

**Welcome to**  
**St. John's University**



**Center for the**  
**Spiritual Healing Arts & Sciences**

**40945 County Center Drive • Suite H • Temecula, CA 92591**

**(951) 599-7550**

## Welcome to St. John's University



Founder E. Arthur Winkler, Ph.D. and President Pamela Winkler, Ph.D. welcome you to St. John's University. It is a special University and it had a very special beginning...

### Where did this journey begin?

This wonderful journey begins in the 1950's when Art Winkler was a seminary student attending the Methodist College at the University of Denver. As part of a pastoral counseling course, Art was assigned a research project. For his paper, Art could select any subject from a list of 50 approved topics. Art chose the topic, "The Use of Hypnosis in Pastoral Counseling." He could only find two books on this topic, but the book that made a lasting impression on him was *Your Mind Can Make You Sick or Well*, by Curt Wachtel, M.D. In one of Art's books that he would write years later, Art quoted Dr. Wachtel, "What the mind can do, the mind can undo. What the mind can change, the mind can cure. What the mind can cure, the mind can prevent."<sup>1</sup>

Art earned an A on his paper but his professor wrote next to his grade, "Good paper, but I hope you never use that stuff!" Art only used that stuff with himself. Art was happy when he went from being a C student to being an A student. Then he worked on his eye sight and no longer needed to wear his glasses.

<sup>1</sup>Curt S. Wachtel, M.D., *Your Mind Can Make You Sick or Well*, Englewood Cliffs: Prentice Hall, Inc. 1959, p. 237.

Rev. Winkler became the pastor of a Methodist church in a small Nebraska town. He dedicated a lot of his time to pastoral counseling. After counseling for six months with a young lady, and making no progress, Rev. Winkler made the decision to hypnotize her. She agreed, and a few days later, the young lady was very happy to report to her pastor that she no longer had any anxiety about having relations with her newlywed husband.

The following Sunday, Rev. Winkler announced from the pulpit that he was going to conduct research with hypnosis to help people overcome sugar diabetes. He explained how God is the Source of all healing, and that we can be transformed by the renewing of our minds. He felt that the best tool for renewing the mind was hypnosis. He believed one hundred people would be sufficient, and invited anyone in his church who had sugar diabetes, or knew someone who suffered from diabetes, to contact his office.

Rev. Winkler was a popular minister in the little town, and the news spread quickly. Within a short time, there were more than 100 diabetics who wanted to be part of the pastor's new study. A medical doctor in a nearby town agreed to conduct the medical testing as the study proceeded.

When so many people in this study were healed from diabetes, and many other ailments as well, the word spread quickly. Soon, many people came to have private sessions with the pastor. Rev. Winkler could not see all the people who wanted sessions. He began teaching a few students how God healed through the subconscious mind with therapeutic suggestion.

Years passed and Dr. Winkler earned a Master's degree and two Doctoral degrees at campus programs. He believed quality education could be completed totally through home-study or distance learning. Art was 50 years ahead of his time, and in 1969 Dr. Winkler founded Eastern Nebraska Christian College. E.N.C.C. offered college degrees in Religion, Business, and Psychology, completely through distance learning. Still, many students traveled to the little town in Nebraska for private sessions and to attend the hypnotherapy seminars.

In 1978, the college was moved to St. John's, Missouri and named St. John's University of Practical Theology. By then, Art had hypnotized approximately 24,000 clients and wrote his first book on the healing power of the mind. He would later write 27 more books on this topic. Art was invited as guest lecturer to teach about hypnosis at many state universities and private colleges.

More magazine and newspaper articles were printed about the miraculous healings. Dr. Winkler appeared many times on TV and had a weekly radio call-in program in response to the fast growing interest in self-healing with hypnosis.

As a Methodist Minister and Clinical Psychologist, Dr. Winkler could explain how God's spiritual laws and principles enabled the mind to heal itself and then to heal the body. Thousands of Dr. Winkler's clients, as well as his students' clients, continued to be healed from cancer, alcoholism, asthma, diabetes, tumors, blindness, deafness, paralysis, and many complex illnesses and personal problems.

Dr. Winkler moved to Louisiana in 1983, where he met and married Pam in 1987. Dr. Art continued to have sessions with private clients while Dr. Pam focused on the growth of S.J.U. The University grew to include 221 instructors who taught 1300 college courses in 15 departments. The Clinical Hypnotherapy program also expanded and included a Supervised Internship. In 1990, the name of the University became St. John's University. In 2005, Hurricane Katrina caused the university to become inactive until 2012, when it was incorporated in California.

During his life time, Dr. Art hypnotized over 35,000 clients, one at a time, and tens of thousands of others in groups. He became a nationally recognized speaker and trainer at national hypnotherapy conferences and conventions. In 1993, Art was honored by the International Hypnosis Hall of Fame and granted the prestigious Life Time Achievement Award. Despite several strokes, Art continued to write books about the unlimited healing power of the inner mind. They are now available at the S.J.U. Bookstore.

