

2026 - 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 & Deep into the Miracle Minute Technique: Important Updates That Can Make a BIG Difference** (45 mins.)

In this talk, Cal will provide you with step-by-step instructions on the Sending Point (SP) Technique, 7th Path Tapping (7PT), and the Miracle Minute (MM) Technique. You will learn and have the opportunity to experience the difference between that reactive nature of SP and 7PT, and the active nature of MM. This will be an engaging workshop!

Objectives:

- MM provides an assertive way that clients can experience rapid results.
- MM goes beyond the reactive process of Sending Point and 7th Path Tapping.
- MM gives your clients a sense of confidence that they can take back control.
- MM is not a distraction or relaxation technique.
- MM removes the buildup of emotional chemicals and emotional charge from the body!

- **Awards & Supercharge Your Session Results with Age Progression: Powerful Uses You Didn't Know About** (1 hr.)

Too many 5-PATHers are not clear on how to do AP and as a result it is underused and underappreciated. In this talk, Cal will review what you should have learned about AP in your certification course AND then take it further, emphasizing its practical, and truly life changing applications. With what you learn from this talk you will truly become a much more effective CHP!

Objectives:

- AP may be the most underused and underappreciated techniques that we have.
- Using AP properly sets up a “self-fulfilling” expectation of success.
- AP is essential for the highest levels of success with some client issues!
- AP is not just for Phase II anymore!



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. He is also a member of the 5-PATH® IAHP Board Certification Committee.

• What's Happening in Your Brain with 7th Path Self-Hypnosis®: Mind Mirror EEG Tracings Monitor Brain Activity (45 mins.)

Objectives:

- Understand how 7th Path Self-Hypnosis® harnesses and affects brainwave activity.
- Learn how practicing 7th Path Self-Hypnosis® changes the brain's functioning over time.
- Understand the role of each of the five brainwave frequencies.

• Playing Nicely in the Sandbox With Other Modalities – Panel Discussion with Melissa Shute, Christian Skoorsmith, and David Gonzalez (90 mins.)

Objectives:

- Learn what some common modalities are and compare them to 5-PATH®.
- Learn how to use what was already done to increase the effectiveness of 5-PATH®.
- Learn how to empower the client to use what they already know to set them for greater success.



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. She is also one of the Leaders for the Bravehearts Study group and is a member on the 5-PATH® IAHP Board Certification Committee. 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.

- **Beyond Goals - The Unexpected Client Transformations of 7th Path Forward™: How Clients Begin Creating Lives They Never Thought Were Possible (45 mins.)**

Objectives:

- Discover the surprising patterns that emerge when clients begin using 7th Path Forward™ and My Best Life Path™ consistently—and why clients often achieve meaningful life changes far beyond their original hypnosis goals.
- Learn why helping clients discover what is emotionally true for them creates deeper subconscious alignment and transformation than focusing only on symptom relief or surface-level goals.
- Explore why clients often begin improving multiple areas of life simultaneously—including relationships, self-worth, career satisfaction, finances, peace of mind, and overall quality of life.

- **Ethically Increasing from 5 to 10 Sessions: How 7th Path Forward™ Naturally Increased Client Commitment, Satisfaction, and Transformation (45 mins.)**

Objectives:

- Discover how 7th Path Forward™ helps to naturally and ethically increase the average client journey from 5 sessions to 10 sessions—not through pressure or sales tactics, but because clients became deeply engaged in their own healing, growth, and transformation.
- Understand how helping clients discover what they truly want creates deeper emotional investment, greater satisfaction, stronger trust, and transformational momentum that goes far beyond symptom relief alone.
- Explore the powerful elements within 7th Path Forward™ that help clients stop merely “fixing problems” and begin creating lives that feel aligned, meaningful, empowering, and genuinely exciting to live.

- **Raising the Standard: The Value and Journey of 5-PATH® Board Certification – Discussion with Kimberly Lynne and Liz Schultz (45 mins.)**

Objectives:

- Gain a clear understanding of the purpose and value of 5-PATH® Board Certification.
- Explore how board certification supports professional growth, confidence, and practitioner development
- Understand the role board certification plays in maintaining high standards within the profession



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.

- **5-PATH® and the Waterfall Crossing: Honoring and Anchoring the Shifts Clients Achieve During Advanced 5-PATH® Work (45 mins.)**

Objectives:

- Learn why the 5-PATH® process naturally creates moments of closure, and how to anchor them intentionally.
- Recognize signs for when a client is ready to let go, even when they seem to be holding on.
- The Waterfall Crossing framework: A hypnotic ceremony for cleansing, release, and emergence. The three-part structure of a completion ceremony: Validation, release, and future pacing.

