

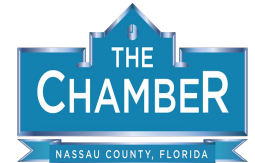
CARLOS J. BUSTABAD HYPNOSIS

Professional Summary of Education, Training, and Services



MA, Counselor Education, UCF
 BA, Psychology, Stetson University
 Certified Consulting Hypnotist
 Certified Clinical Hypnosis
 Certified Sport Hypnotist
 Certification, Energetic Hypnosis
 Master EFT / TFT Practitioner
 Certification, Advanced NLP

Certified, Pure-BioEnergy Level II
 Motivational Speaker / Trainer
 Corporate Hypnosis Presenter
 FL Institute of Hypnotherapy
 National Guild of Hypnotist, Inc.
 Nassau County Chamber of Commerce
 Certified, FL. DOE, Teacher, K-12, 2023
 Leadership Nassau, Class 2019



➤ Below are legitimate uses of Hypnosis, as defined by the *American Society of Clinical Hypnosis* (ASCH).

Personal Lifestyle	Career Management	Fitness & Recreation	Education & Health
<ul style="list-style-type: none"> • Weight Loss / Gain • Smoking Cessation • Limiting Beliefs • Self-Confidence • Fears & Phobias • Anxious Feelings • Sleep improvement • Joy and Happiness • Relationship Issues • Increase Concentration • Develop Creativity • Increase Imagination 	<ul style="list-style-type: none"> • Career Satisfaction • Goal Achievement • Negotiating Skills • Sales Performance • Leadership Skills • Presentation • Assertiveness • Develop Charisma • Public Speaking • Interview Confidence • Employee Rapport • Teamwork Process 	<ul style="list-style-type: none"> • Increase Focus • Physical Wellbeing • Athletic Performance • Exercise Motivation • Visualization of Goals • Training Routine • Sports Specific Issues • Teamwork Process • Exercise Recovery • Increase Enthusiasm • Sports Burnout • Golf with Confidence 	<ul style="list-style-type: none"> • Pain Management • Learning Disorders • Test Anxiety / Focus • Headaches / Migraines • Irritable Bowel • Blood Pressure Issues • Pre-Surgery Anxiety • Post-Surgery Issues • Dental Preparation • Arthritis Discomfort • Bed-wetting • Allergies / Asthma

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Besides the wonderful benefits of hypnosis, there are many myths. Listed below are a few myths. How many of these myths can you correctly answer?



1. People can be hypnotized against their will. T ____ or F ____
2. Hypnotists have absolute control over the action of another. T ____ or F ____
3. A person can become “stuck” while in hypnosis. T ____ or F ____
4. A hypnotized person can be forced to reveal their secrets. T ____ or F ____
5. Someone in a hypnotic trance is unaware of what is happening around them. T ____ or F ____
6. A person will not remember anything that happens to them during hypnosis. T ____ or F ____
7. While in hypnosis, there is a risk of damage being done to the unconscious. T ____ or F ____
8. Hypnosis has credible scientific backing. T ____ or F ____
9. It is easier to hypnotize someone of lower intelligence. T ____ or F ____
10. Most people feel that they can't be hypnotized. T ____ or F ____
11. Bell curve statistics correlate with hypnotic subjects. T ____ or F ____
12. Hypnosis is an effective tool for most people who want to overcome personal issues. T ____ or F ____
14. Would you change your opinion of someone who used hypnosis for personal change? Y ____ or N ____
15. Hypnosis can be used to help with pain management, anxious feelings, and headaches. T ____ or F _