with both Emotional and Physical men and women.

Chapter # 5 - Starts: 51 min. 26 sec. to 74 min. 0 sec. (22 min. 34 sec. in length.)

The discussion continues about the sex act, techniques and psychology, cubicle release, sensory focus, and overall sexual behavior.

Chapter # 6 - Starts: 74 min. 0 sec. to 84 min. 58 sec. (10 min. 58 sec. in length.)

A discussion about various types of sexual problems and how to treat them in hypnotherapy.

Chapter # 7 - Starts: 84 min. 58 sec. to 102 min. 41 sec. (17 min. 43 sec. in length.)

Body syndromes and how they can indicate emotional and physical problems.

Chapter # 8 - Starts: 102 min. 41 sec. to 117 min. 31 sec. (14 min. 50 sec. in length.)

Corrective therapy, illustrated on the blackboard, and how it provides a glimpse into a person's subconscious. (Continued next lesson.)

## Lesson 5

There is a lot of information in this lesson. Corrective therapy, progressive relaxation and deepening techniques, with students practicing on each other. Demonstrations of hand clasp induction, and secondary inductions. A comparison between psychotherapeutic approaches vs. hypnotherapeutic approaches. Then learning induction patterns, incomplete arm raising inductions, dealing with subjects who “feel” they are or were not hypnotized, and weight loss therapy.

Essay Question: describe the hand clasp induction.

Chapter # 1 - Starts: 58 sec. to 24 min. 5 sec. (23 min. 7 sec. in length.)

Corrective Therapy, demonstrated on the blackboard and discussed with the group.

Chapter # 2 - Starts: 24 min. 5 sec. to 43 min. 40 sec. (19 min. 35 sec. in length.)

Dr. Kappas demonstrates progressive relaxation, using a few different methods, then the related discussion.

Chapter # 3 - Starts: 43 min. 40 sec. to 50 min. 56 sec. in length.)

Dr. Kappas has two members of the group practice a progressive relaxation and a finger spreading exercise of a post hypnotic suggestion to re-hypnotize. (The camera is on a close-up of the subjects' faces.)

Chapter # 4 - Starts: 50 min. 56 sec. to 57 min. 30 sec. in length.)

(Essay Question Info) Dr. Kappas demonstrates a hand clasp induction. Then he has a member of the group practice it with the same subject.

Chapter # 5 - Starts: 57 min. 30 sec. to 62 min. 20 sec. (5 min. 50 sec. in length.)

Dr. Kappas discusses the hand clasp, and other secondary inductions.

Chapter # 6 - Starts: 62 min. 20 sec. to 74 min. 24 sec. (12 min. 4 sec. in length.)

Dr. Kappas discusses how and why hypnotherapy works, where psychotherapy doesn't work, in solving clients' problems.

Chapter # 7 - Starts: 74 min. 24 sec. to 84 min. 0 sec. (9 min. 36 sec. in length.)

Dr. Kappas tells a few stories about how and why hypnotherapy works. (These stories are very funny.) Then information on how to deal with skeptical clients, who don't believe that they are, or were, hypnotized.

Chapter # 8 - Starts: 84 min. 0 sec. to 107 min. 5 sec. in length.)

A discussion about hypnotherapy, and how to use it with weight control. Then why audio tapes don't work in affecting the subconscious, and changing behavior.

## Lesson 6

Dr. Kappas talks briefly about aversion therapy and the damage that it can do. Then weight control, consisting of case histories involving the systems approach, finding cause, secondary gain, body syndromes, and other causes and treatment methods. Then methods to stop smoking, and a case history about smoking and alcoholism. Then environmental effects on emotions.

Essay Question: describe what you learned about weight gain and its causes.

Chapter # 1 - Start: 1 min. 6 sec. to 12 min. 36 sec. (11 min. 30 sec. in length.)

Dr. Kappas discusses aversion therapy and its drawbacks. Then positive approaches to weight control and the importance of keeping a ledger.

Chapter # 2 - Start: 12 min. 36 sec. to 29 min. 0 sec. (16 min. 24 sec. in length.)

A discussion about a particular weight control case history, and how the systems approach was used here.

Chapter # 3 - Starts: 29 min. 0 sec. to 45 min. 45 sec. (16 min. 45 sec. in length.)

Another case history about weight loss, and the emotional control often involved in successful weight control.

Chapter # 4 - Starts: 45 min. 45 sec. to 59 min. 38 sec. (13 min. 37 sec. in length.)

A weight control case history involving secondary gain, other reasons for being overweight, and more about the systems effect on human behavior.

Chapter # 5 - Starts: 59 min. 38 sec. to 70 min. 10 sec. (10 min. 32 sec. in length.)

Continuation of weight control discussion and how body syndromes apply.

Chapter # 6 - Starts: 70 min. 10 sec. to 88 min. 0 sec. (10 min. 32 sec. in length.)

Methods of helping people to stop smoking, and the two primary causes for people to start smoking, called Identification and Replacement.

Chapter # 7 - Starts: 88 min. 10 sec. to 93 min. 12 sec. (5 min. 12 sec. in length.)

Dr. Kappas discusses two case histories about smoking and alcoholism.

Chapter # 8 - Starts: 93 min. 12 sec. to 98 min. 26 sec. (5 min. 14 sec. in length.)

Environment and how it can affect people's emotions. For example California weather as compared to Washington State weather. (Continued next lesson.)

## Lesson 7

Dr. Kappas discusses the effects of stress and attitude on our lives, processing information realistically, left and right brain lateralization applied to learning and communication, developing visualization and imagery, Then metaphysics, psychic behavior, development, hypoglycemia, and teaching hypnosis in colleges. Then Dr. Kappas talks about the history of hypnosis including stage hypnosis, hypnotic cons, evangelical preaching, and semantics.

Essay Question: describe basic right-brain / left-brain theory.

Chapter # 1 - Starts: 55 sec. to 9 min. 55 sec. (9 min. 0 sec. in length.)

Dr. Kappas discusses attitude, and its effect on our lives.

Chapter # 2 - Starts: 9 min. 55 sec. to 13 min. 5 sec. (3 min. 10 sec. in length.)

How to balance the senses of sight and hearing so that the brain will process information realistically.

Chapter # 3 - Starts: 13 min. 5 sec. to 27 min. 45 sec. (14 min. 40 sec. in length.)

Left and right brain lateralization applied to Physicals and Emotionals, and how we learn and communicate.

Chapter # 4 - Starts: 27 min. 45 sec. to 33 min. 40 sec. (5 min. 55 sec. in length.)

Developing visualization and imagery and how we use them in hypnotherapy.

Chapter # 5 - Starts: 33 min. 40 sec. to 44 min. 35 sec. (10 min. 55 sec. in length.)

Metaphysical realities, psychic behavior and development.

Chapter # 6 - Starts: 44 min. 35 sec. to 60 min. 39 sec. (16 min. 45 sec. in length.)

Hypoglycemia, discussed by a guest expert on the subject, Dr. Kappas, and the group.

Chapter # 7 - Starts: 60 min. 39 sec. to 65 min. 44 sec. (5 min. 5 sec. in length.)

Continuation of the discussion about hypoglycemia with the guest expert.

Chapter # 8 - Starts: 65 min. 44 sec. to 85 min. 0 sec. (19 min. 16 sec. in length.)

A guest instructor talks about teaching hypnosis in universities and a brief history about hypnotherapy. (This guest is a very colorful character.)

Chapter # 9 - Starts: 85 min. 0 sec. to 98 min. 33 sec. (13 min. 33 sec. in length.)

This guest discusses many other applications of the art of hypnosis both on stage and by cons. You really get the feeling that he has personal experience in this area.

Chapter # 10 - Starts: 98 min. 33 sec. to 102 min. 44 sec. (4 min. 11 sec. in length.)

Hypnosis and its relationship to evangelical preaching, and the use of semantics.

## Lesson 8

The history, legalities and struggle to make hypnotherapy a professional and therapeutic practice. Dream analysis and therapy, venting dreams, agoraphobia, and a group discussion about dreams. Then Dr. Hodges plays the part of a rejected male Physical being interviewed by the group and Dr. Kappas. A lot of information is revealed about Physical and Emotional behavior patterns, and how to cut to the chase in an interview.

Essay Question: What can be learned from the symbology of dreams?

Chapter # 1 - Start: 54 sec. to 11 min. 15 sec. (10 min. 21 sec. in length.)

Dr. Kappas tells the group about the history of hypnosis and hypnotherapy, and the struggle to make it a professional practice.

Chapter # 2 - Starts: 11 min. 15 sec. to 24 min. 0 sec. (22 min. 45 sec. in length.)

The discussion moves into the law and education both in the practices of psychology and hypnotherapy.

Chapter # 3 - Starts: 24 min. 0 sec to 36 min. 25 sec. (12 min. 25 sec. in length.)

Dr. Kappas discusses dream therapy and how dreams can create agoraphobia. Then, how to treat this in hypnotherapy.

Chapter # 4 - Starts: 36 min. 25 sec. to 44 min. 4 sec. (7 min. 39 sec. in length.)

Dr. Kappas discusses, with the group, venting dreams. When they happen and how they work to expel negative mental baggage.

Chapter # 5 - Starts: 44 min. 4 sec. to 56 min. 25 sec. (12 min. 21 sec. in length.)

A few of the group members relate their dreams to the group. Then Dr. Kappas and the group analyze them.

Chapter # 6 - Starts: 56 min. 25 sec. to 59 min. 42 sec. (3 min. 17 sec. in length.)

Dr. Kappas describes to the group, the methods of conducting dream therapy.

Chapter # 7 - Starts: 59 min. 42 sec. to 68 min. 0 sec. (8 min. 18 sec. in length.)

Dr. Hodges presents the case of a Physical sexual and suggestible male. Then he plays the part of this man as the group interviews him.

Chapter # 8 - Starts: 68 min. 0 sec. to 81 min. 20 sec. (13 min. 20 sec. in length.)

Dr. Hodges continues to play the part of this Physical male who can't get his girlfriend to really commit to him in their relationship.

Chapter # 9 - Starts: 81 min. 20 sec. to 86 min. 30 sec. (5 min. 10 sec. in length.)

Dr. Kappas focuses the interview in on this Physical male's thoughts and behavior.

Chapter # 10 - Starts: 86 min. 30 sec. to 93 min. 53 sec. (7 min. 23 sec. in length.)

Dr. Kappas moves the interview into both this man and his girlfriend's behavior.

Chapter # 11 - Starts: 93 min. 53 sec. to 100 min. 35 sec. (6 min. 42 sec. in length.)

Dr. Kappas takes over the questioning of the man that Ron is portraying, explaining Physical and Emotional behavior.



Chapter # 12 - Starts: 100 min. 35 sec. to 118 min. 57 sec. (18 min. 22 sec. in length.)

Dr. Kappas and the group discuss the therapeutic approach that should be taken with this man. (Continued next lesson.)

## Lesson 9

Dr. Kappas discusses dream analysis, venting dreams and relationship strategies. Then related case histories about marriage counseling, communication and fair fighting between Emotionals and Physicals. Then Circle therapy, altering suggestibility, right and left brain function, present and past life regression. Also getting referrals and being a professional hypnotherapist.

Essay Question: How do you increase Physical suggestibility?

Chapter # 1 - Starts: 1 min. 15 sec. to 10 min. 0 sec. (8 min. 45 sec. in length.)

The group is discussing the venting dreams of a Physical sexual rejected male.

Chapter # 2 - Starts: 10 min. 0 sec. to 17 min. 35 sec. (7 min. 35 sec. in length.)

The case being discussed becomes more like a soap opera about a love triangle and relationship strategies.

Chapter # 3 - Starts: 17 min. 35 sec. to 24 min. 9 sec. (6 min. 34 sec. in length.)

Dr. Kappas tells a case history about a young couple and therapy for a rejected male.

Chapter # 4 - Starts: 24 min. 9 sec. to 41 min. 0 sec. (16 min. 51 sec. in length.)

Dr. Kappas and the group discuss another case history of an Emotional female with marriage problems, and the therapy that he did with her.

Chapter # 5 - Starts: 41 min. 0 sec. to 52 min. 0 sec. (11 min. 0 sec. in length.)

Dr. Kappas discusses fair fighting and communication between Emotionals and Physicals.

Chapter # 6 - Starts: 52 min. 0 sec. to 55 min. 53 sec. (3 min. 53 sec. in length.)

Dr. Kappas and the group discuss marriage and relationship counseling.

Chapter # 7 - Starts: 55 min. 53 sec. to 61 min. 15 sec. (5 min. 22 sec. in length.)

The discussion continues about relationship counseling.

Chapter # 8 - Starts: 61 min. 15 sec. to 67 min. 40 sec. (6 min. 25 min. in length.)

Dr. Kappas describes how to do circle therapy and other relaxation techniques to reduce stress.

Chapter # 9 - Starts: 67 min. 40 sec. to 76 min. 0 sec. (8 min. 20 sec. in length.)

More about Physical and Emotional suggestibility and how to alter them in hypnosis.

Chapter # 10 - Starts: 76 min. 0 sec. to 87 min. 15 sec. (11 min. 15 sec. in length.)

(Essay Question Info) Dr. Kappas hypnotizes Ron and demonstrates how to increase his Physical suggestibility by working with his right brain.

Chapter # 11 - Starts: 87 min. 15 sec. to 92 min. 40 sec. (5 min. 25 sec. in length.)

The post-hypnotic discussion gets into present and past life regression, and why to do them.

Chapter # 12 - Starts: 92 min. 40 sec. to 114 min. 28 sec. (21 min. 48 sec. in length.)

Discussion about lecturing, getting referrals, and being professional in the practice of hypnotherapy.

## Lesson 10

Dr. Kappas describes and demonstrates the Paris window, an unusual arm raising, a progressive relaxation, blocking somnambulism, age regression, past life regression, and related discussion. Also a demonstration of a pendulum induction using a pocket watch. Then Dr. Kappas tells a few very entertaining and informative case histories, and Kappas family stories.

Essay Question: describe the process and purpose of de-hypnotizing a subject.

Chapter # 1 - Starts: 54 sec. to 16 min. 32 sec. (15 min. 38 sec. in length.)

Dr. Kappas describes to the group how the Paris window works, and walks them through the process by illustrating it on the blackboard.

Chapter # 2 - Starts: 16 min. 32 sec. to 26 min. 10 sec. (9 min. 38 sec. in length.)

Dr. Kappas demonstrates an unusual arm raising induction and other deepening techniques with a male client, then a progressive relaxation.

Chapter # 3 - Starts: 26 min. 10 sec. to 40 min. 0 sec. (13 min. 50 sec. in length.)

Dr. Kappas starts an age regression with this man, to search out the cause of his problem.

Chapter # 4 - Starts: 40 min. 0 sec. to 50 min. 31 sec. (10 min. 31 sec. in length.)

A post-hypnotic discussion with the client as Dr. Kappas explains what has happened during the therapy session. Then an interesting demonstration of a pendulum type induction using a watch and chain.

Chapter # 5 - Starts: 50 min. 31 sec. to 61 min. 10 sec. (10 min. 39 sec. in length.)

Dr. Kappas hypnotizes two female subjects separately for age regression. (This is very hard to hear.) Then he explains age regression and the therapy that he did.

Chapter # 6 - Starts: 61 min. 10 sec. to 73 min. 50 sec. (12 min. 40 sec. in length.)

After the client has left, the discussion about past life regression continues.

Chapter # 7 - Starts: 73 min. 50 sec. to 82 min. 27 sec. (8 min. 37 sec. in length.)

Dr. Kappas tells the group some interesting personal history stories and then a fascinating case history.

Chapter # 8 - Starts: 82 min. 27 sec. to 89 min. 30 sec. (7 min. 3 sec. in length.)

(Essay Question Info) Dr. Kappas describes how to block a somnambulist from environmental hypnosis caused by constant sensory overload and hyper-suggestibility.

Chapter # 9 - Starts: 89 min. 30 sec, to 97 min. 11 sec. (7 min. 41 sec. in length.)

Dr. Kappas tells two stories about his family history that is hysterically funny. (Continued next lesson.)

## Lesson 11

Dr. Kappas discusses losing syndrome, changing programming, and the Mental Bank. Then Dr. Kappas and the group interview a female, Physical sexual, Emotional suggestibility, suffering from depression, obsessive-compulsive behavior, and eating problems. Then Paris window, suggestibility test, and arm raising induction. (Continued next lesson.)

Essay Question: why does hypoglycemia have to be dealt with to make therapy more effective?

Chapter # 1 - Starts: 57 sec. to 5 min. 5 sec. (4 min. 8 sec. in length.)

Dr. Kappas is discussing how losing syndrome affects lives.

Chapter # 2 - Starts: 5 min. 5 sec. to 13 min. 31 sec. (8 min. 26 sec. in length.)

The Mental Bank concept is discussed in relation to changing behavior such as smoking.

Chapter # 3 - Starts: 13 min. 31 sec. to 19 min. 25 sec. (5 min. 54 sec. in length.)

(Essay Question Info) Dr. Hodges tells the group about a hypoglycemic female with very low self esteem.

Chapter # 4 - Starts: 19 min. 25 sec. to 33 min. 0 sec. (13 min. 35 sec. in length.)

Dr. Hodges tells the group about the therapy that he has done with this woman previously, then a group discussion.

Chapter # 5 - Starts: 33 min. 0 sec. to 48 min. 40 sec. (15 min. 40 sec. in length.)

The discussion gets into her marriage and her husband's behavior. Dr Kappas gives his views on her obsessive compulsive behavior.

Chapter # 6 - Starts: 48 min. 40 sec. to 61 min. 18 sec. (12 min. 38 sec. in length.)

(Essay Question Info) More information about how hypoglycemia must be treated, and how he will treat this client.

Chapter # 7 - Starts: 61 min. 18 sec. to 72 min. 8 sec. (10 min. 50 sec. in length.)

Dr. Kappas advises the group on how to question the female client who is coming in. Then Dr. Hodges reads her biography.

Chapter #8 - Starts: 72 min. 8 sec. to 91 min. 50 sec. (19 min. 42 sec. in length.)

The group interviews the client about her husband, mother, friends and life.

Chapter # 9 - Starts: 91 min. 50 sec. to 97 min. 53 min. (6 min. 3 sec. in length.)

The interview gets into her eating problem, her obsessive compulsive behavior, and her depression.

Chapter # 10 - Starts: 97 min. 53 sec. to 107 min. 40 sec. (9 min. 47 sec. in length.)

Dr. Kappas has her do a Paris Window (verbally). Then he tells the group about her case, with her in the room.

Chapter # 11 - Starts: 107 min. 40 sec. to 115 min. 57 sec. (8 min. 17 sec. in length.)

Dr. Kappas tests her suggestibility and then does an arm raising induction conversion to hypnosis. (Continued next lesson.)

## Lesson 12

The continuation of the hypnotherapy session from the last lesson, with Dr. Kappas. Working on building her a new image, and altering her suggestibility. Then the group discusses self hypnosis, alcoholism, hypoglycemia, depression and suicide, motivation and memory, fears and phobias. Then Dr. Kappas demonstrates hypno-anesthesia, (fascinating) and child hypnosis.

Essay Question: describe a technique for hypnotizing children.

Chapter # 1 - Starts: 1 min. 1 sec. to 9 in 0 sec. (8 min. 59 sec. in length.)

Dr. Kappas does a progressive relaxation with the female client from lesson 11, then starts building her a new image.

Chapter # 2 - Starts: 9 min. 0 sec. to 24 min. 30 sec. (15 in 30 sec. in length.)

After hypnosis, Dr. Kappas tells the client how her therapy will proceed and the purpose of these procedures.

Chapter # 3 - Starts: 24 min. 30 sec. to 42 min. 20 sec. (17 min. 50 sec. in length.)

With the client out of the room, the group discusses her Paris window and her future therapy goals.

Chapter # 4 - Starts: 42 min. 20 sec. to 61 min. 50 sec. (19 min. 30 sec. in length.)

Dr. Kappas describes the need to alter her suggestibility and her behavior. Then how to keep her in therapy long enough to do this.

Chapter # 5 - Starts: 61 min. 50 sec. to 67 min. 40 sec. (5 min. 50 min. in length.)

The group is discussing stress and how it affects hypnotherapists in their ability to do their job.

Chapter # 6 - Starts: 67 min. 40 sec. to 72 min. 1 sec. (4 min. 11 sec. in length.)

Dr. Kappas talks about hypnotic anesthesia and childbirth. (Good case history.)

Chapter # 7 - Starts: 72 min. 1 sec. to 80 min. 0 sec. (7 min. 59 sec. in length.)

Dr. Kappas demonstrates hypnotic pain control on himself and Ron in an amazing demonstration using a needle. Ooooh!

Chapter # 8 - Starts: 80 min. 0 sec. to 94 min. 24 sec. (14 min. 24 sec. in length.)

The discussion moves into motivation and achieving goals.

Chapter # 9 - Starts: 94 min. 24 sec. to 100 min. 8 sec. (5 min. 44 sec. in length.)

The discussion moves into memory improvement.

Chapter # 10 - Starts: 100 min. 8 sec. to 106 min. 15 sec. (6 min. 7 sec. in length.)

The discussion moves into fears and phobias.

Chapter # 11 - Starts: 106 min. 15 sec. to 110 min. 33 sec. (4 min. 18 sec.)

(Essay Question Info) The discussion moves into guilt and its effects. Then Dr. Kappas describes how to do hypnosis with children.

## **Lesson 13**

Discussion about systems of payment for therapist fees, altering suggestibility, right brain and left brain, abreaactions, invading the client's territory, and the stages of development. Then an interview about chronic pain, pain control, and related hypnotherapy session including circle therapy, and following group discussion. Then live therapy with a male suffering with throat pain due to surgery.

Essay Question: describe how to avoid invading a client's territory.

Chapter # 1 - Starts: 1 min. 4 sec. to 6 min. 10 sec. (6 min. 6 sec. in length.)

A discussion about systems of payment for fees, and how to present them to clients.

Chapter # 2 - Starts: 6 min. 10 sec. to 14 min. 40 sec. (8 min. 30 sec. in length.)

Structuring payment plans for therapy. (If the therapy works they will continue.)

Chapter # 3 - Starts: 14 min. 40 sec. to 18 min. 34 sec. (3 min. 54 sec. in length.)

Buying and treating symptoms vs. attempting to go for cause and age regression.

Chapter # 4 - Starts: 18 min. 34 sec. to 29 min. 39 sec. (11 min. 5 sec. in length.)

(Essay Question Info) How, when, and why to alter a client's suggestibility.

Chapter # 5 - Starts: 29 min. 39 sec. to 45 min. 23 sec. (15 min. 44 sec. in length.)

(Essay Question Info) A discussion about territorial considerations and many other unrelated, but good, stories.

Chapter # 6 - Starts: 45 min. 23 sec. to 53 min. 53 sec. (8 min. 30 sec. in length.)

Stages of development and how to apply them in therapy. Then the effects that stages of development have on people's lives.

Chapter # 7 - Starts: 53 min. 53 sec. to 66 min. 57 sec. (13 min. 4 sec. in length.)

An interview with a male client about chronic pain caused by a botched throat surgery.

Chapter # 8 - Starts: 66 min. 57 sec. to 72 min. 28 sec. (5 min. 31 sec. in length.)

A group discussion about pain control and how to treat this client.

Chapter # 9 - Starts: 72 min. 28 sec. to 81 min. 24 sec. (8 min. 52 sec. in length.)

Dr. Kappas tells the client about pain control and then tests his suggestibility and does an arm raising induction.

Chapter # 10 - Starts: 81 min. 24 sec. to 91 min. 26 sec. (10 min. 2 sec.)

Then into the recliner for a progressive relaxation. Then pain control techniques and circle therapy.

Chapter # 11 - Starts: 91 min. 26 sec. to 93 min. 57 sec. (2 min. 31 sec. in length.)

After the client leaves, a group discussion about his case.

## Lesson 14

A discussion about stages of development and how to incorporate them into therapy. Then age and pre-birth regression. Then a case history about birth trauma, fear of abandonment, and desensitizing phobias. Then live therapy with a female 24 years of age, 61% Physical sexual - 52% Physical suggestible with an eating disorder (anorexia). (Continued next lesson.)

Essay Question: how could you incorporate stages of development into therapy?

Chapter # 1 - Starts: 1 min. 6 sec. to 5 min. 30 sec. (4 min. 24 sec. in length.)

(Essay Question Info) Dr. Kappas is telling the group about a female client coming in and stages of development.

Chapter # 2 - Starts: 5 min. 30 sec. to 12 min. 0 sec. (6 min. 30 sec. in length.)

Dr. Kappas talks about the drawbacks of age regression as opposed to a symptomatic approach to therapy.

Chapter # 3 - Starts: 12 min. 0 sec. to 18 min. 20 sec. (6 min. 20 sec. in length.)

Memory and traumatic events like rape and others.

Chapter # 4 - Starts: 18 min. 20 sec. to 27 min. 50 sec. (9 min. 30 sec. in length.)

Dr. Kappas tells a case history about an age regression all the way to the womb. Then the dangers involved in other radical therapy techniques.

Chapter # 5 - Starts: 27 min. 50 sec. to 39 min. 20 sec. (11 min. 30 sec. in length.)

Dr. Kappas and Dr. Hodges tell the group about a terrible therapist named Dr. Brian who used very unusual, and damaging techniques. Then more about stages of development.

Chapter # 6 - Starts: 39 min. 20 sec. to 60 min. 18 sec. (20 min. 58 sec. in length.)

Treatment for stuttering and phobias. Then a discussion about an anorexic client who is coming in.



Chapter # 7 - Starts: 60 min. 18 sec. to 66 min. 37 sec. (6 min. 19 sec. in length.)

Dr. Hodges continues reading what the client, coming in, has written about her own problems with eating disorders and other life situations.

Chapter # 8 - Starts: 66 min. 37 sec. to 76 min. 22 sec. (9 min. 45 sec. in length.)

A guest expert in the group talks about anorexia and bulimia. Then Dr. Hodges continues reading her history.

Chapter # 9 - Starts: 76 min. 22 sec. to 82 min. 30 sec. (6 min. 8 sec. in length.)

Dr. Hodges tells the group about how her therapy has gone so far.

Chapter # 10 - Starts: 82 min. 30 sec. to 101 min. 39 sec. (19 min. 9 sec. in length.)

Dr. Kappas analyses her handwriting and discusses how her group interview should go with the guest expert's input.

Chapter # 11 - Starts: 101 min. 39 sec. to 119 min. 6 sec. (7 min. 27 sec. in length.)

The group interviews Leslie about her life and eating disorder, anorexia. (Continued next lesson.)

## Lesson 15

This lesson picks up where the last one left off. The female client is anorexic and the interview gets into her family history as a child, her career goals, dreams and stages of development problems. Then the discussion moves on to the obsessive compulsive behavior that this client has, and a couple of related case histories. Then the discussion gets into the legalities of the practice of hypnotherapy. (Continued next lesson.)

Essay Question: describe our legal responsibility based on our qualifications and certifications.

Chapter # 1 - Starts: 46 sec. to 8 min. 40 sec. (7 min. 54 sec. in length.)

The group interview from the last lesson continues with the anorexic female client.

Chapter # 2 - Starts: 8 min. 40 sec. to 16 min. 0 sec. (7 min. 20 sec. in length.)

Dr. Kappas guides the group questions to the cause of her eating disorder, which is her negative image of her mother.

Chapter # 3 - Starts: 16 min. 0 sec. to 20 min. 47 sec. (4 min. 47 sec. in length.)

The interview continues about her career goals and more family history in childhood.

Chapter # 4 - Starts: 20 min. 47 sec. to 38 min. 50 sec. (18 min. 3 sec. in length.)

A group discussion about Leslie's case after she has left the room. Dr. Hodges reads her dreams to the group, then some more of her history, and the group expresses their views.

Chapter # 5 - Starts: 38 min. 50 sec. to 45 min. 20 sec. (6 min. 30 sec. in length.)

More discussion about her dreams and stages of development problems. Then more input from the eating disorder expert in the group.

Chapter # 6 - Starts: 45 min. 20 sec. to 52 min. 59 sec. (7 min. 32 sec. in length.)

Dr. Kappas gives the group his views about this client's future therapy.

Chapter # 7 - Starts: 52 min. 59 sec. to 67 min. 40 sec. (14 min. 41 sec. in length.)

The discussion gets into this client's obsessive compulsive behavior, and how to treat these problems in therapy. Then the effects that her father and mother have had on her life.