- **Asking the Hands: Body Awareness in 5-PATH® Parts Medication Work™: When You Ask the Part Running the Behavior What it Would Rather be Doing (45 mins.)**

Objectives:

- How to bring awareness and intelligence to the hands, gut, heart, liver and other body parts within 5-PATH® Parts Mediation Work™.
- How to speak directly to a body part as its own entity and have a genuine conversation in hypnosis.
- The key question: "Is there something you'd rather be doing?" and how to follow where the answer leads.



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

Kimberly Lynne, BCHP, CPHI, has been a professional hypnotist for seven years and serves on the 5-PATH® IAHP Board Certification Committee as the Board Chair. She enjoys working with a wide range of clients, including athletes, entrepreneurs, neurodivergent individuals, and everyday people seeking relief from fears, grief, and self-limiting patterns. After hypnosis helped her recover from panic and anxiety, Kimberly committed her life and work to helping others heal, transform their lives, and advance a new era of greater healing, connection, and human potential.

- **Beyond Focus: Helping ADHD Clients Thrive with 5-PATH®** (45 mins.)

Objectives:

- Gain a high-level understanding of ADHD as a neurological and executive functioning disorder.
- Learn the most common misconceptions surrounding ADHD and hypnosis.
- Understand what hypnosis and 5-PATH® can realistically help improve for ADHD clients.

- **The Competitive Mind: Sports Enhancement** (45 mins.)

Objectives:

- Learn foundational principles for working with athletes.
- Understand the unique motivational needs of athletes, gain practical strategies, homework assignments, and session structures for athletic clients.
- Explore ways 5-PATH® can improve confidence, focus, emotional regulation, and resilience under pressure.

- **DFE Intervention: Lessons from a Real Session** (90 mins.)

Objectives:

- Observe and analyze video footage of a real hypnosis session involving a suspected Dark Force Entity (DFE).
 - Learn common indicators that may suggest DFE involvement during hypnosis.
 - Learn how to remain grounded, neutral, and client-focused during unusual session phenomena.
 - Understand practical intervention strategies for addressing and clearing DFEs.
- **Raising the Standard: The Value and Journey of 5-PATH® Board Certification – Discussion with Whitney Christina and Liz Schultz (45 mins.)**

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- Gain a clear understanding of the purpose and value of 5-PATH® Board Certification.
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Christian Skoorsmith, MA, 7PTA, 7PF, A5PC, BCHP

Christian Skoorsmith is an award-winning hypnotherapist, writer, and researcher in Seattle, Washington. He is the author of six books and more than 50 articles on hypnosis in academic and professional journals. Recognized as one of the region's leading practitioners, he has been named among Seattle's top hypnotherapists and honored for advancing evidence based, depth oriented approaches to psychological change. His clinical and scholarly interests center on memory reconsolidation, experiential transformation, and the restoration of meaning in contemporary life. Christian is also a member of the 5-PATH® IAHP Board Certification Committee. Find out more about him at www.Skoorsmith.com.

- **Attention, Intention, Transformation: 7th Path and Mindfulness (45 mins.)**

Objectives:

- Explain the shared mechanisms of change in mindfulness and 7th Path Self-Hypnosis®, including attentional training, emotional regulation, and the updating of maladaptive internal narratives.
 - Distinguish foundational 7th Path practices (recognitions, contemplative phrasing, self-directed trance) from mindfulness and describe how such distinctions enhance the effectiveness of self-hypnosis.
- **Playing Nicely in the Sandbox With Other Modalities – Panel Discussion with Melissa Shute, Gregory Brown, and David Gonzalez (90 mins.)**

Objectives:

- Learn what some common modalities are and compare them to 5-PATH®.
- Learn how to use what was already done to increase the effectiveness of 5-PATH®.
- Learn how to empower the client to use what they already know to set them for greater success.



Cyndal Wallace, 7PTU9, 7PF, BCHP

Cyndal Wallace is a Board Certified Professional Hypnotist and owner of Blooming Lotus Hypnosis Wellness Center in Spokane Valley, Washington. She is known for her ability to translate client insight into effective coaching strategies, helping practitioners and clients alike bridge the gap between information and transformation. Her work emphasizes practical application, client engagement, and creating lasting results through personalized Hypnosis. She is also a member on the 5-PATH® IAHP Board Certification Committee, and a leader for the Bravehearts Study Group.

• From the Little One in the Heart to the Wise Self (45 mins.)

Objectives:

- Connect the client with the little one in a safe, resourced way within the heart space.
- Facilitate insight and reassurance from the little one following age regression work.
- Guide an integration process that supports lasting change and client independence.
- Apply this process as a 5-PATH® aligned alternative to LBL and Informing Soul techniques.

• Unlocking the Power of the Benefits Form (45 mins.)

Objectives:

- Use the benefits form as a pre-session tool to increase client engagement and commitment.
- Assess client mindset through their initial responses to identify motivation, language patterns, and resistance.
- Enhance and reframe benefits to create stronger emotional drivers for change.

• Workshops and Classes as a Client Attraction Tool (45 mins.)

