



The Alchemy Institute

ALCHEMY INSTITUTE OF HYPNOSIS

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2024 Program Catalog





Contents

TOPIC	Page
Institutional Information	1
About Alchemical Hypnosis	2
Administrative and Academic Information:	
Admission, Attendance, Leave of Absence, Auditing	3
Ethical Standards, Dismissal Policy, Evaluation and Tests	4
Recording, Instructors, Discounts	5
Loans, Scholarships, Student Records, Student Rights and Grievances	6
Refund Policy	7
Facilities, Instructional Materials	8
Programs	9
Course Descriptions	10-15
Advanced Level Workshops	16
Faculty	17
Practitioner Success Program	18
Contact us	19



INSTITUTIONAL INFORMATION

And Transferability of Units and Certifications

The Alchemy Institute of Hypnosis (AIH) is a private institution, owned and operated in California by David Quigley since 1984. Over the years, David has mentored the establishment of approved Alchemical Hypnosis trainings in several other countries including Japan, Norway, New Zealand, and France. For details of the programs and classes currently offered live online see <https://www.bridges.academy/alchemicalclasses.html>

The practice of hypnotism is a self-regulated profession in the USA thus no licensing is available or required. Our programs and instructor are approved by **The National Guild of Hypnotists, Inc.** The NGH is a not-for-profit, educational corporation in the State of New Hampshire. Initially founded in Boston, Massachusetts in 1950, the Guild is a highly regarded professional organization comprised of dedicated individuals committed to advancing the field of hypnotism. The Guild is a resource for professional hypnotists and hypnotherapists and a vehicle for legal and legislative action. Each year the NGH holds an extensive educational conference which is attended by hypnotists from all over the world. For many years David Quigley has been a faculty member at the NGH Annual Convention; in 2010 he was awarded with the Order of the Braid in recognition of a lifetime of outstanding achievement, dedication and service.

Continuing Education Units issued by AIH are honored at many fine hypnosis schools and organizations world-wide.

NOTE: Services provided by hypnotists and/or hypnotherapists do not include the practices of medicine or psychology. California law does not prohibit an unlicensed person from utilizing hypnotic techniques under the following circumstances:

- a. By referral from persons licensed to practice medicine, dentistry or psychology
- b. When offering a self-help or self-improvement service

Professional training programs are offered live online. The educational content of the programs has undergone extensive enrichment throughout the years, ensuring we always provide high quality course content that is current and effective.

1. The Director attends educational conferences, conventions and seminars as often as possible; usually at least twice yearly.
2. The Director personally implements all techniques and protocols in his own professional private practice, with approximately 800 client hours yearly.
3. At the conclusion of each training or semester and based on the feedback from graduates, the training assistants and the instructor, changes are made as required to ensure all concerns are addressed and resolved.
4. The training materials are reviewed thoroughly and updated or enriched as required.
5. Other program planning tools and indicators include the following:
 - The evaluation of student test results (both written exams and oral demonstrations)
 - Strong professional affiliations keep us abreast of industry standards and best practices. Our programs and instructor meet or exceed the annual criteria for approved instruction from the National Guild of Hypnotists.
 - AIH strictly follows all state law, regulation and policy set by the California Board of Education and the BPPE, Bureau for Private and Postsecondary Education.



ABOUT ALCHEMICAL HYPNOSIS

The Alchemy Institute of Hypnosis was founded for the purpose of preparing students to work as Alchemical Hypnosis Practitioners, Consulting Hypnotists, Professional Hypnotherapists, Somatic Healing Practitioners, Seminar Leaders, Group Process Facilitators, Alchemical Hypnotherapists, and Clairvoyant Healers. Our students come from all backgrounds, cultures and lifestyles. As the latest incarnation of the ancient mystery schools of Alchemy, we return to the Earth an ancient and powerful spiritual tradition of working with inner guides, inner teachers, and healers in altered states of consciousness. We initiate students into these mystical arts and empower them to take those skills into the lives of everyone their hearts can touch as successful and professional hypnosis practitioners.

