

THE QUESTIONS YOU ASK
About
National Guild of Hypnotists'
Board Certification Examination
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FIRST OF ALL LET'S GET RID OF FEAR OF THE UNKNOWN.

How many times in your life have you put something off because you had never done it before and you didn't know what would happen if you did do it. Or, perhaps you had no choice in what you had to do, but you spent sleepless nights and worrisome days before the event thinking about it.

How about the first play or school event you were in doing something by yourself. How about an upcoming initiation into a sorority, fraternity or some other organization. How about your first talk about hypnotism to a lay audience? How about final exams or an upcoming colonoscopy, court appearance, or IRS audit?

Wow! they all made nervous, but once they were over and you thought about it ... usually the anticipatory fear of the unknown was the worst part of the event.

This booklet is designed to eliminate that "fear of the unknown," so can prepare in a relaxed manner to participate in the National Guild of Hypnotists' Board Certification process.

First of all, in the words of our president, Dr. Dwight Damon, "If I can pass it so can most of our members." "Well", you say to yourself, "He has been in this field almost 60 years, of *course* he can pass." Wrong.—years don't count in this endeavor—good basic knowledge of the profession of hypnotism does. A person can acquire this knowledge in a matter of months *or* a matter of years. Nobody is "grandfathered" for NGH Board Certification because we want the designation to stand for something special—a member who has taken that extra step to be knowledgeable about our profession.

The written test is designed so that no matter where you trained you can still feel confident in answering the questions—providing you paid attention and learned the basics of hypnotism. There are no "trick" questions, just ones that will demonstrate that you a a step above the average practitioner, and each step along the way is designed to move you up the ladder of prestige and success.

The case history section will give the Board an insight as to whether you can competently accept and assist clients with different problems. If you decided on this people-helping profession you certainly should be able to briefly describe your approach to what you do.

Probably the part most people worry about most is the oral exam in which you are asked questions by the examiner or examiners who want to find out more about you as a person and practicing professional. This is **not** a third-degree under hot lights. It is simply an opportunity for the examiners to study your character, demeanor and perhaps even whether they would readily refer s friend or loved on to you with confidence.

FORWARD

The purpose of this booklet is to answer the types of questions which you ask as members of the National Guild of Hypnotists, about the Board Certification Examinations. The first thing that needs to be said at this point is "You Can Do It!" The Board Certification process is not designed to show you what you do not know, but rather to show you just how much you do know. The Board Certification Committee is here to support you, not by giving you the actual questions which are contained in the written exams and oral interviews, but to guide you through some of the resources of information necessary so you can refresh your memory with the information about our profession which you have already studied and are probably utilizing on a daily basis.

NGH Board Certification is a very worthwhile goal. You will join an international group of elite professionals. In our opinion, the NGH Board Certification is the highest and most prestigious in our profession. In addition, the Fellow and Diplomate levels represent an ever higher rank and standard. We invite you to enhance your work, your knowledge and your professional standing as a highly qualified and expert practitioner in your community. When you become Board Certified, you will have a credential which you can justly be proud of. When you finish this process, you will certainly be able to say with a strong degree of confidence "I know hypnotism!"

The requirements for all levels of Board Certification are listed at the back of this booklet. Additional information and application forms are available from NGH headquarters in Merrimack, NH.

Good luck, and we look forward to seeing you at the Board Certification Exams.

Maurice Kershaw, MA, FNGH
For the Board Certification Committee,
NGH

THE QUESTIONS YOU ASK CAN I REALLY DO THIS?

This is one of the most common questions the Guild gets asked by our candidates, the answer is a resounding YES! You are already a certified professional in the field of hypnotism. The Board Certification Process takes your practice to the next level of excellence. The NGH already believe that our CH's are some of the finest in the world, we offer this process to support you in reaching your full potential.

WHAT MATERIALS SHOULD I STUDY FOR THE BOARD CERTIFICATION EXAMS?

Many of the questions in the examination are based on the manuals and materials which you used in studying for your Certified Hypnotherapist level. Past issues of the Journal of Hypnotism and Hypno-Gram will also prove useful, as will other text books and reviews recommended by NGH. Remember, you already know the answers to the questions, you are utilizing the answers every day in your practice.

