

# ARCH RHt Certification Examination

Print name: \_\_\_\_\_ Date: \_\_\_\_\_ Grade: \_\_\_\_\_  
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**Read each question carefully.** Answer only the question asked. There are no trick questions. If you have a question, please raise your hand and your instructor will come to you. If you require more space to answer a question, use a separate piece of paper and make sure your name is on that paper as well as the question number. Now, close your eyes and take a deep breath .... Good! Print your name and date on the top of the page and begin the exam.

## Grading System:

The minimum score for certification is 80%. Answer all of the questions. In most cases, the examiners are not so much interested in specific wording or phrasing of your answers. They are interested in your answer as it indicates an adequate knowledge and basic understanding of hypnotic process and protocols and professional approach to the subject. Should a rewrite be required, this can be arranged through your instructor.

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## Section A: Answer each of the following questions True or False.

1. Cataleptic state of hypnosis is the deepest state desired for therapeutic work. True False
2. Only a small proportion of people can benefit from hypnosis. True False
3. Hypnosis works best when the client completely surrenders their will over to the therapist. True False
4. For all practical purposes, a person must be willing to be hypnotized before formal hypnosis can take place. True False
5. Hypnosis enables people to do what they could not normally do? True False
6. Rapport is the most important consideration for success in the client's achieving deep hypnosis? True False
7. It is appropriate to leave a client alone once they are in a deep trance state? True False
8. It is not appropriate to attempt hypnosis without the person's permission? True False
9. Suggestibility is anchored in us by the "primary care giver" from our family of origin...this person is usually the father. True False
10. The first important goal of the therapist in establishing "Rapport" is the development of "Trust and Confidence." True False

**Section B: Circle the correct answer in the following Multiple-Choice questions.**

11. What is the key to successful use of hypnosis for self improvement and personal growth?  
A) self-motivation  
B) believable suggestions  
C) repetition  
D) all the above
12. Hypnosis is dangerous because:  
A) a person can be made to do anything  
B) a person may never awake from a deep trance state  
C) a person is vulnerable and can be taken advantage of under hypnosis  
D) a person is never in danger - hypnosis is relaxing and therapeutic
13. Which of the following is NOT part of the “Physical Considerations” that we need to be concerned with when a client comes for Hypnotherapy? (Because it will not interfere with the client’s ability for successfully meeting their hypnotic goals.)  
A) if there is something emotionally bothering them  
B) if they are taking medication  
C) if they are in pain or physical discomfort  
D) if they are intoxicated in any way
14. Which of the following would NOT be considered a “Suggestibility Type”?  
A) Indirect  
B) Balanced  
C) Direct  
D) All the above are suggestibility types
15. How many laws of suggestion are there?  
A) 6  
B) 3  
C) 5  
D) None of the above
16. “Secondary Gain” is when....  
A) a client invests heavily in something then diversifies in order to increase their gain  
B) a client acts to protect them-self from losing or gaining something materially or physically  
C) a client gains an additional benefit to therapy  
D) a client discovers the secondary causal effects of Regression Therapy
17. In the establishment of Rapport, a therapist should:  
A) project confidence and not arrogance  
B) listen and show empathy  
C) be non-judgmental  
D) all the above
18. A Progressive Relaxation can be repeated more than once in the same session to:  
A) make more money if you charge by the hour  
B) increase the level of relaxation in a very tense client while at the same time deepen hypnotic experience  
C) confuse a client into a deeper trance state  
D) none of the above

19. Practice of inductions and scripts is very important so that you:
- A) can rattle off any script or induction at any time
  - B) impress your colleagues with your repertoire
  - C) are comfortable with the flow of words and can watch your client closely
  - D) none of the above

**Section C: Complete the Following With the Correct Title, Term or Definition**

20. What is it called when a person is day dreaming or in a “road trance”?
21. When a person listens to repetitive radio or television commercials (for example: ”Like a Rock”- “For those who think young”), preachers, actors or anyone or anything that heightens the attention span and the suggestibility of a person, that person is said to be in the state of \_\_\_\_\_?
22. In what depth of hypnosis does a person experience spontaneous amnesia, receive the greatest benefit from Regression and/or Parts Therapy and is able to control the involuntary functions of their body?
23. When “Establishing the Hypnotic Trance”, what are three (3) of the six (6) important conditions the therapist aims for?
24. What are the “Two Rules” you tell a client for the creating of a safe place?
25. What are the following types of words or phrases?  
“Try”, “Hope”, “Subject”, “Have To”, “Can’t”, “Quit”, “Must”, “Should”
26. Give three (3) characteristics of an Indirect Suggestible person.
27. Define Hypnosis – Hypnosis is ...

