



Celebrating 25 years of changing lives



South African Institute of Hypnotism

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Welcome to the SAIH Practitioner Referral platform.

Congratulations on reaching this point! It's important to recognize the value of your well-being and through non-medical hypnosis practices, you have discovered a potent method to alleviate or reduce a wide range of issues.

At SAIH, our members are trained to apply a client-centered approach because we acknowledge that you are the authority on your own life, even if every aspect isn't perfect yet. Challenges often serve as "teachers," guiding us to learn and implement insights that elevate our life experiences.

Choosing the right practitioner holds significance for several reasons. Hypnosis hinges on relaxation and letting go, which grants access to your subconscious mind. Therefore, it is crucial to select a facilitator who either comes recommended by a credible source or is affiliated with a reputable organization like SAIH.



All our members have completed extensive training, excelled in exams and case studies, and submit annually CPE points (Continuous Professional Education). With these qualifications, feeling comfortable with your chosen practitioner is equally vital. Research indicates that the rapport between you and your facilitator profoundly influences your experience. This underscores the importance of conducting thorough research, asking pertinent questions, and tuning into your personal responses during your practitioner search.

Starting your search by location can be a good approach to find nearby practitioners. Do not hesitate to reach out to them, ask any relevant questions, and trust your intuition. Prioritizing your comfort is key, as finding the right practitioner is a deeply individual matter. The core of effective facilitation lies in human connection, which can be established whether you interact with your practitioner in person, over the phone, or online.

If you're uncertain about hypnosis itself, take the time to educate yourself. Dispel any misconceptions derived from TV or stage shows. [The SAIH website has a media page](#) features enlightening videos that can provide a more accurate understanding.



Self-Hypnosis – [Imagination is more powerful than Knowledge](#)

The workshop that stood the test of time: [Self Mastery through Auto Hypnosis](#)

What conditions can hypnosis help with?





COMPASSION & HUMILITY