Chapter # 8 - Starts: 67 min. 40 sec. to 74 min. 0 sec. (6 min. 20 sec. in length.)

Dr. Kappas tells a case history about a similar situation of the mother/ daughter relationship causing anxiety. Then Dr. Kappas describes how this therapy should proceed.

Chapter # 9 - Starts: 74 min. 0 sec. to 82 min. 24 sec. (8 min. 24 sec. in length.)

Dr. Kappas tells another related case history, then more about Leslie and how to control her escape mechanism.

Chapter # 10 - Starts: 82 min. 24 sec. to 92 min. 17 sec. (9 min. 53 sec. in length.)

(Essay Question Info) A discussion about ethics, licensing, and the legal parameters governing hypnotherapy.

Chapter # 11 - Starts: 92 min. 17 sec. to 110 min. 30 sec. (18 min. 13 sec. in length.)

(Essay Question Info) More about why we can and can't treat certain problems as hypnotherapists, and why. Then some interesting anecdotes and advice in legal matters. (Continued next lesson.)

## Lesson 16

The discussion from the last lesson about laws relating to hypnosis continues. Then a case history regarding hypoglycemia and its effect on sexual function. Then Dr. Kappas tells the group about the hypoglycemic and agoraphobic female client coming in. She is 24 years of age, Physical sexual and Physical suggestible. (Continued next lesson.)

Essay Question: How can hypoglycemia affect agoraphobia?

Chapter # 1 - Starts: 1 min. 0 sec. to 12 min. 25 sec. (11 min. 25 sec. in length.)

Dr. Kappas is discussing some of the fine points of the law regarding hypnotherapy. Then advertising do's and don'ts.

Chapter # 2 - Starts: 12 min. 25 sec. to 19 min. 22 sec. (6 min. 57 sec. in length.)

More information about the union, the law, and advertising.

Chapter # 3 - Starts: 19 min. 22 sec. to 46 min. 12 sec. (26 min. 50 sec. in length.)

The class is divided into three groups to analyze the case that Dr. Kappas has just presented. He elaborates on, and tries to get the group to focus on, hypoglycemia and sexual dysfunction.

Chapter # 4 - Starts: 46 min. 12 sec. to 56 min. 21 sec. (10 min. 9 sec. in length.)

The discussion moves more into hypoglycemia and its effect on the female's sexual dysfunction in this relationship counseling.

Chapter # 5 - Starts: 56 min. 21 sec. to 74 min. 0 sec. (17 min. 39 sec. in length.)

The group discussion continues as Dr. Kappas focuses in on the patterns of behavior in this female client.

Chapter # 6 - Starts: 74 min. 0 sec. to 88 min. 50 sec. (14 min. 50 sec. in length.)

Dr. Kappas tells the group about the actual therapy with this couple to improve the female's sex life, and to deal with her hypoglycemia.

Chapter # 7 - Starts: 88 min. 50 sec. to 92 min. 11 sec. (3 min. 21 sec. in length.)

Dr. Kappas focuses the group on finding the clues indicating the path to the problem.

Chapter# 8 - Starts: 92 min. 11 sec. to 100 min. 1 sec. (7 min. 50 sec. in length.)

(Essay Question Info) Dr. Kappas tells the group about the female, hypoglycemic, agoraphobic, client who is coming in next.

Chapter # 9 - Starts: 100 min. 1 sec. to 113 min. 21 sec. (13 min. 20 sec. in length.)

The psychiatrist and medical director of HMI in Atlanta, Neal, is introduced into the discussion. Then Dr. Kappas discusses agoraphobia and hypoglycemia. (Continued next lesson.)

## Lesson 17

Continuation of therapy from the last lesson as Dr. Kappas tells the client about her agoraphobia, tests her suggestibility, proceeds with her hypnotherapy session. This includes: arm raising, progressive relaxation, arm rigidity, and circle therapy. Then a discussion about circle therapy, fears and phobias, Paris window, dream analysis and therapy, venting and recurring dreams.

Essay Question: Describe the "Paris Window"

Chapter # 1 - Starts: 51 sec. to 10 min. 28 sec. (9 min. 37 sec. in length.)

Dr. Kappas tells the client that she has fear of loss of control. Then he tests her suggestibility and does an arm raising induction.

Chapter # 2 - Starts: 10 min. 28 sec. to 25 min. 24 sec. (14 min. 56 sec. in length.)

Into the recliner for a progressive relaxation, an arm rigidity deepening exercise, then circle therapy to desensitize her to agoraphobia. Then a brief group discussion with this female client.

Chapter # 3 - Starts: 25 min. 24 sec. to 41 min. 41 sec. (16 min. 17 sec. in length.)

An excellent group discussion about circle therapy, then too much group psychobabble.

Chapter # 4 - Starts: 41 min. 41 sec. to 61 min. 25 sec. (19 min. 44 sec. in length.)

(Essay Question Info) Dr. Kappas gets frustrated and focuses the group on hypnotherapy, the Paris window, and why you use circle therapy with a fear, but not a phobia.

Chapter # 5 - Starts: 61 min. 25 sec. to 79 min. 35 sec. (8 min. 10 sec. in length.)

Dr. Kappas explains dream analysis and dream therapy.

Chapter # 6 - Starts 79 min. 35 sec. to 96 min. 18 sec. (16 min. 43 sec. in length.)

Dr. Kappas tells a personal World War story about dream therapy, then another case history and more about dream analysis.

Chapter # 7 - Starts: 96 min. 18 sec. to 104 min. 57 sec. (8 min. 39 sec. in length.)

Dr. Hodges reads a dream to the group from a female client who was resisting therapy.

Chapter # 8 - Starts: 104 min. 57 sec. to 110 min. 30 sec. (5 min. 33 sec. in length.)

Dr. Kappas analyzes this dream, and Dr. Hodges tells the group about her therapy to date.

Chapter # 9 - Starts: 110 min. 30 sec. to 119 min. 0 sec. (8 min. 30 sec. in length.)

Dr. Hodges reads another dream about a man cooking his own foot. The dreamer was a female and the group analyzes this dream. Then Dr. Kappas analyzes the dream.

## Lesson 18

This case begins with a case history of a male 30 years of age. Physical sexual - Physical suggestible, who has a fear of urinating in public restrooms. The discussion gets into analysis of this client's dreams and handwriting. Then the rest of this lesson is an in depth discussion about, and demonstrations of, handwriting analysis.

Essay question: how could you become aware of physical problems shown in a client's handwriting?

Chapter # 1 - Starts: 59 sec. to 7 min. 42 sec. (6 min. 43 sec. in length.)

Dr. Kappas, Dr. Hodges, and the group analyze the dreams of a man who can't

urinate in public restrooms.

Chapter # 2 - Starts: 7 min. 42 sec. to 17 min. 48 sec. (10 min. 6 sec. in length.)

Discussion about how to treat this client's problem.

Chapter # 3 - Starts: 17 min. 48 sec. to 25 min. 45 sec. (7 min. 57 sec. in length.)

Dr. Kappas tells a case history about a similar client's problem that seemed difficult, but had an easy answer in the end.

Chapter # 4 - Starts: 25 min. 45 sec. to 37 min. 17 sec. (11 min. 32 sec. in length.)

More basic information about dream analysis and therapy.

Chapter # 5 - Starts: 37 min. 17 sec. to 61 min. 13 sec. (23 min. 56 sec. in length.)

Dr. Kappas illustrates handwriting analysis on the blackboard.

Chapter # 6 - Starts: 61 min. 13 sec. to 70 min. 46 sec. (9 min. 33 sec. in length.)

Handwriting analysis continues with the things indicated by "t" stems and bars, and "i" dots.

Chapter # 7 - Starts: 70 min. 46 sec. to 79 min. 42 sec. (8 min. 56 sec. in length.)

Handwriting indications of suicidal traits, optimism and pessimism, and honesty or deceitfulness.

Chapter # 8 - Starts: 79 min. 42 sec. to 84 min. 39 sec. (4 min. 57 sec. in length.)

(Essay Question Info) Handwriting indications of physical problems, and more about honesty.

Chapter # 9 - Starts: 84 min. 39 sec. to 97 min. 0 sec. (12 min. 21 sec. in length.)

More about handwriting. Then Dr. Kappas analyzes the writing of a group member.

Chapter # 10 - Starts: 97 min. 0 sec. to 107 min. 0 sec. (10 min. 0 sec. in length.)

More basic information about handwriting analysis.

## Lesson 19

Dr. Kappas and Dr. Hodges illustrate four different examples of corrective therapy on the blackboard, then they analyze them for the group. The discussion then gets into fair fighting, areas of communication, explanation of double bind, and systems approach in family therapy. Then Dr. Kappas and the group interview a couple with a lot of the issues that have just been discussed. (Continued next lesson.)

Essay Question: discuss the use of the systems approach in therapy.

Chapter # 1 - Starts: 58 sec. to 10 min. 50 sec. (9 min. 52 sec. in length.)

Dr. Hodges illustrates corrective therapy on the blackboard and Dr. Kappas analyzes the sample.

Chapter # 2 - Starts: 10 min. 50 sec. to 20 min. 32 sec. (9 min. 42 sec. in length.)

Another illustration of corrective therapy with a Physical female. Then Dr. Kappas and Dr. Hodges analyze this sample.

Chapter # 3 - Starts: 20 min. 32 sec. to 35 min. 10 sec. (14 min. 42 sec. in length.)

Another illustrated example of corrective therapy with a Physical, and more discussion.

Chapter # 4 - Starts: 35 min. 10 sec. to 43 min. 10 sec. (8 min. 0 sec. in length.)

Another illustrated example of corrective therapy with an Emotional male and a following discussion.

Chapter # 5 - Starts: 43 min. 10 sec. to 60 min. 41 sec. (17 min. 31 sec. in length.)

Dr. Kappas and Dr. Hodges give the group a list of many good reference books. Then Dr. Kappas slams Dr. Erickson and double binding avoidance in therapy.

Chapter # 6 - Starts: 60 min. 41 sec. to 75 min. 47 sec. (15 min. 6 sec. in length.)

(Essay Question Info) The systems approach to therapy and how systems control behavior in family groups.

Chapter # 7 - Starts: 75 min. 47 sec. to 91 min. 30 sec. (15 min. 43 sec. in length.)

Dr. Kappas tells a case history of a very wealthy, and dysfunctional family system due to a very disruptive son.

Chapter # 8 - Starts: 91 min. 30 sec. to 96 min. 30 sec. (5 min. 0 sec. in length.)

Dr. Kappas discusses the HMI approach to relationship counseling and the related Emotional and Physical education required.

Chapter # 9 - Starts: 96 min. 30 sec. to 103 min. 55 sec. (7 min. 25 sec. in length.)

Dr. Kappas and the group interview a couple who have communication problems.

Chapter # 10 - Starts: 103 min. 55 sec. to 118 min. 49 sec. (14 min. 54 sec. in length.)

Dr. Hodges gives some history and his views. Then Dr. Kappas describes the related systems aspects in this case. (Continued next lesson.)

## Lesson 20

Dr. Kappas tells the couple from the last lesson the dynamics of their communication problems, focusing on the differences between how Emotionals and Physicals act and react with each other. Then a case history of a female, age 44, 80% Physical sexual - 70% Emotional suggestible, who is feeling rejected in her present relationship. Dr. Kappas talks about how he will lower her high Physical sexuality, and the effects that this will have on her Emotional partner. Then a case history of a Male 26 years of age, 67% Emotional sexual - 65% Emotional suggestible, who is paranoid schizophrenic, and has sexual problems. (Continued next lesson.)

Essay Question: how and why would you lower the Physical behavior of a high Physical sexual female?

Chapter # 1 - Starts: 1 min. 0 sec. to 7 min. 10 sec. (7 min. 10 sec. in length.)

A couple is describing their communication problems to the group. Then Dr. Kappas tells them the dynamics of their problems.

Chapter # 2 - Starts: 7 min. 10 sec. to 20 min. 0 sec. (12 min. 50 sec. in length.)

Dr. Kappas tries to get them to establish some ground rules involving communication and compromise. This takes some work between an Emotional and a Physical.

Chapter # 3 - Starts: 20 min. 0 sec. to 40 min. 8 sec. (20 min. 8 sec. in length.)

Dr. Kappas gets the group more involved in the questioning.



Chapter # 4 - Starts: 40 min. 8 sec. to 53 min. 25 sec. (13 min. 17 sec. in length.)

Dr. Kappas tries to get the group to see relationship problems realistically, not idealistically, when dealing with an Emotional and a Physical. Then he focuses them on establishing ground rules.

Chapter # 5 - Starts: 53 min. 25 sec. to 61 min. 19 sec. (7 min. 54 sec. in length.)

A case history of a rejected Physical sexual female.

Chapter # 6 - Starts: 61 min. 19 sec. to 70 min. 15 sec. (8 min. 56 sec. in length.)

(Essay Question Info) The case history of the rejected female continues as Dr. Kappas explains how the therapy should lower her extremely high sexuality.

Chapter # 7 - Starts: 70 min. 15 sec. to 76 min. 0 sec. (5 min. 45 sec. in length.)

(Essay Question Info) Dr. Kappas describes how he would lower her extreme high sexuality, and the effects that this will have on her partner and relationship.

Chapter # 8 - Starts: 76 min. 0 sec. to 86 min. 0 sec. (10 min. 0 sec. in length.)

Dr. Kappas talks about the behavior and feelings of the high Emotional sexual male.

Chapter # 9 - Starts: 86 min. 0 sec. to 93 min. 27 sec. (7 min. 27 sec. in length.)

Then more discussion about this case history and basic realities involving rejection.

Chapter # 10 - Starts: 93 min. 27 sec. to 103 min. 5 sec. (9 min. 38 sec. in length.)

Dr. Hodges reads a case history about a male, 26 years of age, 67% Emotional sexual - 65% Emotional suggestible. This man is coming in with paranoid schizophrenia and sexual problems, including unwanted homosexual feelings. (Continued next lesson.)

## **Lesson 21**

This lesson contains a lot of information. First Dr. Kappas and the group interview the male client from the last lesson about his sexual problems and psychosis with hearing voices, drug use, and other issues. Then the discussion gets into how drugs affect suggestibility and relationships, Physical and Emotional sexual differences, changing suggestibility and somnambulism, right and left brain function, common denominators,

scale of imagination, pain control including the squeeze technique for migraines, weight therapy and modifying eating behavior and defense mechanisms. (Continued next lesson.)

Essay Question: describe how the left brain and the right brain work differently from one another.

Chapter # 1 - Starts: 46 sec. to 11 min. 0 sec. (10 min. 14 sec. in length.)

Dr. Kappas, and the group, interview the male client from the last lesson about hearing voices, and unwanted homosexual feelings.

Chapter # 2 - Starts: 11 min. 0 sec. to 15 min. 14 sec. (4 min. 14 sec. in length.)

Dr. Kappas focuses the group on specific issues about his nervous breakdown, homosexual tendencies, drug use, and other problems.

Chapter # 3 Starts: 15 min. 14 sec. to 39 min. 1 sec. (23 min. 47 sec. in length.)

After the client has left, Dr. Kappas gives the group a lot of information about asking questions that will get to the root of a problem. He tells the group to focus on the here and now, and how the therapy should begin. He explains that this man is not a true homosexual, and indications of what true homosexuality are. He talks about the hallucinations that the client has had, and removing the voices that he hears. Then the effects of marijuana on human behavior.

Chapter # 4 - Starts: 39 min. 1 sec. to 44 min. 45 sec. (5 min. 43 sec. in length.)

Dr. Kappas tells the group a case history of a gay female heroin addict who is in a destructive, one up/one down relationship system with her lover.

Chapter # 5 - Starts: 44 min. 45 sec. to 51 min. 0 sec. (6 min. 15 sec. in length.)

(Essay Question Info) Manipulating suggestibility, how and why to do this in hypnosis, and how the left brain and the right brain work differently from one another.

Chapter # 6 - Starts: 51 min. 0 sec. to 64 min. 20 sec. (13 min. 20 sec. in length.)

Dr. Kappas discusses the common denominator approach, the scale of imagination, and how to achieve somnambulism, illustrated on the blackboard. Then why an arm raising induction/conversion works so well.

Chapter # 7 - Starts: 64 min. 20 sec. to 78 min. 10 sec. (13 min. 50 sec. in length.)

This chapter contains fascinating demonstrations of pain control. In self hypnosis, Dr. Kappas pushes a needle through his cheek with no pain, then he

demonstrates a very fast method of relieving a migraine. Then a discussion about cancer pain control.

Chapter # 8 - Starts: 78 min. 10 sec. to 94 min. 14 sec. (16 min. 4 sec. in length.)

Then the discussion gets into weight control and modifying eating habits.

## Lesson 22

Dr. Kappas discusses many different subjects in this lesson. First alcoholism and agoraphobia, in a case history. Then heroin and cocaine addiction, and related treatments. Then post-traumatic stress syndrome, and the ways that this has manifested itself in the veterans of different wars. Then, amazing personal World War II stories about Dr. Kappas' combat experiences and post war stories about Chicago. The crime, the intrigue, and the experiences that he had there before moving west. (Fascinating!!!) Then discussion about bed wetting, visualization, imagination, split script, losing syndrome, and how the Mental Bank can rebuild a person's subconscious script. Then live therapy with a female, Emotional sexual, Physical suggestible, complaining of procrastination and depression.

Essay Question: what are some symptoms of post war depression, and how can the Mental Bank help a procrastinator?

Chapter # 1 - Starts: 53 sec. to 22 min. 50 sec. (21 min. 7 sec. in length.)

Dr. Kappas addresses various group questions, then tells a case history about alcoholism and agoraphobia.

Chapter # 2 - Starts: 22 min. 50 sec. to 27 min. 0 sec. (4 min. 10 sec. in length.)

Dr. Kappas discusses heroin addiction, cocaine addiction, and how to break these habits.

Chapter # 3 - Starts: 27 min. 0 sec. to 30 min. 20 sec. (3 min. 20 sec. in length.)

(Essay Question Info) Dr. Kappas describes post-traumatic stress syndrome, and how it has affected the veterans of different wars, in different ways.

Chapter # 4 - Starts: 30 min. 20 sec. to 42 min. 15 sec. (11 min. 55 sec. in length.)

Dr. Kappas tells an amazing World War story about his Navy and Marine Corps. combat stories. (These are the best of Dr. Kappas' WW2 stories.) Then two case histories and discussion about post-traumatic stress syndrome.

Chapter # 5 - Starts: 42 min. 15 sec. to 46 min. 15 sec. (3 min. 0 min. in length.)

Dr. Kappas tells his post WW2, Chicago stories. Some of these are right out of crime novels. Like stories about Hit Men, and the different methods that they used, depending on which side of the (E&P) fence, that they lived their lives. (Fascinating!!!)

Chapter # 6 - Starts: 46 min. 15 sec. to 53 min. 59 sec. (7 min. 44 sec. in length.)

The discussion gets into bedwetting, visualizing, and imagination.

Chapter # 7 - Starts: 53 min. 59 sec. to 55 min. 10 sec. (1 min. 11 sec. in length.)

Introduction to the second half of this chapter and an explanation of 401's purpose.

Chapter # 8 - Starts: 55 min. 10 sec. to 61 min. 21 sec. (6 min. 11 sec. in length.)

Dr. Kappas tells the group about a female, who is coming in, with split script and a losing syndrome.

Chapter # 9 - Starts: 61 min. 21 sec. to 68 min. 15 sec. (6 min. 54 sec. in length.)

Dr. Kappas describes what he will do in therapy. Then he will use the Mental Bank to change her subconscious script.

Chapter # 10 - Starts: 68 min. 15 sec. to 76 min. 20 sec. (8 min. 5 sec. in length.)

How the Mental Bank can rebuild a subconscious script, and her future therapy.

Chapter # 11 - Starts: 76 min. 20 sec. to 86 min. 25 sec. (10 min. 5 sec. in length.)

Dr. Kappas tells the client about her problem and his treatment plan for her.

Chapter # 12 - Starts: 86 min. 25 sec. to 103 min. 14 sec. (17 min. 49 sec. in length.)

(Essay Question Info) Dr. Kappas does her suggestibility test, arm raising induction, and hypnotherapy to build her a new subconscious script to better deal with depression and procrastination.

Chapter # 13 - Starts: 103 min. 14 sec. to 109 min. 0 sec. (5 min. 46 sec. in length.)

Post hypnotherapy group discussion about the last case.

## Lesson 23

Dr. Kappas gives an overall description of the HMI approach to hypnotherapy. Then he talks about his practice over the years and subjects such as: buying the symptoms vs. attempting change, going for cause, establishing a behavior during the first session, hypnosis as regressive state, characteristics of the natural somnambulist, the child somnambulist, and adult somnambulist, problems associated with somnambulism, the message unit concept, how the Emotional and Physical theory began. Also the scale of imagination, progressive relaxation, hypnotherapy as a profession, buying the suggestion that you are successful now, defense mechanisms, and characteristics of neurotic reactions.

Essay Question: when should you go for cause?

Chapter # 1 - Starts: 53 sec. 17 min. 27 sec. (16 min. 34 sec. in length.)

Dr. Kappas tells the group the overall function and purpose of hypnotherapy and how to understand and practice it effectively.

Chapter # 2 - Starts: 17 min. 27 sec. to 29 min. 41 sec. (12 min. 14 sec. in length.)

Dr. Kappas gives some history about his practice over the years and some common types of problems and treatments.

Chapter # 3 - Starts: 29 min. 41 sec. to 34 min. 29 sec. (4 min. 48 sec. in length.)

More information about the methods of making suggestions, literal or inferred, and more basics about hypnotherapy.

Chapter # 4 - Starts: 34 min. 29 sec. to 46 min. 0 sec. (11 min. 31 sec. in length.)

Somnambulism and related psycho-semantic conditions, different types of suicidal behavior. Then a pain control case history.

Chapter # 5 - Starts: 46 min. 0 sec. to 56 min. 57 sec. (10 min. 57 sec. in length.)

More about somnambulism. Then tailoring inductions to specific cases based on the guidelines of E&P.

Chapter # 6 - Starts: 56 min. 57 sec. to 65 min. 40 sec. (8 min. 43 sec. in length.)

Dr. Kappas illustrates "scale of imagination" on the blackboard. Then inferred inductions and overload, stimulating the escape mechanism into hypnosis.

Chapter # 7 - 65 min. 40 sec. to 72 min. 0 sec. (6 min. 20 sec. in length.)

How and why HMI inductions work in cases where other, more amateur, methods don't.

Chapter # 8 - Starts: 72 min. 0 sec. to 87 min. 15 sec. (15 min. 15 sec. in length.)

Why you should let a client vent before hypnosis. Then why hypnotherapy works where other therapeutic modalities don't.

Chapter # 9 - Starts: 87 min. 15 sec. to 98 min. 10 sec. (10 min. 55 sec. in length.)

How the Mental Bank can overcome resistance to change and passive aggressive behavior.

Chapter # 10 - Starts: 98 min. 10 sec. to 102 min. 20 sec. (4 min. 10 sec. in length.)

(Essay Question Info) Breaking down harmful defense mechanisms..

Chapter # 11 - Starts: 102 min. 20 sec. to 110 min. 22 sec. (8 min. 2 sec. in length.)

A list of basic neurotic reactions:

1. Anxiety.
2. Inability to function.
3. Rigidity.
4. Repetitive behavior.
5. Immaturity.
6. Unhappiness.
7. Unconscious sabotage.
8. Secondary gain.

## Lesson 24

Dr. Kappas begins with an overall description of defense mechanisms. He then lists them and gives a description of each of the fifteen in the next three chapters. Then two amazing case histories of multiple personality disorder, and disassociation. Then more discussion about reaction formation, regression, repression, sublimation, and undoing, by exposing the defense, and how each relates to Physical and Emotional suggestibility and somnambulism. Then Dr. Kappas does a suggestibility test interview, and Dr. Hodges does an inferred arm raising. (Continued next lesson.)

Essay Question: How would you expose a client's defense mechanisms?

Chapter # 1 - Starts: 47 sec. to 2 min. 55 sec. (2 min. 8 sec. in length.)

Dr. Kappas gives an overall description of defense mechanisms.

Chapter# 2 - Starts: 2 min. 55 sec. to 12 min. 31 sec. (9 min. 36 sec. in length.)

(Essay Question Info) Dr. Kappas begins a list and description of the fifteen defense mechanisms, starting with projection, then fantasy, interjection, and negativism.

Chapter # 3 - Starts: 12 min. 31 sec. to 27 min. 27 sec. (14 min. 56 sec. in length.)

In this chapter: rationalization, compensation, conversion, and denial.

Chapter# 4 - Starts: 27 min. 27 sec. to 42 min. 30 sec. (15 min. 3 sec. in length.)

In this chapter: displacement, and disassociation.

Chapter # 5 - Starts: 42 min. 30 sec. to 67 min. 0 sec. (24 min. 30 sec. in length.)

A fascinating case history of disassociation. A female multiple personality client who is both a happy housewife, and a high class, highly paid prostitute. (One of the best, and most fascinating, case histories in this course.)

Chapter # 6 - Starts: 67 min. 0 sec. to 75 min. 50 sec. (8 min. 75 sec. in length.)

Another interesting multiple personality disassociation case.

Chapter # 7 - Starts: 75 min. 50 sec to 89 min. 10 sec. (13 min. 20 sec. in length.)

In this chapter: reaction formation, regression, repression, sublimation, and undoing.

Chapter # 8 - Starts: 89 min. 10 sec. to 96 min. 10 sec. (7 min. 0 sec. in length.)

Dr. Kappas demonstrates a pre-induction interview with Dr. Hodges (Ron), a high Emotional.

Chapter # 9 - Starts: 96 min. 10 sec. to 115 min. 30 sec. (19 min. 20 sec. in length.)

Dr. Kappas conducts Ron's suggestibility testing interview, followed by his inferred arm raising induction. Then into the recliner as this lesson ends. (Continued next lesson.)

## Lesson 25

The continuation of Ron's hypnotherapy by Dr. Kappas from the last lesson. Then many subjects are covered including: analysis of induction, various indications, invading territory, determining one's suggestibility, handwriting analysis, physical and emotional defenses, stages of hypnosis, sexuality, suggestibility and psychological disorders.

Essay Question: what sexuality and what suggestibility typically dominate which psychological disorders?

Chapter # 1 - Starts: 1 min. 5 sec. to 10 min. 40 sec. (9 min. 35 sec. in length.)

The continuation of Ron's hypnotherapy session from the end of last lesson by Dr. Kappas.

Chapter # 2 - Starts: 19 min. 40 sec. to 25 min. 40 sec. (6 min. 0 sec. in length.)

A follow up discussion after Ron's hypnosis, about indications, challenges, and maintaining control and confidence.

Chapter # 3 - Starts: 25 min. 40 sec. to 36 min., 40 sec. (11 min. 0 sec. in length.)

How to deal with clients who doubt hypnosis, or that they have been hypnotized. (Therapist control and management.)

Chapter # 4 - Starts: 36 min. 40 sec. to 45 min. 25 sec. (8 min. 45 sec. in length.)

Why HMI indications work where others don't with Emotionals and somnambulists.

Chapter # 5 - Starts: 45 min. 25 sec. to 55 min. 40 sec. (10 min. 15 sec. in length.)

Territorial considerations in the therapy room. Placement of the furniture, the therapist and the subject or subjects, and any movement that takes place.

Chapter # 6 - Starts: 55 min. 40 sec. to 73 min. 10 sec. (17 min. 50 sec. in length.)

Body language and handwriting of an Emotional sexual and Physical suggestible male. Then a Physical sexual male. (Good examples of E&P traits in this chapter.)

Chapter # 7 - Starts: 73 min. 10 sec. to 80 min. 10 sec. (7 min. 0 sec. in length.)

A brief discussion about handwriting traits and meanings.



Chapter # 8 - Starts: 80 min. 10 sec. to 91 min. 0 sec. (10 min. 50 sec. in length.)

The defenses that Physical sexuals and Emotional sexuals develop and why. Noticing how incongruence can be a tip off in working with these people.

Chapter # 9 - Starts: 91 min. 0 sec. to 96 min. 26 sec. (5 min. 26 sec. in length.)

Dr. Kappas tells some interesting family history, and how a father determines the Emotional or Physical characteristics of his children.

Chapter # 10 - Starts: 96 min. 26 sec. to 118 min. 9 sec. (21 min. 43 sec. in length.)

