

M I N D F I T N E S S I N C .



CognitiveOS Hypnosis®

CERTIFICATION COURSE

Transform your practice. Transform your life.

A U T H O R E D B Y

Luca Bosurgi · DHyp, MBSCH

Mind Fitness Coach · 30+ Years of Clinical Practice

A Rare Dual Opportunity

WHY THIS COURSE EXISTS

CognitiveOS Hypnosis® is a proprietary cognitive hypnotherapy modality developed by Luca Bosurgi over thirty years of clinical practice with more than six thousand clients worldwide. Unlike traditional therapeutic approaches that focus on coping with symptoms, CognitiveOS Hypnosis works at the subconscious level to identify and resolve the root cause of anxiety, fear, trauma, codependency, and emotional struggle: Adult Emotional Dependency.

By clearing AED and establishing emotional self-reliance, clients experience profound and lasting transformation — typically within a structured 13-session program that has achieved a 95% success rate over the last several years.

“This certification offers a rare dual opportunity — to experience the full program firsthand, gaining your own emotional self-reliance, while simultaneously learning to deliver the modality to your own clients with full certification.”

Why the 13-Session Program Fits Most Clients

Every health and nutrition course is based on the basic needs of the body — proteins, carbohydrates, vitamins, and essential minerals. Without these fundamental nutrients, the body cannot be healed, and starvation as well as physical debilitation will resist whatever other solutions are applied.

The same principle applies to the mind. If the basic emotional needs of the mind are not fulfilled, Adult Emotional Dependency — which is the starving of the mind — as well as confusion and mental debilitation, cannot be resolved. This 13-session program addresses these basic needs, which are essential for everyone. Once these foundations are in place, other solutions can be applied to further improve mind health, including the advanced work of CognitiveOS Hypnosis known as Mind Surgery.

What You Will Gain

A S A P A R T I C I P A N T • A S A C E R T I F I E D P R A C T I T I O N E R

You will gain on two levels at once. First as a participant, going through the full program yourself. Then as a certified practitioner, equipped to deliver it to your own clients.

As a Participant

- ◆ **Complete the full 13-Session program** — experiencing deep personal transformation as a client of the method.
- ◆ **Clear Adult Emotional Dependency** — the hidden root cause behind most anxiety, fear, codependency, and emotional reactivity.
- ◆ **Develop genuine emotional self-reliance** — feel safe, loved, and led from within, without depending on others for emotional stability.
- ◆ **Acquire practical mind management tools** — including instinct shifting, thought redirection, and survival-to-development transitions.
- ◆ **Process and release past traumas** — undigested experiences, and limiting behavioral patterns through structured protocols.
- ◆ **Experience forgiveness protocols** — that free your mind from shame, guilt, resentment, and self-judgment.

As a Certified Practitioner

- ◆ **Earn your CognitiveOS Hypnosis® Certification** — qualifying you to deliver the full 13-session program to your own clients.
- ◆ **Open a new practice or enhance your existing one** — with a proven, structured modality that delivers measurable results.
- ◆ **Receive the complete CognitiveOS Hypnosis 13-Session Manual** — with detailed session explanations and all 13 guided meditation scripts.
- ◆ **Receive a copy of The Mind's Manual** — the essential companion text containing the practical foundations of CognitiveOS Hypnosis.
- ◆ **Access to client-facing materials** — designed to support your clients' success throughout the program.
- ◆ **Gain skills in client onboarding** — explaining AED and emotional self-reliance, session delivery, and managing difficult cases.

Course Structure

F O R M A T • A S S E S S M E N T • L O C A T I O N • I N V E S T M E N T

Format

Six Saturdays — five-hour immersive classes each Saturday, from 1:00 PM to 6:00 PM. On each Saturday, students will be trained in delivering the 13 sessions and will experience the sessions themselves. This is a highly focused course reserved for people ready to make a meaningful change in their lives and to become much more successful healers and life coaches.

Certification Assessment

The final two Saturdays include a teaching assessment to earn your certification. The assessment evaluates your skills in:

- ◆ Taking new clients on board
- ◆ Explaining emotional self-reliance and Adult Emotional Dependency
- ◆ Delivering insights about the mind according to CognitiveOS Hypnosis® teachings
- ◆ Presenting the material of each session to clients
- ◆ Reading the scripts successfully
- ◆ Handling difficult clients

The assessments also serve as a valuable learning opportunity for all students to explore areas that may need further clarity.