What is Alchemical Hypnosis? Alchemy has traditionally been associated with the transmutation of base metals into gold. The ancient Alchemists made clear in their writings that the substance of their transformation was the human soul. Their goal was the transmutation of the base metals of human emotions and instincts within the subconscious mind into the gold of physical vitality, mental and emotional health and self-realization. The vehicles of this transformative process were the Archetypes, the Inner Guides. Thus, Alchemical Hypnosis can be defined as the spiritual discipline of working with Inner Guides. These powerful and autonomous beings live within the subconscious mind and can guide us effectively to health, happiness, loving relationships, prosperity, and, most importantly, the fulfillment of our spiritual purpose! These Guides can be accessed through the hypnotic state.

Alchemical Hypnosis is a therapeutic process designed to assist the client in working with their Inner Guides to change their lives. It was developed by David Quigley, the founder of the Alchemy Institute of Hypnosis in 1984. This work synthesizes techniques from many modern schools of Transpersonal Hypnotherapy and Psychology. It includes Gestalt, Regression Therapy, Neuro-Linguistic Programming (NLP), Psychosynthesis and Shamanism with the ancient science of Alchemy as translated and channeled to the modern world by Dr. Carl Jung. It includes all the following processes:

- The rescue of the inner child from past trauma, neglect and emotional pain.
- Providing the inner child with new loving parents and the experiences of a nurturing childhood.
- Strategies for contacting, testing, and working with the Inner Guides (archetypes).
- Contacting past-life memories within the collective subconscious to tap creative abilities, resolve trauma, change karma and alter contracts with significant others.
- Integration of sub-personalities (different voices within ourselves) to resolve conflicting desires and goals. This leads to the unification of the will allowing us to achieve our goals.
- Healing the physical body of disease, pain and trauma as an adjunct to medical treatment, utilizing touch, bodywork, energy work, movement and the power of the inner healer.
- Accelerating our evolution through the unique power of group process, ritual and ceremony.
- Opening and developing our channels of inner healing and wisdom to become clairvoyant and psychic healing practitioners.

Alchemical Hypnosis can be defined as a spiritual discipline of working with inner guides.



ADMINISTRATIVE AND ACADEMIC INFORMATION

Admission Requirements

For admission to any program, participants and students must

1. Demonstrate fluency in the English language during a short interview.
2. Indicate their good physical, mental, and emotional health.

Students from other countries are welcome; however, please note that we do not provide visa services. The fee for providing potential students with a letter of Enrollment Confirmation is \$150. **Courses are taught in English.** Proficiency to read, write and speak in the English language is assessed during the application and interview process. The pace of our training is intense and is both academically and experientially rigorous.

Attendance Requirements

Classes run from 9:00am to approximately 5:30pm. Students are expected to attend all classes on time and to bring necessary study materials to each class. Since classes begin on time, class material will not be repeated in order to accommodate student tardiness. When absence or tardiness is unavoidable, the student should inform the instructor in advance if possible, and arrange with a fellow student to discuss missed work and to get copies of notes. Recordings of lecture material may be available for a fee and upon request.

Successful completion of a certification program requires that make-up classes or tutoring be required at extra cost if more than 1 day of class time is missed. All tutors must be AIH approved. Certification will be withheld until all attendance requirements are met.

Leave of Absence

If for any reason a student must be absent from classes for more than 18 hours (2 days): in order to complete course requirements, the missed classes must be attended at a subsequent training program. A discussion with senior staff is required to organize either attendance at make-up classes, or tutoring.

Auditing

Courses offered by AIH may be audited by graduates of an approved Alchemical Hypnosis or Alchemical Hypnotherapy training, on a space-available basis. The fee for auditing is \$100.00 per day. Auditors are given every opportunity to give and receive practice sessions, although priority is generally provided to first-time students.



Ethical Standards

The highest standards of personal integrity are expected of staff and students, at all times.

Students and staff:

- Have a solemn duty to maintain confidentiality. Together, we form a safe container to do our work. To that end, there is to be NO sharing – ever – of a student's process outside of class or small group practice sessions without permission from the student.
- Always participate in a respectful way. Students are patient with each other as new student therapists, and listen closely to the help and advice of assisting staff.
- Do not to practice any form of discrimination on the basis of race, ethnic culture, age, sexual orientation, gender, marital status, religion, national origin, political belief, physical handicap, or any other characteristic or personal condition.
- Do not practice or preach racism or religious fundamentalism involving hatred-based views of religion, gender, race, or sexual orientation.
- Uphold a professional relationship with each other and do not engage in physical abuse, hugging or touching in an erotic way or any other sexual activities as part of our programs.
- Have a responsibility always to promote the dignity, privacy, autonomy and safety of all class members.
- Treat everyone with respect. If a problem exists, it will be presented clearly and quickly.

