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## COGNITIVEOS HYPNOSIS®

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### CERTIFICATION COURSE

- Presentation of the CognitiveOS Hypnosis® Certification Course and Q&A: 30th March. 2pm-5pm. Free (RSVP only) @ Bosurgi's Santa Monica practice.
- Course Days: 6th April, 13th April, 27th April, 4th May, 11th May.
- Time: 9am to 6pm.
- Tuition fees: \$4,200 - Discounted if enrolled before midnight of the 30th March \$3,500.
- Payments: deposit \$500 - balance before the 6th April.
- Referral discount: \$700 for each referred and enrolled student.
- Team: Luca Bosurgi, Mary Rose Skokna, Josh Fisher.
- Location:TBD.
- Certification: CognitiveOS Hypnosis® Level 1.
- CognitiveOS Hypnosis® Virtual Reality App for iPhone, Android or Oculus GO. (Included in the tuition fee).

*For more information or to enroll in the course please contact Mary Rose Course Coordinator  
T. (708) 533-0103 E. [Maryskokna@gmail.com](mailto:Maryskokna@gmail.com)*

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### ABOUT THE COURSE

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- The course will provide to students:
  - Introductory Level CognitiveOS Hypnosis® healing tools.
  - Groundbreaking knowledge about the mind.
  - Direct observation while Luca works with an actual client through the basic program (13 sessions).
  - The opportunity to ask questions and feedback during the entire process.
  - Basic CognitiveOS Hypnosis certification.
  - A CognitiveOS Hypnosis® Virtual Reality program.
  - Membership in the CognitiveOS Hypnosis® healer community; visionaries devoted to catalyzing real change in the planet.

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### ABOUT COGNITIVEOS HYPNOSIS®

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- CognitiveOS Hypnosis® helps to establish and increase emotional self-reliance by addressing the root-causes of anxiety, leading to enhanced personal powers, confidence, performance and success in every aspect of life.
- By significantly reducing or clearing the limiting effects of negative emotional issues or trauma, CognitiveOS Hypnosis® produces emotional freedom and empowerment in place of:
  - Anxiety
  - Stress
  - Alcohol and Drug addiction
  - Depression
  - Social anxiety or fear of being judged
  - Rejection and abandonment
  - [Adult Emotional Dependency \(AED\)](#)
  - Panic attacks and unwarranted fears
  - Anger
  - Feeling overwhelmed, tired and poor performance
  - Being a people 'pleaser' and neediness
  - Self-doubt or poor confidence
  - Dependency in relationships or loneliness
  - Emotional and spiritual numbness

[Read more...](#)

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### ABOUT LUCA

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Author, visionary, and inspirational speaker, Luca Bosurgi, DHyp, MBSCH, CH is an Italian mind-trainer specialized in anxiety, a highly experienced life and spiritual coach, and a master board-certified and licensed hypnotherapist.

Luca is the creator of CognitiveOS Hypnosis®, the pioneering mind-healing and training program, which has helped thousands overcome anxiety, gain self-esteem, attain their goals, and find happiness.

For over two decades, Mr. Bosurgi has guided clients – including accomplished artists, successful professionals, high-level executives, professional athletes, and entrepreneurs – in embracing high-performing, anxiety-free lives. [Read more](#)

## CURRICULUM

### DAY 1

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- 8:30 Open Door
- 9:00 Introduction to the course
  - The program
  - Recording, copyright, confidentiality.
  - Overview of Certification Levels:
    - Level 1
      - Introduction to 13 sessions program & CognitiveOS Hypnosis® Theory and Application
    - Level 2
      - Mind Surgery
      - Imprints
      - Traumas
    - Level 3
      - One-on-one supervision 13 hours
    - Level 4
      - One-on-one supervision 30 hours
    - Master
      - One-on-one supervision 50 hours
  - Scripts
  - VR program
- 9:15 Introduction to CognitiveOS Hypnosis®
  - History of the method, philosophy and mission.
  - CognitiveOS Hypnosis vs. Clinical Hypnosis
  - Become a CognitiveOS Hypnosis® therapist.
- 10:00 The CognitiveOS Hypnosis® foundations
  - The purpose of life.
  - Our life equipment.
  - Who is You, and who is the mind.
    - Two minds, two voices, two entities.
  - The tasks of the You in the relationship with the mind.
  - The actual global emotional crises.
  - The mind revolution and the spiritual revolution.
  - The key to help humanity to gain the next stage of evolution.
- 11:00 Pause
- 11:30 The Mind I
  - Physical mind vs. spiritual mind
  - Mind vs. Brain
  - Nature and functions of the mind
  - The basic mind's algorithms and mission