WHAT FORM WILL THE WRITTEN EXAM TAKE?

The first part of the exam consists of 60 short answer questions. There may

be some true or false, some multiple choice, some requiring a sentence. There are no essay questions in this section. These questions are designed to show you what you already know.

The second written part will feature five cases which would be typical of those worked on by our members. You will be asked to propose a treatment plan for each. A case will be read out loud twice, and you will then be given five (5) minutes to map out and write down your treatment plan. This completed, the examiner will then proceed to read the second case and so on, until all five have been individually dealt with. Candidates will be able to write notes as each case is read. This might not seem a great deal of time, but you would be surprised how easily the information will flow from your experiences and 5 minutes per case is more than enough time.

CAN WE ASK QUESTIONS DURING THE EXAM?

Yes of course, the examiner is there to support you and will come to your seat to answer any questions you may have during the exam.

CAN WE ASK QUESTIONS BEFORE THE EXAM?

Yes, of course. Bear in mind that the exam will commence at the time posted. The examiner will ask if there are any questions and allay any fears or anxieties before distributing the examination.

DO I HAVE TO LEARN THE HISTORY OF HYPNOSIS?

You will not be asked about the dates of birth and death of historical characters, but you should be aware of the order of happenings and who did what. This material is amply covered in most basic training as well as core text books in the field.

HOW WILL THE VARYING THEORIES AND DEFINITIONS OF HYPNOSIS BE HANDLED IN THIS EXAM?

The examiners will respect all theories and definitions which are clearly and logically presented. The NGH has always stood for a free and open forum for the discussion of hypnotism so all schools of thought will be honored.

HOW ARE THE EXAMS GRADED?

Section One – Written – 60 questions with 1 mark possible for each – 60 marks possible

Section Two – Case Studies – 5 cases with 10 marks per case 50 marks possible

Section Three – Interview 90 marks possible

Total Possible 200

Total marks needed to pass, 70% or 140 marks.

HOW DOES THE EXAMINER SCORE THE INTERVIEW?

The 90 marks are equally divided between the candidate's following skills: Presentation – Knowledge – Appearance – Ethics – Verbal Skills the process is totally transparent.

SHOULD I STUDY THE LAWS REGARDING THE PRACTICE OF HYPNOSIS IN OTHER COUNTRIES?

If you are practicing outside the United States, then definitely. Otherwise, know your state laws which apply to your profession.

WILL I BE EXPECTED TO KNOW ABOUT THE NGH ETHICS AND STANDARDS?

Most certainly. You should know the NGH Code of Ethics and Standards of Practice and the Client Bill of Rights. You already know about these things by

actively being a member and reading the NGH publications.

IS THERE A GUARANTEE THAT IF MY PAPER IS ACCEPTED, THAT IT WILL BE PUBLISHED IN THE JOURNAL OF HYPNOTISM OR HYPNO-GRAM?

Once your 1000 word paper has been approved by the examiners, it will be submitted to the Editor for consideration to publish.

CAN THE BOARD CERTIFICATION EXAMS BE TAKEN AT TIMES OTHER THAN THE ANNUAL CONVENTION IN NASHUA?

Certainly. Board Certification exams are offered by NGH several times each year. At the convention, of course, and also at any of the Solid Gold weekends or in any location where there are sufficient candidates.

DO MOST PEOPLE PASS?

YES! As all of our candidates are at least the CH level, most do pass. Study and review are certainly necessary, and the requirements are well within reach of our members. If you do not make the grade the first time, you can take it again once again free of charge.

CAN WE GET AN IDEA OF THE TYPES OF EXAM QUESTIONS?

Absolutely. NGH offers a free 2-hour workshop for all those interested, on the Friday morning of each convention. There the exam is reviewed, sample questions given and attendees will be free to ask any questions and meet with members of the Board Certification Committee.

CONCLUSION

If your questions have not been answered, please let us know. We will probably want to include them in our next booklet. We hope that things are clearer now, and also hope that you will take that important step up to Board Certification.

Maurice Kershaw, MA, FNGH

Committee Chairman