(Essay Question Info) Stages of hypnosis and how they relate to Emotionals and Physicals. What suggestibility and sexuality typically dominate what disorders.

## Lesson 26

This lesson includes weight therapy, body syndromes, incongruent behavior, losing syndrome, fear of success and fear of failure, stuttering, paranormal behavior, hypoglycemia, hypnodrama, and female breast nerve endings and how they can be used to determine sexuality.

Essay Question: how can hypnosis help stuttering problems?

Chapter # 1 - Starts: 59 sec. to 6 min. 30 sec. (5 min. 31 sec. in length.)

Dr. Kappas discusses weight loss therapy and body syndromes.

Chapter # 2 - Starts: 6 min. 30 sec. to 21 min. 10 sec. (14 min. 40 sec. in length.)

A brief discussion about hypnotherapy, applied to weight loss and control.

Chapter # 3 - Starts: 21 min. 10 sec. to 25 min. 0 sec. (3 min. 50 sec. in length.)

Why it may be a good idea to say NO to a client requesting hypnotic breast enlargement.

Chapter # 4 - Starts: 25 min. 0 sec. to 33 min. 0 sec. (8 min. 0 sec. in length.)

Incongruent behavior and what it is, how to recognize it, how and why to treat it.

Chapter # 5 - Starts: 33 min. 0 sec. to 39 min. 51 sec. (6 min. 51 sec. in length.)

How mother and father create Emotional and Physical sexuality in their children. Also peer group influence.

Chapter # 6 - Starts: 39 min. 51 sec. to 48 min. 36 sec. (8 min. 45 sec. in length.)

Dr. Kappas tells the group some more of his family history and E&P. Then more about what female breast nerve endings indicate.

Chapter # 7 - Starts: 48 min. 36 sec. to 51 min. 10 sec. (2 min. 36 sec. in length.)

Patterns of behavior and how the subconscious mind works in selecting mates.

Chapter # 8 - Starts: 51 min. 10 sec. to 55 min. 47 sec. (4 min. 37 sec. in length.)

Fear of failure and fear of success.

Chapter # 9 - Starts: 55 min. 47 sec. to 72 min. 40 sec. (16 min. 53 sec. in length.)

(Essay Question Info) Stuttering, what kind of people stutter and why. Some interesting case histories, and how to treat stuttering.

Chapter # 10 - Starts: 72 min. 40 sec. to 93 min. 18 sec. (20 min. 38 sec. in length.)

A discussion about paranormal behavior, psychics, multiple personalities, and four interesting case histories.

Chapter # 11 - Starts: 93 min. 18 sec. to 103 min. 6 sec. (9 min. 48 sec. in length.)

Hypnodrama, how it works and why to use it in hypnotherapy.

## **Lesson 27**

Dr. Kappas compares hypnotherapy to other types of therapy, do's and don'ts of therapy, not removing a client's problem before they are ready to let it go, what to tell a client about the length of therapy, working with fears and phobias. Also, a demonstration of clinical orgasm. Dream analysis, dream therapy, and the three stages of dreaming, nightmares and night terrors.

Essay Question: what should you tell a client about the length of therapy?

Chapter # 1 - Starts: 59 sec. 10 min. 1 sec. (10 min. 0 sec. in length.)

How and why hypnotherapy works much better, and faster, than other types of therapy.

Chapter # 2 - Starts: 10 min. 1 sec. to 23 min. 5 sec. (13 min. 4 sec. in length.)

(Essay Question Info) What you should tell a client about length of therapy and why. A few examples of average cases long and short.

Chapter # 3 - Starts: 23 min. 5 sec. to 28 min. 44 sec. (5 min. 39 sec. in length.)

An example of an unfortunate case when Dr. Kappas tried to rush therapy with an agoraphobic subject.

Chapter # 4 - Starts: 28 min. 44 sec. to 34 min. 58 sec. (6 min. 14 sec. in length.)

A brief discussion about clinical orgasms and the reasons for performing one.

Chapter # 5 - Starts: 34 min. 58 sec. to 52 min. 35 sec. (17 min. 37 sec. in length.)

An actual clinical orgasm hypnotherapy session with a Physical sexual female.

Chapter # 6 - Starts: 52 min. 35 sec. to 63 min. 35 sec. (11 min. 0 sec. in length.)

After therapy discussion with the client about her session.

Chapter # 7 - Starts: 63 min. 35 sec. to 74 min. 5 sec. (10 min. 30 sec. in length.)

Continuation of the discussion about clinical orgasms.

Chapter # 8 - Starts: 74 min. 5 sec. to 90 min. 15 sec. (16 min. 10 sec. in length.)

Dream therapy and dream analysis. The three stages of dreams, and how they are used in therapy.

Chapter # 9 - Starts: 90 min. 15 sec. to 94 min. 25 sec. (4 min. 10 sec. in length.)

Dr. Kappas tells a case history of a narcoleptic client who had developed amnesia and lost all memory of three years of his earlier life.

Chapter # 10 - Starts: 94 min. 25 sec. to 102 min. 57 sec. (8 min. 32 sec. in length.)

Nightmares, dream therapy, and how symbolism works in dreams.

Chapter # 11 - Starts: 102 min. 57 sec. to 115 min. 36 sec. (12 min. 39 sec. in length.)

Night terrors, physical and emotional, chemical and phobic causes. How nightmares and dreams are different from night terrors.

## Lesson 28

Handwriting Analysis: basic characteristics, determining suggestibility and sexuality from handwriting. Indications of sexual problems, physical problems, suicidal tendencies. Lecture on rejection: how it affects Physicals and Emotionals in relationships. Therapeutic approaches involving circle therapy and working with defenses.

Essay Question: what therapeutic approach should you take with a rejected high Physical sexual male or female? (Continued next lesson.)

Chapter # 1 - Starts: 39 sec. to 6 min. 25 sec. (5 min. 46 sec. in length.)

Handwriting analysis: how the size and shape of letters indicate somnambulism, and Physical or Emotional suggestibility.

Chapter # 2 - Starts: 6 min. 25 sec. to 17 min. 31 sec. (11 min. 6 sec. in length.)

How lower loops indicate Physical or Emotional sexuality, defenses, and indications of sexual problems and frustrations.

Chapter # 3 - Starts: 17 min. 31 sec. to 39 min. 8 sec. (21 min. 37 sec. in length.)

Dominating therapeutic letters and how they indicate physical problems in the body. Affecting words and sentences indicating suicidal and other tendencies. Overall handwriting analysis.

Chapter # 4 - Starts: 39 min. 8 sec. to 52 min. 35 sec. (13 min. 27 sec. in length.)

Rejection: how it affects Physical sexuals, and how to treat these people in hypnotherapy.

Chapter # 5 - Starts: 52 min. 35 sec. to 60 min. 30 sec. (7 min. 55 sec. in length.)

A discussion with a rejected Physical sexual female about her past relationships and how they ended.

Chapter # 6 - Starts: 60 min. 30 sec. to 65 min. 30 sec. (5 min. 0 sec. in length.)

(Essay Question Info) The therapeutic approach that Dr. Kappas would take to help this person let go of the pain so that she could get on with her life.

Chapter # 7 - Starts: 65 min. 30 sec. to 78 min. 0 sec. (12 min. 30 sec. in length.)

Continuation of the discussion about rejected Physicals. Their sexual and emotional pain and how their defenses function in guiding their behavior.

Chapter # 8 - Starts: 78 min. 0 sec. to 83 min. 52 sec. (5 min. 52 sec. in length.)

The benefits and drawbacks of defense mechanisms, and why circle therapy works with rejected Emotional sexuals. (Continued next lesson.)

## Lesson 29

Dr. Kappas and the group discuss rejection in relationships between Emotional and Physicals, and related case histories. Then a live therapy session with a 19 year old hypoglycemic female, 87% Physical sexual - 65% Emotional suggestible, suffering with depression, drug abuse, alcoholism, and fear of losing her mind.

Essay Question: what therapeutic approach should you take with a rejected high Physical sexual male or female? (Continued next lesson,)

Chapter # 1 - Starts: 1 min. 1 sec. to 11 min. 0 sec. (10 min. 59 sec, in length.)

Basic differences between Emotional and Physical sexuals in relationships and with rejection.

Chapter # 2 - Starts: 11 min. 0 sec. to 18 min. 0 sec. (7 min. 0 sec. in length.)

(Essay Question Info) The relationships that are the most successful and why. Opposites do attract, so Physicals and Emotional usually get together, keeping it together is the trick.

Chapter # 3 - Starts: 18 min. 0 sec. to 23 min. 3 sec. (5 min. 3 sec. in length.)

An interesting case history of a Physical sexual female with an Emotional sexual male.

Chapter # 4 - Starts: 23 min. 3 sec. to 28 min. 55 sec. (5 min. 52 sec. in length.)

How Physical and Emotionals react to the pain of rejection and how to treat each of them in therapy.

Chapter # 5 - Starts: 28 min. 55 sec. to 35 min. 0 sec. (6 min. 5 sec. in length.)

How Physicals and Emotionals behave with each other sexually. Then some Kappas family history.

Chapter # 6 - Starts: 35 min. 0 sec. to 42 min. 15 sec. (7 min. 15 sec. in length.)

Guilt and the Emotional sexual. Then a case history of an ethnic Emotional male.

Chapter # 7 - Starts: 42 min. 15 sec. to 52 min. 50 sec. (10 min. 37 sec. in length.)

Marriage and relationship counseling based on HMI methods and practices.

Chapter # 8 - Starts: 52 min. 50 sec. to 61 min. 44 sec. (8 min. 54 sec. in length.)

An interesting case history of relationship counseling.

Chapter # 9 - Starts: 61 min. 44 sec. to 75 min. 33 sec. (13 min. 49 sec. in length.)

A pre-therapy discussion with a very unhappy nineteen year old female client.

Chapter # 10 - Starts: 75 min. 33 sec. to 93 min. 4 sec. (18 min. 31 sec. in length.)

Dr. Kappas discusses how to treat a female client with an inadequate personality and how to build a new foundation for her.

Chapter # 11 - Starts: 93 min. 4 sec. to 97 min. 34 sec. (4 min. 30 sec. in length.)

A pre-therapy discussion with the female client present.

Chapter # 12 - Starts: 97 min. 34 sec. to 110 min. 25 sec. (12 min. 51 sec. in length.)

A pre-induction interview with the client about her life and relationships with men, her mother, and her father.

Chapter # 13 - Starts: 110 min. 25 sec. to 120 min. 58 sec. (10 min. 33 sec. in length.)

The beginning of the hypnotherapy session with this female client. (Continued next lesson.)

## Lesson 30

This lesson begins with the continuation of the hypnotherapy session from the last lesson. This involves arm rigidity, and other deepening techniques, circle therapy and image building. Then relationship counseling and therapy with a married couple. The wife is 82% Physical sexual - 58% Physical suggestible with 16 symptoms of hypoglycemia. The husband is 80% Emotional sexual - 69% Physical suggestible. They work together. She's a singer and he's her business manager. She had a nervous breakdown three years ago and he brought her into therapy to improve the quality of her voice, their act, and their lives.

Essay Question: describe how a client's presenting problem can sometimes be a symptom rather than a cause.

Chapter # 1 - Starts: 52 sec. to 5 min. 20 sec. (4 min. 28 sec. in length.)

Continuation of the hypnosis from the last lesson, as Dr. Kappas is deepening the client in the recliner.

Chapter # 2 - Starts: 5 min. 20 sec. to 14 min. 0 sec. (8 min. 40 sec. in length.)

Continuation of hypnotherapy in the recliner with circle therapy and image building.

Chapter # 3 - Starts: 14 min. 0 sec. to 18 min. 10 sec. (4 min. 10 sec. in length.)

Continuing with arm rigidity and other deepening techniques, then counting her awake.

Chapter # 4 - Starts: 18 min. 10 sec. to 29 min. 0 sec. (10 min. 50 sec. in length.)

Post-hypnosis discussion with the client, then with the group after she has left.

Chapter # 5 - Starts: 29 min. 0 sec. to 46 min. 44 sec. (17 min. 44 sec. in length.)

(Essay Question Info) An interview with a hypnotherapist, Sharon, about the next clients coming in, a married couple who also work together.

Chapter # 6 - Start 46 min. 44 sec. to 54 min. 25 sec. (7 min. 41 sec. in length.)

The married couple, Brenda and Rodney, come in and begin relationship counseling with Dr. Kappas and Sharon.

Chapter # 7 - Starts: 54 min. 25 sec. to 70 min. 55 sec. (16 min. 30 sec. in length.)

After explaining the systems approach and relationship counseling, Dr. Kappas begins interviewing the couple.

Chapter # 8 - Starts: 70 min. 55 sec. to 82 min. 0 sec. (11 min. 5 sec. in length.)

Dr. Kappas and Sharon start going over the two lists that Rodney and Brenda have made about compromises in their individual behavior with each other.

Chapter # 9 - Starts: 82 min. 0 sec. to 87 min. 15 sec. (5 min. 15 sec. in length.)

Brenda expresses anger that she still feels, about an incident of Rodney's infidelity in the past. Then they continue with the lists.

Chapter # 10 - Starts: 87 min. 15 sec. to 95 min. 47 sec. (8 min. 32 sec. in length.)

Dr. Kappas asks each of them to agree to change one thing about their own behavior, for each other. This is classic HMI relationship counseling.

Chapter # 11 - Starts: 95 min. 47 sec. to 113 min. 12 sec. (17 min. 25 sec. in length.)

(Essay Question Info) Dr. Kappas addresses Brenda's voice problems, and related stress.

## Lesson 31

Group discussion about the couple from the last lesson. The next client is a male, 43 years, 65% Physical sexual - 65% Physical suggestible with symptoms of hypoglycemia. Wants a better self image. He thinks that he's ugly, and has had seven reconstructive surgeries. (Continued next lesson.)

Essay Question: discuss why reconstructive surgery does not necessarily change a person's self-image.

Chapter # 1 - Starts: 51 sec. to 23 min. 30 sec. (22 min. 39 sec. in length.)

Group discussion about the couple from the last lesson, and their relationship counseling.

Chapter # 2 - Starts: 23 min. 30 sec. to 37 min. 47 sec. (14 min. 17 sec. in length.)

Group discussion about Karin, the second client from the last lesson.



Chapter # 3 - Starts: 37 min. 47 sec. to 47 min. 36 sec. (9 min. 49 sec. in length.)

Discussion about Dan, the next client coming in with a self-esteem problem about his looks. He thinks that he's ugly.

Chapter # 4 - Starts: 47 min. 36 sec. to 62 min. 40 sec. (15 min. 4 sec. in length.)

The group meets Dan. He feels that he's very unattractive and wants a better self image. First he talks about his life history.

Chapter # 5 - Starts: 62 min. 40 sec. to 75 min. 50 sec. (13 min. 10 sec. in length.)

(Essay Question Info) Dr. Kappas begins to analyze the problem and advise the client. The discussion gets into his love life.

Chapter # 6 - Starts: 75 min. 50 sec. to 80 min. 32 sec. (4 min. 42 sec. in length.)

Dr. Kappas describes what the therapy goals for this client should be and why. (Continued next lesson.)

## Lesson 32

Continuation of the discussion from the last lesson with Dan, who thinks he's ugly. Then his hypnotherapy and circle therapy to desensitize emotional pain. Then Dr. Kappas plays the part of a female client, that he had in the past, and who had an extramarital affair. The group conducts the interview and Dr. Kappas explains obsessive-compulsive behavior.

Essay Question: how can compulsive behavior affect hypnotherapy?

Chapter # 1 - Starts: 1 min. 8 sec. to 7 min. 57 sec. (6 min. 11 sec. in length.)

Continuation of the discussion from the last lesson with Dan, the obsessive-compulsive client who doesn't like his looks.

Chapter # 2 - Starts: 7 min. 57 sec. to 30 min. 0 sec. (22 min. 3 sec. in length.)

The pre-induction talk and suggestible test with Dan. Then an arm raising induction conversion.

Chapter # 3 - Starts: 30 min. 0 sec. to 36 min. 36 sec. (6 min. 36 sec. in length.)

A progressive relaxation in the recliner. Then an arm rigidity and other deepening techniques.

Chapter # 4 - Starts: 36 min. 36 sec. to 57 min. 40 sec. (21 min. 4 sec. in length.)

Dr. Kappas uses circle therapy to help Dan lose the emotional pain of his past and to implant positive feelings about the present.

Chapter # 5 - Starts: 57 min. 40 sec. to 81 min. 0 sec. (23 min. 20 sec. in length.)

A post session group discussion about Dan and the image building that Dr. Kappas did.

Chapter # 6 - Starts: 81 min. 0 sec. to 103 min. 0 sec. (22 min. 0 sec. in length.)

(Essay Question Info) Dr. Kappas talks about how compulsive behavior can affect hypnotherapy. He then plays the role of a female client that he treated in the past. The group questions him in this mock interview.

Chapter # 7 - Starts: 103 min. 0 sec. to 109 min. 30 sec. (6 min. 30 sec. in length.)

Continuation of the case history interview, with Dr. Kappas playing the role of a female client who had been in an extramarital affair.

Chapter # 8 - Starts: 109 min. 30 sec. to 119 min. 21 sec. (9 min. 51 sec. in length.)

(Essay Question Info) Dr. Kappas discusses obsessive-compulsive behavior and the client from the past that he has been portraying with the group.

## **Lesson 33**

This lesson is primarily a hypnotherapy session, and related discussions, with a female client Gale, 33 years, 57% Emotional sexual - 54% Physical suggestible who has hypoglycemia, food allergies, stress, over concern about health, fear of death and is sexually unresponsive.

Essay Question: describe how food allergies can be used in diagnosing body syndromes.

Chapter # 1 - Starts: 54 sec. to 15 min. 55 sec. (15 min. 1 sec. in length.)

A group discussion about a female client, Gale, with allergies and a lot of stress. Sharon, an HMI hypnotherapist, has been treating her and discusses her therapy with the group.

Chapter # 2 - Starts: 15 min. 55 sec. to 27 min. 50 sec. (11 min. 55 sec. in length.)

Dr. Kappas interviews Gale. He introduces her and tells her that Sharon has discussed her case with the group.

Chapter # 3 - Starts: 27 min. 50 sec. to 51 min. 10 sec. (23 min. 20 sec. on length.)

Dr. Kappas discusses her sexual problems with her and tells her about their future therapeutic goals. Mainly to undo past emotional damage.

Chapter # 4 - Starts: 51 min. 10 sec. to 56 min. 0 sec. (4 min. 50 sec. in length.)

(Essay Question Info) Continuation of the interview about body syndromes and how food allergies can be used to diagnose them.

Chapter # 5 - Starts: 56 min. 0 sec. to 64 min. 0 sec. (8 min. 0 sec. in length.)

Dr. Kappas tells the client a little about what will happen, then tests her suggestibility and does an arm raising induction/conversion.

Chapter # 6 - Starts: 64 min. 0 sec. to 70 min. 50 sec. (6 min. 50 sec. in length.)

Into the recliner for a progressive relaxation, beginning with eye fascination, followed by an arm rigidity, and other deepening techniques.

Chapter # 7 - Starts: 70 min. 50 sec. to 85 min. 53 sec. (15 min. 3 sec. in length.)

Dr. Kappas uses circle therapy to desensitize her to stress. Then a brief post hypnosis discussion with her.

Chapter # 8 - Starts: 85 min. 53 sec. to 110 min. 18 sec. (24 min. 25 sec. in length.)

A group discussion about the last client. Her treatment plan, her prognosis, and how to proceed with her.

## Lesson 34

Dr. Kappas and the group interview a Physical sexual male 51 years, 82% Physical sexual - 65% Physical suggestible, who has been impotent for two years. After his therapy, another male client with a sexual implant. Then a male 51 years suffering with bulimia and a discussion about anorexia and bulimia.

Essay Question: describe how hypnosis can be an effective treatment for impotence.

Chapter # 1 - Starts: 57 sec. to 18 min. 30 sec. (17 min. 33 sec. in length.)

Dr. Kappas and the group interview a Physical sexual male about his Impotence, which he has suffered with for two years.

Chapter # 2 - Starts: 18 min. 30 sec. to 28 min. 20 sec. (9 min. 50 sec. in length.)

Dr. Kappas tests his suggestibility and does an arm raising induction/conversion.

Chapter # 3 - Starts: 28 min. 20 sec. to 45 min. 0 sec. (16 min. 40 sec. in length.)

(Essay Question Info) Into the recliner for a progressive relaxation. Then circle therapy and hypnodrama to treat this man's impotence, and give him a sex life again.

Chapter # 4 - Starts: 45 min. 0 sec. to 49 min. 7 sec. (4 min. 7 sec. in length.)

A discussion about a client with an implant in his penis to maintain an erection.

Chapter # 5 - Starts: 49 min. 7 sec. to 63 min. 48 sec. (14 min. 41 sec. in length.)

A case history discussion about a bulimic female and her treatment. Then eating disorders and related common traits and behavior.

Chapter # 6 - Starts: 63 min. 48 sec. to 80 min. 0 sec. (16 min. 12 sec. in length.)

A case history about a client with fear of contamination and a search for cause.

Chapter # 7 - Starts: 80 min. 0 sec. to 83 min. 33 sec. (3 min. 3 sec. in length.)

The treatment of this female client and her following history. Then a discussion about common denominators.

## Lesson 35

Most of this session is with a male client Lewis, 53 years, 64% Physical sexual - 75% Physical suggestible, who has a very unusual problem. He has facial twitches and a frozen smile that he can't control. This problem began in the country of Haiti, where he had an unfortunate experience with Voodoo. He is an extremely resistant subject and difficult to watch, but fascinating. Dr. Kappas tries a finger spreading, and different methods to test his ego sensation. His arm raising is unusual as is his hypnotherapy session. He is extremely resistant with an obviously serious problem. Dr. Kappas uses many techniques to try to relax his face with limited results. Followed by a group

discussion about this client. Then a discussion about stuttering and common denominators related to this problem. (Continued next lesson.)

Essay Question: describe how hypnosis and voodoo have similar effects on people in hyper-suggestible states.

Chapter # 1 - Starts: 1 min. 14 sec. to 7 min. 38 sec. (6 min. 24 sec. in length.)

A group discussion about the client coming in with a problem of facial twitches, and an uncontrollable frozen smile.

Chapter # 2 - Starts: 7 min. 38 sec. to 12 min. 0 sec. (4 min. 22 sec. in length.)

Dr. Kappas has a pre-hypnosis interview with Lewis, this client. (You will have a hard time watching this unfortunate man.)

Chapter # 3 - Starts: 12 min. 0 sec. to 25 min. 42 sec. (13 min. 42 sec. in length.)

Dr. Kappas attempts a finger spreading to test the client's ego sensation. Then he continues the interview.

Chapter # 4 - Starts: 25 min. 42 sec. to 33 min. 23 sec. (7 min. 41 sec. in length.)

A very unusual arm raising induction/conversion. This subject is very resistant with almost no ego sensation.

Chapter # 5 - Starts: 33 min. 23 sec. to 38 min. 50 sec. (5 min. 27 sec. in length.)

Dr. Kappas uses further techniques to achieve ego sensation, and to create depth.

Chapter # 6 - Starts: 38 min. 50 sec. to 57 min. 46 sec. (18 min. 56 sec. in length.)

Into the recliner for a progressive relaxation. Then more techniques to try to relax this man's face. This works to a point, but not completely.

Chapter # 7 - Starts: 57 min. 46 sec. to 70 min. 0 sec. (12 min. 14 sec. in length.)

Continuation of relaxation techniques with this very resistant and tortured man.

Chapter # 8 - Starts: 70 min. 0 sec. to 99 min. 35 sec. (29 min. 35 sec. in length.)

(Essay Question Info) Awakening and a brief discussion with this client. Then Dr. Kappas and the group discuss this very unique client and his case.

Chapter # 9 - Starts: 99 min. 35 sec. to 118 min. 45 sec. (19 min. 10 sec. in length.)

A case history and a discussion about stuttering, and common denominators related to this problem. (Continued next lesson.)

## Lesson 36

Dr. Kappas discusses stuttering, and tells a related case history. Statistics about rape, and four case histories about rape and treatment. Then a personality profile of a rapist. Then a case history of a male, hypoglycemic, client with fear of being alone. And a live therapy with a male client who has allergies, skin rashes, and stomach problems. (Continued next lesson.)

Essay Question: describe how to deal with a client's fear of being alone.

Chapter # 1 - Starts: 48 sec. to 3 min. 30 sec. (2 min. 42 sec. in length.)

Dr. Kappas discusses stuttering, and some treatment methods.

Chapter # 2 - Starts: 3 min. 30 sec. to 8 min. 57 sec. (5 min. 27 sec.)

A case history of a male, 49 years 80% Emotional suggestible, who stutters.

Chapter # 3 - Starts: 8 min. 57 sec. to 22 min. 34 sec. (13 min. 37 sec. in length.)

Statistics about rape from a Georgia state survey. Then Dr. Kappas tells four graphic case histories about rape, and the subsequent therapy that he did with these women.

Chapter # 4 - Starts: 22 min. 34 sec. to 26 min. 55 sec. (14 min. 19 sec. in length.)

The discussion continues with how and why circle therapy works in rape cases.

Chapter # 5 - Starts: 26 min. 55 sec. to 32 min. 58 sec. in length. (6 min. 3 sec. in length.)

Dr. Kappas discusses how and why rape typically occurs. Situations and basic common denominators.

Chapter # 6 - Starts: 32 min. 58 sec. to 43 min. 37 sec. (10 min. 39 sec. in length.)

(Essay Question Info) A case history of a male, 56 yrs. 75% Emotional sexual 70% Emotional suggestible, with hypoglycemia, and a fear of being alone.

Chapter # 7 - Starts: 43 min. 37 sec. to 58 min. 9 sec. (14 min. 32 sec. in length.)

A pre-induction interview with Jeff, 28 years. Jeff has allergies, skin rashes, and stomach problems.

Chapter # 8 - Starts: 58 min. 9 sec. to 67 min. 30 sec. (9 min. 21 sec. in length.)

Dr. Kappas guides the discussion to body syndromes, and how they relate to Jeff's problems.

Chapter # 9 - Starts: 67 min. 30 sec. to 74 min. 40 sec. (7 min. 10 sec. in length.)

Dr. Kappas focuses on how Jeff is putting his specific anxieties into his body. The body syndromes affected, and how to treat Jeff in therapy.

Chapter # 10 - Starts: 74 min. 40 sec. to 82 min. 46 sec. (8 min. 6 sec. in length.)

Dr. Kappas has the group interview Jeff for relevant information. Then he explains to Jeff, hypnosis and how it works.

Chapter # 11 - Starts: 82 min. 46 sec. to 90 min. 50 sec. (8 min. 4 sec. in length.)

Dr. Kappas tests Jeff's suggestibility then does an arm raising induction/conversion. (Continued next lesson.)

## **Lesson 37**

The client from the last lesson Jeff, continues with his hypnotherapy session. Dr. Kappas uses circle therapy to desensitize him to anxiety. Then another female client Fran, who has stopped functioning sexually and exhibits incongruent behavior. (Continued next lesson.)

Essay Question: describe how the systems approach applies in this woman's relationship.

Chapter # 1 - Starts: 1 min. 4 sec. to 16 min. 0 sec. (15 min. 56 sec. in length.)

Continuation of Jeff's therapy from last lesson. An arm rigidity deepening exercise then circle therapy to desensitize anxiety.

Chapter # 2 - Starts: 16 min. 0 sec. to 18 min. 29 sec. (2 min. 29 sec. in length.)

A brief post therapy discussion with Jeff.

Chapter # 3 - Starts: 18 min. 29 sec. to 27 min. 9 sec. (8 min. 40 sec. in length.)

A group discussion about Jeff's session and condition.

Chapter # 4 - Starts: 27 min. 9 sec. to 49 min. 0 sec. (21 min. 51 sec. in length.)

A discussion about Fran, 49 years, 75% Physical sexual - Emotional suggestible. Fran has stopped functioning sexually.

Chapter # 5 - Starts: 49 min. 0 sec. to 51 min. 45 sec. (2 min. 45 sec. in length.)

The discussion continues about incongruent behavior.

Chapter # 6 - Starts: 51 min. 45 sec. to 68 min. 7 sec. (16 min. 22 sec. in length.)

Pre-therapy interview with Fran and Dr. Kappas, as he tells her what has been discussed with the group about her case.

Chapter # 7 - Starts: 68 min. 7 sec. to 92 min. 35 sec. (24 min. 85 sec. in length.)