Location

Ybor Restore Yoga and More

1722 Nebraska Avenue, Tampa, FL 33602

Start Date: *to be announced. Contact us to express interest and reserve your place.*

Investment

Course Fee: \$3,500

- ◆ \$500 due upon application to secure your place
- ◆ Remaining \$3,000 due 5 days before the first Saturday

Included in the fee: the CognitiveOS Hypnosis 13-Session Manual, The Mind's Manual, all client-facing program materials, and full certification upon successful completion.

Table of Contents

The complete certification course book at a glance

The CognitiveOS Hypnosis® Certification Course Book is divided into two principal volumes: a foundational volume on the method, theory, and clinical strategy, and a complete clinical guide that walks the practitioner through every consultation, session, and protocol of the program. The full table of contents follows.

V O L U M E O N E

CognitiveOS Hypnosis® Certification Course Book

The CognitiveOS Hypnosis® Method

13-Session Foundation Program

The CognitiveOS Hypnosis® Certification Course

The Program Schedule

The CognitiveOS Hypnosis® Concept and Program

The CognitiveOS Hypnosis® Method

Why the 13-Session Program Fits Most Clients

The CognitiveOS Hypnosis® Healing Strategy and Program

The Four Pillars

Pillar 1: Build Emotional Self-Reliance and Resolve AED

Pillar 2: Behavioral System Regulation and Perception Training

Pillar 3: CognitiveOS Hypnosis® (Cognitive Operating System Reset)

Pillar 4: Cognitive Operating System Reprogramming

The Structure of the 13-Session Program

The Structure of the Sessions

Phase 1: CognitiveOS Calibration (COC)

Phase 2: Cognitive Guided Meditation (CGM)

Phase 3: Ending the Session

The Foundational Concepts of CognitiveOS Hypnosis®

Introduction

1. The Real You: Captain and Crew

You Are Not Your Mind

The Captain and the Genius

2. The Three Things Every Mind Needs

3. Adult Emotional Dependency (AED)

What Emotional Dependency Is

Compensated AED: When External Supply Masks the Dependency

Why AED Persists

Common Signs of AED

4. The Memory Bank

How Experiences Are Stored

How Patterns Change

5. The Four Instincts

6. The Database of the Unsafe

How Warnings Show Up

Why Items Get Mislabeled

The COSH Scan

7. Brainpower: The Mind's Most Valuable Resource

The 70% Drain
 AED: The Hidden Cause of Brainpower Drain
 The Five Biggest Brainpower Drains

8. Eternal Identity vs. Temporal Identity

Temporal Identity: Built on Sand
 Eternal (Divine) Identity: Built on Bedrock
 The Three Qualities of Eternal Identity

9. Taking Responsibility

Responsibility Is Not Guilt — It Is Freedom
 Responsibility in Relationships and Work

10. Understanding Trauma and PTSD

How the Mind Stores Experience
 From Trauma to PTSD
 Perception Is the Key to Healing
 Why the Mind Must Be Prepared Before Trauma Work
 How CognitiveOS Hypnosis® Supports Trauma Resolution

11. CognitiveOS Hypnosis® vs. Classical Hypnosis

Key Differences

12. The Vertical Hierarchy: Spirit Over Mind, Mind Over Body**13. Re-Parenting the Mind****14. Cognitive Guided Meditation (CGM)****15. Emotional Self-Reliance: The Goal****Therapist's Recommendations****Positioning the Client for Success**

Core Principle
 The "Lift" Principle
 AED Doctrine Alignment
 Indisputable Confidence
 Professionalism
 Therapist Presence
 Leadership
 Handling Difficult Cases
 Running a Successful Practice
 Confidentiality and Copyright Agreement
 Final Principle

About Luca Bosurgi**The Captain You® Course****Resources**

V O L U M E T W O — T H E P R O G R A M G U I D E

Consultation and Onboarding**Initial Consultation**

Purpose of the Initial Consultation
 Welcoming the Client
 Preliminary Assessment
 Exclusion Criteria
 Scope of CognitiveOS Hypnosis® Work
 AED Doctrine Positioning
 Suitability Criteria
 When to Decline the Client
 Presentation of the Method
 Building Trust and Authority