Early on the morning of January 26, 1998, Art returned Home to his Beloved Creator. Art's legacy continues on through the clients he helped, the students he taught, the self-healing materials he designed, the books he wrote, and the lasting friendships he made.

Thank you for taking the time to read the story about Art Winkler's special journey. St. John's University, and all that it offers, is here to serve you. I hope you find value in the pages that follow. May you be blessed by your affiliation with St. John's University.

Dr. Pam Winkler  
S.J.U. President

## **S.J.U. Graduates Share Their Success**

“It is my privilege to recommend the programs at St. John’s University. Since I am a registered nurse, several of their programs were of interest to me, such as the Hypnotherapy Master degree, which was one of the degree programs I completed. I would also like to say that not only is the education excellent, but the attitude of good will and positive thinking is wonderfully inspiring and enables students to become what they really desire to be.” Patricia Richard, R.N., M.S., Denham Springs, LA.

“I received my Master Degree from S.J.U. I enjoyed my association with S.J.U. very much. I now call my Instructors my friends. I know that a lot of people diminish home study programs. Perhaps I was a bit smug about them myself. I can state without reservation that I have not had a more rewarding academic experience than receiving my Master’s degree from S.J.U. I mean that with all my heart”. William J. Moffitt, Jr., Alta Loma, CA.

“After graduating with my Bachelor’s from S.J.U., I was accepted at Goddard College in Plainfield, Vermont to begin my Master’s degree. This is a small, privately accredited college with a world renowned program and the admissions process is quite rigorous. They only accept a handful of applicants each year. Thanks to all the faculty and staff at S.J.U. for helping me implement my dreams and goals.” Deborah Thomas Harnes, Jacksonville, FL.

“I was 33 years old when I earned my equivalency from SJU. I had worked 13 years at a grocery store that was part of a large chain of stores. I worked my way up to manager of the meat department. Within 2 weeks of earning my equivalency from SJU, I was promoted to supervisor of meat departments in 22 stores across southern California. I recommend SJU to anyone who wants to be successful and is willing to work hard to reach their goal.” Andrew J. Masters, Yucaipa, CA.



## **Introduction**

St. John's University is a private, non-profit religious institution committed to academic excellence, intellectual freedom, ethical conduct, and moral integrity. St. John's University offered its programs through the convenience of distance learning at affordable cost to individuals wanting to pursue their goals and dreams.

St. John's University is incorporated in California, corporation #3483537, and was granted exemption #25088 by the California Bureau of Private Post-Secondary Education. St. John's University's federal employer identification number is 46-2114423.

St. John's University was founded by Methodist Minister and Psychologist, E. Arthur Winkler, Th.D., Ph.D., who was a pioneer in the 1960s, when he created one of the earliest degree granting Universities totally through correspondence or distance learning. Today, this educational opportunity is wide spread and has been adopted by every state university, most colleges and many career technical schools.

Dr. Pamela Winkler has over 40 years of experience as an educator, educational psychologist, hypnotherapy practitioner and trainer, and university administrator. From 1987 to 1995, she served as Executive Director of St. John's University and has served as President since 1995. She is a motivational speaker and Hypnotherapy trainer at state, national and professional conferences. She develops innovative continuing education workshops and seminars for nurses, counselors and therapists. Dr. Pam Winkler was inducted into the International Hypnosis Hall of Fame in 1993 for developing comprehensive college curriculum in the area of Hypnotherapy.

Dr. Pamela Winkler is President of the National Society of Clinical Hypnotherapists. Students enrolled in S.J.U.'s hypnotherapy programs are eligible to join N.S.C.H.

## **Personal and Spiritual Growth**

*“When praying for what you want, do you accept the crumbs, or do you expect the full banquet!”\**

St. John’s University provides quality educational programs which promote personal and spiritual growth, which in turn, strengthen our families, our local communities and our global community. It is the University’s responsibility to do everything possible to provide quality education in a wholesome and respectful learning environment. It is the student’s responsibility to maximize the benefits of their learning experience. This is a unique and far reaching partnership that can create a positive impact which extends beyond the individual to the global community.

## **Non-Discrimination Policy**

St. John’s University admits students of any race, color, and national or ethnic origin to all students the rights, privileges, programs and activities generally accorded or made available to students at the University. It does not discriminate on the basis of race, color, national, and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.

## **Accreditation Affiliation**

St. John’s is an approved member of the Association of Independent Christian Colleges and Seminaries, a private accrediting agency that accredits private, religious schools. A.I.C.C.S. is located at 3426 Bridgeland Drive, Bridgeton, (St. Louis County) Missouri, 63044. The phone number is 314-739-1121.

## **Admissions Procedure**

Prospective students are encouraged to carefully review this catalog prior to applying to the Office of Admissions. Applicants wishing to enroll are to submit, as a complete unit, their application packet. There is an application checklist at the end of this catalog. There are both a Certification and a Degree Program application form at the back of this catalog for your use.