Dismissal Policy

Students can be dismissed without refund for the following reasons:

1. Abusive or disruptive conduct that disrupts the learning environment.
2. Violation of ethical standards of our program.
3. Student's emotional processes jeopardize the physical or mental health or the safety of the group.
4. Student fails to perform the processes outlined in the lecture according to a minimal standard established by the instructor.
5. Excessive absence or tardiness in the program.
6. Student unwillingness to experience working on their own issues using the Alchemy process.
7. Violation of confidentiality or other ethical standards of our program.

Evaluations and Tests

It is the responsibility of each student wanting professional certification to participate in practice sessions both as a "student therapist" and as a "student client" during small group practice in class. The Training Assistants support and evaluate the student's progress during the practice sessions.

Exams will be administered. A passing grade of 75 points is necessary in order to qualify for certification. Several hours of study are suggested. If a student has a learning disability, the student needs to inform the AIH Program Administrator prior to admission so that alternate arrangements can be made. In the case of a student failing an exam, an alternate exam may be made available at the student's expense if their in-class performance is deemed adequate by the instructor.

Students may schedule an appointment with the instructor to discuss their progress in the program.



Recording

When available and upon request, unedited video recordings of lectures are available to students of that class who 1. Pay a service fee, and 2. Sign a Confidentiality and Proprietary Rights Agreement. Reproduction or sale of recorded material is prohibited.

Instructors

David Quigley is the primary instructor for this training. Alternate guest instructors may teach up to one-third of the training program depending on their expertise in specific areas and the demands of David's calendar.

David and the students are often supported by Alexa LittleStar, a Professional Online Training Assistant who is also an approved Trainer of the program.

Guest instructors meet the high standards of our teaching requirements and are selected for their ability to enhance the instructional quality of our training program. We know these instructors add to the quality of our program by providing diversity and expertise in style and specialization. These guest instructors will be introduced on the first morning of class when possible.

Training Assistants may also be at hand to support and mentor the students during their in-class practice sessions. Assistants are supported by and interning with David to earn their Clinical Hypnotherapist and Alchemical Hypnotherapist certifications or their Instructor certification.

Discounts

Discounts may be offered as follows:

Early payment tuition discounts: Full payment of tuition 2 weeks in advance may entitle the new student to a discount of 10% off the amount of tuition. Some exceptions may apply, for example, when another discount is already in effect or if the applicant is an auditing student. The usual refund policy applies in all cases.

The first five students to complete their registration in advance receive a special early enrollment bonus, a free membership in the Practitioner Success Program. Value: at least \$330.00

Couple's discounts: Couples who enroll in our professional training programs at the same time each receive an additional \$100.00 off the cost of tuition, in addition to the early payment discount if applicable.

Group discounts: "Bring 3, the 4th comes for free". One tuition payment is waived when four or more students enroll as a group. Or, the savings can be divided among the registrants, reducing the total cost evenly for each of the four people.

Other discounts: may be announced on the website from time to time.



Loans

Should a student wish to finance their tuition themselves, we accept all major credit cards, debit cards, checks, money orders, and PayPal remittances. If a student procures a loan from any source, the student is responsible for paying that amount plus any interest, less any refund due.

Payment plans with AIH: Available to qualified students registering for one or more programs of at least 90 hours duration. Terms: Student pays a lump sum up front, and agrees to pay the balance in monthly installments over a reasonable period of time. Minimum up front lump sum payment amount is \$500.00. No interest is charged, however a non-refundable administration fee of \$99.00 per program applies. Contact the Director or the Program Administrator to inquire.

The Alchemy Institute of Hypnosis does not participate in federal or state financial aid programs.

Scholarships – reduced tuition amount

Financial aid in the form of a “scholarship” is provided on the basis of merit to students who are granted admission to the program, and who meet certain qualifying criteria. The “scholarship” candidate is required to provide the Program Administrator with documented evidence that supports their limited ability to earn an income due to significant involvement in charitable work during the previous 12 months. Income tax records and letters of recommendation may be requested.

At most, one “scholarship” of \$500.00 off tuition may be granted per training semester to the first qualifying candidate. The Alchemy Institute of Hypnosis does not receive any tax benefit through this process; the intent is to endorse charitable contributions that others give to their communities.