Closing the Consultation

1st CognitiveOS Hypnosis® Session

Structure and Clinical Execution

Session Structure
 Q&A — Clarification and Orientation
 Positioning and Education (Core Intervention)
 Onboarding — Intake Form (ITF)

How to Use the Intake Form (ITF)

Personal Information
 Physical & Lifestyle Guidance
 Medical & Substance History
 Behavioral Conditions & Goals
 Personal History Pages
 Personal History — Clinical Approach
 Session Log & Informed Consent
 First Cognitive Guided Meditation (CGM)
 Session Outcome

2nd COSH Session

Mind Management Exercise

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

3rd COSH Session

Mind Management Exercise: Stopping Mental Loops

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

4th COSH Session

Preparing the Mind to End Adult Emotional Dependency

The Four Reasons AED Must End Now
 Why the Mind Will Cooperate

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

5th COSH Session

The Three Positions: Mind, People, and Events

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

6th COSH Session

Brainpower: The Engine of Success and How to Protect It

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

7th COSH Session

Thought Management: Becoming the Director of Your Emotions

Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework · Therapeutic Application · Clinical Impact · Practitioner Notes

8th COSH Session

Time, Presence, and the Power of Every Moment

The Core Principles
 Practical Application
 Practitioner Notes

8th CGM — Practitioner Preparation Guide

Overview
 Key Concepts to Explain to the Client Before Starting
 The Process
 How the Client Should Visualize
 Old Life's Process vs. New Life's Process
 Your Role as Guide
 Session Flow Summary
 Before, During, and After the CGM
 Important Reminders

9th COSH Session**Divine Identity vs. Temporal Identity: Rebuilding the Foundation of Self-Worth**

*Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework ·
 Therapeutic Application · Clinical Impact · Practitioner Notes*

10th COSH Session**Reality, Imagination, and the Pre-REM Meditation**

*Each session contains: Therapist Guidance · Clinical Objective · Conceptual Framework ·
 Therapeutic Application · Clinical Impact · Practitioner Notes*

11th COSH Session**Self-Forgiveness and the Foundations of Successful Parenting**

Part One: Applying the Captain Model to Parenting
 Part Two: Self-Forgiveness
 Clinical Impact
 Practitioner Notes

12th COSH Session**Successful Relationships and the Forgiveness of Others**

Part One: Successful Relationships from a Place of Self-Reliance
 Part Two: The Forgiveness of Others
 Clinical Impact
 Practitioner Notes

13th COSH Session**Understanding Trauma and the Path Forward**

Part One: Understanding Trauma and PTSD
 Part Two: Introducing the CognitiveOS Advanced Program
 Part Three: Completing the Foundation and the Path Forward
 Clinical Impact
 Practitioner Notes

The CognitiveOS Mind Fitness Laboratory™**The Advanced Certification Pathway****The Four Categories of Advanced Work**

01 — Maintenance & Progression
 02 — Recalibration & Clearing
 03 — Habit Liberation
 04 — Reinforcement Sessions

The Advanced Practitioner Certification**Clinical Notes for Foundation Program Practitioners****The Client Portal: Supporting Your Clients Between Sessions****What the Client Portal Is****What the Portal Contains****How to Introduce the Portal to Your Clients****Managing Client Access**

Clinical Notes on Portal Use

The Therapist Training Portal: Developing Your Clinical Mastery

What the Therapist Training Portal Is

The Four Training Modules

A Recommended Training Progression

Ongoing Use of the Training Portal

A N N E X E S

Annex A: CGM Scripts

Working with the Scripts: Guidance for Practitioners

1st Cognitive Guided Meditation (CGM) Script

2nd CGM Script

3rd CGM Script

4th CGM Script

5th CGM Script

6th CGM Script

7th CGM Script

8th CGM Script (Woman's Client)

8th CGM Script (Man's Client)

9th CGM Script

10th CGM Script

11th CGM Script

12th CGM Script

13th CGM Script

Annex B: Client Session Handouts

Session 1-13 Client Handouts

Supplemental Handout A — For Clients Who Drink Alcohol or Smoke Marijuana

Supplemental Handout B — Tips for Relationships and the Five Masculine Archetypes

Annex C: Client Disclaimer & Informed Consent Agreement

Nature of Services

Confidentiality

Cancellation & Rescheduling Policy

Payment Terms

Client Acknowledgment

Therapist Resources

Intake Form (ITF) download link

Printable CGM Scripts

Printable Client Handouts

Captain You® Course

Luca Bosurgi site

Luca's Books

What You Will Learn

A guided preview of the curriculum

The pages that follow give you a guided walk-through of the principal sections of the certification course book. Each part is summarized in short paragraphs so you can appreciate the depth, structure, and clinical rigor of the program before enrolling.