Dr. Kappas and the group interview Fran about many issues involved in her case.

Chapter # 8 - Starts: 92 min. 35 sec. to 115 min. 41 sec. (23 min. 28 sec. in length.)

Dr. Kappas tells Fran what he sees as her main issues. Then he explains systems in relationships and how to alter the system that has developed between her and her husband, so that they can work out their problems and succeed as a couple. (Continued next lesson.)

## **Lesson 38**

This lesson begins with the hypnotherapy session with Fran, the client from the last lesson who had relationship, and sexual problems. First, a talk about dream therapy and testing her suggestibility. Then an arm raising induction and her hypnotherapy session to alter her suggestibility. Then a female client, 50/50 suggestible, with a weight problem and fear of failure. Her interview involving stress, dream therapy, and body syndromes. Then her hypnotherapy session. Then a discussion about body syndromes and foot positions to determine suggestibility.

Essay Question: what suggestions can be given to a client who has a fear of failure?



Chapter # 1 - Starts: 1 min. 9 sec. to 14 min. 0 sec. (13 min. 51 sec. in length.)

Continuation with the client from the last lesson, Fran. Her pre-induction interview and suggestibility test. And a bit of dream therapy.

Chapter # 2 - Starts: 14 min. 0 sec. to 23 min. 15 sec. (9 min. 15 sec. in length.)

An arm raising induction/conversion with Fran. Then into the recliner for a finger spreading and eye fixation. Then a progressive relaxation.

Chapter # 3 - Starts: 23 min. 15 sec. to 33 min. 0 sec. (9 min. 45 sec. in length.)

Further deepening with an arm rigidity and other techniques. Then hypnotherapy to alter her suggestibility.

Chapter # 4 - Starts: 33 min. 0 sec. to 42 min. 52 sec. (9 min. 52 sec. in length.)

A group discussion about Fran's hypnotherapy.

Chapter # 5 - Starts: 42 min. 52 sec. to 60 min. 18 sec. (17 min. 26 sec. in length.)

An interview with the next female client, 50/50% Suggestible, with a weight problem and fear of failure.

Chapter # 6 - Starts: 60 min. 18 sec. to 74 min. 20 sec. (14 min. 2 sec. in length.)

Continuation of the interview focusing on stress and overeating. Then dream therapy and analysis.

Chapter # 7 - Starts: 74 min. 20 sec. to 94 min. 45 sec. (20 min. 25 sec. in length.)

(Essay Question Info) Induction and hypnotherapy for relaxation. This includes circle therapy and regression to treat fear of failure and associated need to overeat.

Chapter # 8 - Starts: 94 min. 25 sec. to 101 min. 30 sec. (7 min. 5 sec. in length.)

Post therapy discussion with Dr. Kappas and the group.

Chapter # 9 - Starts: 101 min. 30 sec. to 117 min. 42 sec. (16 min. 12 sec. in length.)

A body syndromes discussion, breakdown and analysis. Then Physical inductions using foot positions to determine suggestibility during the progressive relaxation in the recliner.

Chapter # 10 - Starts: 117 min. 42 sec. to 119 min. 1 sec. (1 min. 19 sec. in length.)

A finger folding exercise to determine the same thing, suggestibility.

## Lesson 39

A discussion about a male client Brad, 27 years, 67% Emotional sexual - 50/50% suggestible. He is a paranoid schizophrenic who wants to stop smoking. Then information about bipolar disorder, (Formerly known as manic depressive.) marijuana, circle therapy, and testing for somnambulism.

Essay Question: how can hypnosis deal with paranoia or schizophrenia?

Chapter # 1 - Starts: 1 min. 1 sec. to 13 min. 43 sec. (12 min. 42 sec. in length.)

A discussion about a paranoid schizophrenic male client. This is a client of Dr. Hodges', and the group discusses it with Dr. Kappas.

Chapter # 2 - Starts: 13 min. 43 sec. to 18 min. 47 sec. (5 min. 4 sec. in length.)

(Essay Question Info) More discussion about this bipolar and schizophrenic, male subject.

Chapter # 3 - Starts: 18 min. 47 sec. to 28 min. 0 sec. (9 min. 13 sec. in length.)

The discussion moves into how wars contribute to soldiers developing schizophrenic conditions. Then drug treatment, endorphins, and marijuana.

Chapter # 4 - Starts: 28 min. 0 sec. to 43 min. 50 sec. (25 min. 50 sec. in length.)

A brief discussion about marijuana while the client being discussed, Brad, enters. Then his interview.

Chapter # 5 - Starts: 43 min. 50 sec. to 61 min. 36 sec. (17 min. 46 sec. in length.)

The group interviews Brad about his case, and what he wants from hypnotherapy.

Chapter # 6 - Starts: 61 min. 36 sec. to 65 min. 50 sec. (4 min. 14 sec. in length.)

Dr. Kappas discusses Brad's case, and a therapy plan for treating him.

Chapter # 7 - Starts: 65 min. 50 sec. to 69 min. 0 sec. (3 min. 10 sec. in length.)

Dr. Kappas questions Brad to test his suggestibility.

Chapter # 8 - Starts: 69 min. 0 sec. to 83 min. 0 sec. (14 min. 0 sec. in length.)

An arm raising induction/conversion, which is very slow. The subject is very resistant so Dr. Kappas uses different techniques to overload and deepen his hypnotic state.

Chapter # 9 - Starts: 83 min. 0 sec. to 95 min. 22 sec. (12 min. 22 sec. in length.)

In the recliner Dr. Hodges takes over with a progressive relaxation and further deepening techniques. Then circle therapy to desensitize Brad to the problems that he has.

Chapter # 10 - Starts: 95 min. 22 sec. to 115 min. 4 sec. (19 min. 42 sec. in length.)

(Essay Question Info) Dr. Kappas discusses this case and then a related case history. Then he demonstrates a few interesting tests used to identify somnambulism in a person.

## Lesson 40

This lesson begins with a female client, 28 years, suffering with bulimia, alcoholism, depression and hypoglycemia. She is still in denial about her father's suicide when she was 17. She left home at 19, feeling rejected, and became bulimic at this time. By age she was an alcoholic. Dr. Kappas takes her through stages of loss. The next client is a male named Street, who has a problem with anger. Dr. Kappas uses circle therapy and gives him a stop mechanism to control his anger impulse.

Essay Question: describe how to help get closure for a client who is in denial.

Chapter # 1 - Starts: 53 sec. to 12 min. 14 sec. (11 min. 21 sec. in length.)

Dr. Kappas and the group, interview a female client with extreme depression and related problems.

Chapter # 2 - Starts: 12 min. 14 sec. to 15 min. 45 sec. (3 min. 31 sec. in length.)

The interview moves into hypoglycemia and eating disorders.

Chapter # 3 - Starts: 15 min. 45 sec. to 25 min. 25 sec. (9 min. 40 sec. in length.)

The interview moves into her father's suicide and how that has affected her. She has depression, bulimia and is an alcoholic.

Chapter # 4 - Starts: 25 min. 25 sec. to 31 min. 11 sec. (5 min. 46 sec. in length.)

Dr. Kappas discusses the client's situation with the group, focusing on her suicidal tendencies.

Chapter # 5 - Starts: 31 min. 11 sec. to 40 min. 30 sec. (9 min. 19 sec. in length.)

(Essay Question Info) Dr. Kappas describes what his therapeutic approach will be with this client and why.

Chapter # 6 - Starts: 40 min. 30 sec. to 52 min. 10 sec. (11 min. 40 sec. in length.)

The client returns for her pre-induction interview. Then an arm raising and into the recliner for a progressive relaxation.

Chapter # 7 - Starts: 52 min. 10 sec. to 62 min. 0 sec. (9 min. 50 sec. in length.)

Dr. Kappas begins with circle therapy. Then he begins taking her through the stages of loss. These are: denial, anger, depression, bargaining, and resolution.

Chapter # 8 - Starts: 62 min. 0 sec. to 67 min. 0 sec. (5 min. 0 sec. in length.)

Dr. Kappas uses circle therapy again to replace her bad feelings with good feelings

Chapter # 9 - Starts: 67 min. 0 sec. to 73 min. 29 sec. (6 min. 29 sec. in length.)

A few unique ways of exercising a post-hypnotic suggestion to re-hypnotize.

Chapter # 10 - Starts: 73 min. 29 sec, to 88 min. 45 sec. (15 min. 16 sec. in length.)

The next client is a male named Street. Dr. Kappas does an arm raising induction/conversion with this very resistant subject.

Chapter # 11 - Starts: 88 min. 45 sec. to 113 min. 3 sec. (24 min. 18 sec in length.)

Into the recliner for his progressive relaxation. Then circle therapy to give him control over his anger.

## Lesson 41

This lesson deals with a female client, Sue, 59% Physical sexual - 59% emotional suggestible, (both are defenses). She has an obsessive compulsive personality, and is agoraphobic and hypoglycemic.

Essay Question: why do you use circle therapy with a fear and not with a phobia?

Chapter # 1 - Starts: 55 sec. to 11 min. 41 sec. (10 min. 46 sec. in length.)

A guest hypnotherapist, Gary, discusses his female client Sue, with the group.

Chapter # 2 - Starts: 11 min. 41 sec. to 21 min. 3 sec. (9 min. 22 sec. in length.)

The discussion continues about this obsessive-compulsive client who has developed agoraphobia.

Chapter # 3 - Starts: 21 min. 3 sec. to 27 min. 3 sec. (6 min. 0 sec. in length.)

Dr. Kappas describes how this client has developed her fears and phobias, and what the differences between the two are.

Chapter # 4 - Starts: 27 min. 3 sec. to 40 min. 32 sec. (13 min. 29 sec. in length.)

(Essay Question Info) Dr. Kappas discusses how fears and phobias should be treated in hypnotherapy.

Chapter # 5 - Starts: 40 min. 32 sec. to 56 min. 55 sec. (16 min. 23 sec. in length.)

Dr. Kappas and the group interview Sue about her problems. Then he tests her suggestibility and does an arm raising induction/conversion, and a progressive relaxation.

Chapter # 6 - Starts: 56 min. 55 sec. to 70 min. 0 sec. (13 min. 5 sec. in length.)

Dr. Kappas begins circle therapy to desensitize her to her anxiety and fears.

Chapter # 7 - Starts: 70 min. 0 sec. to 76 min. 0 sec. (6 min. 0 sec. in length.)

Dr. Kappas gives her a trigger word, STOP, so that she can pass her fears and then smile. Then he continues with more circle therapy.

Chapter # 8 - Starts: 76 min. 0 sec. to 80 min. 30 sec. (4 min. 30 sec. in length.)

After her session, Dr. Kappas explains to Sue just what has happened in hypnosis and how it's going to work.

Chapter # 9 - Starts: 80 min. 30 sec. to 87 min. 4 sec. (6 min. 34 sec. in length.)

Dr. Kappas describes and explains agoraphobia to Sue, and how a person becomes suggestible to the problems that they develop.

Chapter # 10 – 87 min. 4 sec. to 95 min. 54 sec. (8 min. 58 sec. in length)

After Sue has left, Dr. Kappas and the group discuss her case.

## Lesson 42

Dr. Kappas discusses dreams and how to interpret them. Then a case with a married couple who have a lot of problems. A Physical sexual male, Art, and an Emotional sexual female, Carol. She is a multiple personality subject who is having an extramarital affair.

Essay Question: how could you determine that a client has multiple personalities?

Chapter # 1 - Starts: 55 sec. to 10 min. 37 sec. (9 min. 42 sec. in length.)

Dr. Kappas discusses dreams, and how to interpret them.

Chapter # 2 - Starts: 10 min. 37 sec. to 26 min. 41 sec. (16 min. 4 sec. in length.)

The discussion about dreams continues, and gets into dream therapy.

Chapter # 3 - Starts: 26 min. 41 sec. to 41 min. 23 sec. (14 min. 42 sec. in length.)

An interview with Carol, who is married to Art, and is having an extramarital affair, and who also has multiple personality disorder.

Chapter # 4 - Starts: 41 min. 23 sec. to 55 min. 14 sec. (13 min. 51 sec. in length.)

(Essay Question Info) After Carol has left the room, the group discusses her relationship with her husband and her multiple personality.

Chapter # 5 - Starts: 55 min. 14 sec. to 81 min. 41 sec. (26 min. 27 sec. in length.)

An interview with Art, Carol's husband about the problems in their marriage, and Carol's extramarital affair.

## Lesson 43

This lesson begins with a female who has weight and relationship problems, and suffers from depression. She is also hypoglycemic. Then a hyper-suggestible male client with a fear of public speaking.

Essay Question: what suggestions could you give to a client who has a fear of public speaking?

Chapter# 1 - Starts: 59 sec to 14 min. 10 sec. (13 min. 11 sec. in length.)

An interview with a female client complaining of depression, loneliness, and a weight problem.

Chapter # 2 - Starts: 14 min. 10 sec. to 20 min. 8 sec. (5 min. 58 sec. in length.)

Dr. Kappas explains critical mind, to the client. Then how hypnosis feels and works.

Chapter # 3 - Starts: 20 min. 8 sec. to 26 min. 33 sec. (6 min. 25 sec. in length.)

Dr. Kappas tests the client's suggestibility, then does an arm raising induction/conversion.

Chapter # 4 - Starts: 26 min. 33 sec. to 40 min. 10 sec. (13 min. 37 sec. in length.)

Into the recliner for a progressive relaxation, then circle therapy to treat her depression.

Chapter # 5 - Starts: 40 min. 10 sec. to 50 min. 42 sec. (10 min. 32 sec. in length.)

The hypnosis session moves into weight control therapy before awakening. Then Dr. Kappas uses two secondary inductions to exercise the post hypnotic suggestion to re-hypnosis. First a finger spreading, then a hand clasp induction. Then Dr. Kappas and the group begin a post hypnosis discussion with the client.

Chapter # 6 - Starts: 50 min. 42 sec. to 57 min. 3 sec. (6 min. 21 sec. in length.)

The post hypnosis discussion continues about sugar, and the affects that it has had on her life (hypoglycemia and depression.)

Chapter # 7 - Starts: 57 min. 3 sec. to 66 min. 40 sec. (9 min. 37 sec. in length.)

Dr. Kappas describes critical mind to the next, male, client. Then he tests his suggestibility and does an arm raising induction/conversion.

Chapter # 8 - Starts: 66 min. 40 sec. to 89 min. 40 sec. (23 min. 0 sec. in length.)

(Essay Question Info) Into the recliner for a progressive relaxation and an arm rigidity deepening exercise. Then he uses circle therapy to desensitize the client to his anxiety in the forum of public speaking, and other embarrassing situations.

Chapter# 9 - Starts: 89 min. 40 sec. to 94 min. 16 sec. (4 min. 36 sec. in length.)

Then a finger spreading secondary induction to exercise the post-hypnotic suggestion to re-hypnotize.

## Lesson 44

Dr. Kappas and the group interview Joyce, 40 years, 80% Emotional sexual - 79% Emotional suggestible. She is agoraphobic and has anxiety over being alone. Then another female client, 40 years, 65% Physical sexual - 76% Emotional suggestible, with a fear of work-related situations and courtrooms. Then a brief discussion about the difference between a phobia and anticipatory anxiety.

Essay Question: what is the difference between a phobia and anticipatory anxiety.

Chapter # 1 - Starts: 1 min. 8 sec. to 13 min. 15 sec. (12 min. 7 sec. in length.)

Dr. Kappas, and the group, interview a female client, Joyce. She suffers from agoraphobia, and extreme fear of being alone.

Chapter # 2 - Starts: 13 min. 15 sec. to 21 min. 0 sec. (7 min. 45 sec. in length.)

After the client leaves the room, Dr. Kappas and the group discuss her case and how to approach her therapy.



Chapter # 3 - Starts: 21 min. 0 sec. to 42 min. 30 sec. (21 min. 30 sec. in length.)

Joyce returns and Dr. Kappas explains her condition, agoraphobia, to her. Then he tests her suggestibility and does an arm raising induction/conversion.

Chapter # 4 - Starts: 42 min. 30 sec. to 54 min. 50 sec. (22 min. 20 sec. in length.)

Into the recliner for her progressive relaxation then circle therapy to control her anxiety and agoraphobia.

Chapter # 5 - Starts: 54 min. 50 sec. to 66 min. 5 sec. (11 min. 15 sec. in length.)

Dr. Kappas, Dr. Hodges and the group interview the next female client, who has a fear of work related situations.

Chapter # 6 - Starts: 66 min. 5 sec. to 75 min. 44 sec. (9 min. 39 sec. in length.)

(Essay Question Info) After the client has left the room, Dr. Kappas and the group discuss her case.

Chapter # 7 - Starts: 75 min. 44 sec. to 85 min. 0 sec. (9 min. 16 sec. in length.)

The client returns for an explanation about her anticipatory anxiety. Then Dr. Kappas tests her suggestibility and does an arm raising induction/conversion.

Chapter # 8 - Starts: 85 min. 0 sec. to 102 min. 0 sec. (17 min. 0 sec. in length.)

Into the recliner for her progressive relaxation including an arm rigidity, and other deepening techniques. Then circle therapy to put her in control of her fears.

Chapter # 9 - Starts: 102 min. 0 sec. to 107 min. 15 sec. (5 min. 15 sec. in length.)

After the client has left the room, Dr. Kappas and the group discuss her problems and treatment for fears and agoraphobia.

## Lesson 45

The subject of this lesson is Pam. She is 30 years. Physical sexual and suggestible. She is suffering in the way that high Physicals do when recently rejected by an extreme Emotional. She is also a hypnotherapist. (We aren't immune to this stuff.) In hypnosis Dr. Kappas first does dream therapy, then a right-brain transfer, to put her logical mind in control of her identity and behavior. (Some dream therapy material, repeated from lesson # 41.)

Essay Question: discuss the trauma experienced by Physicals when they are rejected in a relationship.

Chapter# 1 - Starts: 52 sec. to 14 min. 5 sec. (13 min. 13 sec. in length.)

Dr. Kappas and the group interview Pam, a Physical sexual female suffering from rejection by an extremely high Emotional male. Pam is a hypnotherapist.

Chapter # 2 - Starts. 14 min. 5 sec. to 29 min. 55 sec. (15 min. 50 sec. in length.)

(Essay Question Info) Dr. Kappas discusses her case with the group about the problems that Physical sexuals have with rejection.

Chapter # 3 - Starts: 29 min. 55 sec. to 47 min. 21 sec. (17 min. 26 sec. in length.)

Dr. Kappas describes what needs to take place in therapy. She needs to vent out the need to be a perfect housewife.

Chapter # 4 - Starts: 47 min. 21 sec. to 61 min. 0 sec. (13 min. 39 sec. in length.)

Into the recliner for a short progressive relaxation. Then Dr. Kappas does a bit of dream therapy and a right-brain, left-brain transfer to put her logical mind in charge of her identity and behavior.

Chapter # 5 - Starts: 61 min. 9 sec. to 65 min. 14 sec. (4 min. 5 sec. in length.)

After awakening, the group discusses Pam's therapy, and Dr. Kappas describes the purpose of a left-brain, right-brain transfer.

Chapter # 6 - Starts: 65 min. 14 sec. to 75 min. 0 sec. (9 min. 46 sec. in length.)

Dr. Kappas discusses dreams, and how to interpret them.

Chapter # 7 - Starts: 75 min. 0 sec. to 91 min. 4 sec. (16 min. 4 sec. in length.)

The discussion about dreams continues with more emphasis on dream therapy.

## **Lesson 46**

This lesson deals with two separate clients. First a female, 30's, Emotional sexual and suggestible. She has a lack of confidence in sexual relationships. Her session involves good sexual therapy. Then a male, 30's, who is hyper-suggestible, and is constantly overloaded with message units. He needs to be de-hypnotized.

Essay Question: why would an Emotional suggestible lack confidence in a sexual relationship?

Chapter # 1 - Starts: 42 sec. to 18 min. 55 sec. (18 min. 13 sec. in length.)

An interview with a female in her 30's complaining of lack of confidence in sexual relationships.

Chapter # 2 - Starts: 18 min. 55 sec. to 35 min. 16 sec. (16 min. 21 sec. in length.)

(Essay Question Info) Dr. Kappas, the group and the client's hypnotherapist, discuss her sexual relationship problem, and how to proceed with her in therapy.

Chapter # 3 - Starts: 35 min. 16 sec. to 48 min. 35 sec. (13 min. 19 sec. in length.)

Dr. Kappas explains to the client how her therapy will proceed. Then he explains successful sexual relationships to her, how and why sex can be good, and how to achieve this.

Chapter # 4 - Starts: 48 min. 35 sec. to 59 min. 30 sec. (10 min. 55 sec. in length.)

Dr. Kappas tests her suggestibility and does an arm raising induction/conversion.

Chapter # 5 - Starts: 59 min. 30 sec. to 72 min. 54 sec. (13 min. 24 sec. in length.)

Into the recliner for a progressive relaxation followed by hypnotherapy to get her mind and body working together, sexually.

Chapter # 6 - Starts: 72 min. 54 sec. to 83 min. 0 sec. (10 min. 6 sec. in length.)

Dr. Kappas has an interview with a hyper-suggestible male client who needs to be de-hypnotized. Then Dr. Kappas tests his suggestibility and does an arm raising induction/conversion.

Chapter # 7 - Starts: 83 min. 0 sec. to 105 min. 43 sec. (22 min. 43 sec. in length.)

Into the recliner for a progressive relaxation and hypnotherapy. This session is an excellent example of circle therapy.

Chapter # 8 - Starts: 105 min. 43 sec. to 110 min. 22 sec. (4 min. 39 sec. in length.)

Then a post therapy discussion and an exercise of the post-hypnotic suggestion to re-hypnosis.

## Lesson 47

The first part of this lesson is with a female, 30's 60% Physical sexual - 50/50 suggestible. She has a weight problem, trouble in her marriage, and a poor self-image, which is what Dr. Kappas works with in her session. The next client, also a female, suffers from sexual guilt.

Essay Question: why is image building often necessary before weight control therapy can begin?

Chapter # 1 - Starts: 1 min. 0 sec. to 18 min. 15 sec. (17 min. 15 sec. in length.)

Dr. Kappas, and the group, interview a female client with a weight control problem.

Chapter # 2 - Starts: 18 min. 15 sec. to 27 min. 25 sec. (9 min. 10 sec. in length.)

The discussion continues with her failing marriage and a lot of group input.

Chapter # 3 - Starts: 27 min. 25 sec to 42 min. 47 sec. (15 min. 22 sec. in length.)

(Essay Question Info) A group discussion with the client's hypnotherapist, Sharon, after the client has left the room.

Chapter # 4 - Starts: 42 min. 47 sec. to 60 min. 18 sec. (17 min. 31 sec. in length.)

Dr, Kappas has a pre-hypnosis discussion with the client. Then he tests her suggestibility and does an arm raising induction/conversion. Then into the recliner for a progressive relaxation.

Chapter # 5 - Starts: 60 min. 18 sec. to 70 min. 15 sec. (9 min. 57 sec. in length.)

Continuation of her progressive relaxation, then hypnotherapy to create a better self image for her.

Chapter # 6 - Starts: 70 min. 15 sec. to 74 min. 0 sec. (3 min. 45 sec. in length.)

Dr. Kappas awakens her then he exercises the post-hypnotic suggestion to re-hypnosis.

Chapter # 7 - Starts: 74 min. 0 sec. to 79 min. 28 sec. (5 min. 28 sec. in length.)

Dr. Kappas, and the group, discuss her session after she has left.

Chapter # 8 - Starts: 79 min. 28 sec. to 94 min. 0 sec. (14 min. 32 sec. in length.)

Next Dr. Kappas and the group interview a female client with a complaint about having sexual guilt.

Chapter # 9 - Starts: 94 min. 0 sec. to 105 min. 18 sec. (11 min. 18 sec. in length.)

Dr. Kappas discusses her case with the group after she has left the room.

Chapter # 10 - Starts: 105 min. 18 sec. to 111 min. 12 sec. (5 min. 54 sec. in length.)

We jump ahead to her session, which is already in progress.

## Lesson 48

In this lesson Dr. Kappas discusses many subjects such as: theory of mind; stage hypnosis; when self-hypnosis should not be used, and the difference between self-hypnosis and hetero-hypnosis; overload and hyper-suggestibility and many other basics about hypnotherapy.

Essay Question: when is self-hypnosis inappropriate?

Chapter # 1 - Starts: 45 sec. to 2 min. 15 sec. (1 min. 30 sec. in length.)

(Essay Question Info) Dr. Kappas discusses when self-hypnosis would not be advisable.

Chapter # 2 - Starts: 2 min. 15 sec. to 23 min. 8 sec. (22 min. 53 sec. in length.)

Dr. Kappas explains the Theory of Mind, inductions, and manipulating overload.

Chapter # 3 - Starts: 23 min. 8 sec. to 37 min. 0 sec. (13 min. 52 sec. in length.)

Dr. Kappas discusses how to go from an induction to a progressive relaxation. Then some information about stage hypnosis.

Chapter # 4 - Starts: 37 min. 0 sec. to 44 min. 22 sec. (7 min. 22 sec. in length.)

Continuation of the discussion about hypnotherapy with Dr. Kappas. Subjects like increasing suggestibility, unknowns, and hyper-suggestibility.

Chapter # 5 - Starts: 44 min. 22 sec. to 48 min. 49 sec. (4min. 27 sec. in length.)

The discussion continues about basic hypnotherapy, the art and the practice.

Chapter # 6 - Starts: 48 min. 49 sec. to 58 min. 56 sec. (10 min. 7 sec. in length.)

(Essay Question Info) When self-hypnosis should not be used and why.

## Lesson 49

This lesson contains a lot of information. Dr. Kappas discusses obsessive-compulsive behavior and how problems are removed. Circle therapy, self-hypnosis, suggestibility and sexuality, suggestibility questionnaire, modifying suggestibility, Physical sexuality and rejection, behavior of the ethnic Emotional male.

Essay Question: discuss obsessive-compulsive behavior, and how to treat it in hypnotherapy.

Chapter # 1 - Starts: 30 sec. to 4 min. 59 sec. (4 min. 29 sec. in length.)

(Essay Question Info) Dr. Kappas discusses obsessive-compulsive behavior, and how to conduct therapy with these people.

Chapter # 2 - Starts: 4 min. 59 sec. to 18 min. 44 sec. (13 min. 45 sec. in length.)

Dr. Kappas continues the discussion with how to remove problems in hypnosis using circle therapy

Chapter # 3 - Starts: 18 min. 44 sec. to 24 min. 34 sec. (5 min. 50 sec. in length.)

When and why self-hypnosis should not be used.

Chapter # 4 - Starts: 24 min. 34 sec. to 36 min. 49 sec. (12 min. 15 sec. in length.)

How Physicals and Emotionals communicate differently from one another.

Chapter # 5 - Starts: 36 min. 49 sec. to 60 min. 46 sec. (23 min. 57 sec. in length.)

Dr. Kappas and the group discuss the suggestibility questionnaire in detail.

Chapter # 6 - Starts: 60 min. 46 sec. to 69 min. 50 sec. (9 min. 4 sec. in length.)

Continuation about the suggestibility questionnaire as the discussion becomes more specific.

Chapter # 7 - Starts: 69 min. 50 sec. to 76 min. 24 sec. (6 min. 34 sec. in length.)

How and why a hypnotherapist should use inferred rather than literal suggestions with a client.

Chapter # 8 - Starts: 76 min. 24 sec. to 91 min. 35 sec. (15 min. 11 sec. in length.)

Dr. Kappas discusses when, how and why a therapist should alter the suggestibility of a client. Then a discussion about Physical and Emotional sexuality in men and women.

Chapter # 9 - Starts: 91 min. 35 sec. to 103 min. 43 sec. (12 min. 8 sec. in length.)

How and why Physicals and Emotionals react so differently from one another to rejection.

Chapter # 10 - Starts: 103 min. 43 sec. to 105 min. 12 sec. (1 min. 29 sec. in length.)

A discussion about ethnic Emotional males and some typical behavior.

## **Lesson 50**

This lesson deals with the law and divorce. Dr. Kappas and David, a guest divorce lawyer, discuss the legal aspects of divorce. These include: settlements, child support, alimony, income and property, restraining orders, vindictive and violent behavior, and mediation.

Essay Question: what should a therapist's position be in divorce mediation?

Chapter # 1 - Starts: 53 sec. to 17 min. 25 sec. (16 min. 32 sec. in length.)