28. Give three (3) characteristics of a Direct Suggestible person.
29. When you increase the time a client spends in hypnosis, you effectively \_\_\_\_\_ the client.
30. Any suggestion given to a person while in a state of hypnosis, which is to be carried out after the person leaves hypnosis, is known as \_\_\_\_\_.
31. When is the following intervention used?

*“The scene fades as you focus on your breathing and you see yourself moving toward your safe place.”*

**Section D: Provide a Short Answer or Description to the Following.**

32. What does the Greek word “Hypnosis” literally mean?
33. What is hypnosis good for?
34. Define “Trance Type” Hypnosis.
35. Define Hypnoidal.
36. Define Esdaile.





51. Give four (4) of the Seven (7) Rules which are important to follow when giving a client a "Post-Hypnotic Suggestion?"
  
52. What is an abreaction?
  
53. Explain at least one (1) thing you must never do when a client experiences an abreaction. Why is this important?
  
54. When facilitating a client in Regression, what very important aspect of the process must the therapist be constantly vigilant about? Why is this important?
  
55. In the therapeutic process, there are professionals that have concluded one should never do "Past-Life Regression on purpose." Discuss briefly this position.

56. What is "Ideomotor Response" and how is it used in the hypnotic process?
57. A simple "Progressive Relaxation" has six (6) elements or steps from start to finish .... It begins with the "Establishment of Rapport" and concludes with the "Exit". What are the steps or the elements in between?
58. Why is it important to ask permission to touch a client before you begin the induction? Explain how and when you would do this?
59. Give two specific examples when you would refer a client to an other professional and explain why?
60. What are some to the words or phrases you can use in inductions and deepening which can replace the trigger word "relax?"
61. Once a client is exited from the hypnotic state, they are still very suggestible for several minutes ... what can you continue to do during this time?

62. Why should we consider counting “up” from 1 to 5 during the “Exit”?
63. What can you do during the "Exit Count"?
64. All helping professionals occasionally encounter what is known as "transference". What is the proper response to a client when this occurs?
65. Give the Definition of “Psychosomatic”.
66. Give the Definition of "Psychogenic".
67. Give the Definition of "Psychosuggestic".
68. Give the Definition of “Resistance” and its primary cause.
69. What are the three "Representational Systems" that most affect the hypnotic process?

70. Most professional hypnotists will, occasionally, provide recordings for the client's home use. What suggestion should be on EVERY such recording that helps to protect you and the client.
71. List the four (4) conditions in which the complete removal of pain would be recommended.
72. In the hypnotic process of pain management what word or phrase should you avoid using?
73. Write out a script for the reduction of pain using a "Control Panel Metaphor".
74. Why is the use of imagery often ineffectual in the hypnotic process and how do you overcome the problem?
75. How is the "need for acceptance" played out in the therapeutic relationship between Client and Therapist and how can the therapist use "reward" as an effective tool in the hypnotic process?

76. What is meant by the “Hypnotic Paradox?”
77. Describe the “Sway Test” and explain when and how it would be used.
78. What do we mean by "Absolute Positive Regard"?
79. Outline the steps to be taken should a client exhibit "Suicidal Ideation" during the Session.
80. What is a suicide contract and provide the wording for one?
81. Why is it important to maintain clear and concise client records?

82. Mike is a married white male, late 40's. In relating his history he states that at about 18 he first noticed that most of the time he "just felt down." Through college he found that he was often distracted by thoughts that he didn't measure up to his classmates. On graduation he was hired by a leading company in Calgary Oil Business, but turned down promotions because he felt he simply could not cope with the added responsibility. He states that the harder he works the more tired he felt and struggled with physical tension headaches often. Even when he first married, the birth of his children and his three week annual holidays only relieve the ever present feelings of doom. He complains that his self-confidence is so low, that his wife makes all the decisions by common consent.

Now in his late 40's Mike explains that the "knows" life has passed him by and over the last several months he has become deeply depressed. Even when his older son visited from college, it fail to cheer him up.

What has brought him in for therapy is the insomnia, loss of appetite and weight loss. He confesses to you that he sometimes thinks his family would be better off without him. Briefly describe the protocol and treatment plan you would take and Why?

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