

2025 - 5-PATH® Symposium Line Up of Speakers



Cal Banyan, MA, BCHP, MCPHI, A+CPHI

*Cal Banyan needs no introduction to 5-PATHers. He is the prolific thought leader who developed 5-PATH®, 7th Path Self-Hypnosis®, wrote *The Secret Language of Feelings* and has published over 600 hypnosis training videos, anyone can view for free on www.CalBanyan.com with many of them available on YouTube.*

- **Keynote Speech & Talk: *To Be Announced*** (75 mins.)

Objectives:

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- **Second Talk *To Be Announced*** (1 hr.)

Objectives:

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Gregory Brown, MD, 7PTA, 7PF, BCHP

Gregory P Brown, M.D., is a Professor of Psychiatry and the Residency Training Director at the Kirk Kerkorian School of Medicine at the University of Nevada Las Vegas, Department of Psychiatry and Behavioral Health. He completed a BA in Psychology from Oberlin College followed by an MD degree from the University of Arkansas. He completed his Psychiatry Residency at Albert Einstein Medical Center in Philadelphia, and a Forensic Psychiatry Fellowship at the University of Rochester. He is Board Certified in both Psychiatry and Forensic Psychiatry by the American Board of Psychiatry and Neurology. He is Fellow of the American College of Psychiatrists. His interests range from models of psychotherapy to hypnosis to Jungian and transpersonal theory, to medico-legal questions and assessments. He helped to found the Psychiatry Residency in Las Vegas and has been program director since its first entering class in 2004. Dr. Brown is the author of the Amazon Bestselling book: "New Mind New Body: The Inner Makeover for a New You." Current research interests include Energy Psychology Techniques and Hypnosis as interventions for the treatment of trauma.

• 7th Path Self-Hypnosis and the Eastern Spiritual Traditions (50 mins.)

Objectives:

- Basic principles of non-dual Shaivism will be presented, with comparisons to steps within 7th Path Self Hypnosis.
- Where relevant, overlap with Western Esoteric Tradition will be described.
- Establishing and describing the firm connection between 7th Path Self Hypnosis and the Esoteric Traditions.

• Evidence Based Treatment (50 mins.)

Objectives:

- Hypnosis has a rich and detailed research base
- The levels of evidence reach the highest which exist in medical research
- Meta-Analysis data of hypnosis demonstrate effectiveness for multiple conditions



Penny Chiasson, RN MS, 7PTU9, A5PC, CPHI

For 25 years Penny worked as a nurse and nurse anesthetist. During that time Penny learned of the power of the mind to heal the body through hypnosis. In 2019 Penny walked away from healthcare to focus her attention on creating a unique and individualized approach to help others achieve personal success by healing their relationship with themselves. She is an experienter, which allows her to intuitively, authentically and compassionately connect with and facilitate personal transformation for her clients.

Penny Chiasson is an award-winning Board Certified Hypnotist, nurse anesthetist, #1 International Best Selling author and hosts the Penny, On Your Thoughts podcast. She is a Certified Professional Hypnosis Instructor and contributes to two industry journals and sits on the advisory board of the International Association of Hypnosis Professionals.

- **Discover the Golden Opportunity for Growth** (50 mins.)

Objectives:

- Identify what makes this a growth opportunity for hypnotists
- List 3 areas of focus to capitalize on this growth opportunity
- Describe what will position you as a trusted expert

- **Introduction to Pain Management for 5-PATH® - 2.0** (75 mins.)

Objectives:

- List the different mental, emotional and physical impacts of pain
- Describe how to best implement 5-PATH® in pain clients
- State the shift in future market analysis for hypnosis in healthcare



Whitney Christina, 7PTA, 7PF, BCHP

Whitney Christina is a Board Certified Hypnosis Professional, full time hypnotist, speaker, and business strategist with a strong background in sales and networking. As the creator of the “Feel Good Friday” Membership Program, she offers accessible group hypnosis sessions that deepen trust and spark private client growth. With a background in brand strategy and emotional transformation, Whitney empowers other hypnosis professionals to expand their impact, grow sustainable practices, and connect deeply with the people they’re meant to help—all without burnout.

