



# Holistic Hypnotherapy Training

**A certified training by Hong Kong's leading hypnotherapist, Sonia Samtani.**

## **Become a certified Holistic Hypnotherapy Practitioner**

As the first in-person training program of its kind in the region created by Sonia Samtani, this course integrates clinical hypnosis, belief transformation, and regression therapy into one refined, results-driven methodology.

You don't need prior experience in psychology or therapy to join—just openness, commitment, and a genuine desire to grow both personally and professionally. If you are ready to step into work that is purposeful, powerful, and profoundly human, this training was created for you. With over 15 years of experience, Sonia will guide you in understanding clinical hypnosis, belief transformation, and regression therapy.

### **Upon successful graduation, you will be able to:**

- Conduct full professional sessions
- Address core challenges
- Resolve emotional blocks
- Guide regression safely
- Reframe trauma responses
- Facilitate deep transformation
- Enhance peak performance
- Support behavioral change
- Address psychosomatic pain
- Design multi-session plans
- Uphold professional standards

Beyond studying theory, you will practice extensively throughout the program, complete supervised components, and experience the methodology firsthand.

Once certified, you will be fully prepared to begin working with clients within a clear and ethical scope of practice.



**[www.allaboutyoucentre.com](http://www.allaboutyoucentre.com)**  
**(852) 2992 0828 | (852) 6133 5976**

# Roadmap to Getting Certified

The Holistic Hypnotherapy Training includes **27 full classroom** days across 5 progressive levels.

To qualify for certification, students must also complete case studies with real clients, personal hypnotherapy sessions, group practice, self-study, and final assessments. Five private hypnotherapy sessions are included to support personal integration and firsthand experience of the work.

Certification is awarded upon successful completion of all training levels, practice requirements, case studies, and assessments.

## Training Outline

### Level 1 The Foundations of Hypnotherapy

Build a solid foundation in hypnosis, subconscious theory, & safe induction techniques.

Duration: 2 Days  
**HKD 3,600**

### Level 2 The Mechanics of Change

Work with beliefs, perception, and pattern change through diagnostic tools and structured interventions.

Duration: 4 Days  
**HKD 7,200**

### Level 3 The Architecture of Identity

Master timeline and inner child regression processes to safely address the early development of core beliefs.

Duration: 5 Days  
**HKD 9,000**

### Level 4 Advanced Regression and Peimprinting

Understand metaphysical concepts and gain practical tools to help clients shift hard-wired patterns.

Duration: 6 Days  
**HKD 10,800**

### Level 5 Part A Understanding Generational Imprints

Learn trauma-informed practices and how to safely help clients resolve generational patterns.

Duration: 5 Days  
**HKD 9,000**

### Level 5 Part B The Final Integration

Integrate advanced techniques with hands-on experience.

Duration: 5 Days  
**HKD 9,000**

## Investment

27 classroom days Level 1-5: **HKD 48,600**  
5 Private Hypnotherapy Sessions: **HKD 5,000**  
**FULL PROGRAMM VALUE: HKD 53,600**

### PRICING OPTIONS

All Levels +  
5 Private Hypnotherapy Sessions  
Package Price: **HKD 48,000**  
(Savings: HKD 5,600)

[2-Part installment payment available](#)

**Ready to take the first step?**  
**Limited spaces available, contact us to reserve your seat**

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