Dr. Kappas and David, a divorce lawyer, discuss the legal aspects of divorce in Georgia.

Chapter # 2 - Starts: 17 min. 25 sec. to 30 min. 4 sec. (12 min. 39 sec. in length.)

How adultery can have an effect in divorce settlements and other issues that differ between Georgia and California.

Chapter # 3 - Starts: 30 min. 4 sec. to 39 min. 0 sec. (8 min. 56 sec. in length.)

Laws involving child support in different states, and other laws involving interstate cases.

Chapter # 4 - Starts: 39 min. 0 sec. to 49 min. 45 sec. (10 min. 45 sec. in length.)

How income and property are dealt with in alimony and child support cases.

Chapter # 5 - Starts: 49 min. 45 sec. to 55 min. 54 sec. (6 min. 9 sec. in length.)

How threats, vindictive behavior, and restraining orders are handled by the legal system.

Chapter # 6 - Starts: 55 min. 54 sec. to 66 min. 25 sec. (10 min. 31 sec. in length.)

David continues discussing divorce settlements, child support, and violence in divorce cases.

Chapter # 7 - Starts: 66 min. 25 sec. to 74 min. 25 sec. (8 min. 0 sec. in length.)

Why lawyers shouldn't mediate, and therapists shouldn't give legal counseling in divorce cases.

Chapter # 8 - Starts: 74 min. 25 sec. to 80 min. 30 sec. (6 min. 5 sec. in length.)

How jury selection takes place and how lawyers need to communicate in court. Then more about child support.

Chapter # 9 - Starts: 80 min. 30 sec. to 93 min. 30 sec. (13 min. 0 sec. in length.)

(Essay Question Info) Dr. Kappas discusses divorce mediation and how it's handled in California. When couples qualify for mediation and why.

Chapter # 10 - Starts: 93 min. 30 sec. (108 min. 1 sec. in length.)

Dr. Kappas continues the discussion about California divorce cases, mediation, and E&P (facts about Emotional and Physical sexuality and suggestibility).

## Lesson 51

This lesson contains a lot of information. Dr. Kappas begins discussing defenses then handwriting, incongruence, treating Emotionals and Physicals, changing social behavior, what female breast nerve endings indicate, modifying sexuality and suggestibility, relationship communication, and hypnotic depth. (Continued next lesson.)

Essay Question: what causes a person to develop a defense and when should a therapist try to alter or remove it?



Chapter # 1 - Starts: 56 sec. to 13 min. 0 sec. (12 min. 4 sec. in length.)

Dr. Kappas begins a discussion about defenses, how they are created, and how and why they should be removed. (Essay question).

Chapter # 2 - Starts: 13 min. 0 sec. to 35 min. 30 sec. (22 min. 30 sec. in length.)

Handwriting analysis to detect defenses and incongruence in both Emotionals and Physicals.

Chapter # 3 - Starts: 35 min. 30 sec. to 49 min. 0 sec. (13 min. 30 sec. in length.)

How and why a therapist must treat Emotionals and Physicals differently from one another in therapy.

Chapter # 4 - Starts: 49 min. 0 sec. to 54 min. 22 sec. (5 min. 22 sec. in length.)

A history about how and why social behavior has changed over the years in America.

Chapter # 5 - Starts: 54 min. 22 sec. to 59 min. 54 sec. (5 min. 32 sec. in length.)

The discussion continues with handwriting analysis, compatibility, and incongruence.

Chapter # 6 - Starts: 59 min. 54 sec. to 73 min. 0 sec. (13 min. 6 sec. in length.)

How female sexuality can be determined by female breast nerve endings. How this can be analyzed is illustrated on the board by Dr. Kappas.

Chapter # 7 - Starts: 73 min. 0 sec. to 82 min. 47 sec. (9 min. 47 sec. in length.)

The discussion gets into modifying sexuality, how, when and why.

Chapter # 8 - Starts: 82 min. 47 sec. to 87 min. 50 sec. (5 min. 3 sec. in length.)

Why Physicals and Emotionals should be educated in how to communicate with their partner's opposite suggestibility.

Chapter # 9 - Starts: 87 min. 50 sec. to 104 min. 30 sec. (16 min. 40 sec. in length.)

How to modify a person's suggestibility in hypnotherapy to create balance and congruence.

Chapter # 10 - Starts: 104 min. 30 sec. to 119 min. 15 sec. (14 min. 45 sec. in length.)

Hypnotic depth, what it is and is not, and how to deepen a subject in hypnosis.

## Lesson 52

Dr. Kappas discusses Inductions and hypnotic depth, somnambulists, psychotic swings, and behavior, metaphysics and astral projection. When to use audiotapes and dream analysis and sexual guilt. (Continued next lesson.)

Essay Question: how best are audiotapes used in hypnosis?

Chapter # 1 - Starts: 45 sec. to 4 min. 40 sec. (3 min. 55 sec. in length.)

Dr. Kappas discusses inductions. (Different techniques.)

Chapter # 2 - Starts: 4 min. 40 sec. to 21 min. 50 sec. (17 min. 10 sec. in length.)

A little history of hypnosis, then more about depth and how to use suggestibility to achieve it.

Chapter # 3 - Starts: 21 min. 50 sec. to 32 min. 45 sec. (10 min. 55 sec. in length.)

Recognizing somnambulists and psychotic behavior. Then Dr. Kappas tells a case history about a subject's psychotic break, while in hypnosis.

Chapter # 4 - Starts: 32 min. 45 sec. to 43 min. 30 sec. (10 min. 45 sec. in length.)

Metaphysics, and more about psychotic swings in therapy. Then information about astral projection.

Chapter # 5 - Starts: 43 min. 30 sec. to 47 min. 33 sec. (4 min. 3 sec. in length.)

(Essay Question Info) When to and when not to use audiotapes, and why.

Chapter # 6 - Starts: 47 min. 33 sec. to 60 min. 3 sec. (12 min. 30 sec. in length.)

More about Inductions then hypnotherapy in the proper environment.

Chapter # 7 - Starts: 60 min. 3 sec. to 78 min. 28 sec. (18 min. 25 sec. in length.)

Dr. Kappas discusses different induction techniques. Then awakenings and how to control the hypnotic state.

Chapter # 8 - Starts: 78 min. 28 sec. to 90 min. 20 sec. (11 min. 52 sec. in length.)

Dr. Kappas discusses dream analysis, and how to use venting dreams in hypnotherapy.

Chapter # 9 - Starts: 90 min. 20 sec. to 100 min. 50 sec. (10 min. 30 sec. in length.)

The discussion about dream therapy continues with a case history about sexual guilt.

Chapter # 10 - Starts: 100 min. 50 sec. to 118 min. 50 sec. (18 min. 0 sec. in length.)

The discussion continues about dream therapy to venting and precognitive dreams, and the difference between the two. Then timing, symbols, and how they are used in therapy.

## Lesson 53

Most of this lesson is about dreams and dream therapy, but it also deals with teeth grinding, boredom, and passive-aggressive behavior.

Essay Question: what does teeth grinding indicate?

Chapter # 1 - Starts: 49 sec. to 16 min. 0 sec. (15 min. 11 sec. in length.)

Dr. Kappas and the group analyze the dreams of a few group members.

Chapter # 2 - Starts: 16 min. 0 sec. to 28 min. 35 sec. (12 min. 35 sec. in length.)

Dr. Kappas gets into more dream analysis explaining wishful thinking and venting dreams.

Chapter # 3 - Starts: 28 min. 35 sec. to 36 min. 16 sec. (7 min. 41 sec. in length.)

Dr. Kappas and the group analyze one group member's very unique dreams about an out-of-body experience.

Chapter # 4 - Starts: 36 min. 16 sec to 47 min. 5 sec. (10 min. 49 sec. in length.)

More about out-of-body experiences in dreams, and related dream analysis.

Chapter # 5 - Starts: 47 min. 5 sec. to 61 min. 24 sec. (14 min. 19 sec. in length.)

Dr. Kappas and the group continue analyzing the dream of a group member and the symbolism of rattlesnakes, in the dream.

Chapter # 6 - Starts: 61 min. 24 sec. to 65 min. 58 sec. (4 min. 24 sec. in length.)

Dr. Kappas tells a story about his early days of hunting and milking rattlesnakes for their venom, then he continues analyzing the same snake dream.

Chapter # 7 - Starts: 65 min. 58 sec. to 68 min. 0 sec. (2 min. 2 sec. in length.)

(Essay Question Info) Teeth grinding and how to treat this in hypnosis and with dream therapy.

Chapter # 8 - Starts: 68 min. 0 sec. to 76 min. 30 sec. (8 min. 30 sec. in length.)

How to treat snoring, boredom, and a tragic sleepwalking story.

Chapter # 9 - Starts: 76 min. 30 sec. to 95 min. 45 sec. (19 min. 15 sec. in length.)

Passive-aggressive behavior and how to treat it in hypnosis. (Circle therapy.)

## Lesson 54

This lesson is about relationship counseling. First a case history of a couple: a Physical male and an Emotional female, who is having an affair with her boss. Then another relationship counseling case with a female, 85% Physical sexual and an ethnic Emotional male. Then a few more relationship cases, game playing in relationships, sexual advice, relationship strategies, anger, and stages of loss. (Continued next lesson).

Essay Question: what are a therapist's responsibilities when a client declares that she is having an affair?

Chapter # 1 - Starts: 48 sec. to 6 min. 0 sec. (5 min. 12 sec. in length.)

(Essay Question Info) Dr. Kappas tells the group how to begin relationship counseling, and to establish rules in therapy.

Chapter # 2 - Starts: 6 min. 0 sec. to 20 min. 50 sec. (14 min. 50 sec. in length.)

Dr. Kappas tells a case history of a couple with sexual and infidelity problems. The female is having an affair.

Chapter # 3 - Starts: 20 min. 50 sec. to 27 min. 0 sec. (6 min. 10 sec. in length.)

Dr. Kappas continues with his therapeutic strategy in advising this couple. He wants them to agree to compromise.

Chapter # 4 - Starts: 27 min. 0 sec. to 40 min. 31 sec. (13 min. 31 sec. in length.)

Dr. Kappas continues with sexual advice for this couple, explaining the cycles that Emotional sexuals function with. Then more about behavioral structure.

Chapter # 5 - Starts: 40 min. 31 sec. to 61 min. 11 sec. (20 min. 40 sec. in length.)

More discussion about how to do relationship counseling with Emotionals and Physicals.

Chapter # 6 - Starts: 61 min. 11 sec. to 70 min. 7 sec. (8 min. 56 sec. in length.)

Dr. Kappas discusses another relationship counseling case history.

Chapter # 7 - Starts: 70 min. 7 sec. to 80 min. 0 sec. (9 min. 53 sec. in length.)

More discussion about relationship strategies with Emotionals and Physicals.

Chapter # 8 - Starts: 80 min. 0 sec. to 87 min. 0 sec. (7 min. 0 sec. in length.)

Dr. Kappas talks about his own history in relationships since World War II, and how behavior follows patterns.

Chapter # 9 - Starts: 87 min. 0 sec. to 93 min. 55 sec. (6 min. 55 sec. in length.)

Anger in relationships and stages of loss.

Chapter # 10 - Starts: 93 min. 55 sec. to 111 min. 14 sec. (17 min. 19 sec. in length.)

Dr. Kappas tells another relationship counseling case history. Then a related group discussion.

## **Lesson 55**

The E&P approach to relationship counseling. The differences between Physical and Emotional behavior in relationships. Dr. Kappas tells a great story about his service during World War II. Then cubicle release, sexual techniques, and the business of hypnotherapy.

Essay Question: describe cubicle release, and how could you incorporate stages of development into therapy?

Chapter # 1 - Starts: 51 sec. to 11 min. 5 sec. (4 min. 14 sec. in length.)

A group discussion about the E&P approach to relationship counseling.

Chapter # 2 - Starts: 11 min. 5 sec. to 24 min. 10 sec. (13 min. 5 sec. in length.)

The discussion continues with how to treat a variety of relationship problems.

Chapter # 3 - Starts: 24 min. 10 sec. to 32 min. 45 sec. (8 min. 35 sec. in length.)

Dr. Kappas describes how Physical sexual men try to get sex, and how to deal with them.

Chapter # 4 - Starts: 32 min. 45 sec. to 49 min. 0 sec. (16 min. 15 sec. in length.)

Dr. Kappas describes the differences between Physical and Emotional sexual behavior in relationships.

Chapter # 5 - Starts: 49 min. 0 sec. to 55 min. 39 sec. (6 min. 39 sec. in length.)

Dr. Kappas describes how he does relationship counseling in different types of situations.

Chapter # 6 - Starts: 55 min. 39 sec. to 72 min. 51 sec. (17 min. 12 sec. in length.)

Dr. Kappas tells a good World War II story, and then describes cubicle release. (Essay question)

Chapter # 7 - Starts: 72 min. 51 sec. to 82 min. 50 sec. (9 min. 59 sec. in length.)

How to schedule sessions, get clients to be on time, and create a professional practice.

Chapter # 8 - Starts: 82 min. 50 sec. to 94 min. 45 sec. (11 min. 55 sec. in length.)

Dr. Kappas describes a few cases, and how he treated different clients with specific problems.

## Lesson 56

This is an interesting and unusual lesson. Dr. Kappas does a little acting. He plays the role of a female, 21 years of age - Emotional sexual. A recovering alcoholic who is depressed, suicidal, and possibly agoraphobic. Dr. Kappas acts the part of this client and answers the group's questions. The discussion also gets into the Mental Bank, sex

therapy, fears and phobias, and some of the legalities of this business. (Continued next lesson.)

Essay Question: what is the basic theory of the Mental Bank Concept?

Chapter # 1 - Starts: 50 sec. to 13 min. 10 sec. (12 min. 20 sec. in length.)

Dr. Kappas and the group are going to do some role playing. First Dr. Hodges reads the case history of a female client that Dr. Kappas had treated in the past, to the group.

Chapter # 2 - Starts: 13 min. 10 sec. to 22 min. 8 sec. (8 min. 58 sec. in length.)

Dr. Kappas plays the part of this female client, as the group interviews her.

Chapter # 3 - Starts: 22 min. 8 sec. to 32 min. 32 sec. (10 min. 24 sec. in length.)

Dr. Kappas comes out of character long enough to advise the group how to continue the interview with this client, then they continue.

Chapter# 4 - Starts: 32 min. 32 sec. to 58 min. 25 sec. (15 min. 53 sec. in length.)

Dr. Kappas stops the mock interview again to get the group to focus on the things with this woman that can be worked with in therapy.

Chapter # 5 - Starts: 58 min. 25 sec. to 62 min. 20 sec. (3 min. 55 sec. in length.)

(Essay Question Info) Dr. Kappas describes the Mental Bank Concept.

Chapter # 6 - Starts: 62 min. 20 sec. to 72 min. 56 sec. (10 min. 36 sec. in length.)

Dr. Kappas continues the discussion about how the therapy with this client, who is also a somnambulist, should proceed.

Chapter # 7 - Starts: 72 min. 56 sec. to 77 min. 31 sec. (4 min. 35 sec. in length.)

The discussion continues to sexual therapy with this client.

Chapter # 8 - Starts: 77 min. 31 sec. to 83 min. 31 sec. (6 min. 0 sec. in length.)

(Essay Question Info.) More about the Mental Bank. Then the legal rules that we, as hypnotherapists, must work with. Then fears and phobias.

Chapter # 9 - Starts: 83 min. 31 sec. to 98 min. 41 sec. (15 min. 10 sec. in length.)

The differences between positive and negative forms of therapy, and when each is appropriate. Then more about organization in a therapy practice.

Chapter # 10 - Starts: 98 min. 41 sec. to 117 min. 48 sec. (19 min. 7 sec. in length.)

Dr. Kappas discusses another related case history and asks for the group's opinions. (Continued next lesson.)

## Lesson 57

Dr. Kappas describes denial, then plays the part of a female client as the group interviews her. Then Dr. Kappas describes how he would treat this client getting her through divorce and stages of loss. Then more role playing by Dr. Kappas as an agoraphobic, passive-aggressive client.

Essay Question: how can passive-aggressive behavior affect motivation?

Chapter # 1 - Starts: 1 min. 4 sec. to 11 min. 30 sec. (10 min. 26 sec. in length.)

Dr. Kappas explains denial, and then plays the part of a female client that he has treated in the past. The group interviews her.

Chapter # 2 - Starts: 11 min. 30 sec. to 18 min. 20 sec. (6 min. 50 sec. in length.)

Dr. Kappas directs the interview toward sexual relations, in depth.

Chapter # 3 - Starts: 18 min. 20 sec. to 34 min. 0 sec. (15 min. 40 sec. in length.)

Dr. Kappas talks more about denial, and how to work with it in therapy. Then he tells them when the right time to hypnotize her would be.

Chapter # 4 - Starts: 34 min. 0 sec. to 43 min. 30 sec. (9 min. 30 sec. in length.)

Dr. Kappas gives more advice about how the interview should proceed.

Chapter # 5 - Starts: 43 min. 30 sec. to 60 min. 28 sec. (16 min. 58 sec. in length.)

Dr. Kappas describes the problems in the client's relationship, and how to proceed in therapy.

Chapter # 6 - Starts: 60 min. 28 sec. to 73 min. 20 sec. (12 min. 52 sec. in length.)

Dr. Kappas continues to tell this case history. After three or four weeks of therapy Dr. Kappas starts to take down her denial so that she can continue with the stages of loss. He also suggests divorce as a future goal.



Chapter # 7 - Starts: 73 min. 20 sec. to 86 min. 22 sec. (13 min. 2 sec. in length.)

Dr. Kappas describes how he would bring down her denial and lead her through anger and depression, and on to bargaining.

Chapter # 8 - Starts: 86 min. 22 sec. to 91 min. 26 sec. (5 min. 4 sec. in length.)

Dr. Kappas describes how to determine a client's sexuality without being too direct.

Chapter # 9 - Starts: 91 min. 26 sec. to 118 min. 57 sec. (27 min. 31 sec. in length.)

(Essay Question Info) Dr. Kappas plays the part of another client who is passive-aggressive and agoraphobic, and how this behavior is created.

## Lesson 58

This lesson begins with Dr. Kappas discussing passive-aggressive behavior but soon moves into metaphysics; exorcism; agoraphobia; pre- birth regression; reincarnation; multiple personalities; dream therapy and insomnia.

Essay Question: what suggestions could help an insomniac?

Chapter # 1 - Starts: 58 sec. to 8 min. 11 sec. (7 min. 13 sec. in length.)

Dr. Kappas tells the group about a client with passive-aggressive behavior.

Chapter # 2 - Starts: 8 min. 11 sec. to 17 min. 25 sec. (9 min. 14 sec. in length.)

The discussion moves into metaphysics and exorcism.

Chapter # 3 - Starts: 17 min. 25 sec. to 32 min. 20 sec. (14 min. 55 sec. in length.)

Multiple personality disorder, how to recognize it, and how Dr. Kappas has treated it in the past.

Chapter # 4 - Starts: 32 min. 20 sec. to 42 min. 30 sec. (10 min. 10 sec. in length.)

Pre-birth regression, and Dr, Kappas' experiences with reincarnation.

Chapter # 5 - Starts: 42 min. 30 sec. to 59 min. 20 sec. (16 min. 50 sec. in length.)

(Essay Question Info) Dr. Kappas and the group interview a Physical female with insomnia and agoraphobia. Dr. Kappas explains her case.

Chapter # 6 - Starts: 59 min. 20 sec. to 63 min. 56 sec. (4 min. 36 sec. in length.)

This client's therapists, and Dr. Kappas, analyze her dreams with the group.

Chapter # 7 - Starts: 63 min. 56 sec. to 69 min. 30 sec. (5 min. 34 sec. in length.)

Dr. Kappas explains dreams to the client, and how they're affected by anticipatory anxiety.

Chapter # 8 - Starts: 69 min. 30 sec. to 78 min. 47 sec. (9 min. 17 sec. in length.)

Dr. Kappas tests her suggestibility and does an arm raising induction/conversion.

Chapter # 9 - Starts: 78 min. 47 sec. to 91 min. 50 sec. (13 min. 3 sec. in length.)

(Essay Question Info) Into the recliner for her progressive relaxation, then circle therapy to remove anxiety and dream therapy to vent out the causes.

Chapter # 10 - Starts: 91 min. 50 sec. to 109 min. 17 sec. (17 min. 27 sec. in length.)

Dr. Kappas explains the post-hypnotic suggestion to re-hypnosis, then the group discusses her hypnotherapy session.

## Lesson 59

This lesson begins with Dr. Kappas and the group interviewing a male Emotional sexual - Emotional suggestible, with a fear of flying. The following discussion reveals that this is actually a phobia resulting from hypoglycemia. This has now become anticipatory anxiety. After the hypnotherapy session Dr. Kappas discusses the basics of hypnotherapy.

Essay Question: describe some suggestions that would help rid a client of the fear of flying.

Chapter # 1 - Starts: 55 sec. to 23 min. 26 sec. (22 min. 31 sec. in length.)

Dr. Kappas, and the group, interview a male client with a fear of flying (phobia) He is an Emotional sexual and suggestible.

Chapter # 2 - Starts: 23 min. 26 sec. to 27 min. 50 sec. (4 min. 24 sec. in length.)

Dr. Kappas and the group discuss this case without the client in the room.

Chapter # 3 - Starts: 27 min. 50 sec. to 38 min. 50 sec. (11 min. 0 sec. in length.)

The discussion moves to whether this is a fear or a phobia, and why, and his resulting anticipatory anxiety.

Chapter # 4 - Starts: 38 min. 50 sec. to 51 min. 10 sec. (12 min. 40 sec. in length.)

(Essay Question Info) The discussion moves into what should be done with this client in hypnotherapy, and how his treatment should then proceed.

Chapter # 5 - Starts: 51 min. 10 sec. to 55 min. 22 sec. (4 min. 12 sec. in length.)

Dr. Kappas describes hypoglycemia and anticipatory anxiety to the client. Then what his treatment goals and direction will be.

Chapter # 6 - Starts: 55 min. 22 sec. to 62 min. 57 sec. (7 min. 35 sec. in length.)

Dr. Kappas tests the client's suggestibility, then does an arm raising induction and conversion to hypnosis.

Chapter # 7 - Starts: 62 min. 57 sec. to 71 min. 50 sec. (8 min. 53 sec. in length.)

Into the recliner for a progressive relaxation and an arm rigidity deepening technique. Then down twenty steps to further deepen the client.

Chapter # 8 - Starts: 71 min. 50 sec. to 85 min. 50 sec. (14 min. 0 sec. in length.)

(Essay Question Info) Circle therapy, to take the client through experiencing his fear of flying, and to desensitize him to it.

Chapter # 9 - Starts: 85 min. 50 sec, to 100 min. 0 sec. (14 min. 10 sec. in length.)

After awakening, Dr Kappas tells the client how his therapy has worked, and what he should expect when he next flies. Then a group discussion about this case.

Chapter # 10 - Starts: 100 min. 0 sec. to 112 min. 13 sec. (12 min. 13 sec. in length.)

More about how his therapy will go, then a discussion about the basics of hypnotherapy.

## Lesson 60

An expert in anorexia nervosa and bulimia, Dr. Kepner tells the group about these problems. Then Kim, a female Physical sexual client who is anorexic and bulimic, abuses laxatives, and has relationship problems, is interviewed by the group. And then a discussion about her case after she has left the room.

Essay Question: describe what food represents to both the child and adolescent, inside of a person with an eating disorder.

Chapter # 1 - Starts: 55 sec. to 9 min. 22 sec. (8 min. 27 sec. in length.)

An expert in anorexia nervosa and bulimia, Dr. Kepner, tells the group about these problems.

Chapter # 2 - Starts: 9 min. 22 sec. to 21 min. 30 sec. (12 min. 8 sec. in length.)

The guest expert illustrates the dynamics of these problems and how he has treated them.

Chapter # 3 - Starts; 21 min. 30 sec. to 39 min. 30 sec. (18 min. 0 sec. in length.)

How these eating disorders are created and how circle therapy is the way to treat them in hypnotherapy

Chapter # 4 - Starts: 39 min. 30 sec. to 48 min. 47 sec. (9 min. 17 sec. in length.)

How age regression can be used in treating eating disorders in hypnosis.

Chapter # 5 - Starts: 48 min. 47 sec. to 61 min. 43 sec. (12 min. 56 sec. in length.)

More information about eating disorders and causes.

Chapter # 6 - Starts: 61 min. 43 sec. to 69 min. 0 sec. (7 min. 17 sec. in length.)

Kim, a female, 22 years, Physical sexual - somnambulist - anorexic and bulimic, abuses laxatives, is interviewed by the group about her eating disorders.

Chapter # 7 - Starts: 69 min. 0 sec. to 77 min. 0 sec. (8 min. 0 sec. in length.)

More about her eating disorder and what she wants from hypnotherapy.

Chapter # 8 - Starts: 77 min. 0 sec. to 86 min. 39 sec. (9 min. 39 sec. in length.)

More about the dynamics of bingeing and purging, and guilt about sex.

Chapter # 9 - Starts: 86 min. 39 sec. to 90 min. 0 sec. (3 min. 21 sec. in length.)

A good group discussion about her case after she has left the room.

Chapter # 10 - Starts: 90 min. 0 sec. to 116 min. 19 sec. (26 min. 19 sec. in length.)

Dr. Kappas tells the group how she developed her eating disorders, and how to treat her in hypnotherapy.

## Lesson 61

This lesson begins with the client from the last lesson who has an eating disorder. In hypnosis Dr. Kappas uses circle therapy to treat her. The next client is a female 63% Physical sexual, 52% Physical suggestible. She complains of insomnia and is agoraphobic. In hypnosis Dr. Kappas uses both arm rigidity deepening technique and finger spreading exercise of a post-hypnotic suggestion. Then a discussion about somnambulism and a few good stories.

Essay Question: in therapy, why should eating disorders be approached from the “back door” instead of directly in the early sessions?

Chapter # 1 - Starts: 59 sec. to 11 min. 50 sec. (10 min. 51 sec. in length.)

Dr. Kappas tests the client from the last lesson, who has an eating disorder, to determine her suggestibility. Then he does an arm raising induction/conversion.

Chapter # 2 - Starts: 11 min. 50 sec. to 16 min. 30 sec. (4 min. 40 sec. in length.)

Into the recliner for her progressive relaxation.

Chapter # 3 - Starts: 16 min. 30 sec. to 26 min. 40 sec. (10 min. 10 sec. in length.)

Dr. Kappas uses circle therapy and other techniques to treat her problems, then he awakens her.

Chapter # 4 - Starts: 26 min. 40 sec. to 38 min. 9 sec. (11 min. 29 sec. in length.)

(Essay Question Info) After the client has left, Dr. Kappas explains to the group what he did in therapy and how it should proceed. Then he introduces the next client.

Chapter # 5 - Starts: 38 min. 9 sec. to 49 min. 12 sec. (11 min. 3 sec. in length.)

Dr. Kappas explains to the next female client what he wants to achieve in her therapy. Then he tests her suggestibility and does an arm raising induction and conversion to hypnosis.

Chapter # 6 - Starts: 49 min. 12 sec. to 54 min. 15 sec. (5 min. 3 sec. in length.)

Into the recliner for her progressive relaxation.

Chapter # 7 - Starts: 54 min. 15 sec. to 62 min. 20 sec. (8 min. 5 sec. in length.)

An arm rigidity deepening technique, then circle therapy to desensitize her to her fears, agoraphobia, and other problems.

Chapter # 8 - Starts: 62 min. 20 sec. to 65 min. 44 sec. (3 min. 24 sec. in length.)

Dr. Kappas uses a finger spreading secondary induction to exercise the post-hypnotic suggestion to re-hypnosis.

Chapter # 9 - Starts: 65 min. 44 sec. to 78 min. 50 sec. (13 min. 6 sec. in length.)

After the client has left, Dr. Kappas discusses her case. This includes information about agoraphobia and treating phobias.

Chapter # 10 - Starts: 78 min. 50 sec. to 97 min. 41 sec. (18 min. 51 sec. in length.)

The discussion moves into somnambulism, then a few very good stories told by Dr. Kappas.

## **Lesson 62**

The client in this lesson is a male, Emotional sexual - 60% Emotional suggestible, who suffers from depression, fear of failure, and hypoglycemia. Dr. Hodges gives a good explanation of hypoglycemia, then the hypnotherapy session with Dr. Kappas has a good example of resistance in the arm raising induction.