- **Grow Your Hypnosis Practice with High-Impact Group Power (75 mins.)**

Objectives:

- Discover how to create a low-cost group program that attracts clients
- Learn how group sessions can build trust and lead to private bookings
- Understand the recurring income potential from a scalable weekly offer
- Explore how to align a membership with your unique brand and energy
- Get inspired to expand your impact while reducing burnout and time strain

- **Become the Hypnotist Everyone Talks About (75 mins.)**

Objectives:

- Gain a proven framework to build authority, visibility, and demand—regardless of your current experience or client base
- Identify and claim a magnetic niche that positions you as the go-to expert in a crowded market
- Develop a hyper-specific client persona that drives clear, compelling marketing and attracts aligned, high-converting clients
- Learn the Expert Triangle method to strategically build trust, authenticity, and consistent visibility
- Create a personalized 30-day visibility action plan to implement in order to begin generating traction.
- Walk away with renewed confidence and practical tools to stop blending in—and start becoming the hypnotist everyone’s talking about



Erika Flint, BA, 7PTU9, A5PC, BCHP, MCPHI, A+CPHI

Erika Flint [BA, BCH, A+CPHI, OB] is a four-time best-selling author, Board Certified Hypnosis Professional and Accredited Certified Professional Hypnotherapy Instructor. Erika is known for her dynamic and compelling teaching style and loves helping her students create lucrative and meaningful careers as professional hypnotists. She's the creator of the Reprogram Your Weight system of lasting weight loss, co-host of the program "Cal Banyan's Hypnosis, Etc." and a contributing author for the Journal of Hypnotism.

- **Unlock the Hidden Confidence Within Forgiveness (50 mins.)**

Objectives:

- Identify subtle opportunities for advanced FOO and FOS work within 5-PATH®
- Detect when guilt is actually a signal of early integrity and unacknowledged personal strength
- Guide clients to reframe these guilt-laden moments as evidence of their courage and values
- Use hypnotic inquiry and reflective questioning to support client breakthroughs in confidence and self-trust
- Elevate the impact of FOO & FOS sessions by connecting guilt resolution to identity repair and empowerment

- **Weight Loss Success 2.0: The Top 6 Techniques That Keep Clients on Track (75 mins.)**

Objectives:

- Describe the 6 practical tools that support long-term weight loss success and how to help clients gain SKILL in each area
- Teach the Broccoli Test to help clients distinguish real hunger from emotional triggers
- Guide clients through the FOOD Pile technique to break unhelpful eating habits with hypnotic aversion
- Introduce the "Take Half" strategy to promote mindful, empowered eating
- Coach clients in a new relationship with food leading to an improved lifestyle
- Explain how fulfilling non-food desires helps reduce overeating and increase joy



Celeste Hackett, 7PT, 7PF, A5PC, BCHP

Celeste Hackett is an award winning 5-PATH hypnotist who once also was a CPHI with a state licensed school for hypnotism in Texas. Celeste also is known for being Cal Banyan's first co-host on "Cal Banyan's Hypnosis Etc.", for creating and leading a study program for Cal's BOLSM recordings called The Bravehearts, for her dedicated support of new 5-PATHers on the 5-PATH message board and in her "radio program" on 5-PATH.com and also for writing articles in the 5-PATH ezine as well as The Journal of Hypnotism. Before becoming a 5-PATHer in 2005, Celeste was a professional radio announcer for 24 years.

- **Rewiring Rest – Hypnosis for Sleep Issues** (50 mins.)

Objectives:

- Learn to identify the 5 most common sleep problems that clients bring to hypnosis sessions
- Understand how to apply 5-PATH® techniques to help clients fall asleep and stay asleep
- Gain confidence in working with issues like insomnia, sleep eating/walking/talking, Teeth grinding/clenching, nightmares/recurring dreams difficulty waking up and even bed-wetting
- Receive real-world techniques and suggestions that really help clients with sleep issues

- **Surprisingly Simple Ways to Use AI in Your Hypnosis Practice** (50 mins.)

Objectives:

- Describe what AI (specifically ChatGPT) can and cannot do in your hypnosis practice
- Download and navigate the ChatGPT app on your mobile device with confidence
- Generate basic hypnosis-related prompts to create scripts, metaphors, and client resources
- Apply AI tools to streamline your common practice tasks such as intake prep, marketing content, or follow-up messages
- Identify ethical considerations when using AI in relation to your client privacy and professional boundaries



Kenneth Holt, 7PT, A5PC

Kenneth Holt is a full-time hypnosis professional; this is how he earns a living. His conversion rate is higher than average, at about 70%. Meaning, 7 out of 10 people that meet with him become paying clients of at least 6 sessions, usually 9 sessions. About half of his new clients pay 100% in advance. In addition to his hypnosis training and experience, he also studied at the Gnostic Society of Los Angeles for 7 years and coached high-level kids competitive Brazilian Jiu-Jitsu. He believes the initial consultation is far more important than most people realize for ensuring the success of clients and hypnosis professionals alike. His varied background has assisted him, and he hopes to share what he has learned with others.

- **The Secret to Initial Consultation Success!** (50 mins.)