“A method that takes the client all the way home, in a clearly defined timeframe.”

The CognitiveOS Hypnosis® Method

PART ONE

CognitiveOS Hypnosis® addresses what most contemporary therapy treats only at the symptom level: the underlying mechanism that drives anxiety, fear, depressive states, relational suffering, and chronic emotional dependency.

That mechanism is Adult Emotional Dependency (AED) — a hard-coded program that compels the adult mind to seek love, protection, and leadership from external sources, because these were not adequately provided during childhood. The method resolves AED at its root and replaces it with emotional self-reliance — the natural, sovereign state of a mind led by its own Captain.

The Foundation Program

The certification trains you to deliver the 13-Session Foundation Program. Each session is 75 to 90 minutes and combines structured cognitive teaching with deep subconscious integration through Cognitive Guided Meditation. Most clients reach significant relief within the first four to five sessions; the full program completes the work.

Between sessions, clients listen each night to the corresponding CGM. This nightly practice consolidates the work of the session into the unconscious mind during the brain’s natural memory-consolidation window — a clinically validated approach supported by current sleep and meditation neuroscience.

The Four Pillars

PART TWO

Every CognitiveOS Hypnosis® session is anchored in four clinical pillars:

- I. Resolve Adult Emotional Dependency** — the root-cause work that frees the mind from its compulsion to seek essential needs from external sources.
- II. Establish Emotional Self-Reliance** — install the new operating state in which the Captain provides love, protection, and leadership in-house.
- III. Manage Thoughts and Emotions** — give the client the daily tools to direct attention, intercept negative loops, and command the chemistry of feeling.

IV. Process and Recycle Past Trauma — convert unprocessed past experiences from liabilities into assets through forgiveness and Genius-led memory bank work.

Fifteen Foundational Concepts

PART THREE

As a certified practitioner, you will master and teach each of the fifteen foundational concepts below. Together they form the theoretical backbone of every session and every CGM.

- 1. The Real You: Captain and Crew** — the eternal spirit (Captain) is the natural leader of the body-mind (Crew). All clinical work flows from this hierarchy.
- 2. The Three Things Every Mind Needs** — love, protection, and leadership. When the Captain provides these in-house, the mind is fulfilled and safe.
- 3. Adult Emotional Dependency (AED)** — the root cause of most anxiety, fear, and relational suffering. AED is the mind's compulsion to seek essential needs from external sources.
- 4. The Memory Bank** — how experiences are stored. What gets stored is meaning, not events — and meanings can be rewritten.
- 5. The Four Instincts** — survival, development, fulfillment, and connection. Each instinct must be calibrated for the client to function freely.
- 6. The Database of the Unsafe** — the repository of what the mind classifies as a threat. Most modern anxiety comes from outdated entries that can be cleared.
- 7. Brainpower** — the finite resource that fuels every mental operation. AED is its largest unnecessary consumer; recovering it is transformative.
- 8. Eternal Identity vs. Temporal Identity** — the Captain's identity is permanent and unconditional. Achievements and roles are the work of the day, not the foundation of worth.
- 9. Taking Responsibility** — not for what happens, but for what one does with it. The defining act of the Captain.
- 10. Understanding Trauma and PTSD** — trauma is unprocessed memory carrying a negative identity. CognitiveOS Hypnosis® includes specific protocols for safe, complete reprocessing.
- 11. CognitiveOS Hypnosis® vs. Classical Hypnosis** — the methodological differences — and why CognitiveOS works at the cause level rather than the symptom level.
- 12. The Vertical Hierarchy** — spirit over mind, mind over body. The natural order that AED inverts and that the Captain restores.
- 13. Re-Parenting the Mind** — the Captain becomes the parent the client never had, providing what was missing in childhood.
- 14. Cognitive Guided Meditation (CGM)** — the protocol-driven hypnotic intervention that rewires the unconscious mind in real time, session by session.
- 15. Emotional Self-Reliance** — the goal, the destination, the new operating state in which the client no longer needs the therapy.

