

What is 5-PATH® Hypnotherapy and what distinguishes it from other forms of Therapy?

We have undergone advanced hypnosis training with the Banyan Hypnosis Centre located in California USA. The founder of the 5-PATH® process, Cal Banyan, is an experienced psychotherapist and holds graduate and postgraduate degrees in psychology. Furthermore, he is a National Guild of Hypnotist (NGH) Board certified Hypnotherapy Instructor and has won many awards for his contribution to the field of hypnotherapy. His writings have been published in peer reviewed journals of the American Psychological Association, the American Psychiatric Association and in journals published by the National Guild of Hypnotist to which he is an ongoing contributor.

Here is what Cal Banyan has to say about the 5 Path® hypnotherapy approach:

“My name is Cal Banyan, I have a Master’s Degree in Psychology and I used to be a psychotherapist. I have now moved beyond all of that and specialize exclusively in the use of hypnosis to bring about rapid success. To make a long story short, I was frustrated with the length of time it took to help people using psychological techniques, and often found them totally ineffective, especially when dealing with normal every day people, who want to make significant life changing improvements in their lives. That is when I began studying some of the most powerful methods available to the modern hypnotist. Out of that work and a desire to develop a system that would produce highly effective and reliable results for anyone trained in the system, for a broad range of issues. The result is 5-PATH®.

5-PATH® is an acronym for the true name of the process, Five-Phase Advanced Transformational Hypnosis™. In it I blend the best of psychology and hypnosis.

- Proven principles from the science of psychology
- The most powerful hypnotic techniques and processes
- Reliable and effective approach validated around the world.
- Makes it easy to select the most highly trained and qualified hypnosis professionals

The roots of 5-PATH® can be traced back to the best known in psychology, medicine and professional hypnotism, including its earliest influences, the “Father of Hypnotism”, Dr. Franz Anton Mesmer, as well as one of the greatest pioneers in the science of psychology such as Dr. Ivan Pavlov. In more modern times we have the psychological scientist, Dr. B. F. Skinner, as well as the renowned hypnotists, Dave Elman, Harry Arons, Gil Boyne, Charles Tebbits, Gerald F. Klein, and others, the former all well known in the science of psychology, and the latter in the profession of hypnotism.

Up until recently, the use of hypnosis for helping people attain their goals was divided among two camps, those in the medical/psychological professions, and those who specialized in hypnosis. I started out in the first group and now live more productively in the second. Now after conducting thousands of sessions, and supervising those who have conducted thousands more, I am confident in saying that 5-PATH® is the most advanced system of hypnotism for personal change in the world.

Why is it so special?

5-PATH® is special because it incorporates the most powerful tools available to the modern hypnosis professional and arranges them in such a way as to increase the effectiveness of each component of the system.

It is an optimization of what works, and it is criteria based. That is, the hypnotist using the system is able to apply these advanced hypnotic techniques to a wide variety of issues. This increases both the effectiveness of the hypnotic tool, and also its reliability. This means that each client is able to get more results more quickly than any other system. In fact, as far as I know, there is no other recognized system of hypnosis.

5-PATH® is the only system of hypnotism ever recognized by the National Guild of Hypnotists, and has been officially installed as a Special Interest Group by that world-wide organization of over 10,000 members.

Since this is a system, and can be taught, supervised, evaluated, and contributed to by others, it is an ever improving system, which has been tested and the results validated. Literally thousands of people around the world have benefited by working with 5-PATH® Certified Hypnotherapists/Hypnotists. These highly trained hypnosis professionals are among the most highly trained and qualified hypnotists in the world”.

“Training and certification in 5-PATH® Hypnotherapy allows the hypnotist to go far beyond what most hypnotists can do in a hypnosis session.

Here is a quick outline of how these highly trained hypnosis professionals differentiate themselves from all of the rest:

- You will receive a comprehensive “pre-talk” in which you will learn about hypnosis.
- You will interact with the hypnotherapist during the “pre-hypnosis interview” during which the hypnotherapist will find out what your goals are, and how best to help you to reach those goals using hypnotherapy and self-hypnosis.
- Your hypnotherapist will use a modern hypnotic induction (no swinging watches or blinking eyeglasses are used). These modern inductions are fast and efficient allowing them to spend more time with you working on helping you to attain your goals.
- Your hypnotherapist will ensure that you are going into just the right level of hypnosis for the kind of work you will be doing together. This will be done with covert and overt testing. The covert testing is done by the hypnotist so that he or she will know that you are hypnotized, you probably will not notice this testing being done. Once that has been accomplished he or she will do overt testing to provide you with some objective evidence that you were hypnotized.
- Your hypnotherapist will customize each session for you. 5-PATH® hypnotherapists know how to match the right inductions, deepening techniques, suggestions and other techniques to each client for maximum results.
- Your hypnotherapist uses the 5-PATH® Hypnotherapy System. Your work with him or her will not be one of those one-shot deals. You will work together as a team as you go through the process, neutralizing any old limiting beliefs, emotions or habits that have caused you to not be as successful as you would like to be regarding the issues that you want to work on.

- Your hypnotherapist will go beyond merely suggesting changes and the visualization techniques offered by so many which only bring about limited results. Your 5-PATH® Hypnotherapist has been trained to find the actual cause of the problem and eliminate it, and then give you suggestions for success. This enables our clients to be very successful and experience long term and even permanent results.
- Your 5-PATH® Hypnotherapist is even able to deal with issues that could be causing problems that you may not have thought of such as internal conflicts. For example, most people who want to make positive changes in their lives also are a bit conflicted by making the changes, like the smoker who wants to stop but is fearful that he or she will miss the cigarette habit or gain weight. Another example is the person who has been abusing alcohol or drugs who fears that if he or she abstains they will be lonely or anxious without the alcohol or drug.
- Your 5-PATH® Hypnotherapist will take you through each phase of the process, customizing each phase for your needs, making sure that your hypnosis experience is completely professional, confidential and effective.
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We hope that this additional information about 5-PATH® Hypnotherapy has been useful for you. When you work with a 5-PATH® Certified hypnotist or hypnotherapist you are working with one of the best trained hypnosis professionals in the world.”

For more information go to Cal Banyan’s website:
<http://www.banyanhypnosiscenter.com/what-is-5-path.htm>

<http://www.hypnoticimpact.com.au>