Essay Question: describe the possible relationship between depression and diet.

Chapter # 1 - Starts: 58 sec. to 14 min. 45 sec. (13 min. 47 sec. in length.)

Dr. Kappas and the group interview Frank, a male Emotional sexual and suggestible who suffers from depression and fear of failure.

Chapter # 2 - Starts: 14 min. 45 sec. to 24 min. 28 sec. (9 min. 43 sec. in length.)

More deeply into Frank's past behavior as the interview continues.

Chapter # 3 - Starts: 24 min. 28 sec. to 29 min. 0 sec. (4 min. 32 sec. in length.)

(Essay Question Info) After Frank has left the room the group discusses his case, and how his therapy should proceed.

Chapter # 4 - Starts: 29 min. 0 sec. to 38 min. 7 sec. (9 min. 7 sec. in length.)

Dr. Kappas illustrates on the board, how this client's brain takes in message units, and how to help him to better cope with his overload.

Chapter # 5 - Starts: 38 min. 7 sec. to 53 min. 58 sec. (15 sec. 51 sec. in length.)

A very slow and resistant arm raising in progress with the client Frank, who has almost no ego sensation.

Chapter # 6 - Starts: 53 min. 58 sec. to 59 min. 20 sec. (5 min. 22 sec. in length.)

Into the recliner for a progressive relaxation.

Chapter # 7 - Starts: 59 min. 20 sec. to 67 min. 58 sec. (8 min. 38 sec. in length.)

Circle therapy, to build his tolerance to the various situations that scare him, and to desensitize him to stress.

Chapter # 8- Starts: 67 min. 58 sec. to 73 min. 20 sec. (5 min. 22 sec. in length.)

(Essay Question Info) Dr. Kappas discusses Frank with the group, after he has left the room. Then he talks about how to deepen subjects who are resistant to hypnosis.

## Lesson 63

This lesson is about passive-aggressive behavior and fear of success. The client is a male, Physical sexual, who wants motivation. Also covered: handwriting analysis, subconscious life script, and dream therapy.

Essay Question: describe how passive-aggressive behavior can affect fear of success.

Chapter # 1 - Starts: 51 sec. to 14 min. 25 sec. (13 min. 34 sec. in length.)

Dr. Kappas and the group interview a Male Physical sexual about his jobs, marriages, and lack of motivation.

Chapter # 2 - Starts: 14 min. 25 sec. to 32 min. 24 sec. (17 min. 59 sec. in length.)

The discussion moves into his daily structure, then more about his jobs and relationships. Dr. Kappas asks him many detailed questions.

Chapter # 3 - Starts: 32 min. 24 sec. to 40 min. 50 sec. (8 min. 26 sec. in length.)

The group discusses the client after he has left the room. Then Dr. Kappas analyzes his handwriting.

Chapter # 4 - Starts: 40 min. 50 sec. to 60 min. 36 sec. (19 min. 46 sec. in length.)

(Essay Question Info) Dr. Hodges describes passive-aggressive behavior. Then with the group the therapy plans and goals with this client.

Chapter # 5 - Starts: 60 min. 36 sec. to 67 min. 43 sec. (7 min. 7 sec. in length.)

Dr. Kappas tells the client Richard how, in therapy, his subconscious script will improve, with work on his part.

Chapter # 6 - Starts: 67 min. 43 sec. to 78 min. 15 sec. (10 min. 58 sec. in length.)

Dr. Kappas tests his suggestibility and then does an arm raising induction/conversion to hypnosis.

Chapter # 7 - Starts: 78 min. 15 sec. to 83 min. 25 sec. (5 min. 10 sec. in length.)

Into the recliner for a progressive relaxation.

Chapter # 8 - Starts: 83 min. 25 sec. to 93 min. 25 sec. (10 min. 0 sec. in length.)

First circle therapy, to desensitize him to his anxiety. Then therapy to start building him a new life script, and to help him earn more money.

Chapter # 9 - Starts: 93 min. 25 sec. to 103 min. 19 sec. (9 min. 44 sec. in length.)

More circle therapy to remove fear, then a bit of dream therapy.

Chapter # 10 - Starts: 103 min. 19 sec. to 119 min. 42 sec. (16 min. 23 sec. in length.)

(Essay Question Info) Dr. Kappas and the group discuss the last client's case.



## Lesson 64

This lesson deals with a female client: 57% Physical sexual - 62% Emotional suggestible, who has insomnia, a fear of riding in cars, and depression. Also, other subjects discussed include: past relationships; dream analysis; body syndromes; weight control; anger and the clock mechanism for treating sleep problems.

Essay Question: explain how to establish a clock mechanism for depressive sleepers.

Chapter # 1 - Starts: 48 sec. to 24 min. 30 sec. (23 min. 42 sec. in length.)

Dr. Kappas and the group interview a female client who is 67% Physical sexual and 62% Emotional suggestible, with insomnia and fears.

Chapter # 2 - Starts: 24 min. 30 sec. to 36 min. 0 sec. (11 min. 30 sec. in length.)

The discussion continues about past relationships, and the effects that they have had on her life.

Chapter # 3 - Starts: 36 min. 0 sec. to 45 min. 0 sec. (9 min. 0 sec. in length.)

The interview continues about past relationships, dreams, and sleep problems.

Chapter # 4 - Starts: 45 min. 0 sec. to 46 min. 57 sec. (1 min. 57 sec. in length.)

The discussion moves, briefly, to her work environment.

Chapter # 5 - Starts: 46 min. 57 sec. to 52 min. 45 sec. (5 min. 48 sec. in length.)

Dr. Kappas and the group discuss her case after she has left the room.

Chapter # 6 - Starts: 52 min. 45 sec. to 59 min. 37 sec. (6 min. 52 sec. in length.)

Dr. Kappas tells the group a lot about her case and how the interview should proceed. Then he talks about the true causes of her sleep problems.

Chapter # 7 - Starts: 59 min. 37 sec. to 67 min. 50 sec. (8 min. 13 sec. in length.)

Dr. Kappas analyzes her dream and the group discusses her case.

Chapter # 8 - Starts: 67 min. 50 sec. to 74 min. 0 sec. (6 min. 10 sec. in length.)

Dr. Kappas changes the discussion from a psychoanalytical approach to a hypnotherapeutic approach, to the case at hand.

Chapter # 9 - Starts: 74 min. 0 sec. to 88 min. 40 sec. (14 min. 40 sec. in length.)

Dr. Kappas tells the group about body syndromes, weight control, and how they apply to this client.

Chapter # 10 - Starts: 88 min. 40 sec. to 100 min. 20 sec. (11 min. 40 sec. in length.)

(Essay Question Info) Dr. Kappas tells the group that this therapy must be done in private, and why. Then he describes what he intends to do with this client in therapy. (Establish a clock mechanism).

Chapter # 11 - Starts: 100 min. 20 sec. to 114 min. 18 sec. (13 min. 58 sec. in length.)

(Essay Question Info) After her private session Dr. Kappas tells the group what transpired in her therapy. Then more information about dealing with anger.

## Lesson 65

Dr. Kappas talks about anger and frustration, then the group interviews Clay, a rejected Physical sexual male. Dr. Kappas explains right-brain, left-brain to the client then proceeds with his hypnotherapy session, then a group discussion about the case.

Essay Question: explain how a double arm raising could help a client let go of jealousy.

Chapter # 1 - Starts: 54 sec. to 3 min. 49 sec. (2 min. 55 sec. in length.)

Dr. Kappas talks about how to recognize and treat anger and frustration.

Chapter # 2 - Starts: 3 min. 49 sec. to 16 min. 45 sec. (12 min. 56 sec. in length.)

The group interviews Clay, a Physical sexual male rejected in a relationship.

Chapter # 3 - Starts: 16 min. 45 sec. to 32 min. 0 sec. (15 min. 15 sec. in length.)

The interview expands to include Clay's parents, his children, and other relationships.

Chapter # 4 - Starts: 32 min. 0 sec. to 42 min. 40 sec. (10 min. 40 sec. in length.)

The group discusses Clay's case after he has left the room.

Chapter # 5 - Starts: 42 min. 40 sec. to 50 min. 10 sec. (7 min. 30 sec. in length.)

Clay's therapist tells the group how his therapy has been going.

Chapter # 6 - Starts: 50 min. 10 sec. to 60 min. 9 sec. (9 min. 59 sec. in length.)

Dr. Kappas tells the group how he feels about this client, and how his therapy should proceed.

Chapter # 7 - Starts: 60 min. 9 sec. to 64 min. 31 sec. (4 min. 22 sec. in length.)

The explanation, by Dr. Kappas, about Clay's case continues.

Chapter # 8 - Starts: 64 min. 31 sec. to 69 min. 30 sec. (4 min. 59 sec. in length.)

Dr. Kappas tells Clay how his therapy should proceed and explains right-brain, left-brain, to him.

Chapter # 9 - Starts: 69 min. 30 sec. to 77 min. 12 sec. (7 min. 42 sec. in length.)

Dr. Kappas tests his suggestibility then does an arm raising induction, conversion to hypnosis.

Chapter # 10 - Starts: 77 min. 12 sec. to 95 min. 54 sec. (18 min. 42 sec. in length.)

(Essay Question Info) Into the recliner for a progressive relaxation, an arm rigidity deepening, then a right-brain, left-brain transfer, using a double arm raising, to desensitize him to jealousy.

Chapter # 11 - Starts: 95 min. 54 sec. to 110 min. 10 sec. (14 min. 16 sec. in length.)

A post therapy discussion about Clay's session, then Dr. Kappas tells a related case history.

## Lesson 66

This lesson involves two clients. The first is a female Physical sexual - 67% - Physical suggestible who has memory loss, and cannot have an orgasm. The second female has fear of being alone and deep water.

Essay Question: how can a dream combined with other factors cause a phobic reaction that can last for years?

Chapter # 1 - Starts: 55 sec. to 5 min. 24 sec. (4 min. 29 sec. in length.)

Dr. Kappas and another therapist discuss the female client, Physical sexual - 67% - Physical suggestible, coming in.

Chapter # 2 - Starts: 5 min. 24 sec. to 23 min. 20 sec. (17 min. 56. sec. in length.)

The group interviews this female client who wants to improve her sex life. She is Hispanic with passion, but also guilt and no sexual enjoyment.

Chapter # 3 - Starts: 23 min. 20 sec. to 28 min. 44 sec. (5 min. 24 sec. in length.)

She talks about her memory problems. Then more about sexual dysfunction and family guilt.

Chapter # 4 - Starts: 28 min. 44 sec. to 39 min. 27 sec. (10 min. 43 sec. in length.)

The group discusses this client after she has left the room.

Chapter # 5 - Starts: 39 min. 27 sec. to 49 min. 49 sec. (10 min. 22 sec. in length.)

Dr. Kappas tells the group his views about this client. (Insightful and very interesting).

Chapter # 6 - Starts: 49 min. 49 sec. to 60 min. 35 sec. (10 min. 46 sec. in length.)

An interview with a female client who has a fear of deep water and being alone.

Chapter # 7 - Starts: 60 min. 35 sec. to 69 min. 13 sec. (8 min. 38 sec. in length.)

The interview with this client continues about her fears.

Chapter # 8 - Starts: 69 min. 13 sec. to 80 min. 16 sec. (11 min. 3 sec. in length.)

The group discusses her case after she has left the room. Dr. Kappas explains her case and how precognitive dreams apply.

Chapter # 9 - Starts: 80 min. 16 sec. to 92 min. 55 sec. (12 min. 39 sec. in length.)

The discussion continues with hypoglycemia, and more about her dreams and fears.

Chapter # 10 - Starts: 92 min. 55 sec. to 100 min. 14 sec. (8 min. 19 sec. in length.)

Dr. Kappas explains how and why spontaneous or retrogression is safer than age regression. Then a good case history and how to proceed with this case.

Chapter # 11 - Starts: 100 min. 14 sec. to 115 min. 12 sec. (14 min. 58 sec. in length.)

(Essay Question Info) Dr. Kappas explains to the client what he will do in therapy. Then directly into hypnosis for a progressive relaxation and hypnotherapy.

## Lesson 67

Dr. Kappas and the group interview and discuss a female client 23 years, Physical sexual who has vaginal tightness after intercourse, with Dyspareunia and is still in a state of denial due to her being raped at age fifteen.

Essay Question: how can rape affect client's body syndromes?

Chapter # 10 - Starts: 54 sec. to 8 min. 30 sec. (7 min. 36 sec. in length.)

Dr. Kappas and the group interview a female 23 years Physical sexual, as she tells about being raped years earlier.

Chapter # 2 - Starts: 8 min. 30 sec. to 17 min. 35 sec. (9 min. 5 sec. in length.)

Dr. Kappas leads the client into other areas of her past, and sexual history.

Chapter # 3 - Starts: 17 min. 35 sec. to 28 min. 25 sec. (10 min. 50 sec. in length.)

(Essay Question Info) Dr. Kappas, Dr. Hodges and the group, discuss her case after she has left the room. They talk about how her therapy should proceed.

Chapter # 4 - Starts: 28 min. 25 sec. to 43 min. 44 sec. (15 min. 19 sec. in length.)

Dr. Kappas asks the group how they would explain Physical sexual behavior to this client, and how her therapy should proceed.

Chapter # 5 - Starts: 43 min. 44 sec. to 54 min. 28 sec. (10 min. 44 sec. in length.)

Dr. Kappas and the group tell her what to expect in therapy. Then Dr. Kappas explains Theory of Mind.

Chapter # 6 - Starts: 54 min. 28 sec. to 64 min. 8 sec. (9 min. 40 sec. in length.)

Dr. Kappas tests her suggestibility then does an arm raising induction/ conversion to hypnosis.

Chapter # 7 - Starts: 64 min. 8 sec. to 79 min. 0 sec. (14 min. 52 sec. in length.)

Into the recliner for more deepening techniques. Then circle therapy to desensitize her to her rape at age fifteen.

Chapter # 8 - Starts: 79 min. 0 sec. to 84 min. 42 sec. (5 min. 42 sec. in length.)

Dr. Kappas walks her down twenty steps to put a suggestion deep into her subconscious, giving her muscle control over her body.

Chapter # 9 - Starts: 84 min. 42 sec. to 96 min. 29 sec. (11 min. 47 sec. in length.)

(Essay Question Info) A group discussion about the client after she has left the room. Then how to create, and notice, depth.

## Lesson 68

This lesson is about improving athletic performance with hypnotherapy. The client is an Olympic caliber female ice skater, Debby, 17 years, Emotional sexual. The treatment is hypnodrama. Also covered in this lesson is confidence building, and working with athletes, and coaches, in other sports like boxing and weight lifting.

Essay Question: how could you enhance sports performance?

Chapter # 1 - Starts: 57 sec. to 1 min. 37 sec. (40 sec. in length.)

Dr. Hodges tells the group about Debby, an Olympic class ice skater coming in for hypnotherapy to improve her athletic performance.

Chapter # 2 - Starts: 51 min. 37 sec. to 16 min. 24 sec. (14 min. 47 sec. in length.)

The group interviews Debby about her need for confidence, enthusiasm and focus in her performances.

Chapter # 3 - Starts: 16 min. 24 sec. to 24 min. 24 sec. (8 min. 0 sec. in length.)

The group discusses her case after she has left the room.

Chapter # 4 - Starts: 24 min. 24 sec. to 40 min. 41 sec. (16 min. 17 sec. in length.)

(Essay Question Info) Dr. Kappas tells the group how he feels that her therapy should concentrate a lot on confidence building.

Chapter # 5 - Starts: 40 min. 41 sec. to 46 min. 1 sec. (5 min. 20 sec. in length.)

(Essay Question Info) Dr. Kappas tells the group about a few techniques for training athletes' emotional conditions.

Chapter # 6 - Starts: 46 min. 1 sec. to 56 min. 57 sec. (10 min. 56 sec. in length.)

(Essay Question Info) Dr. Hodges tells the client what to expect in therapy, then he does a progressive relaxation and hypnodrama, which takes her through her routine mentally, with her doing it perfectly.

Chapter # 7 - Starts: 56 min. 57 sec. to 63 min. 0 sec. (6 min. 3 sec. in length.)

(Essay Question Info) The group discusses Debby's case after she has left the room.

Chapter # 8 - Starts: 63 min. 0 sec. to 69 min. 20 sec. (6 min. 20 sec. in length.)

(Essay Question Info) The discussion moves into treating professional athletes in many sports and other different kinds of performers as well.

Chapter # 9 - Starts: 69 min. 20 sec to 78 min. 20 sec. (9 min. 0 sec. in length.)

Dr. Kappas describes how to tailor suggestions to a person's particular suggestibility, Physical vs. Emotional.

Chapter # 10 - Starts: 78 min. 20 sec. to 89 min. 20 sec. (11 min. 0 sec. in length.)

(Essay Question Info) Dr. Kappas tells a case history about a boxer that he treated and managed, then more about sports improvement by using hypnodrama and positive re-enforcement.

Chapter # 11- Starts: 89 min. 20 sec. to 95 min. 35 sec. (6 min. 55 sec. in length)

(Essay Question Info) Dr. Kappas talks about how to work with boxers, weight lifters, and coaches, in hypnotherapy.

## Lesson 69

This lesson is with a female client, 80% Physical sexual - 80% Emotional suggestible, with fear of illness and death. She suffers with mysophobia and has an obsessive-compulsive personality. Dr. Kappas explains Theory of Mind, then her therapy consists of arm rigidity deepening, stress reduction with circle therapy, and a stop mechanism. Then Dr. Kappas describes HMI's intern program and tells the group how it began.

Essay Question: describe mysophobia and its treatment.

Chapter # 1 - Starts: 53 min. to 6 min. 23 sec. (5 min. 30 sec. in length.)

Dr. Kappas and the group interview a female client, 80% Physical sexual - 80% Emotional suggestible, who is obsessive-compulsive, and has fear of illness and death.

Chapter # 2 - Starts: 6 min. 23 sec. to 13 min. 0 sec. (6 min. 37 sec. in length.)

Dr. Kappas asks her some in-depth questions about her compulsion to wash her hands.

Chapter # 3 - Starts: 13 min. 0 sec. to 20 min. 39 sec. (7 min. 39 sec. in length.)

(Essay Question Info) The group asks her more questions about her history, other compulsions and their causes.

Chapter # 4 - Starts: 20 min. 39 sec. to 27 min. 50 sec. (7 min. 11 sec. in length.)

The group discusses this woman's case after she has left the room.

Chapter # 5 - Starts: 27 min. 50 sec. to 45 min. 15 sec. (7 min. 25 sec. in length.)

Dr. Kappas tries to focus the group's questions into the problems and treatment for this woman.

Chapter # 6 - Starts: 45 min. 15 sec. to 51 min. 18 sec. (6 min. 3 sec. in length.)

Dr. Kappas continues to focus on how to treat this woman's problems.

Chapter # 7- Starts: 51 min. 18 sec. to 56 min. 20 sec. (5 min. 2 sec. in length.)

Dr. Kappas explains to this client how her treatment will proceed to reduce her stress.

Chapter # 8 - Starts: 56 min. 20 sec. to 66 min. 41 sec. (10 min. 21 sec. in length.)

Dr. Kappas explains Theory of Mind to her, then tests her suggestibility and then does an arm raising induction/conversion to hypnosis.

Chapter # 9 - Starts: 66 min. 41 sec. to 71 min. 47 sec. (5 min. 6 sec. in length.)

Into the recliner for a progressive relaxation and an arm rigidity deepening technique.



Chapter # 10 - Starts: 71 min. 47 sec. to 83 min. 52 sec. (12 min. 5 sec. in length.)

Circle therapy to desensitize her to stress and anxiety, then the introduction of a stop mechanism.

Chapter # 11 - Starts: 83 min. 52 sec. to 93 min. 6 sec. (9 min. 14 sec. in length.)

(Essay Question Info) Dr. Kappas discusses this client with the group, after her therapy.

Chapter # 12 - Starts: 93 min. 6 sec. to 102 min. 16 sec. (9 min. 10 sec. in length.)

Dr. Kappas tells the group how, and why, the HMI intern program began.

## Lesson 70

This is a lesson about relationship counseling. The couple is a female, Emotional sexual - Emotional suggestible, and a male husband who lies a lot and is passive-aggressive. The problems in this relationship are cheating by both partners, arguing, sexual rejection, and distrust. The treatment includes Theory of Mind, resistance to hypnosis and how to deal with this, many deepening techniques, confidence building, dream therapy, and dealing with resistance to authority.

Essay Question: how would a passive-aggressive tell lies?

Chapter # 1 - Starts: 59 sec. to 15 min. 0 sec. (14 min. 1 sec. in length.)

The group interviews a couple with a husband who lies constantly. He gives some history about his problems at work.

Chapter # 2 - Starts: 15 min. 0 sec. to 28 min. 20 sec. (13 min. 20 sec. in length.)

More about his lying problem and the resulting marital problems including arguing, sexual rejection, and cheating by both partners.

Chapter # 3 - Starts: 28 min. 20 sec. to 35 min. 47 sec. (7 min. 27 sec. in length.)

Dr. Kappas focuses on the infidelity and the distrust. She cheated because he did it first.

Chapter # 4 - Starts: 35 min. 47 sec. to 44 min. 40 sec. (8 min. 53 sec. in length.)

(Essay Question Info) A group discussion about this couple after they leave the room. The decision is that the husband is passive-aggressive.

Chapter # 5 - Starts: 44 min. 40 sec. to 61 min. 35 sec. (16 min. 55 sec. in length.)

(Essay Question Info) Dr. Kappas focuses on their relationship problems, his passive-aggressive behavior, and the therapeutic approach that will be taken to help them.

Chapter # 6 - Starts: 61 min. 35 sec. to 69 min. 50 sec. (8 min. 15 sec. in length.)

Dr. Kappas describes to the husband his problems and causes. Then he explains Theory of Mind to him, and how hypnosis works.

Chapter # 7 - Starts: 69 min. 50 sec. to 90 min. 0 sec. (20 min. 10 sec. in length.)

Dr. Kappas tests his suggestibility and then does a very slow arm raising with a lot of resistance. A good example of using resistance to overload a client with message units. (Many ego sensation techniques used).

Chapter # 8 - Starts: 90 min. 0 sec. to 103 min. 50 sec. (13 min. 50 sec. in length.)

Finally into the recliner for a progressive relaxation and many additional deepening techniques. Then therapy to build confidence, and dream therapy to vent out resistance to authority.

Chapter # 9 - Starts: 103 min. 50 sec. to 116 min. 42 sec. (12 min. 52 sec. in length.)

A very interesting group discussion about resistance to authority

## Lesson 71

This lesson concerns a female client, Emotional sexual - Emotional suggestible, who has a fear of loud sudden noises. She is hypoglycemic and agoraphobic. The discussion also deals with anger, past relationships, dreams, index finger indication of sugar problems, and therapy to deal with all of these problems.

Essay Question: how could hypoglycemia affect a fear of loud noises?

Chapter # 1 - Starts: 53 sec. to 12 min. 50 sec. (11 min. 57 sec. in length.)

A group interview with a female client who has a fear of loud sudden noises.

Chapter # 2 - Starts: 12 min. 50 sec. to 19 min. 6 sec. (6 min. 16 sec. in length.)

Dr. Kappas focuses into her anger, and the types of therapy that she has had in the past.

Chapter # 3 - Starts: 19 min. 6 sec. to 23 min. 56 sec. (4 min. 50 sec. in length.)

The interview gets into her past relationships. Then Dr. Kappas asks her about her dreams. Then more about her problems with loud noises.

Chapter # 4 - Starts: 23 min. 56 sec. to 31 min. 38 sec. (7 min. 42 sec. in length.)

(Essay Question Info) A group discussion, after she has left the room, about her hypoglycemia and resulting phobias.

Chapter # 5 - Starts: 31 min. 38 sec. to 47 min. 27 sec. (15 min. 49 sec. in length.)

Dr. Kappas and her therapist discuss her hypoglycemia, her phobia, and the index finger indication about the mother's pre-birth sugar levels.

Chapter # 6 - Starts: 47 min. 27 sec. to 58 min. 58 sec. (11 min. 31 sec. in length.)

Discussion about how the client's therapy should, and has been proceeding.

Chapter # 7 - Starts: 58 min. 58 sec. to 62 min. 41 sec. (3 min. 43 sec. in length.)

More about her problems with her eating habits, and how her therapy should proceed.

Chapter # 8 - Starts: 62 min. 41 sec. to 71 min. 40 sec. (8 min. 59 sec. in length.)

Dr. Kappas explains to the client the effect that her hypoglycemia had in the development of her phobia. Then he tells her what he intends to do with her in hypnotherapy.

Chapter # 9 - Starts: 71 min. 40 sec. to 86 min. 44 sec. (15 min. 4 sec. in length.)

Dr. Kappas tests her suggestibility and does an arm raising induction/conversion, with a few interesting variations.

Chapter # 10 - Starts: 86 min. 44 sec. to 96 min. 47 sec. (10 min. 3 sec. in length.)

Into the recliner for a progressive relaxation, and more relaxation techniques designed to treat her specific phobia.

Chapter # 11 - Starts: 96 min. 47 sec. to 116 min. 28 sec. (19 min. 41 sec. in length.)

A post-hypnotic discussion about the client's condition, different degrees of agoraphobia, and the direction that her therapy should take with her hypoglycemia.

## Lesson 72

This lesson involves a female client, Emotional sexual - Emotional suggestible, alcoholic, who bites her nails and pulls out her hair. The interview, discussions, and therapy, get into marriage issues and sex, drug use, venting dreams, hypoglycemia, obsessive-compulsive behavior, body syndromes, hysterical conversion, and sleep deprivation. In hypnotherapy, a slow arm raising, deepening techniques, confidence building and circle therapy.

Essay Question: how did body syndromes indicate the cause of this client's problems?

Chapter # 1 - Starts: 54 sec. to 15 min. 0 sec. (14 min. 6 sec. in length.)

A group interview with a female, Emotional sexual - Emotional suggestible, alcoholic, who bites her nails and pulls out her hair.

Chapter # 2 - Starts: 15 min. 0 sec. to 22 min. 53 sec. (7 min. 53 sec. in length.)

The interview gets into her two marriages, her sex life, and her venting dreams.

Chapter # 3 - Starts: 22 min. 53 sec. to 32 min. 40 sec. (9 min. 47 sec. in length.)

After the client has left the room, a group discussion about her hypoglycemia, her marriages and divorces, and her obsessive-compulsive behavior.

Chapter # 4 - Starts: 32 min. 40 sec. to 40 min. 18 sec. (7 min. 38 sec. in length.)

(Essay Question Info) Her venting dreams and attempts to get better. Her body syndrome connections and hysterical conversion.

Chapter # 5 - Starts: 40 min. 18 sec. to 50 min. 20 sec. (10 min. 2 sec. in length.)

Information about sleep deprivation effects, and how Dr. Kappas would proceed with this client.

Chapter # 6 - Starts: 50 min. 20 sec. to 56 min. 50 sec. (6 min. 30 sec. in length.)

Dr. Kappas tells the client about her problems and what needs to be done.

Chapter # 7 - Starts: 56 min. 50 sec. to 62 min. 20 sec. (5 min. 30 sec. in length.)

He then explains suggestibility to her, and how he will use it in her hypnotherapy.

Chapter # 8 - Starts: 62 min. 20 sec. to 76 min. 37 sec. (14 min. 17 sec. in length.)

He then tests her suggestibility followed by a very slow arm raising with a lot of resistance. During this he also further deepens her by providing resistance with his finger on the back of her head. Finally her arm comes up.

Chapter # 9 - Starts: 76 min. 37 sec. to 89 min. 52 sec. (13 min. 15 sec. in length.)

Into the recliner for a progressive relaxation. Then venting dream therapy, confidence building, and circle therapy.

Chapter # 10 - Starts: 89 min. 52 sec. to 101 min. 25 sec. (11 min. 33 sec. in length.)

A post-hypnosis discussion about the meanings of no ego sensation, abreactions, and good information about arm raising's.

## Lesson 73

The client in this lesson is a female, 89% Physical sexual - 70% Physical suggestible, with a fear of water. This lesson also deals with hypoglycemia, phobias, circle therapy, double binding, and the law of reverse action.

Essay Question: what suggestions could you give a client with an irrational fear of water?

Chapter # 1 - Starts: 1 min. 0 sec. to 15 min. 0 sec. (14 min. 0 sec. in length.)