- Use of this awareness in CognitiveOS Hypnosis®
    - Mind fulfillment and management
    - The effective way to talk to the mind
      - As client
      - As therapist
  - 12:30 Lunch break
  - 1:30 The Mind II
    - The mind's blueprint.
    - Interaction and flow between the mind's modules.
    - Genius - the mind's manager
    - The memory bank
      - Nature and function of the memory bank
      - The mind is events driven
      - Events vs. behaviors
      - Use of the memory bank in CognitiveOS Hypnosis®
    - The instincts
      - Nature and function of the 4 main instincts:
        - Survival Instinct
          - Nature and function of the survival system
          - Consequences of an overactive survival system
          - Fight, freeze or flight
            - First line of defense
            - The Database of the Unsafe
            - False threats
          - Use of the Database of the Unsafe in CognitiveOS Hypnosis®
          - Anxiety
            - Proactive vs. reactive
            - The 3 main sources of anxiety
              - Adult Emotional Dependency (AED)
              - Unmanaged thoughts
              - Traumas
        - Instinct of Development
          - Nature and function of instinct 'Development'
        - Instinct of Fulfillment
          - Nature and function of the instinct 'Fulfillment'
        - Instinct of Procreation
          - Nature and function of the instinct 'Procreation'
      - The role of the instincts in the analysis of the events in the event driven mind
        - Shifting instinctual priorities changes the outlook of events and the triggered emotions.
          - Use of this awareness in CognitiveOS Hypnosis®
- 3:30 Pause
- 4:00 The Mind III
  - Emotions
    - Thoughts generates emotions
    - The chemical releases stimulated by emotions
  - Services
    - The new medical frontiers



- Use and abuse
      - iv. How to communicate effectively to the mind
        - Online/phone vs. in person
        - Daily or weekly sessions?
        - The risks of mixing CognitiveOS Hypnosis® with other therapies or programs.
        - Malpractice Insurance
- 10:30 Pause
- 11:00 Structure of the sessions
  - Pre-induction
    - i. Assessment of the progress and reinforcement of the CognitiveOS Hypnosis® essential concepts
      - Positioning
        - Horizontal vs. vertical
      - Emotional fulfilment
        - Unconditional love
        - Protection
        - Leadership
          - Validation and guidance
      - Conversation with the mind
        - Telling vs. convincing
        - Dominant
      - Level of symptoms according to the program's phase.
      - Use of personal or past clients experiences to illustrate the concepts explained
      - Training the client throughout the 13 sessions to:
        - Step into the role of the owner and the emotional supplier of their life equipment.
        - Take charge over their minds, thoughts, emotions, time, actions, relationships, experiences, etc.
          - Manage vs. be managed
          - In charge vs. feel a victim
          - Lead vs. endure
        - Shift their relationship with 'others' from being a receiver to be a self-reliant giver.
          - Positioning the mind to feel equal to 'others'
          - Seeing instead of being seen
          - Choosing instead of been chosen
          - Doing instead of trying to do
        - Be aware about the proper use of their brain-power.
        - Shift thoughts from survival to the other instincts
        - Lead the mind without micromanaging
        - Maintain constant presence and leadership instead of intervening only in emergency

- Migrate to their mind their mighty spiritual identity, learning how to use features, assets and skills as dispensable life-tools.
- Use every event as grounds for training to have caring leadership over the mind
- Discover the fulfilling power of gratitude and love
- How to free their mind from the stories of their past, and the expectation for the future.
- How to be and exploit the now.
- ii. Preparation of the post-induction
  - Illustration of the process and purpose of the session
    - Conversation to prepare the client's mind
    - The mind makes changes only if in agreement with the value of the process.
    - Describing the process avoids surprises and arouses the mind
- iii. Notes about the pre-induction
  - Focus on the essential CognitiveOS Hypnosis teaching and concepts, and on the preparation of the post-induction.
    - Leading the conversation
    - Keeping focus on the purpose of the pre-induction
  - Client centered conversation
    - Respond to the client needs vs lecturing the client
  - Keep it simple and pleasurable
- 12:30 Lunch break
- 1:30 Post-induction
  - i. Scripts
    - Reading or memorization vs. free interpretation
  - ii. The CognitiveOS Hypnotic process
    - In and out
    - One fits all
    - Deepeners
    - Theta not Delta
      - Short awakening
      - Program the dept of the session
      - Alpha vs. Delta
  - iii. The language, the speed and the voice tone
    - Teaching and training the mind vs. trying to reprogram the mind or to putting the client to sleep.
    - The therapist's leadership during the post-induction
      - Rare cases where increased dominance is required
- 2:30 1st Session
  - Pre-induction
    - i. Describing the steps
      - Separation
      - Addoption
      - Synchronization