Information about availability of current scholarship funding and an application form can be found here: <https://www.bridges.academy/payitforward.html>

Student Records

All student files including electronic records are strictly **confidential** thus access is limited only to Institute staff with a legitimate educational or administrative interest in the file. Student files are not shared with anyone outside of our staff without the written permission of the student, except as required by law.

Class Lists may be distributed to students who attend the class. The Class Lists may contain personal information such as name, address, telephone and email address. If a student wishes to be excluded from the published Class List, a written request must be received one week prior to the first class.

Student Rights and Grievances

All **grievances** are handled by the Director, David Quigley, and should be addressed in writing, with a copy kept by the party initiating any complaint. Student issues and grievances are considered seriously and promptly and in strictest confidence.



REFUND POLICY

1. PROGRAMS

Refund is available when withdrawal notice is received more than 72 hours before the start of the event **and** before any electronic workbooks or handouts are sent. The non-refundable portion is \$250. The amount of the refund does not include payment processing fees or textbooks purchased separately. Withdrawal notice must be given in writing by the student via post office mail, or during a live telephone conversation. (Not by voicemail, email or text.) In the event of a withdrawal after the 72 hour deadline, the amount of the original payment can be applied towards tuition cost of a future program within one year, for an administrative fee of only \$150. The returning student would also be required to pay any cost increases that occur in the interim. Refunds cannot be provided for the non-attendance of classes. **No refund** is payable when a student is dismissed to cause. (See "Dismissal Policy", above).

Once digital materials like pdf handouts or audio or video files are delivered, no refund is available.

The Alchemy Institute shall issue refunds within 45 days of receiving the notice of withdrawal.

The student may not receive both a refund and full hourly credit.

2. EMPOWERMENT RETREATS, MT SHASTA INTENSIVE

Due to the expensive preparation involved, a refund is available only when the participant withdraws at least one week prior to the first day of the event.

The Alchemy Institute shall issue refunds within 45 days of receiving the notice of withdrawal.

Continuing education credits are available only upon completion of the full event.

3. WORKSHOPS AND CLASSES:

Refunds are available when withdrawal notice is received more than 72 hours before the start of the event **and** before any electronic workbooks or handouts are sent. Withdrawal notice must be given in writing by the student via post office mail, or during a live telephone conversation. (Not by voicemail, email or text.) The amount of the refund will be subject to a reduction of 10% plus credit card processing fees to help cover administrative costs. In the event of a withdrawal after the 72-hour deadline, the amount of the original payment (less administrative fees of 10%) may be applied towards the cost of a future class or workshop within one year. The returning student would also be required to pay any cost increases that occur in the interim. Refunds cannot be provided for the non-attendance of classes.



FACILITIES

Online Classes: David Quigley teaches LIVE online classes in partnership with Bridges.Academy LLC. To learn more: Check the [website calendar](#) or contact pat@bridges.academy

INSTRUCTIONAL MATERIALS

Program Students are provided with their personal copy of an up-to-date copyrighted Training Workbook. Students of advanced elective courses and workshops are also provided with a copy of the relevant workbook pertaining to the course material. If a workbook is lost, the student is responsible for all costs incurred to replace it.

Students are required to bring their Workbooks to each class. Additional paper, pens and highlighters for notes are recommended.

Library: Students are encouraged to access the free "Alchemical Hypnosis Article Library" which contains many pages of articles online at: <https://www.alchemyinstitute.com/alchemy-library.html>



PROGRAMS

Several programs are offered at the Alchemy Institute of Hypnosis. Choose the program that meets your needs:

- Alchemical Hypnosis Practitioner
- Professional Hypnotherapist (CHT)
- Alchemical Hypnotherapist/Clinical Hypnotherapist (CCHT)
- Alchemical Past Life Regression Practitioner
- Somatic Healing Practitioner
- Empowerment Intensives
- Group Process Facilitator
- Advanced Psychic Development
- Trainer Track Program

Professional certification documents are issued to qualified participants.

Personal Growth participants are welcome in most classes, workshops and programs. Check with the Program Administrator.



■ Alchemical Hypnosis Practitioner

Successful completion of the Alchemical Hypnosis Practitioner program qualifies graduates to apply for certification as a Consulting Hypnotist (CH) with the National Guild of Hypnotists, and to begin their practice as an Alchemical Hypnosis Practitioner. Personal Growth students are welcome.