A group interview with a female client, 89% Physical sexual - 70% Physical suggestible, with a fear of water, that began in childhood. She tells how it began and specifically, about her physical reactions to her fear.

Chapter # 2 - Starts: 15 min. 0 sec. to 27 min. 0 sec. (12 min. 0 sec. in length.)

A group discussion, after she has left, about her fear of water and associated things.

Chapter # 3 - Starts: 27 min. 0 sec. to 37 min. 37 sec. (10 min. 37 sec. in length.)

Dr. Kappas focuses the group questions on her stress, relationship issues, and the dynamics of her fear.

Chapter # 4 - Starts: 37 min. 37 sec. to 46 min. 29 sec. (8 min. 52 sec. in length.)

Dr. Kappas describes what needs to be done in today's therapy, He tells the group how her hypoglycemia has prolonged her stress and fear, and how it affects her thinking.

Chapter # 5 - Starts: 46 min. 29 sec. to 52 min. 30 sec. (6 min. 1 sec. in length.)

Dr. Kappas tells the group about the three parts to her problem, and how hypoglycemia added a phobia to her fear from childhood. Then he explains suggestibility.

Chapter # 6 - Starts: 52 min. 30 sec. to 64 min. 47 sec. (12 min. 17 sec. in length.)

He then tests her suggestibility and does a medium speed arm raising, with some resistance at first.

Chapter # 7 - Starts: 64 min. 47 sec. to 81 min. 14 sec. (16 min. 27 sec. in length.)

(Essay Question Info) Into the recliner for a progressive relaxation. Then circle therapy to desensitize her to her fear reaction. He then double binds her locking in his suggestions through the Law of Reverse Action.

Chapter # 8 - Starts: 81 min. 14 sec. to 86 min. 36 sec. (5 min. 22 sec. in length.)

A post-hypnosis group discussion. She went very deep and Dr, Kappas describes what he did, and why.

## **Lesson 74**

The client in this lesson is a male, 36 years, 61% Physical sexual - Suggestibility is near somnambulism. He lacks confidence and self esteem, and suffers from contradictory square. The discussions and therapy also covers anger, frustration, marital problems, losing syndrome, fear of success, stuttering, hysterical conversion, improving unconscious script, arm rigidity deepening, and a finger spreading secondary induction.

Essay Question: describe the contradictory square, in terms of this client's problem.

Chapter # 1 - Starts: 1 min. 2 sec. to 9 min. 45 sec. (8 min. 43 sec. in length.)

A group interview with a male client who lacks self confidence. He answers questions about his history.

Chapter # 2 - Starts: 9 min. 45 sec. to 17 min. 25 sec. (7 min. 40 sec. in length.)

Dr. Kappas focuses on his relationship with his wife and sex life, and his brother's questionable death.

Chapter # 3 - Starts: 17 min. 25 sec. to 30 min. 25 sec. (13 min. 0 sec. in length.)

More about his upbringing in a Jewish family and feelings of anger and frustration.

Chapter # 4 - Starts: 30 min. 25 sec. to 43 min. 33 sec. (13 min. 8 sec. in length.)

More about his fear of failure, frustration, marital problems, and earlier life experiences.

Chapter # 5 - Starts: 43 min. 33 sec. to 60 min. 48 sec. (16 min. 15 sec. in length.)

(Essay Question Info) A group discussion, after he has left, about losing syndrome, fear of success, and contradictory square, which Dr. Kappas describes to the group.

Chapter # 6 - Starts: 60 min. 48 sec. to 76 min. 0 sec. (15 min. 12 sec. in length.)

Dr. Kappas talks about this client and stuttering, hysterical conversion, and contradictory square. Then more group input.

Chapter # 7 - Starts # 76 min. 0 sec. to 84 min. 11 sec. (8 min. 11 sec. in length.)

(Essay Question Info) Dr. Kappas gets into a treatment plan and how to begin therapy with this man. He wants to create a paradox by attacking the thing that he most fears to change, his unconscious script.

Chapter # 8 - Starts: 84 min. 11 sec. to 95 min. 24 sec. (1 min. 13 sec. in length.)

(Essay Question Info) Dr. Kappas explains contradictory square to the client, and explains the related therapeutic purpose. Then he tests his suggestibility and does a medium fast arm raising induction and conversion to hypnosis.

Chapter # 9 - Starts: 95 min. 24 sec. to 109 min. 53 sec. (14 min. 29 sec. in length.)

Into the recliner for his progressive relaxation and an arm rigidity deepening technique. Then therapy to suggest that his subconscious script will change to a

successful one, and to desensitize his frustration. Then awakening and a finger spreading re-induction to exercise the post-hypnotic suggestion to re-hypnosis.

Chapter # 10 - Starts: 109 min. 53 sec. to 115 min. 18 sec. (5 min. 25 sec. in length.)

Then a post-hypnosis group discussion. The arm raising had to get him deep enough to activate his involuntary systems, to effect the necessary changes to relieve his frustration

Chapter # 11 - Starts: 115 min. 18 sec. to 117 min. 10 sec. (1 min. 52 sec. in length.)

The client answers some questions about his experiences in hypnosis.

## Lesson 75

This lesson is with a male client, 30's - Emotional sexual - somnambulist (shows Emotional suggestibility because of fear of loss of control). He passes out when thinking about or confronting needles. He is agoraphobic with a fear of dying which is really his main problem.

Essay Question: what could indicate that a client has a fear of death?

Chapter # 1 - Starts: 1 min. 7 sec. to 13 min. 46 sec. (12 min. 29 sec. in length.)

A group interview with a male client who has a fear of needles and injections.

Chapter # 2 - Starts: 13 min. 46 sec. to 19 min. 48 sec. (6 min. 2 sec. in length.)

The questioning moves into his past experiences with serious illnesses in his family's past, and fear of loss of control.

Chapter # 3 - Starts: 19 min. 48 sec. to 26 min. 38 sec. (6 min. 50 sec. in length.)

A group discussion after the client has left. The diagnosis is agoraphobia, fear of loss of control and dying. (Essay question).

Chapter # 4 - Starts: 26 min. 38 sec. to 34 min. 6 sec. (6 min. 28 sec. in length.)

Dr. Kappas explains to the client what suggestibility is and tells him about his phobia, then he tests his suggestibility.



Chapter # 5 - Starts: 34 min. 6 sec. to 45 min. 9 sec. (11 min. 3 sec. in length.)

Dr. Kappas attempts an arm raising, but the client has no ego sensation at all. Even though the arm doesn't come up, all of the techniques that Dr. Kappas uses still creates a lot of overload and gets this man quite deep. (It's all about overload).

Chapter # 6 - Starts: 45 min. 9 sec. to 60 min. 40 sec. (15 min. 31 sec. in length.)

Into the recliner for a progressive relaxation then a good circle therapy to desensitize him to his fear of needles. Dr. Kappas then shows him a searing, while still in hypnosis, to test the affect of the desensitization.

Chapter # 7 - Starts: 60 min. 40 sec. to 72 min. 30 sec. (11 min. 50 sec. in length.)

(Essay Question Info) A post-hypnosis group discussion while the client is in another room. There a dentist uses a searing to test the post-hypnotic suggestion to reaction. The discussion continues about somnambulism and phobias. An important question to ask is, "Did you ever wake up and couldn't move or talk?" His phobia is really fear of death, not needles.

Chapter # 8 - Starts: 72 min. 30 sec. to 80 min. 0 sec. (7 min. 30 sec. in length.)

Dr. Kappas describes how to work with this man. Circle therapy for his fear of needles. Then explain his phobia to him. Then Dr. Kappas talks more about the client's behavior in the other room with the dentist.

Chapter # 9 - Starts: More about overcoming this client's resistance and getting depth with his arm raising.

## Lesson 76

The female client in this lesson has a fear of thunderstorms and is obsessive-compulsive. She is in her 30's, Emotional sexual and a somnambulist. Also covered in this lesson are fears vs. phobias, altering suggestibility, somnambulism, and self-image, an Inferred arm raising and how it's different from a literal one.

Essay question: explain how, in this case, an obsessive-compulsive act is tied to a fear of thunderstorms.

Chapter # 1 - Starts: 1 min. 15 sec. to 7 min. 35 sec. (6 min. 20 sec. in length.)

A group interview with a female client who has a fear of thunderstorms.

Chapter # 2 - Starts: 7 min. 35 sec. to 11 min. 2 sec. (3 min. 27 sec. in length.)

Dr. Kappas focuses in on her obsessive-compulsive behavior and her early family life.

Chapter # 3 - Starts: 11 min. 2 sec. to 24 min. 40 sec. (13 min. 38 sec. in length.)

(Essay Question Info) A group discussion about this client, after she has left the room, about obsessive-compulsive behavior, on a selective basis. And that she has a fear not a phobia.

Chapter # 4 - Starts: 24 min. 40 sec. to 36 min. 30 sec. (11 min. 50 sec. in length.)

The discussion gets into a method of treatment for her obsessive-compulsive behavior. This is to alter her suggestibility in order to diminish her somnambulistic behavior.

Chapter # 5 - Starts: 36 min. 30 sec. to 52 min. 40 sec. (16 min. 10 sec. in length.)

Dr. Kappas describes how he will alter her suggestibility in order to start changing her self image.

Chapter # 6 - Starts: 52 min. 40 sec. to 63 min. 0 sec. (10 min. 20 sec. in length.)

Dr. Kappas explains to the client suggestibility, and how changing hers will help to change her self image into a more positive one. Then he tests her suggestibility.

Chapter # 7 - Starts: 63 min. 0 sec. to 77 min. 50 sec. (14 min. 50 sec. in length.)

A slow Inferred arm raising then onto the recliner for a progressive relaxation.

Chapter # 8 - Starts: 77 min. 50 sec. to 84 min. 48 sec. (6 min. 58 sec. in length.)

Then suggestions to change her self-image in a positive way. He also gives her a trigger, looking at her feet, to stimulate confidence.

Chapter # 9 - Starts: 84 min. 48 sec. to 98 min. 0 sec. (13 min. 12 sec. in length.)

A post-hypnosis group discussion, after the client has left the room. Very good information about arm raisings, inferred vs. literal. How, and why, he used inferred suggestions throughout out this session.

Chapter # 10 - Starts: 98 min. 0 sec. to 110 min. 11 sec. (12 min. 11 sec in length)

How Dr. Kappas controlled her depth to create Emotional suggestibility.

## Lesson 77

The male client, Paul, in this lesson is mixed dominance, as a result of his grandfather's and his father's dominance over him as a child. The problem that he wants help with is stuttering. He is also a somnambulist.

Essay Question: how did this client develop mixed dominance, and how does it cause his stuttering?

Chapter # 1 - Starts: 1 min. 3 sec. to 3 min. 17 sec. (2 min. 14 sec. in length.)

Dr. Kappas tells the group about a male client coming in with a stuttering problem. The first question is what information is needed about his suggestibility?

Chapter # 2 - Starts: 3 min. 17 sec. to 9 min. 2 sec. (5 min. 45 sec. in length.)

The group interviews Paul, about his speech impediment and his childhood history with his father.

Chapter # 3 - Starts: 9 min. 2 sec. to 27 min. 53 sec. (18 min. 51 sec. in length.)

Dr. Kappas has Paul use his finger movement to minimize his stuttering. Then more discussion about his past and present relationships.

Chapter # 4 - Starts: 27 min. 53 sec. to 38 min. 30 sec. (10 min. 37 sec. in length.)

(Essay Question Info) Dr. Kappas explains mixed dominance, and how this client's dominant father created it in him.

Chapter # 5 - Starts: 38 min. 30 sec. to 48 min. 12 sec. (9 min. 42 sec. in length.)

More about the dynamics of mixed dominance, and how it can cause stuttering.

Chapter # 6 - Starts: 48 min. 12 sec. to 53 min. 18 sec. (5 min. 41 sec. in length.)

Dr. Kappas explains mixed dominance to the client, Paul, and how his very dominant father and grandfather caused it in him. Then he tells him how he will treat it in hypnotherapy.

Chapter # 7 - Starts: 53 min. 18 sec. to 66 min. 0 sec. (12 min. 42 sec. in length.)

Dr. Kappas tests Paul's suggestibility. Then an arm raising during which Dr. Kappas changes it from an Emotional one to a Physical one by making his fingers heavy half way up, to make his hand bend, and to control the induction.

Chapter # 8 - Starts: 66 min. 0 sec. to 77 min. 31 sec. (11 min. 31 sec. in length.)

Into the recliner for a progressive relaxation and some other deepening techniques. Then suggestions to increase right-brain dominance and to end stuttering. (Good example of somnambulism).

Chapter # 9 - Starts: 77 min. 31 sec. to 90 min. 40 sec. (13 min. 9 sec. in length.)

A post-hypnotic group discussion about how and why Dr. Kappas guided the depth and direction of this client during therapy.

## Lesson 78

The client in this lesson is a female, 28 years, Physical sexual - Physical suggestible who has trouble sleeping and is in denial over the loss of a relationship. This lesson is about stages of loss and how to treat a client who is going through them in hypnotherapy.

Essay Question: how did denial cause sleep problems?

Chapter # 1 - Starts: 1 min. 0 sec. to 8 min. 50 sec. (7 min. 50 sec. in length.)

A group interview with a 28 year old female client, Physical sexual and Physical suggestible, who has problems sleeping.

Chapter # 2 - Starts: 8 min. 50 sec. to 16 min. 54 sec. (8 min. 4 sec. in length.)

The discussion gets into her relationships with men and her feelings of loss after her last relationship ended.

Chapter # 3 - Starts: 16 min. 54 sec. to 31 min. 25 sec. (14 min. 31 sec. in length.)

(Essay Question Info) After the client has left the room, Dr. Kappas and the group discuss what kind of therapeutic approach should be taken to get her through the stages of loss. First denial, then in the next session depression and anger.

Chapter # 4 - Starts: 31 min. 25 sec. to 45 min. 33 sec. (14 min. 8 sec. in length.)

Dr. Kappas explains to her how he will treat her problem. Then he tests her suggestibility and does an arm raising induction and conversion to hypnosis.

Chapter # 5 - Starts: 45 min. 33 sec. to 54 min. 32 sec. (8 min. 59 sec. in length.)

Into the recliner for a progressive relaxation and then suggestions that she will sleep soundly and deeply every night, and that she will release her denial in her next session, so that she can get on with her life confidently.

Chapter # 6 - Starts: 54 min. 32 sec. to 61 min. 53 sec. (7 min. 21 sec. in length.)

Essay Question Info) A post-hypnosis group discussion as Dr. Kappas tells how he will get her through depression and anger in the next session, using circle therapy.

Chapter # 7 - Starts: 61 min. 53 sec. to 67 min. 50 sec. (5 min. 57 sec. in length.)

More information about the last two stages of loss, bargaining and resolution. He also talks about how anger, for too long, can be dangerous and even suicidal.

Chapter # 8 - Starts: 67 min. 50 sec. to 84 min. 17 sec. (16 min. 27 sec. in length.)

(Essay Question Info) Discussion about other cases of insomnia and how denial can contribute to it. Dr. Kappas then talks about when to go with a systematic approach and take a person through anger before depression, and why.

## Lesson 79

The client in this lesson is a female, Marsha, 30 years, Physical sexual - low Emotional suggestible. She wants help with weight control, and to get on with her divorce. She is also bipolar (which used to be called manic depression), and in the denial stage of loss. This case also involves rejection and anger, sexual relationships, and a lot of good information about stages of loss, and how to lead someone through them. (Hypnosis session incomplete.)

Essay Question: how could you help a client with bipolar disorder?

Chapter # 1 - Starts: 23 sec. to 12 min. 0 sec. (11 min. 37 sec. in length.)

Dr. Kappas introduces Marsha, 30 years, Physical sexual - low Emotional suggestible. She describes her depression then the group interviews her about her failed marriage.

Chapter # 2 - Starts: 12 min. 0 sec. to 19 min. 0 sec. (7 min. 0 sec. in length.)

The questions get into her relationships with her children, other men, her father, and her job.

Chapter # 3 - Starts: 19 min. 0 sec. to 27 min. 0 sec. (8 min. 0 sec. in length.)

Dr. Kappas questions her about her rejection and anger toward her ex-husband, and her hopes for a future successful relationship.

Chapter # 4 - Starts: 27 min. 0 sec. to 40 min. 38 sec. (13 min. 38 sec. in length.)

More about the end of her marriage, family repercussions, and related weight gain. Then Dr. Kappas talks to her about sexual relationships since her divorce, and with her new man Billy.

Chapter # 5 - Starts: 40 min. 38 sec. to 46 min. 34 sec. (5 min. 56 sec. in length.)

(Essay Question Info) A group discussion about Marsha and the origins of her depression. The term bipolar disorder has replaced the old term manic depression.

Chapter # 6 - Starts: 46 min. 34 sec. to 61 min. 15 sec. (4 min. 41 sec. in length.)

(Essay Question Info) Marsha's hypnotherapist tells the group about her case and Dr. Kappas gives his views about her childlike behavior and denial mechanism. Then he talks about how her therapy should proceed while also considering the affects of her medications.

Chapter # 7 - Starts: 61 min. 15 sec. to 72 min. 21 sec. (11 min. 6 sec. in length.)

Dr. Kappas describes how her therapy should proceed, how, when and why to remove her denial, at a time when she can survive without it.

Chapter # 8 - Starts: 72 min. 21 sec. to 81 min. 25 sec. (9 min. 4 sec. in length.)

More about her diet and medication, and the dynamics of her denial mechanism. How it protects a person from getting on to depression and anger to soon.

## Lesson 80

Relationship counseling is the subject of this lesson. Rodney is 42 years, Emotional sexual - Physical suggestible. Judy is 39 years, Physical sexual and suggestible. Judy has suppressed anger, depression and hypoglycemia. Rodney is very frustrated in the marriage. There is good information about the systems approach to therapy in this lesson.

Essay Question: what are the underlying reasons for this client's anger toward her husband?

Chapter # 1 - Starts: 23 sec. to 7 min. 36 sec. (7 min. 13 sec. in length.)

Dr. Kappas instructs the group on how to interview the couple coming in with marital problems.

Chapter # 2 - Starts: 7 min. 36 sec. to 21 min. 7 sec. (13 min. 31 sec. in length.)

Dr. Kappas and the group interview the couple about their problems and the anger that Judy has against Rodney.

Chapter # 3 - Starts: 21 min. 7 sec. to 27 min. 20 sec. (6 min. 13 sec. in length.)

Dr. Kappas asks about their relationship with their children, her depression and hypoglycemia.

Chapter # 4 - Starts: 27 min. 20 sec. to 32 min. 20 sec. (5 min. 0 sec. in length.)

Questions about their relationship before they had children, and then after.

Chapter # 5 - Starts: 32 min. 20 sec. to 44 min. 12 sec. (11 min. 52 sec. in length.)

Dr. Kappas asks Rodney how he feels about Judy's depression, anger and behavior. He also gets into their sex life and more about her expressions of anger towards him, and why.

Chapter # 6 - Starts: 44 min. 12 sec. to 52 min. 0 sec. (7 min. 48 sec. in length.)

Dr. Kappas and the group ask more questions about the children's effect on their relationship, and Judy's anger about having to work.

Chapter # 7 - Starts: 52 min. 0 sec. to 63 min. 16 sec. (11 min. 16 sec. in length.)

Questions about whether they want to stay married or not. Then more about their kids and normal teenage problems. The questions then get into Rodney's and Judy's relationships with their parents, when they were young.

Chapter # 8 - Starts: 63 min. 16 sec. to 80 min. 0 sec. (16 min. 44 sec. in length.)

(Essay Question Info) After the couple leaves, Dr. Kappas, and the group, discuss why Judy's resentment is so powerful, and why Rodney is so frustrated by this.

Chapter # 9 - Starts: 80 min. 0 sec. to 104 min. 19 sec. (24 min. 19 sec. in length.)

(Essay Question Info) More about hypoglycemia, and its effect on her stress levels. Then Dr. Kappas describes how their therapy should proceed with the whole family present using the Family Systems approach.

## Lesson 81

This lesson begins with the continuation of the relationship counseling case discussion, from the last lesson. The systems approach and the defining of their family system, is the treatment for this couple. The second client is a female, 62% Emotional suggestible and High Emotional sexual. Her problems are: bulimia/anorexia; hypoglycemia because of purging; temper control; depression and obsessive-compulsive behavior.

Essay Question: what should the treatment be for this bulimic client?

Chapter # 1 - Starts: 29 sec. to 11 min. 50 sec. (11 min. 21 sec. in length.)

Dr. Kappas is discussing the clients from the last lesson with the group. He's talking about relationship counseling with the systems approach to therapy.

Chapter # 2 - Starts: 11 min. 50 sec. to 23 min. 17 sec. (11 min. 27 sec. in length.)

The discussion gets into the children's effect on a family system when they reach their teens. Then how relationship counseling should begin to alter this family system.

Chapter # 3 - Starts: 23 min. 17 sec. to 29 min. 45 sec. (6 min. 12 sec. in length.)

The hypnotherapist for the bulimic female client, coming in, tells the group about her case, and therapy so far. She's, 62% Emotional suggestible, and high Emotional sexual. After his description Dr. Kappas gives his advice.

Chapter # 4 - Starts: 29 min. 45 sec. to 54 min. 45 sec. (25 min. 0 sec. in length.)

Dr. Kappas, and the group, interview this bulimic female who has binged and purged for the past ten years, and the effects that this has had on her past relationships. Dr. Kappas describes her problems to the group.

Chapter # 5 - Starts: 54 min. 45 sec. to 66 min. 4 sec. (11 min. 19 sec. in length.)

(Essay Question Info) Dr. Kappas describes her obsessive-compulsive behavior, time distortion, and how to communicate with this woman in therapy.



Chapter # 6 - Starts: 66 min. 4 sec. to 73 min. 10 sec. (7 min. 6 sec. in length.)

Dr. Kappas and the group explain her Emotional sexual behavior to her, and how it's related to her bulimia, and her obsessive-compulsive behavior. Then Dr. Kappas explains to her the treatment plan for her problems.

Chapter # 7 - Starts: 73 min. 10 sec. to 79 min. 53 sec. (6 min. 43 sec. in length.)

Dr. Kappas tests her suggestibility and does a fast arm raising induction and conversion, to hypnosis.

Chapter # 8 - Starts: 79 min. 53 sec. to 101 min. 33 sec, (21 min. 40 sec. in length.)

(Essay Question Info) Into the recliner for her progressive relaxation and an arm rigidity deepening technique. Then circle therapy, to desensitize her compulsion, and dream therapy, and double binding her.

## Lesson 82

The client in this lesson is Jerry, a female, 45 years, 92% Physical sexual and high Physical suggestible. She is heartbroken from the breakup of a relationship and under a psychiatrist's care. In this lesson are good discussions about Physical and Emotional behavior, relationship strategies, and a funny case history. In therapy deepening techniques, and excellent circle therapy.

Essay Question: how would you deal with the depression caused by this client's relationship breakdown?

Chapter # 1 - Starts: 54 sec. to 3 min. 11 sec. (2 min. 17 sec. in length.)

Dr. Hodges reads the biography of Jerry, a female client, 45 years, 92% Physical sexual and a high Physical suggestible. She is suffering from rejection.

Chapter # 2 - Starts: 3 min. 11 sec. to 9 min. 12 sec. (6 min. 1 sec. in length.)

Dr. Kappas and the group interview Jerry who is heartbroken over a lost relationship.

Chapter # 3 - Starts: 9 min. 12 sec. to 22 min. 30 sec. (13 min. 18 sec. in length.)

Dr. Kappas asks her questions about her divorce from an earlier marriage, and more about her past.

Chapter # 4 - Starts: 22 min. 30 sec. to 38 min. 19 sec. (15 min. 49 sec. in length.)

Dr. Kappas asks her in-depth questions about her last relationship.

Chapter # 5 - Starts: 38 min. 19 sec. to 52 min. 15 sec. (13 min. 56 sec. in length.)

A group discussion, after Jerry has left the room, about her relationships and her Physical and Emotional behavior.

Chapter # 6 - Starts: 52 min. 15 sec. to 60 min. 42 sec. (8 min. 27 sec. in length.)

(Essay Question Info) Dr. Kappas describes the therapeutic approach to take with Jerry.

Chapter # 7 - Starts: 60 min. 42 sec. to 77 min. 0 sec. (16 min. 18 sec. in length.)

More discussion about how to treat her in therapy and to explain Physical and Emotional behavior to her. Then more about basic relationship strategies between Physical and Emotional sexual people, and how Physical sexuals react to rejection.

Chapter # 8 - Starts: 77 min. 0 sec. to 81 min. 50 sec. (4 min. 50 sec. in length.)

Dr. Kappas tells a funny case history about a cheating Emotional sexual male who tells ridiculous lies.

Chapter # 9 - Starts: 81 min. 50 sec. to 90 min. 18 sec. (8 min. 28 sec. in length.)

Dr. Kappas explains to Jerry how her Physical sexuality affects her relationships, and how he wants to get her past her denial mechanism.

Chapter # 10 - Starts: 90 min. 18 sec. to 100 min. 0 sec. (9 min. 42 sec. in length.)

Dr. Kappas tests her suggestibility and does an arm raising so fast that he has to provide a lot of resistance to adequately overload her.

Chapter # 11 - Starts: 100 min. 0 sec. to 118 min. 30 sec. (18 min. 30 sec. in length.)

Into the recliner for a progressive relaxation, an arm rigidity, and other deepening techniques. Then great circle therapy to get Jerry past denial and into anger.

## Lesson 83

This lesson begins with a discussion about the client from the last lesson. The female client, a somnambulist, had a very interesting case. Next Dr. Kappas discusses migraine headaches, how they occur, what they are precisely, and why they sometimes develop while in hypnosis. Then he demonstrates a fascinating method of providing instant relief. Then an interview and hypnotherapy with Anita, a female client, Emotional sexual - Physical suggestible, who has had migraines since the age of twenty. Dr. Kappas gives good explanations of suggestibility and hypnosis. Then a good demonstration, in hypnosis, of pain control.

Essay Question: why do some clients develop headaches in hypnosis?

Chapter # 1 - Starts: 46 min. 14 sec. to 14 min. 18 sec. (13 min. 32 sec. in length.)

Dr. Kappas discusses the last client and her hypnosis with the group. The previous lesson was with a female somnambulist and very interesting.

Chapter # 2 - Starts: 14 min. 18 sec. to 25 min. 45 sec. (11 min. 27 sec. in length.)

Dr. Kappas explains migraine headaches and how they occur, to the group. Then he demonstrates a fascinating method of instant migraine headache relief.

Chapter # 3 - Starts: 25 min. 45 sec. to 34 min. 37 sec.

(Essay Question Info) Why some clients develop headaches in or right after hypnosis. Emotional conflict or tension.

Chapter # 4 - Starts: 34 min. 37 sec. to 54 min. 56 sec.

Dr. Kappas and the group interview Anita, who suffers from migraine headaches. She had a lot of resentment as a teenager, and started having migraines at the age of twenty.

Chapter # 5 - Starts: 54 min. 56 sec. to 62 min. 45 sec. (7 min. 49 sec. in length.)

Many members of the group give their views on what's going on with this client, and what should be done with her in therapy.

Chapter # 6 - Starts: 62 min. 45 sec. to 69 min. 0 sec. (6 min. 15 sec. in length.)

Dr. Kappas explains to the client how her migraines occurred. Then he describes her suggestibility and how he intends to treat her problem in hypnotherapy.

Chapter # 7 - Starts: 69 min. 0 sec. to 72 min. 0 sec. (3 min. 0 sec. in length.)

Dr. Kappas explains, in depth, suggestibility, and how it's applied in hypnosis. (This is a very good explanation of hypnosis.)

Chapter # 8 - Starts: 72 min. 0 sec. to 111 min. 59 sec. (39 min. 59 sec. in length.)

Dr. Kappas tests her suggestibility and then does a very slow arm raising. No actual skin contact is made between her hand and her face, but a slow arm raising just means more overload and deepening. Then into the recliner for a progressive relaxation and therapy to move warmth from her head to her hands. This is a classic pain control technique, for migraines, in hypnotherapy.

## **Lesson 84**

This lesson begins with the continuation of therapy from the last lesson, #83. Pain control for migraine headaches. The following discussion covers a habit of getting headaches to relieve stress; denial mechanism use of hysterical conversion in therapy. Then the discussion continues with migraine headaches; abreaactions; resistance; explanation of the suggestibility test; inferred arm raising; ideomotor response; post-hypnotic suggestion to re-hypnosis and moving through the stages of loss.

