



RAMAPO COLLEGE OF NEW JERSEY
Office of Communications and Public Relations

Press Release

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Hypnosis Certification Program to be Hosted at Ramapo College **Information Sessions Scheduled**

MAHWAH, N.J. – The Center for Innovative and Professional Learning (CIPL) at Ramapo College of New Jersey is hosting a National Guild of Hypnotists (NGH) certified hypnosis instructor, Cindy Nolte, to prepare enrollees for the 100-hour Hypnosis Certification. Hypnosis is a tool used in the medical and health care community to assist individuals in making habit changes that they want to make through voluntary focused concentration such as for smoking cessation, weight loss, stress management, phobia extinction, ego strengthening and sports performance.

Hypnosis Certification is highly recommended for those wishing to learn self-hypnosis and those wishing to provide a holistic modality to make positive changes for their clients. These may include wellness coaches, personal trainers, life coaches, fitness and nutrition experts, nurses, social workers, complementary and alternative medicine practitioners, and more.

While no prior experience is required to enroll in the program, there are stringent certification requirements such as being of good moral/ethical character with no criminal record, and meeting the educational standards of the NGH including passing a written examination. The NGH-approved Hypnosis Certification is provided by the NGH certified instructor to successful candidates on the last day of class.

Information Sessions are planned on the Ramapo College campus on November 1, 7-8 p.m., November 17, 7:30-8:30 p.m., December 6, 7:30-8:30 p.m., December 15, 5:30-6:30 p.m., and January 5, 7-8 p.m. The four-month certification program kicks off on January 17, 2017 and classes will run most Tuesday evenings and alternate Saturdays with the last class to be held on May 6. Registration for information sessions and the certification program are completed online at www.ramapo.edu/hypnosis.

The Hypnosis Certification program is taught by a Ramapo College alumnus and Certified Hypnosis Instructor, Cindy Nolte, founder of Fresh Look on Life, LLC (www.freshlookonlife.com). Nolte is the Number One bestselling author of *Finding Peace in an Out of Control World: A How-To Book on Being at Peace Regardless of What Life Throws Your Way*, and she is a television talk show host and corporate speaker. She runs a private practice in which she offers workshops, certifications, hypnosis, and energy work.

The National Guild of Hypnotists, Inc. is a not-for-profit, educational corporation based in New Hampshire. Officially founded in Boston in 1950 the Guild is a professional organization comprised of dedicated individuals committed to advancing the field of hypnotism. In 1990, the Guild was the first professional hypnotism organization to require continuing education credits of 15 hours for active certification status.

Registration and tuition payment are completed online at www.ramapo.edu/cipl/hypnosis at least two weeks prior to the first day of class. Tuition for the Hypnosis Certification is \$1,825. Textbook and materials fees are \$79.95. A one-year membership in the National Guild of Hypnotists is included.

For more information, please visit or contact the Ramapo College Center for Innovative and Professional Learning at cipl@ramapo.edu or 201-684-7370.

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