Course List:

Trance Induction and Post Hypnotic Suggestion (Introduction to Alchemical Hypnosis)
Healing the Source of Emotional Pain (Emotional Clearing)
Alchemical Past Life Regression

Students wanting to receive professional credentials and certification are required to:

1. Receive **two professional, private sessions** concurrent to their training and outside of class - with any Professional Hypnotherapist who specializes in Alchemical Hypnosis. Payment for these sessions will be made by the student directly to the provider of the sessions. The student needs to note the date and subject of each of these 2 private sessions for documenting on their final exam paper.

Note: There are (optional) opportunities to receive a no-cost session during the lecture segments of class when the instructor invites students to volunteer as a subject for an in-class demonstration.

2. Participate in a minimum of **two practice sessions** with a classmate outside of class, on Zoom, in person, or by phone. (If practicing with a classmate is not feasible, the practice sessions may be done with family or friends.) The student needs to note the date and topic of 2 practice sessions for documentation on their final exam paper.

Four or five practice sessions are recommended, but 2 are required, as follows:

- At least 1 practice session is to take place between or just after the two weekends of *Healing the Source of Emotional Pain (Emotional Clearing)* weekends, AND
 - At least 1 practice session is to take place between the *Alchemical Past Life Regression* weekends.
3. Active participation, demonstrating understanding and progress with the protocols, during the mentored experiential practice segments **in class**, both as "student therapist" and "student client".
 4. Read all texts, do all homework assigned in class, and achieve a grade of 75 on the final exam.

Certifications for graduates:

1. Alchemical Hypnosis Practitioner
2. Alchemical Past Life Regression Practitioner

Graduates are welcome to request a free listing in the Practitioner Directory on our website.

PREREQUISITE READING: (purchased separately):

Alchemical Hypnosis – A Manual of Practical Technique, by David Quigley (read Pages 1 to 44 by the beginning of the Emotional Clearing class; pages 45 onwards before the first day of Alchemical Past Life Regression Class) \$11.95 paperback or \$10.95 pdf

Alchemy of Healing, by David Quigley (read by end of Alchemical Past Life Regression class) \$29.95 paperback or \$27.95 pdf

RECOMMENDED READING:

The Art of Hypnosis, by C. Roy Hunter

Becoming Naturally Therapeutic, by Jacqueline Small

Soul Contracts, by Linda Baker

The Prerequisite reading books and the Recommended reading books can be found here:

<https://www.bridges.academy/aihrecommendedbooks.html>



■ Professional Hypnotherapist, CHT program

Prerequisite: For graduates of any approved program of Alchemical Hypnosis Practitioner training. Approved schools are located at various locations including in California, Japan, Norway and France.

The Professional Hypnotherapist program includes comprehensive training that extends and builds upon the foundation of the Practitioner training. The graduate receives the approved credentials of a Certified Hypnotherapist (CHT).

Certifications for graduates:

1. Professional Hypnotherapist, specializing in Alchemical Hypnosis
2. Somatic Healing Practitioner

Course List:

Somatic Healing

Conference Room Therapy

Professional Tools for Practical Transformation (also known as the Addictions and Phobias class)

Establishing Your Professional Practice

Students wanting to receive professional credentials and certification are required to:

1. Participate in a minimum of **two practice sessions** with a classmate outside of class, on Zoom, in person or by phone. (If practicing with a classmate is not feasible, the practice sessions may be done with family or friends.) The student needs to note the date and topic of 2 practice sessions, for documenting on their final exam paper. Four or five practice sessions are recommended, however participation in 2 practice sessions is the minimum requirement.
2. Active participation, demonstrating understanding and progress with the protocols, during the mentored experiential practice segments **in class**, both as "student therapist" and "student client".
3. Read all texts, do all homework assigned in class, and achieve a grade of 75 on the final exam.

Students are required to successfully complete exams plus any homework assigned in class.

RECOMMENDED READING:

Talking to My Selves, by Debbie Unterman

Becoming Naturally Therapeutic, by Jacquelyn Small



■ **Alchemical Hypnotherapist, Clinical Hypnotherapist (CCHT) also known as the “Assisting Program”.**

Prerequisites:

1. This program is an internship open to qualified graduates of any approved CHT program as described above, who have been practicing as a Professional Hypnotherapist for at least six months and who are approved for admission by the Director.
2. Candidates are required to submit two case studies for review by the Director
3. Candidates are required to attend an Assisting Program Readiness workshop.

