

# Holistic Hypnotherapy Training

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

## **Become a certified Holistic Hypnotherapy Practitioner in Hong Kong.**

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**

# Holistic Hypnotherapy Training

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

## Hypnotherapy Training Roadmap

The Holistic Hypnotherapy Training is delivered across **27 days**, divided into 5 progressive levels. Sessions are held in person at our training room.

Outside of the classroom, students complete practical requirements, including:

- Case studies with real clients
- Personal hypnotherapy sessions
- Group practice sessions and reports
- Self-study assignments
- Final assessments

Students have up to one year from their final classroom date to complete these certification requirements.

### Level I -2 Days

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

Nov Batch: 14th to 15th Nov, 26  
Dec Batch: 12th to 13th Dec, 26  
10:00 AM to 7:00 PM HKT  
**HKD 3,600**

### Level II -4 Days

Master the mechanics of behavioral change using structured interventions and practical tools.

14th to 17th Jan, 27  
10:00 AM to 6:30 PM HKT  
**HKD 7,200**

### Level III -5 Days

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

24th to 28th February, 27  
10:00 AM to 6:30 PM HKT  
**HKD 9,000**

### Level IV -6 Days

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

9th to 14th April, 27  
10:00 AM to 6:30 PM HKT  
**HKD 10,800**

### Level V Part A -5 Days

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

12th to 16th May, 27  
10:00 AM to 6:30 PM HKT  
**HKD 9,000**

### Level V Part B -5 Days

Integrate advanced techniques with hands-on experience.

16th to 20th June, 27  
10:00 AM to 6:30 PM HKT  
**HKD 9,000**

**Private Sessions (5 mandatory 1:1 sessions) – HKD 5,000**

**ALL LEVELS + 5 PRIVATE SESSIONS PACKAGE  
PRICE: HKD 48,000**

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