Objectives:

- Position workshops to attract aligned attendees and increase attendance.

- Select topics that naturally lead to client interest and bookings, promote workshops in a way that builds trust without pressure.
- Create an experience that increases connection and credibility.
- Convert attendees into clients through clear and natural next steps.



Judge Williams, 7PT, BCHP, CPHI

Judge has been a 5-PATH® Hypnotist with a successful practice for seven years, and he has been a CHPI teaching for three years. He works with Military Veterans, first responders, and trauma victims, on many issues, and Anger work is one of the most important and constant sessions. He has had many clients over the years with deep rooted abuse in their past and offenders were completely uncooperative, which has caused him to become very creative to solve these blocks.

- **Kung FOO (45 mins.)**

Objectives:

- Learn how to make any clients offender understandable, reasonable, and acceptable.
- Learn how to navigate when the offender isn't cooperating or is refusing to bend.
- Learn how to help clients reach forgiveness with any offender.



David Gonzalez, MS, NCC, 7PTU5, 7PF, A5PC, BCHP

David A. Gonzalez, MS, NCC, BCHP, is a Board Certified 5-PATH® Hypnotherapist and Board Certified Mental Health Counselor specializing in crisis and trauma. He serves on the 5-PATH® IAHP Board Certification Committee and has been a Bravehearts Leader since 2024, mentoring and supporting fellow practitioners in their professional growth. David received the Outstanding Member Award for his contributions to the 5-PATH® community in both 2024 and 2025 and is a published author in the IAHP Journal. He is the owner of Infinite Insight Hypnosis, where he helps clients create lasting change through emotional healing and insight-based hypnosis.

- **Fireside Chat: Recognizing and Transforming Anger for Deeper 5-PATH® Results – with Melissa Shute** (45 mins.)

Objectives:

- Increase confidence in filling the platter of pain.
- Help the 5-PATHer reduce their fear of client's anger.
- How to actively recognize anger.
- How to proceed through AR & FOO.

- **Playing Nicely in the Sandbox With Other Modalities – Panel Discussion with Melissa Shute, Christian Skoorsmith, and Greg Brown** (90 mins.)

Objectives:

- Learn what some common modalities are and compare them to 5-PATH®.
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Melissa Shute, LPC, BCH, DDiv, 7PTA, 7PF, CHP

Melissa Shute, LPC, BCH, DDiv, is a Licensed Professional Counselor, a National Guild of Hypnotist's (NGH) Board Certified Hypnotist (BCH), a 5-PATH® certified hypnotist, 7th Path Self-Hypnosis Teacher, and an ordained minister. Additionally, she is a leader of the Bravehearts Study Group. She practices in accordance with the American Counseling Association, American Psychology Association, and the National Guild of Hypnotist's Code of Ethic and Standards. Recently Melissa was awarded Top Hypnotist in Connecticut in the Natural Nutmeg Magazine 10 BEST of Reader's Choice AWARDS, 2023.

- **Fireside Chat: Recognizing and Transforming Anger for Deeper 5-PATH® Results – with David Gonzalez** (45 mins.)

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Elizabeth Schultz, RN, CRNA(Ret.), MS, 7PTU9, 7PF, BCHP

Liz Schultz is a Board Certified Hypnosis Professional, Master of Science in Nurse Anesthesia, and former CRNA. She dedicated herself to helping others and has found hypnosis to be an excellent tool to get to the root of client's issues and neutralize them. She is a member on the 5-PATH® IAHP Board Certification Committee, and a leader for the Bravehearts Study Group.

- **Raising the Standard: The Value and Journey of 5-PATH® Board Certification – Discussion with Whitney Christina and Kimberly Lynne (45 mins.)**

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- **What Was I Thinking?! Forgiveness of Self (45 mins.)**

Objectives:

- Explore what forgiveness is and why FOS is so crucial to healing
- Discover how FOS differs from FOO
- Answer some 'what-ifs' about FOS and what to do about them



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

Celeste Hackett is a double Board Certified Hypnotist practicing at Family First Hypnosis in Plano, Texas, since 2006. She holds certifications from the National Guild of Hypnotists (NGH), one of the world's largest and oldest hypnosis organizations and also from the international Association of hypnosis professionals (IAHP). Previously, Ms. Hackett was a Certified Professional Hypnosis Instructor (CPHI) and owned one of only two state-licensed hypnosis schools in Texas, formerly Dallas Hypnosis Career Training. While she no longer operates the school, she is now regularly invited to teach students from all over the world, sharing her expertise with professional hypnotists seeking advanced training.

- **The Power of the God Archetype in AR (45 mins.)**

Objectives:

- Learn what an Archetype is
- Learn the concept of the God Archetype which is represented in every one of our clients
- Learn how this Archetype can be powerfully used in AR to rapidly help Clients overcome issues held in ISE, SPE and SSE'S
- Learn how to use the God Archetype with clients who do not believe in God