Overview: Training Assistants attend classes for their second time, including all lectures. During the experiential small group practice sessions, the Training Assistant supports and mentors the brand-new students, as the new students receive the training for their first time. Training assistants are supported by senior staff and/or by the Instructor.

Course List – 180 hours of class as follows:

- Attendance at the full Alchemical Hypnosis Practitioner Program
- plus at least one module of the Professional Hypnotherapist Program

Certifications for graduates:

1. Alchemical Hypnotherapist
2. Clinical Hypnotherapist (CCHT)



■ Personal Growth Program

This program is for individuals who wish to receive a Personal Transformation certificate. Students will make actual contact with their Inner Child, Higher Self, and all of the internal resources needed to transform their life, relationships and creative abilities.

Course List:

Trance Induction and Post Hypnotic Suggestion (Introduction to Alchemical Hypnosis)
Healing the Source of Emotional Pain (Emotional Clearing)
Alchemical Past Life Regression

Personal Growth Program participants do not write exams and are not required to practice as “student therapists” during the experiential practice sessions in class. They receive equal priority in receiving in-class sessions and participating in in-class exercises.



■ Alchemical Past Life Regression Practitioner

Prerequisite: **Open to everyone**; however, prior Past Life Regression training and/or prior Alchemical Hypnosis training is required for any student who seeks certification as an *Alchemical Past Life Regression Practitioner*.

Alchemical Past Life Regression training focuses on leading edge past life and interlife technology to clear trauma, change karma, access creativity and change relationship contracts. Students learn ancient shamanic and modern techniques for rapid personal change, physical and emotional healing, creativity, and spiritual growth.

Textbook (optional, but highly recommended): [*Soul Contracts*](#), by Linda Baker

■ Somatic Healing Practitioner

The Somatic Healing program is **open to everyone** who wishes to learn powerful techniques to heal illness and injury with powerful hypnotic tools such as hypnotic movement, accessing the Inner Healer, color healing, and energy channeling. During the class, each participant will have at least 4 opportunities to experience these healings in their own body.

Professionals who are not part of our training program but wish to receive Continuing Education Units and certification as a *Somatic Healing Practitioner* must provide evidence of previous certification in hypnosis, nursing, counseling or bodywork, and are welcome to a free listing on the online Practitioner Directory.

Textbook (optional, but highly recommended): [*Alchemy of Healing*](#), by David Quigley

■ Advanced Psychic Development

This program is a series of workshops offering a dynamic and fast-paced introduction to the vast realms of advanced psychic development and includes experiential learning of dozens of technologies and methods for reading, understanding, support, and effective healing. Open to beginners or advanced seekers. Each workshop is also offered on a stand-alone basis, with a discount for enrollment in the full program.

Course List:

The Aura and the 7 Chakras System, Death and the Afterlife; Through Death's Door, Alchemical Dreamwork, Alchemical Tarot, Medical Intuition, Channeling

■ Trainer Track Program

Through the experience of an apprenticeship with David Quigley during a basic training, participants learn how to teach Alchemical Hypnosis. Prerequisites:

1. Alchemical Hypnotherapist (CCHT) with two years of practice in Alchemical Hypnosis prior to application and a minimum of 100 hours of previous teaching experience (in any context).
2. Letters of reference from three clients and two acquaintances.
3. Participation in two AIH personal growth intensives such as the Mt Shasta Empowerment, or a Personal Empowerment Intensive.

Tuition: \$2,000.00



■ **Master Alchemist**

Master Alchemist is an honorary distinction awarded at the discretion of the Director, in recognition of excellence. The Master Alchemist designation is based on criteria including:

- A significant contribution towards the ongoing evolution of Alchemical work.
- Excellence as a practitioner and trainer of Alchemical Hypnosis, as reported by clients, students and peers.
- Tenure: at least 10 years experience as a “Quigley approved” instructor of Alchemical Hypnosis.
- Mastery of the present-day techniques of Alchemical Hypnosis; the Master Alchemist’s training is current and up to date at the time of the designation.



COURSE DESCRIPTIONS

Of the Alchemical Practitioner and CHT Programs

The most economical option is to enroll in a full program. However, each of the courses described below are available as stand-alone classes, or a "learn at your own pace" option. Once a course is completed it is recorded on the Student Transcript.