Objectives:

- Learn how to have a gameplan going in
- Boost confidence before and while in the initial consultation
- Assessment works both ways! Choosing your clients properly for successful results
- Bettering the odds for client readiness and rapport



Kimberly Lynne, 7PTA, 7PF, A5PC, BCHP, CPHI

Kimberly Lynne, an experienced digital marketer and Board Certified hypnotist, specializes in helping professional hypnotists with their online presence strategies amplify their reach and influence through tailored marketing strategies. Her marketing agency, Double Take Digital, specializes in providing professional hypnotists with everything they need to enhance their online presence.

- **The "Secret" to Revealing Emotional Truth & Hidden Feelings (50 mins.)**

Objectives:

- Refresh your understanding of The Secret Language of Feelings and why it matters
- Learn how to spot emotional patterns through common client phrases
- Discover how fear, guilt, anger, and other emotions are expressed indirectly
- Using bodily sensations gain insight into your clients' emotions, helping them achieve a deeper understanding of themselves

- **Quickly Build Your Practice by Consulting with Confidence by Identifying Ideal Clients (75 mins.)**

Objectives:

- Learn how to structure a consultation that assesses both suitability for hypnosis and for your unique style
- Identify red flags and green lights during the initial client conversation
- Discover how to guide clients into understanding the process and their role in it
- Get a repeatable process to establish trust and alignment early on
- Reduce cancellations and increase client commitment through better front-end conversations

- **Longer Programs Create Better Results for Clients! (and More Stability for You)** (75 mins.)

Objectives:

- Learn how to structure 5-PATH® programs that extend beyond the typical 5–6 sessions
- Understand how longer packages benefit both client transformation and business stability
- Explore consultation strategies that naturally lead to enrollment in extended programs
- Review sales language and key client talking points that communicate the value of a deeper commitment
- Get inspired to stop selling what isn't working—and start delivering transformational results



Cisalee Morris, 7PT, A5PC

Cisalee took her first hypnosis training in 2004. She added many various protocols and experts to her education but still felt a lack of cohesion and depth. In 2015, she took Cal's course and finally had the tools she wanted. She knew that she wanted to help people find freedom from destructive thought patterns and habits. She also helped to help them discover a deep contentment and the joy of expressing their true self.

- **Proven Ways to Get Referrals & Free Your Clients from Nicotine for Life**
(50 mins.)

Objectives:

- Understand the differences – in product, in appeal, in options for your sessions
- How to approach medical and dental experts and get them to refer clients to you
- Generational attitudes towards nicotine use
- How to structure your sessions



Christian Skoorsmith, MA, 7PTA, 7PF, A5PC, BCHP

Christian Skoorsmith is one of the leading voices for putting our hypnosis work in a psychological context. In addition to a thriving private practice, Christian has been trained in Cognitive-Behavioral hypnosis and Internal Family Systems therapy, earned a post-graduate certificate in Jungian Psychotherapy, and is currently pursuing his Doctorate of Psychology.

- **Parts Work: How It Came to Be What It Is - Where did this idea come from?**
Why/How is this so central to 5-PATH? (50 mins.)

Objectives:

- Why is “parts” work so important in 5-PATH®?
 - Uncover the history and development of the concept of "parts" and trace that influence on 5-PATH®
 - Introduce how this perspective can help in our work with clients.
- **How to Make Best Use of Your Benefits Form – The most important document in your intake packet (75 mins.)**

Objectives:

- Discover how this one page can effectively shape the sessions and trajectory of your work with a client. The "Benefits Form" is not just a one-time, glanced-at piece of paper: it should be an integral part of your core work with clients.
- Engage in a detailed, methodical walk-through on how to use the Benefits Form to structure a significant portion of the first session
- Look at how to use this information in *every session*, and
- Explore why and how to use this in the pre-hypnosis work before Phase IV (typically at about the fourth session) to shape clients' expectations and experience, and to seed profound client success.



Ingrid Toldeo-Hammett, 7PT, CHP

Ingrid Toledo-Hammett, Banyan HC class of May 5, 2024. She is also certified under Penny Chiasson for Pain Mgmt. Originally from Puerto Rico, now living in West Texas. Mother, Wife, Grandmother, forever changed by 7 Path and later learned 5-PATH®. Her experience so far assisting clients has been life changing. She has truly found her calling! Her goal is to be Board Certified in the near future!

- **7th Path Transformational Community Phenomena** (75 mins.)

Objectives:

- Teaching 7th Path in a group setting online via Zoom
- How Ingrid built a community of 7th Pathers by teaching remotely
- The transformational power of 7th Path
- How a sense of community can make a big difference