To be included in a degree application packet are: a non-refundable application fee of \$50.00 made payable to St. John's University, recent photo, resume, two letters of recommendation suitable for college admissions (reference letters should be on official letterhead if possible), and sealed official college transcripts to document eligibility for enrollment on the graduate level.

When listing attendance at previous schools, applicants should indicate the name by which they were previously enrolled. This will enable transcripts, which are mailed directly from another school, to be properly filed in the applicant's application packet. Applications will only be processed when the application is considered to be complete.

## **S.J.U. High School Equivalency Program**

*"None of us can afford to merely let things happen. If you want to succeed, it's up to you to make things happen".*

St. John's University has offered a High School Equivalency National Testing Service since 1969. Thousands of individuals have completed this program and been accepted in community colleges, technical career schools, entered every branch of the U.S. military, and gained better employment.

This comprehensive examination is a standardized paper and pencil test, offered in English, and is completed in one day. Students must be at least 18 years of age to be eligible to take the test. Individuals who are age 17 may take the test during the month prior to their 18<sup>th</sup> birthday. The test includes: logical reasoning/reading, spelling, English, mathematics, vocabulary, word grouping, and science. The test is self-paced, enabling students to complete each part of the test at their own pace. A minimum total test score of 70 is required to pass.

The total cost of this program is \$300.00. This \$300.00 includes registration fee, testing fee, Proctor fee, scoring fee, and the cost to issue and mail graduation materials to each graduate. All tests records are permanent records and are maintained at the University at no additional cost. Additional transcripts and equivalency certificates can be ordered for a nominal fee.

For more information about this program, call the Office of Admissions at 951-599-7550.



## **Student Handbook and Semester Calendar**

*“The word “begin” is full of energy. The best way to get something done is to begin. It is amazing what we are able to accomplish, if we just begin.”*

Once students “begin” and are enrolled, they will receive the Student Handbook which has additional helpful information. New students greatly benefit from Open Enrollment when beginning their first semester of study. Once enrolled, students have the option of the Fast Track enabling a faster transition from semester to semester. The registration schedule for the spring semester is January 1<sup>st</sup> through January 15<sup>th</sup>; registration for the summer semester is from May 15 to June 1<sup>st</sup>; registration for the fall semester is September 1<sup>st</sup> to September 15<sup>th</sup>. S.J.U. students are to refer to the Student Guide for further information.

### **Course Semester Hours of Credit**

*“The person who gets ahead is the one who does more than necessary... and keeps on doing it.”*

Each semester hour of college credit represents approximately 15 clock hours of study. This includes viewing DVD curriculum, reading assigned textbooks, completing course assignments, completing final projects, and completing a final exam. Graduate level degree courses grant 3 semester hours of credit, which represents approximately 45 clock hours of course work.

### **Transfer of Credits**

When applying for enrollment at St. John’s University, official transcripts from seminary programs, colleges and universities are required. All transcripts are to include the previous school’s legend of explanation regarding quarter or semester hours of credit, grading system, etc. Courses must have a grade of B or better to be eligible to transfer.

When applying for admissions to St. John’s University and the applicant does not have an official transcript in their possession, the prospective student is to request official transcripts be mailed directly to St. John’s University. They are to be mailed to Admissions Department, St. John’s University, 40945 County

Center Drive, Suite H, Temecula, CA 92591. The University's Office of Admissions can be reached at 951-599-7550.

The transfer of earned credits from St. John's University to another school is at the complete discretion of an institution to which you may seek to transfer. If the credits or degree that you earn at St. John's University are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For that reason, you should make certain that your attendance at St. John's University will meet your educational goals. This may include contacting an institution, to which you seek to transfer after attending St. John's University, to determine if your credits or degree will transfer.

## **Student Responsibilities**

*“The more you expect of yourself, and of others, the more your expectations will reward you. So do yourself a favor and expect what you really want”*

Graduate students enjoy the convenience and flexibility of a self-paced distance learning certification or degree program. Students take personal responsibility in all aspects of their fulfilling the requirements of their program including completing registration, remitting tuition and other fees in a timely manner, dedicating the time and energy to doing one's best academic work, completing courses within the semester time frame, and fulfilling all requirements prior to graduation. Students who have a complaint or concern are to contact their Instructor or the Office of Student Services.

## **Code of Conduct**

*“By making another person's life better, you make your own more worthwhile”*

Students are expected to conduct all aspects of their affiliation with St. John's University in an honorable manner. This begins with the application process for admissions, completing all course work requirements with the highest level of ethical and moral standards. Students are expected to respect and follow all University guidelines and requirements. Should a student fail to conduct himself or herself according to these standards, the student's situation in question

will be reviewed by the Academic Dean, whose decision regarding the situation in question and the student's status at St. John's University will be final.