Alchemical Hypnosis Practitioner Program:

Trance Induction & Post-Hypnotic Suggestion (Introduction to Alchemical Hypnosis)

History of hypnosis, trance induction, levels of trance, hypnotic language, post-hypnotic suggestion, rapport, pre-induction interview, goal-setting. This class is a prerequisite for all other courses of the Practitioner program. (3 days)

Healing the Source of Emotional Pain (Emotional Clearing)

State-of-the-art techniques for rapid healing of unresolved emotional issues, including childhood pain, trauma and neglect. Includes etheric plane communication, regression, inner child and inner family work, the inner mate, and work with various forms of resistance. (6 days)

Alchemical Past Life Regression and Inner Guide Visualization

Using inner guides for rapid personal change, physical and emotional healing, creativity, and spiritual growth. Past life regression as applied to clearing trauma, changing karma, contracts, accessing creativity, and changing relationship contracts. Students learn ancient shamanic and modern alchemical techniques for rapid personal change, physical and emotional healing, creativity, spiritual growth. (6 days)

Professional Hypnotherapist Program (CHT):

Somatic Healing

Learn powerful techniques to heal illness and injury with powerful hypnotic tools: hypnotic movement, accessing the Inner Healer, color healing, and energy channeling. Learn many specific methods to contact and heal the underlying cause of disease in the subconscious mind. (3 days)

Conference Room Therapy

Communicating with different aspects of the personality and working with them to facilitate behavioral change. The judge, the inner child, the rescuer, the rebel – learn how to help your clients create contracts with these characters that strengthen the will. (4 days)

Professional Tools for Practical Transformation (aka Addictions and Phobias)

Techniques for working with weight loss, smoking, addictions, anxiety, depression and phobias, including the powerful Addictive Personality Technique, advanced aversive conditioning strategies, and the John Daughters Smoking Cessation Program. A full day is devoted to advanced methods and strategies for weight loss. (4 days)

Establishing Your Professional Practice

This course focuses on empowering you to become a successful trance work professional, transitioning you from the classroom to operating your own successful hypnosis practice. Learn to conduct an in-depth first interview utilizing assessment techniques and professional interviewing skills. Learn about patterns, boundaries, transference, referrals, safety, advertising, marketing & promotion, office management, legal and ethical limits to your practice. Learn to globalize your practice with phone and Zoom sessions, website promotions, retreat programs, social media. Includes "The First 3 Sessions" with guest instructor, Elizabeth Clinton. (3 days)



ADVANCED LEVEL WORKSHOPS

Advanced electives are offered at various times.

Advanced Alchemical Techniques: Techniques for direct trance state work with mythical and symbolic imagery, advanced hypnotic dream work, religious deprogramming, Alchemical Tarot, spiritual & metaphysical principles of Alchemy.

The Magic Theatre: Alchemy & Psychodrama: Group process work. Use psychodrama, voice, movement and touch in the context of group therapy. Includes safety & intimacy issues and conflict management.

Seminar Leadership: Learn to be an effective leader of hypnosis seminars: teach weight loss, smoking cessation, Alchemical past life regression, and emotional healing in your community. Hands on experience available.

Advanced Somatic Healing: Alchemical Bodywork techniques, including calibration to find "sweet spot", advanced induction methods, "spiritual surgery" for core beliefs & more. Includes specifics for allergies, diabetes, autoimmune diseases, cancer and more.

The Clairvoyant Healer (an advanced Somatic Healing course): Learn advanced medical intuition skills including how to access and use the third eye, the inner healer and your own hands to discover and help resolve physical challenges at physical and energetic levels.

Alchemy and Healing from Sexual Abuse (Instructor: Linda Baker) In this class learn new tools to add to your Alchemical toolbox that will help you specifically to work with clients who have suffered sexual abuse. (Prerequisite: Healing the Source of Emotional Pain class, or the equivalent.)

Wilderness Intensive: 5 days of empowerment process, wilderness ceremonies and deep transformation; held at locations such as Mt. Shasta or Sedona.

Personal Empowerment Weekend Intensive: Transform your life in 3 days. This is the most powerful weekend of Alchemical work available. It is often offered at New Year's.

Graduate Supervision: A must for the graduate who is beginning a practice, and open to all Alchemically trained hypnotherapists. Working individually with David Quigley for 4 half-hour weekly sessions, he will personally coach you with specific client issues and assist you in marketing and building a successful practice.