Essay Question: when leading a client through the stages of loss, why do we take them through anger before depression?

Chapter # 1 - Starts: 23 sec. to 5 min. 10 sec. (4 min. 47 sec. in length.)

The female client from the last lesson #83, is in hypnosis and Dr. Kappas is treating her for migraine headaches and tension relief.

Chapter # 2 - Starts: 5 min. 10 sec. to 12 min. 20 sec. (7 min. 10 sec in length.)

As the hypnosis continues Dr. Kappas is transferring heat from her head to her hand. Then he programs her sleep pattern to remove tension.

Chapter # 3 - Starts: 12 min. 20 sec. to 16 min. 55 sec. (4 min. 35 sec. in length.)

A post-hypnosis group discussion as Dr. Kappas explains how transferring heat from a client's head to her hand does the same with the pain, and how her denial caused the resistance in her arm raising.

Chapter # 4 - Starts: 16 min. 55 sec. to 22 min. 30 sec. (5 min. 35 sec. in length.)

Dr. Kappas explains more about her abreaactions and what they meant.

Chapter # 5 - Starts: 22 min. 30 sec. to 25 min. 28 sec. (2 min. 58 sec. in length.)

Dr. Kappas explains a lot about resistance, denial, and how an arm raising can indicate these things. Then how he controlled her anxiety to give her control of it.

Chapter # 6 - Starts: 25 min. 28 sec. to 33 min. 0 sec. (7 min. 32 sec. in length.)

After controlling her tension migraines, what should be done in future sessions to transfer dream anesthesia into her warm right hand. Then how and when to get her from denial into grief.

Chapter # 7 - Starts: 33 min. 0 sec. to 39 min. 0 sec. (6 min. 0 sec. in length.)

(Essay Question Info) How denial mechanisms can work with guilt, and how to break denial and get her into anger, then depression to prevent suicide, which doesn't happen in depression.

Chapter # 8 - Starts: 39 min. 0 sec. to 47 min. 51 sec. (8 min. 51 sec. in length.)

Dr. Kappas tells the group how to get her through stages of loss.

## Lesson 85

The client in this lesson is Ron, 42 years, Physical sexual - Physical suggestible. He is passive-aggressive with a limited mind script, and he can't remember anything before the age of fifteen. The discussions and therapy involve: how mind script is formed, and building a new one; passive-aggressive behavior; Mental Bank; critical mind; resistance in hypnosis and deepening techniques. Therapy for building self-esteem and a new mind script.

Essay Question: how do you build self-esteem and what could you suggest to this client who has limited mind script?

Chapter # 1 - Starts: 48 sec. to 6 min. 30 sec. (5 min. 42 sec. in length.)

Dr. Kappas and the group interview Ron, a 42 year old Physical sexual and suggestible male, with limited mind script and passive-aggressive behavior. His interests are photography and computers.

Chapter # 2 - Starts: 6 min. 30 sec. to 25 min. 22 sec. (18 min. 52 sec. in length.)

The discussion gets into his history with childhood, education, eating habits, past relationships, professional and financial goals, his ex-marriage, and the fact that he can't remember anything before the age of fifteen.

Chapter # 3 - Starts: 25 min. 22 sec. to 35 min. 5 sec. (9 min. 43 sec. in length.)

More discussion about goals, depression, anger, fears, love for his sister and his confusion about why he can't remember his childhood. Then more about friendships.

Chapter # 4 - Starts: 35 min. 5 sec. to 49 min. 16 sec. (14 min. 11 sec. in length.)

Dr. Kappas and the group discuss Ron's case, after he's left the room. His passive-aggressive behavior and his limited mind script, and the limiting effects of these things in his life.

Chapter # 5 - Starts: 49 min. 16 sec. to 60 min. 37 sec. (11 min. 21 sec. in length.)

(Essay Question Info) More about the dynamics of passive-aggressive behavior, and the therapeutic approach that should be taken with this client (the Mental bank). Then Dr. Kappas tells a case history about a passive-aggressive man that he had worked with and who, after some time in therapy, had become a very successful songwriter. The group decision is that Ron needs a new mind script.

Chapter # 6 - Starts: 60 min. 37 sec. to 86 min. 36 sec. (25 min. 55 sec. in length.)

Dr. Kappas tells Ron, the client, about the mind script and how his has limited him, in his life. Then he explains the Mental Bank and how this will help him to have a better life. He then explains critical mind and hypnosis to Ron and tests his suggestibility. Then a good example of a slow, literal, arm raising induction and conversion to hypnosis.

Chapter # 7 - Starts: 86 min. 36 sec. to 103 min. 45 sec. (17 min. 9 sec. in length.)

Into the recliner for a progressive relaxation, an arm rigidity deepening technique, and down twenty steps to an even more suggestible state of hypnosis. Then suggestions to establish a new, successful, mental script. These specific suggestions are: success, happiness, prosperity, and strength of character, for a new confident life script. The trigger that Dr. Kappas gives Ron is a smile.

Chapter # 8 - Starts: 103 min. 45 sec. to 119 min. 26 sec. (15 min. 41 sec. in length.)

A post session, group discussion about the Mental Bank, and how to proceed with Ron's therapy. Then Dr. Kappas talks about the use of power words in hypnotherapy.

## Lesson 86

This lesson begins with the continuation of the discussion about the client from the last lesson. A somnambulist who has passive-aggressive behavior. Then the next client in this lesson is by far the most disturbed person in all of these lessons. John is 34 years, Emotional sexual - Emotional suggestible. His problems are: suicidal urges; promiscuity; confusion; anger; alcoholism; he shoots speed; depression; discomfort with his homosexual feelings; passive-aggressive behavior and hypoglycemia. The therapy for this poor man is the subject of the essay question. It does involve confidence building and the use of the happy pill.

Essay Question: how could a therapist form an overall therapeutic approach for a client with this many problems?

Chapter # 1 - Starts: 49 sec. to 5 min. 24 sec. (4 min. 35 sec. in length.)

Dr. Kappas discusses somnambulism and different hypnotic depths with the group. Then he concludes the discussion about the treatment for the passive-aggressive client from the last lesson.

Chapter # 2 - Starts: 5 min. 24 sec. to 21 min. 35 sec. (16 min. 11 sec. in length.)

Dr. Hodges briefly describes the client coming in. He is a speed addict and an alcoholic, with a lot of other problems as well. Then the group interviews John, a 34 year old Emotional sexual and suggestible, about his history and addictions, suicidal urges, and many other serious problems.

Chapter # 3 - Starts: 21 min. 35 sec. to 53 min. 24 sec. (31 min. 49 sec. in length.)

The client John's, interview, and discussion, moves into his anger, fears, depression, dreams, past relationship with family, his college life, and one past relationship with a woman. Then his asthma, broken back, and more about his mother, drug addictions, and his homo and hetero sexual history.

Chapter # 4 - Starts: 53 min. 24 sec. to 60 min. 35 sec. (7 min. 11 sec. in length.)

Dr. Kappas discusses John's passive-aggressive behavior, homosexuality, and the effects that shame and guilt have had in his life.

Chapter # 5 - Starts: 60 min. 35 sec. to 68 min. 10 sec. (7 min. 35 sec. in length.)

(Essay Question Info) Dr. Kappas guides the discussion into why John is so depressed, and how to treat him. Then more about his discomfort and guilt with homosexuality, his passive-aggressive behavior, and drug addiction.

Chapter # 6 - Starts: 68 min. 10 sec. to 71 min. 31 sec. (3 min. 21 sec. in length.)

(Essay Question Info) Dr. Kappas describes the special therapeutic approach that he will take, today, with John. Exposing his problems and establishing a therapeutic pace.

Chapter # 7 - Starts: 71 min. 31 sec. to 81 min. 28 sec. (9 min. 57 sec. in length.)

Dr. Kappas describes to John the cause of his passive-aggressive behavior, his Emotional sexuality, depression, blood sugar problems, drug addiction, and his confusion, and guilt, about his homosexual urges.

Chapter # 8 - Starts: 81 min. 28 sec. to 90 min. 48 sec. (9 min. 20 sec. in length.)

Dr. Kappas tests John's suggestibility then does an arm raising that begins too fast, so Dr. Kappas provides some resistance by pulling his head back to further overload him.

Chapter # 9 - Starts: 90 min. 48 sec. to 109 min. 30 sec. (18 min. 42 sec. in length.)

Into the recliner for a progressive relaxation and an arm rigidity deepening technique. Then circle therapy and a "happy pill", in a glass of water. This is a suggestion to be used as a replacement for speed and other addictions. Finally down twenty steps to reinforce all of the positive suggestions in this session.

Chapter # 10 - Starts: 109 min. 30 sec. to 118 min. 9 sec. (8 min. 39 sec. in length.)

A post hypnotherapy discussion as Dr. Kappas tells the group how the Happy Pill in a glass of water, each night before bed suggestion, will replace John's need for speed, and will create happiness. (His speed addiction is a replacement for all of his other problems.) The last suggestion, in hypnosis, that something good is going to happen, will be the most powerful.



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Lesson 73 - Ch. 1, 2, 3, 4, 5, 7, 8

Lesson 74 - Ch. 5, 7, 9

Lesson 75 - Ch. 1, 2, 3, 4, 6, 7, 8

Lesson 76 - Ch. 1, 2, 3, 4

## **Fees**

Lesson 13 - Ch. 1, 2

## **Finger Spreading—Inductions**

Lesson 5 - Ch. 3

Lesson 35 - Ch. 3

Lesson 38 - Ch. 2

Lesson 43 - Ch. 5, 9

Lesson 74 - Ch. 9

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## **Getting Paid**

Lesson 13 - Ch. 1, 2

## **Guilt**

Lesson 60 - Ch. 8, 9, 10

Lesson 66 - Ch. 1, 2, 3, 4, 5

Lesson 84 - Ch. 3, 4, 5, 6, 7

Lesson 86 - Ch. 4, 5, 6, 7, 8, 9, 10

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## **Hand Clasp Induction**

Lesson 5 - Ch. 4, 5

## **Hand Writing**

Lesson 18 - Ch. 5, 6, 7, 8, 9, 10

Lesson 25 - Ch. 6, 7

Lesson 28 - Ch. 1, 2, 3

Lesson 51 - Ch. 2, 5

Lesson 63 - Ch. 3

## **Happy Pill**

Lesson 86 - Ch. 9, 10

## **Headaches**

Lesson 83 - Ch. 2, 3, 4, 5, 6, 8

Lesson 84 - Ch. 1, 2, 3, 4, 5, 6

## **Heroin**

Lesson 22 - Ch. 2

## **HMI Hypnotherapy & Practice**

Lesson 1 - Ch. 5

Lesson 4 - Ch. 1

Lesson 5 - Ch. 6, 7, 8

Lesson 7 - Ch. 8, 9, 10

Lesson 8 - Ch. 1, 2

Lesson 9 - Ch. 12 (professionalism)

Lesson 23 - Ch. 1, 2, 3, 8

Lesson 25 - Ch. 10 (stages of hypnosis)

Lesson 27 - Ch. 1, 2, 3

Lesson 36 - Ch. 10

Lesson 52 - Ch. 2

Lesson 53 - Ch. 1, 2, 3, 6, 7

Lesson 55 - Ch. 8 (scheduling)

Lesson 56 - Ch. 6, 7, 9, 10

Lesson 62 - Ch. 4

Lesson 64 - Ch. 8

Lesson 68 - Ch. 8, 9

Lesson 69 - Ch. 12

Lesson 73 - Ch. 7

## **Hypno Drama**

Lesson 26 - Ch. 11

Lesson 34 - Ch. 3

Lesson 68 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

## **Hypoglycemia**

Lesson 7 - Ch. 6, 7

Lesson 11 - Ch. 3, 6

Lesson 16 - Ch. 3, 4, 5, 6, 7, 8, 9

Lesson 25 - Ch. 6, 7

Lesson 40 - Ch. 2, 3

Lesson 59 - Ch. 5

Lesson 62 - Ch. 1, 2, 3

Lesson 71 - Ch. 4, 5, 6, 7, 8, 10, 11

Lesson 72 - Ch. 3, 6

Lesson 73 - Ch. 4, 5, 8

Lesson 80 - Ch. 3, 9

Lesson 81 - Ch. 3, 4, 5

Lesson 86 - Ch. 7

## **Hysterical Conversion**

Lesson 72 - Ch. 4

Lesson 74 - Ch. 6

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## **Image Building**

Lesson 12 - Ch. 1  
Lesson 29 - Ch. 9, 10, 11, 12  
Lesson 30 - Ch. 1, 2, 3, 4  
Lesson 31 - Ch. 3, 4, 5, 6  
Lesson 32 - Ch. 1, 2, 3, 4, 5

## **Incongruent Behavior**

Lesson 26 - Ch. 4, 7  
Lesson 37 - Ch. 5  
Lesson 51 - Ch. 2, 5

## **Inductions: Primary, Secondary & Post**

Lesson 1 - Ch. 9  
Lesson 2 - Ch. 7, 8 (literal)  
Lesson 10 - Ch. 4 (watch & chain)  
Lesson 16 - Ch. 1, 2  
Lesson 23 - Ch. 5 (tailoring inductions), Ch. 6 (inferred), 7  
Lesson 24 - Ch. 8, 9 (inferred arm raising)  
Lesson 25 - Ch. 2, 3, 4  
Lesson 33 - Ch. 5, 6  
Lesson 34 - Ch. 2  
Lesson 38 - Ch. 10  
Lesson 43 - Ch. 3, 5, 7, 9 (arm raising, hand clasp, finger spreading)  
Lesson 52 - Ch. 1, 6, 7

## **Insomnia**

Lesson 64 - Ch. 1, 3, 4, 5, 6, 10, 11  
Lesson 78 - Ch. 1, 2, 3, 4, 5, 6, 7, 8

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## **Jealousy**

Lesson 64 - Ch. 8, 9, 10, 11

## **JEM (Jewish Emotional Male)** see (E), for "Ethnic Emotional Males"

(K)

## **Kappas Family History & Stories**

Lesson 1 - Ch. 1  
Lesson 10 - Ch. 7, 9  
Lesson 23 - Ch. 4, 5  
Lesson 24 - Ch. 2, 3  
Lesson 25 - Ch. 9  
Lesson 26 - Ch. 6  
Lesson 53 - Ch. 6  
Lesson 54 - Ch. 8  
Lesson 55 - Ch. 6  
Lesson 61 - Ch. 10

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## **Legal Considerations**

Lesson 15 - Ch. 10, 11  
Lesson 16 - Ch. 1, 2  
Lesson 50 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10  
Lesson 56 - Ch. 8

## **Limited Mind Script**

Lesson 85 - Ch. 1, 2, 3, 4, 5, 6, 7, 8

## **Losing Syndrome**

Lesson 11 - Ch. 1  
Lesson 23 - Ch. 8, 9, 10, 11, 12, 13  
Lesson 74 - Ch. 5, 7, 8, 9

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## **Marijuana**

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Lesson 39 - Ch. 3, 4

## **Memory**

Lesson 12 - Ch. 9

## **Mental Bank**

Lesson 11 - Ch. 2  
Lesson 23 - Ch. 9, 10, 11, 12, 13  
Lesson 24 - Ch. 9  
Lesson 56 - Ch. 5, 8  
Lesson 63 - Ch. 5, 8  
Lesson 74 - Ch. 5, 7, 8, 9  
Lesson 85 - Ch. 1, 2, 3, 4, 5, 6, 7, 8

## **Metaphysical Information**

Lesson 7 - Ch. 5  
Lesson 51 - Ch. 3, 4  
Lesson 53 - Ch. 3, 4  
Lesson 58 - Ch. 2, 4

## **Migrating Headaches**

Lesson 83 - Ch. 2, 3, 4, 5, 6, 7, 8  
Lesson 84 - Ch. 1, 2, 3, 4, 5, 6

## **Mind Script**

Lesson 85 - Ch. 1, 2, 3, 4, 5, 6, 7, 8

## **Mixed Dominance**

Lesson 77 - Ch. 4, 5, 6, 7, 8

## **Motivation**

Lesson 12 - Ch. 8

## **Multiple Personality**

Lesson 24 - Ch. 5, 6  
Lesson 26 - Ch. 10  
Lesson 42 - Ch. 3, 4, 5  
Lesson 58 - Ch. 3

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## **Narcolepsy**

Lesson 27 - Ch. 9

## **Neuroses**

Lesson 23 - Ch. 11

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## **Obsessive Compulsive Behavior**

Lesson 11 - Ch. 5, 9  
Lesson 15 - Ch. 7, 8, 9  
Lesson 32 - Ch. 1, 5, 8, 9, 10  
Lesson 34 - Ch. 6, 7  
Lesson 41 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10  
Lesson 49 - Ch. 1  
Lesson 69 - Ch. 1, 2, 3, 4, 5, 6, 7, 9, 10, 11  
Lesson 72 - Ch. 1, 2, 3, 4, 5, 6, 10  
Lesson 76 - Ch. 1, 2, 3, 4, 5  
Lesson 81 - Ch. 5, 6, 7, 8, 9

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## **Pain Control**

Lesson 12 - Ch. 6, 7  
Lesson 13 - Ch. 7, 8, 9, 10, 11  
Lesson 21 - Ch. 7  
Lesson 23 - Ch. 4  
Lesson 83 - Ch. 2, 3, 4, 5, 6, 7, 8  
Lesson 84 - Ch. 1, 2, 3, 4, 5, 6

## **Paranormal & Psychic Experience**

Lesson 26 - Ch. 10

## **Paris Window**

Lesson 10 - Ch. 1  
Lesson 11 - Ch. 3  
Lesson 17 - Ch. 4

## **Passive Aggressive**

Lesson 23 - Ch. 9  
Lesson 53 - Ch. 9  
Lesson 57 - Ch. 9  
Lesson 58 - Ch. 1  
Lesson 63 - Ch. 4, 10  
Lesson 70 - Ch. 4, 5, 6, 7, 8, 9  
Lesson 85 - Ch. 1, 2, 3, 4, 5

Lesson 86 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

## **Payment of Fees**

Lesson 13 - Ch. 1, 2

## **Physical Problems**

Lesson 35 - Ch. 1, 2, 3, 4, 5, 6, 7, 8 (facial twitch & smile)

Lesson 36 - Ch. 7, 8, 9, 10

Lesson 37 - Ch. 1, 2, 3

## **Post Hypnotic Suggestions**

Lesson 2 - Ch. 2, 8, 9

Lesson 46 - Ch. 8

Lesson 47 - Ch. 6

Lesson 58 - Ch. 10

Lesson 61 - Ch. 8

Lesson 74 - Ch. 9

Lesson 75 - Ch. 7

## **Post Traumatic Stress Disorder**

Lesson 22 - Ch. 3, 4

Lesson 39 - Ch. 3

## **Present & Past Life Regression**

Lesson 4 - Ch. 11

Lesson 10 - Ch. 3, 4, 5, 6

Lesson 38 - Ch. 7

## **Progressive Relaxation**

Lesson 2 - Ch. 1, 4

Lesson 3 - Ch. 10

Lesson 5 - Ch. 2 (different), Ch. 3

Lesson 12 - Ch. 1

Lesson 13 - Ch. 10

## **Psychosis**

Lesson 20 - Ch. 10

Lesson 21 - Ch. 1, 2, 3

Lesson 39 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Lesson 42 - Ch. 3, 4, 5

Lesson 51 - Ch. 3, 4

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## **Questionnaires**

Lesson 1 - Ch. 3 (tests)

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## **Radical Treatment Techniques**

Lesson 14 - Ch. 4, 5

## **Rape**

Lesson 36 - Ch. 3, 4, 5

Lesson 67 - Ch. 1, 2, 3, 4, 5, 7, 9

## **Relationship Counseling**

Lesson 8 - Ch. 7, 8, 9, 10, 11, 12

Lesson 9 - Ch. 1, 2, 3, 4, 5, 6, 7

Lesson 11 - Ch. 4, 5, 6, 7, 8

Lesson 19 - Ch. 6, 7, 8, 9, 10

Lesson 20 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9

Lesson 28 - Ch. 4, 5, 6, 7, 8

Lesson 29 - Ch. 1, 2, 3, 4, 5, 6, 7, 8

Lesson 30 - Ch. 5, 6, 7, 8, 9, 10, 11

Lesson 31 - Ch. 1

Lesson 42 - Ch. 3, 4, 5

Lesson 45 - Ch. 1, 2, 3, 4, 5

Lesson 47 - Ch. 2, 3, 5, 7

Lesson 49 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10  
(divorce law & mediation)

Lesson 54 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Lesson 55 - Ch. 1, 2, 3, 4, 5, 9

Lesson 56 - Ch. 1, 2, 3, 4, 6, 7

Lesson 57 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9

Lesson 63 - Ch. 1, 2

Lesson 64 - Ch. 3, 5

Lesson 65 - Ch. 1, 2, 3, 4, 5, 6

Lesson 70 - Ch. 1, 2, 3, 4, 5, 7, 8, 9

Lesson 72 - Ch. 2, 3, 6

Lesson 80 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9

Lesson 81 - Ch. 1, 2

Lesson 82 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

Lesson 82 - Ch. 7, 8, 9, 10, 11



## **Relaxation**

Lesson 3 - Ch. 10  
Lesson 9 - Ch. 8  
Lesson 35 - Ch. 6, 7, 8  
Lesson 71 - Ch. 10, 11

## **Rejection**

Lesson 20 - Ch. 5, 6, 7, 9  
Lesson 28 - Ch. 4, 5, 6, 7, 8  
Lesson 29 - Ch. 1, 3, 4, 5, 6, 7, 8  
Lesson 45 - Ch. 1, 2, 3, 4, 5  
Lesson 49 - Ch. 9, 10  
Lesson 51 - Ch. 5, 7, 8  
Lesson 70 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9  
Lesson 79 - Ch. 1, 2, 3, 4, 5, 6, 7, 8  
Lesson 82 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 11

## **Resistance to Hypnosis**

Lesson 70 - Ch. 7, 8, 9

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## **Scale of Imagination**

Lesson 23 - Ch. 6

## **Self Hypnosis**

Lesson 48 - Ch. 1, 3, 6  
Lesson 49 - Ch. 3

## **Sex Therapy**

Lesson 3 - All Chapters  
Lesson 4 - Ch. 4, 5, 6  
Lesson 16 - Ch. 3, 4, 5, 6, 7  
Lesson 20 - Ch. 5, 6, 7, 8, 9, 10  
Lesson 21 - Ch. 1, 2, 3, 4  
Lesson 27 - Ch. 4, 5, 6, 7 (clinical orgasm)  
Lesson 33 - Ch. 3  
Lesson 34 - Ch. 1, 2, 3, 4  
Lesson 37 - Ch. 4, 5, 6, 7, 8  
Lesson 46 - Ch. 1, 2, 3, 4, 5  
Lesson 47 - Ch. 8  
Lesson 52 - Ch. 9  
Lesson 54 - Ch. 2, 3, 4, 9, 10  
Lesson 55 - Ch. 3, 4, 5, 6, 7  
Lesson 57 - Ch. 2

Lesson 66 - Ch. 1, 2, 3, 4, 5  
Lesson 67 - Ch. 1, 2, 3, 4, 5, 7, 8, 9  
Lesson 72 - Ch. 2, 3, 6  
Lesson 79 - Ch. 4  
Lesson 80 - Ch. 4, 5, 8, 9  
Lesson 86 - Ch. 3, 4, 5, 6, 7, 8, 9, 10

## **Skeptical Clients**

Lesson 5 - Ch. 8

## **Sleepwalking & Snoring**

Lesson 53 - Ch. 8

## **Smoking**

Lesson 6 - Ch. 6, 7

## **Somnambulism**

Lesson 23 - Ch. 4, 5  
Lesson 39 - Ch. 10  
Lesson 52 - Ch. 2, 3  
Lesson 56 - Ch. 6, 7  
Lesson 61 - Ch. 10  
Lesson 74 - Ch. 8, 9, 10, 11  
Lesson 75 - Ch. 7  
Lesson 76 - Ch. 4, 10  
Lesson 77 - Ch. 7, 8, 9  
Lesson 82 - Ch. 10, 11  
Lesson 83 - Ch. 1  
Lesson 86 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

## **Split Script**

Lesson 23 - Ch. 8, 9, 10, 11, 12, 13

## **Sports Therapy**

Lesson 68 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

## **Stages of Development**

Lesson 13 - Ch. 6  
Lesson 14 - Ch. 1, 5  
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## **Stages of Loss**

Lesson 40 - Ch. 7, 8  
Lesson 54 - Ch. 9  
Lesson 57 - Ch. 1, 3, 6, 7  
Lesson 78 - Ch. 2, 3, 4, 5, 6, 7, 8

Lesson 79 - Ch. 1, 2, 3, 4, 5, 6, 7, 8  
Lesson 82 - Ch. 9, 10, 11  
Lesson 84 - Ch. 6, 7.

## **Stress**

Lesson 2 - Ch. 5  
Lesson 33 - Ch. 1, 2, 3, 4, 5, 6, 7, 8  
Lesson 38 - Ch. 6, 7, 8  
Lesson 62 - Ch. 1, 2, 3, 4, 7, 8  
Lesson 69 - Ch. 7, 8, 9, 10, 11, 12  
Lesson 73 - Ch. 3, 4, 5, 7, 8

## **Stuttering**

Lesson 14 - Ch. 6  
Lesson 26 - Ch. 9  
Lesson 35 - Ch. 9  
Lesson 36 - Ch. 1, 2  
Lesson 54 - Ch. 1, 4  
Lesson 74 - Ch. 6  
Lesson 77 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9

## **Suggestibility**

Lesson 1 - Ch. 2, 3, 7, 8  
Lesson 3 - Ch. 11  
Lesson 9 - Ch. 9, 10  
Lesson 10 - Ch. 8  
Lesson 12 - Ch. 4 (altering suggestibility)  
Lesson 13 - Ch. 4  
Lesson 13 - Ch. 4  
Lesson 21 - Ch. 5, 6  
Lesson 23 - Ch. 3 (literal & inferred)  
Lesson 38 - Ch. 3  
Lesson 38 - Ch. 9, 10  
Lesson 41 - Ch. 8, 9, 10  
Lesson 48 - Ch. 4 (hyper-suggestibility)  
Lesson 49 - Ch 5, 6  
Lesson 51 - Ch. 2, 3, 6, 7, 8, 9  
Lesson 72 - Ch. 7, 8  
Lesson 75 - Ch. 4  
Lesson 76 - Ch. 4, 5, 6, 7, 8, 9, 10  
Lesson 83 - Ch. 6, 7, 8

## **Suicidal**

Lesson 23 - Ch. 4  
Lesson 40 - Ch. 3, 4  
Lesson 86 - Ch. 2, 3, 4, 5, 6, 7, 8, 9, 10

## **Systems Approach**

Lesson 6 - Ch. 2  
Lesson 13 - Ch. 9  
Lesson 19 - Ch. 1, 2, 3, 4, 5  
Lesson 30 - Ch. 7, 8, 9, 10  
Lesson 80 - Ch. 8, 9  
Lesson 81 - Ch. 1, 2

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## **Teeth Grinding**

Lesson 53 - Ch. 7

## **Territory**

Lesson 1 - Ch. 4 (therapy room setup)  
Lesson 13 - Ch. 5  
Lesson 25 - Ch. 5  
Lesson 52 - Ch. 6

## **Test Questionnaire**

Lesson 1 - Ch. 3

## **Theory of Mind**

Lesson 1 - Ch. 4  
Lesson 48 - Ch. 2  
Lesson 67 - Ch. 5  
Lesson 70 - Ch. 6

## **Triggers**

Lesson 41 - Ch. 7

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## **Unbelievably Troubled Client**

Lesson 86 - Ch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

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## **Venting**

Lesson 17 - Ch. 5, 6, 7, 8, 9 (venting dreams)

Lesson 52 - Ch. 8, 10 (dreams)

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## **Weight Control**

Lesson 6 - Ch. 1, 2, 3, 4, 5

Lesson 21 - Ch. 8

Lesson 26 - Ch. 1, 2

Lesson 38 - Ch. 5, 6, 7, 8

Lesson 43 - Ch. 1, 5, 6

Lesson 47 - Ch. 1, 2, 3, 5, 7

Lesson 64 - Ch. 9, 10, 11

Lesson 79 - Ch. 4, 6, 7, 8