## **Statement of Faith**

St. John's University is a Christian University which encourages each student to seek opportunities for spiritual development and growth as well as spiritual service to God. Students are encouraged to seek and apply spiritual truth in their studies as well as in their personal lives.

Just as most of Jesus' ministry was a healing ministry, much of St. John's University's curriculum incorporates universal principles of spiritual healing.

S.J.U. is guided by *John 14: 12-14* "...for whoever believes in me will also do the works that I do, and greater works than these will he do...if you ask me anything in my name, I will do it", and *Romans 12:2*, that confirms the spiritual principle that we can "...be transformed by the renewing of your mind."

We believe it is the Kingdom of God Within that enables us to be healed when principles of spiritual healing are properly applied.

## **Active and Inactive Student Status**

*"Develop the courage to go out on a limb. That's where the fruit is."*

Students are granted an active student status when they are officially admitted to a degree program at the University. To maintain an active student status, students are to register for a minimum of two courses per semester and complete all requirements of the University, including tuition payments, ordering of textbooks, completion of assignments and final exams within the time requirements of the semester.

Students must maintain an active student status to continue receiving University services. Students may also request a leave of absence or an inactive status for medical reasons, military deployment, etc. for a period of one year.

Requests for re-activating a degree program are to be made in writing. Students are to refer to the S.J.U. Student Guide for more information.

## **Completion of S.J.U. Degree Programs**

*“All of us want to succeed, but some of us want to succeed so much that we’re willing to work to achieve it.”*

Degree requirement for completing the Master of Arts Degree in Spiritual Healing (Clinical Hypnotherapy) at St. John’s University is the successful completion of 39 semester hours of credit with a minimum GPA or grade point average of 2.50.

Degree requirement for completing the Ph.D. Degree in Spiritual Healing (Clinical Hypnotherapy) at St. John’s University is the successful completion of 54 semester hours of credit with a minimum GPA or grade point average of 3.00.

## **Grading System**

St. John’s University grades on a 4.00 system. An A (90-100%) is 4.00; B (80-89%) is 3.00; C (70-79%) is 2.0; D (60-69%) is 1.00; and F (below 59%) is 0.00. The final course grade is an average of all course requirements.

Grades are averaged with assignments being weighted 50%, final projects and research papers being weighted 25%, and the final exam being weighted 25%.

## **Student Tuition and Miscellaneous Fees**

St. John’s University is committed to offering quality education at affordable tuition. The University does not participate in federal or state financial programs, enabling each student to graduate without any student loan debt.

The tuition rate for the Certification Program is \$100.00 per semester hour of credit or \$300.00 per course. Tuition for the Master level Program is \$125.00 per semester hour and \$150.00 per semester hour on the Doctoral level.

The non-refundable admission application fee is \$50.00. The non-refundable registration fee each semester is \$50.00. Upon initial enrollment to S.J.U., students select the option of Plan A and pay tuition for courses taken each semester, or Plan B to pay their certification or degree tuition in full and receive a

10% discount. Tuition rates may change at any time without notice for students selecting tuition Plan A. Tuition will not be raised for students selecting Plan B.

When a student is inactive for an extended period of time and re-activates, the tuition rate will be adjusted to current rates. Any update in curriculum, textbooks, instructor assignments, etc. will also be adjusted to enable the student to successfully resume and complete their studies.

Students are encouraged to pace their studies to enable the successful completion of their degree program. Student tuition and miscellaneous fees are subject to annual review and revision.

## **Student Services**

*“The road to success is always under construction.”*

Prospective students are encouraged to contact by e-mail or phone the Office of Admissions and speak with a counselor. Once a student has been accepted and has enrolled, they register for their first semester courses, and ordered their textbooks and other study materials. Students may contact the Registrar’s Office regarding final grades, ordering transcripts or guidelines for graduation.

## **Tuition Refund Policy**

Students have the right to cancel the enrollment agreement and obtain a full tuition refund up to the 7<sup>th</sup> day after the date of enrollment.

All requests to cancel the enrollment agreement and withdraw from the University are to be made in writing, signature required, and mailed it to the University. The postmark of the envelope will determine the date of the request. Students withdrawing after the 7<sup>th</sup> day and before the third week of enrolling may receive a 75% tuition refund. Students withdrawing before the 5<sup>th</sup> week of enrolling may receive a 50% tuition refund.

There are no refunds after the 5<sup>th</sup> week after enrolling. Registration, textbook and mailing fees are non-refundable. Students are to make a copy for their records of all correspondence mailed or e-mailed to the University.

## **Request Inactive Student Status**

*“A farmer said, “The hardest thing about milking cows is that they never stay milked.”*

Enrolled students who are in good standing at the University may request a leave of absence and be granted an inactive student status for a maximum of one year. All requests are to be in writing, and mailed to the University. The postmark of the envelope will determine the date of the request.

