

# Meet Your Instructor

Keith Livingston is the chief instructor for Hypnosis 101.

## Presenting/Teaching/Training/Apearances

Mr. Livingston has appeared on television, radio and in print in front of millions. Appearances include The John Walsh Show (overcoming phobias), Freelance Writer's Report (an article on overcoming procrastination with hypnosis), "Living it up with the Bauers" morning radio show (on KPOP AM 1360, San Diego), "Wake up with Cosmo" (Cosmopolitan Magazine's radio show) and Reflections magazine.

Keith has presented in such diverse environments as the Evergreen Hospital Medical Center (pain control, hypnotic language), the University of Washington psychology program (Neuro-Linguistic programming) and Seattle University's master's level counseling program (NLP & how the mind works).

Mr. Livingston has trained hundreds of hypnotherapists from 17 countries on 5 continents. People have literally traveled halfway around the world and paid thousands of dollars to learn hypnosis from him. He's taught people from many backgrounds: doctors, lawyers, mental health counselors, CEOs, teachers, computer programmers, contractors, massage therapists, consultants, ministers, martial arts instructors, and more!

As a teacher at a nationally accredited college (The Art Institute of Seattle) and a Washington state licensed vocational institution of higher learning (Bennett/Stellar University), Keith has spent thousands of hours in front of thousands of students.

## Course Development

While teaching at the Art Institute of Seattle, Mr. Livingston participated in developing and writing several college-level courses from the ground up and teaching those same courses.

Mr. Livingston is the author or co-author of over a dozen programs on NLP, Hypnosis and self-help including "The Practical Guide to Rapport & Advanced Rapport," "Learn Hypnosis @ Home," "The Practical Guide to Metaphor and Advanced Metaphor: Parallel Realities, Nested Loops, Multiple Embedded Metaphors, Chaining Anchors, Representational System Shifts, Submodalities, Blurring Realities and more!," and "The Phobia Self-Help Book."

## Hypnosis & NLP Qualifications

- Mr. Livingston was President of the first American chapter of the Professional Board of Hypnotherapy.
- Mr. Livingston is certified as a Hypnosis Instructor and his school is an Approved Hypnosis School by the Professional Board of Hypnotherapy. The Hypnosis 101 Hypnotherapy Certification Course is approved by the Professional Board of Hypnotherapy and the International Hypnosis Association.
- Mr. Livingston is also certified as a Clinical Hypnotherapist and Certified Clinical Hypnotherapist by the Professional Board of Hypnotherapy.
- Keith Livingston was 2005's president of the Washington State chapter of the National Guild of Hypnotists.
- Mr. Livingston has certifications as an NLP Practitioner from the NLP Learning Center and as an NLP Practitioner and Master Practitioner from Bennett/Stellar University as well as additional certificates in Advanced Communication Skills, NLP & Neuro-Natural Health, NLP Changing History and Timelines and Clinical Hypnosis.
- Mr. Livingston is among the few people in the world to complete Bennett/Stellar University's Master Neuro-Linguistic Hypnotherapist program.
- Additional expertise includes certifications as a specialist in pain control, weight control, smoking cessation, and painless childbirth.