The Healing Strategy

PART FOUR

Six phases of transformation across thirteen sessions

The 13 sessions unfold in six structured phases. Each phase builds on the last, and the program is designed so that no session is wasted: every meeting moves the client measurably forward.

Phase 1 — Build the Work Shell (Sessions 1-3)

Establish trust, introduce CGM, optimize the survival system database, and begin re-parenting the first twelve years of the memory bank. This phase prepares the mind for the deep work that follows.

Phase 2 — Resolve Adult Emotional Dependency (Sessions 4-7)

The core of the program. The mind is presented with the honest business case for releasing AED — it is no longer safe or efficient. As AED dissolves, the space is filled with genuine Captain behavior, and the client begins seeing rather than being seen, choosing rather than being chosen.

Phase 3 — Develop Self-Reliance (Session 8)

Through an interactive process, install emotional self-reliance as a new behavior in the memory bank — anchored in present-moment Captain leadership.

Phase 4 — Reset and Rebuild (Sessions 9-10)

Reset the behavioral system on the foundation of eternal identity, and prepare the mind for nightly pre-REM consolidation of the new behaviors.

Phase 5 — Forgiveness (Sessions 11-12)

Clear self-judgment, shame, guilt, and regret in Session 11; then blame, resentment, anger, and pain in Session 12. Recover the brainpower locked in unprocessed past experiences and convert them into assets.

Phase 6 — Final Clearing (Session 13)

Final optimization and the transition into independent self-maintenance. The client leaves the program with the tools, the new behaviors, and the autonomy to continue without further therapy.

How Each Session Works

PART FIVE

Every session follows a precise three-phase architecture that mirrors one of the oldest pedagogical frameworks in human history: Hear, Reflect, Meditate.

Phase 1 — CognitiveOS Calibration

Strategic teaching, mind management, and pattern correction. The practitioner reviews progress, introduces or develops the session's mind-management technique, and previews the work to come.

Phase 2 — Cognitive Guided Meditation

Deep subconscious integration. The practitioner guides the client into hypnosis using the session-specific CGM protocol, where the work is rewired at the unconscious level.

Phase 3 — Closing

Recovery, scheduling, and forward planning. No further analysis or discussion of the experience — the work has been done, and over-explanation only weakens its imprint.

“Hearing the teaching, reflecting on its meaning, then meditating to allow it to become lived reality.”

Modern neuroscience validates this ancient architecture. Research on post-learning meditation and sleep-based memory consolidation confirms that learning followed by meditation, then sleep, is the brain’s most efficient pathway for permanent integration. The CognitiveOS prescription — session during the day, CGM that evening, every night for the duration of the program — deliberately uses this neural window.

The Thirteen Sessions

PART SIX

A walk-through of the curriculum

SESSION 01 — Structure and Clinical Execution

Intake, foundational concepts, the first CGM, and the baseline survival-system sweep. The client begins the journey with their first deep experience of the method.

SESSION 02 — Mind Management Exercise

Introduction of the practical toolkit: how to recognize the mind’s voice and redirect it from a place of authority rather than struggle.

SESSION 03 — Stopping Mental Loops

A targeted technique for breaking ruminative loops at their root, freeing brainpower trapped in repetition.

SESSION 04 — Preparing the Mind to End AED

The honest evaluation: AED was the mind’s best solution when the Captain was absent. Now that the Captain is providing what is needed, AED is redundant. The mind makes its own decision to release.

SESSION 05 — The Three Positions: Mind, People, and Events

Establish equal or slightly superior standing toward people; reframe events from threats to information.

SESSION 06 — Brainpower: The Engine of Success

How brainpower is consumed by AED, how to recover it, and how to protect it as the most valuable resource of the mind.

SESSION 07 — Thought Management: Director of Your Emotions

The thought → instinct → emotion → behavior chain. Learn to intercept early and redirect with the Captain’s authority.

SESSION 08 — Time, Presence, and the Power of Every Moment

Interactive process to install emotional self-reliance as a behavior in the memory bank, anchored in present-moment leadership.

SESSION 09 — Divine Identity vs. Temporal Identity

Rebuild the foundation of self-worth on the eternal, unconditional identity rather than the temporary, conditional one.