Should a student wish to discontinue their program, they are required to submit in writing a letter of leave of absence at least 30 days before the beginning of any given semester. The request will be granted if the student is in good standing at the time of the request. Good standing requires that current tuition and other required fees have been paid.

Students have one year from the date of being granted an inactive status, to request in writing, a written request to re-activate their program.

## **University Regulations**

*“If you want to be successful, begin by developing the idea of giving more than you expect in return. You will be amazed at how well the rewards will take care of themselves”.*

St. John’s University promotes a positive and nurturing learning environment. There is a spirit of good will that permeates all aspects of the University. Effective communication between students, instructors and administrative staff further support this spirit of community.

The University reserves the right to change, at any time without notice, future tuition rates, future student fees, school regulations and guidelines if the need for such changes is determined by the Board of Directors.

The University also reserves the right to discontinue courses, change textbooks or reassign instructors. Student records, including academic transcripts, are maintained as permanent records at the University. This includes high school equivalency graduate records.

## Completing Courses Successfully

*“When you discover something you love to do, you never have to work a day in your life.”*

One of the main responsibilities of students is the responsible for pacing their studies in order to complete course requirements within semester deadlines. Completion of each course consists of completing textbook assignments, research projects or research papers, and final examination. The University does not currently offer job placement services.

## Graduation

*“Thought by thought, you become what you know you can be, and you are greater than you think you are.”*

Graduations are scheduled in January, June, and August. The Student Guide outlines current graduation fees, which cover the cost and mailing of all graduation. Additional or future transcripts and diplomas are currently \$10.00 each, plus postage.

## Graduating with Honors

*“Every goal achieved requires that a new one is begun.”*

Students graduate with honors when graduating with a minimum of a 3.70 grade point average:

<i>Summa Cum Laude</i>	3.91 – 4.00
<i>Magna Cum Laude</i>	3.81 – 3.90
<i>Cum Laude</i>	3.70 – 3.80

\*The inspirational quotes in this catalog are taken from Dr. Art Winkler’s books, which are available for purchase in the S.J.U. Bookstore.

Also available in the Bookstore are a wide variety of self-healing hypnotic and subliminal CDs, designed by Dr. Art Winkler, that were designed for personal as well as professional use.



## **Department of Spiritual Healing Arts & Sciences**

*“ be transformed by the renewing of your mind...” 12:2*

### **Certification in Clinical Hypnotherapy (Spiritual Healing)**

St. John's University has offered a comprehensive 3-tiered Certification program in Hypnotherapy, or Spiritual Healing, since 1969. S.J.U. has certified hundreds of physicians, psychiatrists, psychologists, dentists, nurses, marriage and family counselors, substance abuse counselors, ministers, teachers, coaches, nursing home and hospital administrators, criminal justice specialists, and many others.

In 1958, the American Medical Association approved the use of hypnosis as a safe and effective tool to facilitate the healing process. In 1960, the American Psychological Association approved the use of hypnosis as an effective technique for helping people.

In 1992, Drs. Pam and Art Winkler professionally filmed all of their classes, enabling students to benefit from this internationally acclaimed program through distance learning. St. John's University was recognized for its college level academic contribution to the profession of Clinical Hypnotherapy and was inducted into the International Hypnosis Hall of Fame.

### **Level I Certification**

**Course 1: Advance Techniques of Hypnosis I** – You will learn safe, effective fundamentals of Spiritual Healing developed by Dr. E. Arthur Winkler as a result of his vast experience of hypnotizing over 35,000 private clients, one client at a time, and thousands of others in groups. This course prepares you for more advance training.



**Course 2: Advance Techniques of Hypnosis II** – You will learn the finer points of the application of therapeutic suggestion that will be effective with every client. This course provides many client studies of the Winkler Method of Hypnotherapy.

**Course 3: Clinical Hypnotherapy** – You will learn the effective techniques of successful stop smoking and weight control programs, two of the most frequent uses of hypnosis. You will learn how to identify client's suggestibility and know how to effectively design a one-of-a-kind session for each client. Course materials include the internationally acclaimed **Volume I** of the **Hypnotic Inductions and Prescriptions Handbook**, written by Dr. Winkler.

**Course 4: Using Hypnosis for Therapy-** You will learn how to use dozens of releasing techniques that enable the inner mind to be successfully released from the root cause of a problem or issue enabling self-healing is complete and permanent. You will understand the most important tool of the Winkler Method of indirect regression.

Students completing Level I Certification are Certified Hypnotists.

## **Level II Certification**

**Course 5: Hypnotherapy** – You will learn how to identify and alter various depths of hypnotic trance. You will learn how to avoid the most common mistakes made by many Hypnotherapists and learn how to design and write your own word-for-word inductions and therapeutic scripts. Course materials include the advanced techniques developed by Dr. Winkler, **Volume II** of the **Hypnotic Inductions and Prescriptions Handbook**.

