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*If you give a man a fish – You feed him for a day -- If you teach a man to fish – You feed him for life...*

## **GROW YOUR PRACTICE WITH QUANTUM FOCUSING®**

If you are you ready to transform the way you practice hypnosis...

Michael Ellner and Alan Barsky's QUANTUM FOCUSING Workshop is your passport to being one of today's pioneers in the fields of mental and physical health, healing and spirituality.

QUANTUM FOCUSING opens doors that are often closed to Certified Hypnosis Professionals because of the public's fears, concerns and misconceptions about being hypnotized.

In theory and practice QUANTUM FOCUSING is a Mental Martial Art that promotes healing, wellness and high level functioning. Instead of hypnotizing clients, QUANTUM FOCUSING Coaches teach their clients a series of mental exercises and physical

movements that conditions them to be happier, healthier and generally more effective.

In one fun filled day, you will experience and learn this innovative way to help your clients:

- \* Enjoy improved relationships
- \* Achieve goals & peak performance
- \* Get rid of unwanted habits
- \* Feel their self-esteem soar
- \* Overcome anxiety, fears and limitations
- \* Reduce or Eliminate pain
- \* Infuse a lighthearted approach to life

By the end of the training you will know how to guide your clients through a step-by-step program that teaches them how to get unstuck, resolve their own problems and take charge of their lives, health and careers without hypnotizing them. And because QUANTUM FOCUSING is a tried and true initiatory process for self-development and spiritual growth, your accelerated QUANTUM FOCUSING experience will help you unwind, recharge and inspire yourself.

This unique Certification Training includes:  
The Basic QUANTUM FOCUSING Experience  
Demonstrations  
Discussion  
A Practitioners Guide Book  
Ongoing Support Via Email  
Marketing Tips and Hints

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Armed with his special blend of meditation, self-hypnosis and focused attention - which he calls "Quantum Focusing", Michael Ellner, DD, CHT, MSH, has helped thousands of people develop attitudes and mindsets that promote healing, self-empowerment and effectiveness. Ellner has three years of experience as an active member of the National Institutes of Health Complimentary Therapies Working Group, and his honors

include being named as one of the world's leading experts in mind body healing by the European Commission (Project 97-2031), Educator of the Year from the National Guild of Hypnotists, Award for Excellence in Counseling and Therapy from The International Federation of Hypnosis, and receiving Fellow status with and the Pen and Quill Award from the International Medical and Dental Hypnotherapy Association. His goal is to further integrate the conventional practice of hypnosis into medical and therapeutic practices.

For more information: [www.ellner.info](http://www.ellner.info) or call 212-580-3471

### Alan Barsky

Alan Barsky, CHt, MH, Certified Hypnotherapist, Master Hypnotist is an experienced Educator and Hypnotherapist. His training includes HYPNOTHERAPY TRAINING INSTITUTE; Certified Master Hypnotist, trained by Churchill, Mulder & Ormond McGill. INTERNATIONAL MEDICAL AND DENTAL HYPNOTHERAPY ASSOCIATION; Certified Hypnotherapist & member. NEW LIFE CLINICS; non-profit, lose-weight, quit-smoking group seminars, co-produced with Errol Strider. AMERICAN INSTITUTE OF HYPNOTHERAPY; trained by Dr. Al Krasner. INTERNATIONAL HYPNOSIS FEDERATION; elective credits trance-induction, weight-loss by hypnosis. He also holds a certificate from THE NATIONAL GUILD OF HYPNOTISTS, and has been personally trained by Michael Ellner and Dr. Gerald S. Cohen in hypnotic healing modalities. NLP; trained by Don McMillan, Dr. Fred Haddock, Steve Lankton and other NeuroLinguistic Programming trainers. He has also earned certification in natural healing: REIKI; Second Degree. Usui Shiko Ryoho, Japanese system. Alan earned a degree in Education from Michigan State University's OAKLAND UNIVERSITY. Alan Barsky's background includes a twenty-year career in marketing and advertising spanning a myriad of experiences. A number of his clients have been in the Health Care field. He has

served on the board of directors of charities and organizations. He has run for public office in Michigan and won. Alan has served as Executive Director of the NATIONAL CONSUMER EDUCATION BUREAU; a national health-care education marketing firm. Alan has traveled to 33 cities outside the US, living in three of them. He has owned a nightclub in Jerusalem. He has been a High School teacher in inner city Detroit, as well as Juvenile Hall (a high school inside a jail) in Marin County. He has served as a mentor and adult supervisor to teen organizations. Alan's unique methodology and brilliant sense of humor has proven effective at moving clients past stuck points, getting them back on track toward reaching their goals and improving self-confidence. Located in the San Francisco area. Visit his website [www.hypnotherapy-marin.com](http://www.hypnotherapy-marin.com) You can contact him at 415-389-9444 or email at [a@quantumfocusing.com](mailto:a@quantumfocusing.com)