Group Process Leadership Training

This course provides numerous tools and profound personal transformation to prepare you for the exciting work of group process facilitation.

OTHER advanced level courses include: Advanced Conference Room, Advanced Alchemical Past Life Regression, Hypnosis with Children and Family Systems, Peak Performance.

See currently scheduled workshops, programs and events at
<https://www.bridges.academy/alchemicalclasses.html>

If you want a specific workshop but don't see it on the calendar, contact David Quigley or the Program Administrator.



FACULTY

David Quigley BA, CH is the founder and creator of Alchemical Hypnosis (also known as Alchemical Hypnotherapy), the Director of the Alchemy Institute of Hypnosis and the primary Instructor of the programs and training. David graduated from Duke University with a degree in Comparative Religion and Transpersonal Psychology, and he received training in hypnosis from the Hypnotherapy Training Institute in Corte Madeira, CA.

In 1983, David created the synthesis of powerful therapeutic techniques now called *Alchemical Hypnosis or Alchemical Hypnotherapy*, using techniques from Gestalt, Jungian Visualization, and Hypnosis to achieve rapid clearing of personal problems, elimination of negative habits, and the recovery of one's full potential as a spiritual being.

In addition to his busy private practice, David has been training professional hypnotherapists since 1984, teaching throughout the United States and around the world, and has spoken at the United Nations Enlightenment Society and at numerous hypnotherapy conferences worldwide. He is the author of *Alchemical Hypnosis - A Manual of Practical Technique* and *The Alchemy of Healing*. David Quigley is widely regarded as a leader in the field of hypnosis education, and has mentored the establishment of Alchemical Hypnosis training programs in educational centers in the United States and many other countries.

See the website for testimonial information and student success stories: www.alchemyinstitute.com

All **guest Instructors** or substitute Instructors are hand-picked by David. When a substitute is required, a qualified Instructor will lead the class for no more than one-third of the training. Guest Instructors are experienced teachers in their own right and highly accomplished in their fields. Our faculty practices what they teach.

As scheduling allows, a guest Instructor may be invited to present an advanced elective class, a workshop or a practicum in an area of their specialty.

Faculty maintain current membership with a national hypnosis or hypnotherapy association, to whom they submit documented evidence of ongoing and updated training in the field of hypnosis therapy. Additionally, they are proven and accomplished in classroom management and other teaching-related criteria.



PRACTITIONER SUCCESS PROGRAM/PACKAGE

The Alchemy Institute of Hypnosis recommends membership and participation in the professional support package called *The Practitioner Success Program*. Membership is open to all AIH graduates who complete the Alchemical Hypnosis Practitioner Program.

The mission of the program is to promote and support Alchemical Hypnosis practitioners around the world, helping practitioners reach their professional goals with tangible career-building resources at super discounted rates.

Cost is only \$100.00 and includes the following benefits:

- **1 hour of graduate supervision** with David – four 15-minute consults - Value of \$125.
- **FREE download** of 12 Alchemy Journey mp3's - Value of \$80.
Meet Your Inner Healer, Your Inner Mate, Completing Communication, Your Inner Child, Meeting an Inner Guide, Journey Into the Body, Discover Past Life Abilities, Meeting the Money Deva, Journey to the Golden City, Symphony for the Immune System, Contact and Activate Your Inner Guardian, Healing Journey Into The Immune System and to Heal and Rebuild Your Lungs.
- **\$125 off the cost of** an Empowerment Intensive - Value of \$125.
- **50% off** any or all of David's books, DVD and CD's any time you buy 5 or more copies.
- Use of the Alchemy Institute **logo** on your business promotional material - Value: priceless!

TOTAL VALUE (at least, and if purchased separately):

\$330.00

Available for online purchase at www.bridges.academy/success

NOTE:

Early sign-up bonus: for each semester of the Alchemical Hypnosis Practitioner Program, the first five students to enroll a minimum of 3 weeks in advance receive this Practitioner Success Program for free.



CONTACT US

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Online courses, distance learning, workshops, clinics and events are available through Bridges.Academy LLC, "*A premier learning center for consciousness raising and the healing arts*". See the calendar of David Quigley's current and upcoming offerings at this link:
<https://www.bridges.academy/alchemicalclasses.html>

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