**Course 6: Advanced Hypnotherapy** – You will understand the relationship between sexual dysfunction and psychosomatic illness which can lead to acute and chronic physical and mental health disabilities. You will learn how to therapeutically guide the inner mind to resolve the source of these problems.

**Course 7: Hypnotherapy with Children** – This course will prepare you to effectively work with young children. You will learn play therapy and advanced therapeutic techniques designed especially for children of all ages. Childhood issues include bed wetting, thumb sucking, school phobias, nightmares, acting out behavior, learning disabilities, asthma, and general anxiety.

**Course 8: Hypnosis and Therapeutic Psychology** – You will learn advanced techniques of therapeutic psychology and how to guide the inner mind to resolve many kinds of emotional problems. You will review therapeutic application of prolonged hypnosis, symptom removal and hypno-analysis. Many complicated client cases are discussed, including how each was resolved with a hypnotherapy technique developed by Dr. Winkler.

**Course 9: Clinical Hypnosis** – You will understand how the mind-body spirit connection can enable psychosomatic illness to develop and how the principles of spiritual healing can enable clients to heal themselves. Included are techniques of creative visualization. Many unusual case studies reveal how the principles of self-healing actually work.

**Course 10: Techniques of Regression** – You will understand the subconscious mind's ability to recall and retrieve information that can resolve complex and puzzling problems. Dr. Winkler shares past life research he conducted with over 1,000 clients. You will learn advanced techniques to effectively resolve problems without the client experiencing abreaction as well as avoid other difficulties many hypnotherapists experience with regression clients.

**Course 11: Creating a Successful Practice or Center** – You will learn time tested and successful approaches to establishing and expanding a successful Hypnotherapy practice or center.

Students completing Level II are Certified Hypnotherapists.

### **Level III Certification**

**Supervised Internship:** Interns are assigned to a faculty Supervisor and complete their Internship requirements in their own location with clients who they select. The Internship is completed through distance learning.

Students are to refer to the Student Guide for more information about this curriculum, Certification guidelines and degree options. Interns are to pace their sessions to insure their semester requirements are met. If the Internship is completed during a student's final semester, all graduations requirements are to be met prior to the end of that semester.

Students completing Level II are Certified Clinical Hypnotherapists.

## **Advanced Certification**

**Advanced Pediatric Certification:** Students who have completed Level II Certification are eligible to enroll and earn specialized credentials in the field of Pediatric Hypnotherapy. This program is also offered on professionally filmed DVDs. Learn how to develop and expand professional referral systems within the community. It provides advanced training in Hypnotherapy with infants, toddlers, pre-school and school age children. This Certification prepares you to expand your current professional services to include Hypnotherapy Consultation services.

## **National Society of Clinical Hypnotherapy**

S.J.U. founder Dr. E. Arthur Winkler, Ph.D. created the National Society of Clinical Hypnotherapists in 1970. N.S.C.H. promotes professional development within the area of Clinical Hypnotherapy.

Students who enroll in S.J.U.'s Certification or Degree programs in Clinical Hypnotherapy may join N.S.C.H. with a student membership.

## **C.C.P.T. Ordination and Personal Ministry**

Students enrolled in S.J.U.'s Certification or degree programs in hypnotherapy (spiritual healing) are eligible to apply for inter-faith Ordination from the Congregational Church of Practical Theology.

Dr. Arthur Winkler founded C.C.P.T. in 1970, enabling S.J.U. hypnotherapy students to continue using principles of spiritual healing in a personal minister. The inter-faith seminary program consists of three units of education.

Many C.C.P.T. ministers administer spiritual healing centers, food pantries, social service programs, counseling services for veterans and 12 step programs, community out-reach programs, etc.

Individuals who are interested in the C.C.P.T. program who are not currently enrolled in S.J.U. may also be eligible to enroll in the C.C.P.T. Seminary Program. For more information, please use the contact SJU page.



## **Master of Arts Degree in Clinical Hypnotherapy (Spiritual Healing)**

Applicants must have a minimum of a Bachelor's degree with a minimum 2.50 GPA. Applicants are not granted credit for life experience.

### **Course Outline**

<b><u>Cat #</u></b>	<b><u>Course Title</u></b>	<b><u>Credits</u></b>
SH 601	Techniques of Spiritual Healing I	3
SH 603	Techniques of Spiritual Healing II	3
SH 605	Spiritual Clinical Hypnotherapy	3
SH 607	Using Spiritual Hypnosis for Therapy	3
SH 609	Spiritual Hypnotherapy	3
SH 611	Advanced Spiritual Hypnotherapy	3
SH 613	Spiritual Hypnotherapy with Children	3
SH 615	Spiritual Hypnosis and Therapeutic Psychology	3
SH 617	Spiritual Clinical Hypnosis	3
SH 619	Spiritual Techniques of Regression	3
SH 621	Creating a Successful Hypnotherapy Center	3
SH 623	Supervised Internship (optional)	6
SH 630	Thesis (optional)	6

The Master Degree of Spiritual Healing consists of 39 semester hours of credit. Each course grants 3 semester hours of credit. Students select the Supervised Internship or the Thesis as their final project. Students are to maintain a minimum GPA of 2.50.