SESSION 10 — Reality, Imagination, and the Pre-REM Meditation

Establish the imagination–reality interface that the mind uses to consolidate the new behaviors during sleep.

SESSION 11 — Self-Forgiveness and the Foundations of Successful Parenting

Forgive the body and mind for past mistakes; install the parent–child relationship between Captain and mind.

SESSION 12 — Successful Relationships and the Forgiveness of Others

Forgive others as involuntary teachers; recycle past experiences as assets for future leadership.

SESSION 13 — Understanding Trauma and the Path Forward

Final optimization, clearing of any remaining obsolete AED fears, and transition into independent self-maintenance.

The Advanced Pathway

PART SEVEN*The CognitiveOS Mind Fitness Laboratory™*

Beyond the Foundation Program, certified practitioners can continue into the Mind Fitness Laboratory — the advanced certification track. The Laboratory addresses four advanced clinical categories that build on the Foundation work.

- **Clinical anxiety, depression, and panic** — advanced protocols for severe presentations and treatment-resistant cases.
- **Performance enhancement** — for executives, athletes, and creatives seeking optimal mind performance.
- **Addiction and compulsive behavior recovery** — addressing the AED-driven roots of addictive patterns.
- **Complex trauma and PTSD** — specialized memory-bank reprocessing for difficult cases.

The Advanced Certification is reserved for therapists who have completed the Foundation Certification and demonstrated clinical proficiency.

Practitioner Infrastructure

PART EIGHT*The technology that supports your practice*

The Client Portal

A digital platform that supports your clients between sessions. It includes the 24-week Captain You® meditation program, session-specific CGMs synchronized to the client's progress, structured exercises, and direct communication tools. Clients enter the portal with a code you generate at enrollment; access can be paused, extended, or revoked from your administrative dashboard.

The Therapist Training Portal

Continuous professional development for certified practitioners. Four training modules cover clinical case studies, advanced techniques, peer supervision sessions, and master classes recorded by Luca Bosurgi. Your certification grants ongoing access — the Training Portal is designed to grow your competence year after year.

About Luca Bosurgi

D H Y P , M B S C H

Luca Bosurgi is a licensed Cognitive Hypnotherapist and Mind Fitness Coach with over thirty years of clinical experience and more than six thousand clients worldwide. A Board-Certified Clinical Hypnotherapist licensed by the Washington State Department of Health and verified by Psychology Today, Luca developed the proprietary CognitiveOS Hypnosis® method after discovering that Adult Emotional Dependency is the hidden root cause behind most anxiety, trauma responses, self-doubt, and relationship struggles.

His structured programs — including private sessions, the Captain You® 50-Day Course, and his book *The Mind's Manual* — have helped thousands achieve lasting emotional freedom. Luca practices in Spring Hill, Florida and serves clients globally via Zoom.

What Clients Say

1 0 0 + F I V E - S T A R R E V I E W S

“Luca’s simple method rid me of anxiety, depression, and intimacy issues. I am forever grateful to him for saving my life.”

— Chase Gasper, Professional Athlete

“It took me 25 years to find Luca and two short months to start rebuilding myself. He succeeded where conventional approaches failed.”

— Alison Andrews, Advertising Executive, London

“Luca taught me to be my own man and helped me rid my life of co-dependency and crippling behaviors. It was life changing.”

— Alan Abram, Attorney

“Luca is one of the most insightful coaches I have ever met. The technique he uses short-cuts the usual extended therapeutic relationship and I am experiencing significant shifts.”

— Fiona Goodwin, Psychotherapist

“Life-altering and revolutionary. His system is simple, quick, profound. It succeeds where conventional therapy fails, by identifying and permanently clearing the source cause.”

— R.O., Client

Ready to Transform Your Practice and Your Life?

HOW TO ENROLL

The CognitiveOS Hypnosis® Certification Course is delivered as an intensive program over six Saturdays in Tampa, Florida. Upon successful completion, you are equipped to deliver the Foundation Program to your own clients — with a clear, time-bound method that produces verifiable results, distinguishes your practice in the wellness market, and frees you from the open-ended therapeutic models that exhaust both client and practitioner.

“Train in a method that takes the client all the way home.”

C O N T A C T • A P P L Y • R E S E R V E

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