- Intake form
  - i. Use of the intake form
    - Understand the client's personality
    - Define the client's symptoms and conditions
    - Identify the clients needs and goals
    - Trace the client's history
    - Answer client's questions
    - Signature of the disclaimer
    - Keeping notes about the sessions
  - ii. Instructions about preparing the form
- The structure and purposes of the 1st session
  - i. Anamnesis and Release of Reactive Anxiety and Fear I
- 3:30 Pause
- 4:00 Practical demonstration of the 1st session with a real client
  - Intake form
  - Pre-induction
  - Post-induction
- 5:30 Q&A
- 6:00 End of the 2nd day

### DAY 3

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- 8:30 Open doors
- 9:00 2nd session
  - The structure and purposes of the 2nd session
    - Release of Reactive Anxiety and Fear II
- 9:30 Practical demonstration of the 2nd session with a real client
  - Pre-induction
  - Post-induction
- 10:30 Pause
- 11:00 3rd session
  - The structure and purposes of the 3rd session
    - Release of Reactive Anxiety and Fear III
- 11:30 Practical demonstration of the 3rd session with a real client
  - Pre-induction
  - Post-induction
- 12:30 Lunch Break
- 1:30 4th session
  - The structure and purposes of the 4th session
    - Releasing of Proactive Anxiety & Fear - Adult Emotional Dependency (AED) I
- 2:00 Practical demonstration of the 4th session with a real client
  - Pre-induction
  - Post-induction
- 3:00 Pause
- 3:30 5th session
  - The structure and purposes of the 5th session
    - Releasing of Proactive Anxiety & Fear - Adult Emotional Dependency (AED) II



- 4:00 Practical demonstration of the 5th session with a real client
  - Pre-induction
  - Post-induction
- 5:00 Q&A
- 6:00 End 3rd day

## DAY 4

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- 8:30 Open doors
- 9:00 6th session
  - The structure and purposes of the 6th session
    - Releasing of Proactive Anxiety & Fear - Adult Emotional Dependency (AED) III
- 9:30 Practical demonstration of the 6th session with a real client
  - Pre-induction
  - Post-induction
- 10:30 Pause
- 11:00 7th session
  - The structure and purposes of the 7th session
    - Releasing of Proactive Anxiety & Fear - Adult Emotional Dependency (AED) IV
- 11:30 Practical demonstration of the 7th session with a real client
  - Pre-induction
  - Post-induction
- 12:30 Lunch Break
- 1:30 8th session
  - The structure and purposes of the 8th session
    - Building a Framework for Self-Reliance I
- 2:00 Practical demonstration of the 8th session with a real client
  - Pre-induction
  - Post-induction
- 3:00 Pause
- 3:30 9th session
  - The structure and purposes of the 9th session
    - Building a Framework for Self-Reliance II
- 4:00 Practical demonstration of the 9th session with a real client
  - Pre-induction
  - Post-induction
- 5:00 Q&A
- 6:00 End 4th day

## DAY 5

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- 8:30 Open doors
- 9:00 10th session
  - The structure and purposes of the 10th session
    - Building a Framework for Self-Reliance III
- 9:30 Practical demonstration of the 10th session with a real client

- Pre-induction
- Post-induction
- 10:30 Pause
- 11:00 11th session
  - The structure and purposes of the 11th session
    - Journeys of Forgiveness - Release Self-judgment, Shame, Guilt & Regret - Self-forgiveness
  - 11:30 Practical demonstration of the 11th session with a real client
  - Pre-induction
  - Post-induction
- 12:30 Lunch Break
- 1:30 12th session
  - The structure and purposes of the 12th session
    - Release Judgment, Blame, Resentment, Anger & Pain - Forgive others.
- 2:00 Practical demonstration of the 12th session with a real client
  - Pre-induction
  - Post-induction
- 3:00 Pause
- 3:30 13th session
  - The structure and purposes of the 13th session
    - Release Reactive Anxiety and Fears IV
- 4:00 Practical demonstration of the 13th session with a real client
  - Intake form
  - Pre-induction
  - Post-induction
- 5:00 Q&A
- 5:45 Awards of the certificates
- 6:00 End of the course