Students may refer to the Student Handbook for more information about this curriculum, semester requirements, and graduation guidelines. The Guide also includes additional information regarding the Supervised Internship and optional Master's Thesis. Dr. Pamela Winkler and Dr. Dorothy Sautter are the primary faculty instructors for the Master of Arts degree program.

## **Ph.D. Degree in Clinical Hypnotherapy (Spiritual Healing)**

Applicants must have a minimum of a Master's degree with a minimum GPA of 3.00. This degree should be an area appropriate in preparation of this Doctorate curriculum, such as psychiatry, nursing, psychology, dentistry, addictions, counseling, social work, education, pastoral counseling, etc.

### **Course Outline**

<b><u>Cat #</u></b>	<b><u>Course Title</u></b>	<b><u>Credits</u></b>
SH 801	Techniques of Spiritual Healing I	3
SH 803	Techniques of Spiritual Healing II	3
SH 805	Spiritual Clinical Hypnotherapy	3
SH 807	Using Spiritual Hypnosis for Therapy	3
SH 809	Spiritual Hypnotherapy	3
SH 811	Advanced Spiritual Hypnotherapy	3
SH 813	Spiritual Hypnotherapy with Children	3
SH 815	Spiritual Hypnosis and Therapeutic Psychology	3
SH 817	Spiritual Clinical Hypnosis	3
SH 819	Spiritual Techniques of Regression	3
SH 821	Creating a Successful Hypnotherapy Center	3
SH 823	Supervised Internship	6
SH 825	Dissertation Preparation	3
SH 830	Dissertation	12

The Doctor of Philosophy Degree of Spiritual Healing (Clinical Hypnotherapy) consists of 53 semester hours of credit. The Dissertation grants 12 hours of credit. Doctoral Candidates are to maintain a minimum GPA of 3.00.

The Dissertation provides valuable opportunity for Doctoral Candidates to design and conduct innovative research with the subconscious mind using hypnotherapy. Research studies may be submitted to nursing, medical, psychological, and counseling publications. The minimum length for the Dissertation is 50,000 words or approximately 200 pages.

Dr. Pamela Winkler, Dr. Dorothy Sautter, and Dr. Nina Kelly are the primary faculty instructors for the Ph.D. program in Hypnotherapy.



## **S.J.U. Faculty Instructors**

**Nina Kelly, Ph.D.** Academic Dean, earned her A.A. and B.A. degrees from the University of Southwestern Louisiana, Lafayette, LA and her M.A. and Ph.D. in Mythological Studies and Depth Psychology from Pacifica Graduate Institute, Carpinteria, CA. Dr. Kelly has a background in nursing and renal transplant administration. She was a Clinical Instructor at the Louisiana State University Medical School in New Orleans, LA.

**Joan Maki, Ph.D.** earned her Bachelor of Science in Education from the University of Minnesota, Duluth, MN; Master of Education from the University of Georgia, Athens, GA; Ph.D. in Metaphysics St. John's University, Springfield, LA. Dr. Maki is an ordained Minister and an Instructor at the Seminary Program of the Congregational Church of Practical Theology.

**Dorothy A. Sautter, Ph.D.** earned her Bachelor of Arts degree and Master of Arts degree in Psychology from Kensington University, Glendale, CA; Master of Science degree in Natural Arts and Science and a Master of Science degree in Clinical Hypnotherapy from St. John's University, Springfield, LA; and Ph.D. in Counseling Psychology from Kensington University, Glendale, CA. Dr. Sautter has been a licensed psychotherapist and crisis counselor in the state of Pennsylvania since 1990. She specializes in the area of Clinical Hypnotherapy and Crisis Counseling.

**Jerry Stephenson, Th.D., Ph.D.** earned his BS in Religious Education and MA in Bible Studies from Miami Christian College, Davie, FL; Th.M. and Th.D. from North Florida Baptist Theological Seminary, Jacksonville, FL; M.Div. from Luther Rice Seminary & University, Lithonia, GA; Ph.D. in Pastoral Psychology at Atlantic Institute Bible College & Seminary, Ft. Lauderdale, FL. Dr. Stephenson's extensive counseling background includes certified addictions therapist, hospice chaplain, and college/seminary professor.

**Pamela Winkler, Ph.D.** President, earned her Bachelor of Arts in Education from St. Mary's of Notre Dame, South Bend, IN; Master of Arts in Educational Psychology from Miami of Ohio, Miami, OH; Ph.D. (A.B.D.) in Social Psychology from Tulane University, New Orleans, LA; Ph.D. in Clinical Psychology from St. John's University, Springfield, LA; Post Doctorate in Clinical Hypnotherapy from St. John's University, Springfield, LA. Dr. Winkler is an ordained Minister with The Congregational Church of Practical Theology and serves as Administrative Director of the C.C.P.T. Seminary Program. Dr. Winkler is President of the National Society of Clinical Hypnotherapists.

