

Hypnotherapy Certification Practice Test Questions and Answers

1. What is 'post-hypnotic suggestion'?

- A) Suggestions that are meant to be remembered consciously.
- B) Suggestions that impact behavior after the session ends.
- C) Hypnosis used to retrieve repressed memories.
- D) Suggestions aimed at curing physical ailments.

2. What is the primary goal of hypnotherapy?

- A) To help individuals sleep better.
- B) To help individuals access their subconscious to facilitate change.
- C) To treat physical ailments directly.
- D) To help individuals forget negative memories.

3. How does hypnotherapy support behavior change?

- A) By enforcing strict rules on the client.
- B) By offering positive suggestions to the subconscious mind.
- C) By using medications to alter behavior.
- D) By encouraging the client to act against their will.

4. Non-maleficence in hypnotherapy practice means:

- A) Using only evidence-based induction techniques
- B) Avoiding actions that may harm the client
- C) Providing services free of charge to vulnerable clients
- D) Disclosing all session notes to referring physicians

Answers: 1-B 2-B 3-B 4-B

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