## **St. John's University Board of Directors**

**President** – Pamela Winkler, Ph.D., Minister, Psychologist, Administrator

**Vice President** – Virgil Gibson, Ph.D., Minister, Administrator

**Board Member** – Sharon Abbruzzese, RN, B.S., Nurse, Minister, Counselor

**Ad Hoc Member** – Fran Pieper, M.S., Minister, Church Administrator

The Board of Directors meet quarterly to develop policies and procedures that guide the University in the formulation and administration of educational programs and services.



## **University Affiliations and Memberships**

St. John's University is affiliated with the Congregational Church of Practical Theology, founded by Rev. E. Arthur Winkler, Th.D., Ph.D. in 1970.

St. John's University was inducted into the International Hypnosis Hall of Fame in 1992.

The University is recognized by or associated with the following professional and educational organizations:

Granted non-profit 501(c)(3) status from I.R.S. effective June 12, 2012.

Incorporated as a religious corporation with the California Secretary of State, #3483537, on July 9, 2012.

Granted federal EIN #46-2114423 from I.R.S. on February 25, 2013.

Granted exemption from state licensing, as a non-profit religious University, by the California Bureau for Private Postsecondary Education on March 22, 2012.

Granted a non-profit status by California Franchise Tax Board in 2013.

Accepted as an approved member of the Association of Independent Christian Colleges and Seminaries on June 30, 2013.

Granted a business license, business class 041, by the city of Temecula, California on October 30, 2013 and renewed on January 22, 2014.

Member of Temecula, CA Chapter of the Holistic Chamber of Commerce on August 5, 2014.



# St. John's University Application Form

Carefully complete this form and include it in your application packet.

Full Name \_\_\_\_\_ S.S. # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_ Gender \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone (        ) \_\_\_\_\_ Cell Phone (        ) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Current Occupation \_\_\_\_\_ Company \_\_\_\_\_

How did you learn about St. John's University (specific advertisement or publication, website, student or Alumni referral , etc.)

\_\_\_\_\_

## Names and Degrees from Previous Schools

Name, location of School	Dates Attended	Degree or # of Credits
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Program to which you are applying:

\_\_\_\_\_ Certification in Clinical Hypnotherapy (Spiritual Healing)

\_\_\_\_\_ Master of Arts Degree in Clinical Hypnotherapy (Spiritual Healing)

\_\_\_\_\_ Ph.D. Degree in Clinical Hypnotherapy (Spiritual Healing)

I have carefully read St. John's University current catalog. If accepted, I will cooperate in full with all regulations, requirements and guidelines of the University. I verify that all information submitted in this application packet is true and accurate to the best of my knowledge.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## ***Hypnotherapy Certification Application Check List***

**Certification Program** applicants must include this check list with your application packet. Your packet must be complete and sent as one unit.

Please check off each component you are including in your packet:

\_\_\_\_\_ Completed and signed S.J.U. Application Form

\_\_\_\_\_ \$50.00 non-refundable application fee

\_\_\_\_\_ Recent photo

\_\_\_\_\_ Two (2) letters of recommendation

\_\_\_\_\_ Current resume

\_\_\_\_\_ *Student* copy (does not need to be official transcript) of **highest** education level you have attained (high school diploma, GED, or its equivalency, technical or career training, seminary, college transcript).

\_\_\_\_\_ My reasons for wanting to be Certified in Hypnotherapy are:

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**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Mail your application packet to:** St. John's University, Office of Admissions, 40945 County Center Drive, Suite H, Temecula, CA 92591.

# ***Master or Ph.D. Degree Program Application Check List***

**Degree Program** applicants must include this check list with your packet.

For your packet to be complete, except for any official transcripts you have requested to be mailed directly to the University, your packet should include:

**Please check off each item you are including in your packet:**

- \_\_\_\_\_ Completed and signed S.J.U. Application Form
- \_\_\_\_\_ \$50.00 check made payable to SJU (non-refundable application fee)
- \_\_\_\_\_ Recent photo
- \_\_\_\_\_ Two (2) letters of recommendation
- \_\_\_\_\_ Enclosed current resume

\_\_\_\_\_ How many *sealed official* transcripts are included in your packet?

\_\_\_\_\_ How many official transcripts have you requested to be mailed directly to S.J.U from seminaries, colleges and universities? If additional space needed, use the back of this form.

**Name of institution(s)** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ My name on a transcript(s) being directly mailed by a school to S.J.U., is different from my application form (maiden name, etc.) My name as it appears on that transcript is \_\_\_\_\_

**I affirm that I have enclosed the above items in my application packet.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Mail your complete application packet to:** St. John's University, Office of Admissions, 40945 County Center Drive, Suite H, Temecula, CA 92591.