



Diploma in Clinical Hypnotherapy



Prospectus

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Introduction

The use of hypnosis for healing purposes can be traced back thousands of years.

More than 4,000 years ago, ancient Egyptians attended the temple of Imhotep, where they would engage in healing rituals involving a trance-like state.

German physician Franz Mesmer (1734-1815) suggested that humans are affected by 'magnetic tides' in a similar way to the forces which affects planets. Mesmer used magnets with Francisca Österlin, a patient suffering from hysteria.

He claimed that his newfound techniques had helped the patient. However, it is believed that it was in fact Mesmer's use of hypnotic suggestions which had brought about changes in his patient. Today, the term mesmerism is synonymous with hypnosis.

In 1845, surgeon James Esdaile travelled to India and gained respect for his successful use of hypnosis. He reduced mortality rates in surgery from around 50 percent to just 8 percent, and his patients recovered more quickly and easily than the average surgical cases of his day.

By 1847, James Braid discovered that all the major phenomena of hypnotism, such as catalepsy, anaesthesia and amnesia, could be induced without sleep. Realising that his choice of the term hypnosis had been a mistake, he tried to rename it monoideism, but it was too late: hypnosis and hypnotism had already gained widespread use.

Today, hypnotherapy is used in many diverse areas including conventional medicine, counselling, dentistry, psychology, sports psychology, personal development and in business.

The potential for clinical hypnotherapy and its uses are almost unlimited, and the tools you will learn will give you the knowledge to treat, help or relieve many somatic and psychological symptoms including, but not limited to:

Smoking Cessation

Weight Control

Anxiety States

Pain Management

Unwanted Habits

Sleep problems

Sports performance

Public Speaking

Exam Stress

Irrational Fears and phobias

Irritable Bowel Syndrome

...and the list goes on...



The Benefits of Training in Clinical Hypnotherapy

Practicing as a clinical hypnotherapist and helping people to achieve positive results is immensely rewarding, but it also has many benefits for you if you choose to pursue this as a career.

For you it can create:

- A flexible career that you can work around existing work or family commitments
- The ability to work from home or your own premises
- Excellent earning potential
- An emotionally rewarding career, helping others

This course has been designed to give you a solid foundation which includes theory and practical skills.

We will provide you with all the knowledge and skills to help you gain the confidence to run a successful Hypnotherapy practice or to integrate it into your current employment.

We offer continuous feedback and support throughout.

Students completing the course receive the valued Practitioner Diploma in Hypnotherapy and may proceed to join a range of professional organisations including the GHSC's General Hypnotherapy Register (UK).

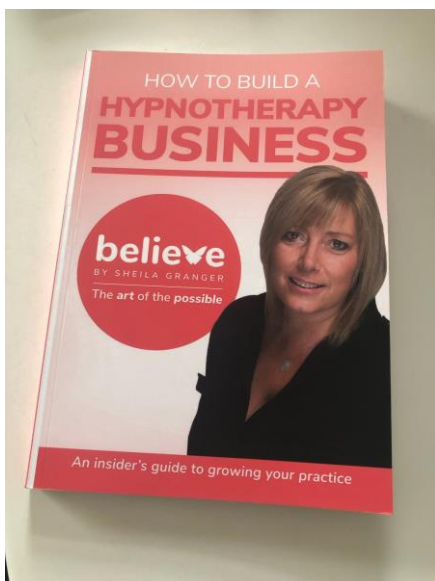
Our practitioner-level training course has been assessed and validated at practitioner level by **The General Hypnotherapy Standards Council (UK)**. Graduates are eligible for professional registration with The General Hypnotherapy Register at full practitioner status.



I hope that this prospectus provides you with the information you need to take the next step on your learning path towards becoming a hypnotherapist. If you have any questions regarding hypnotherapy training or hypnotherapy as a career, please contact my support team on +44 7984162207 or email think@sheilagranger.com for further information.

Sheila Granger

Course Principal



What is Hypnotherapy?

Hypnosis is a state of altered awareness during which our subconscious mind is more open and receptive to suggestions that are given. We drift in and out of different levels of awareness many times each day, absorbing information on a subliminal level as well as a conscious one.

A hypnotherapist will work with a client's imagination to help them to achieve their goals, such as overcoming habits and phobias, or losing weight.

The Practitioner Diploma in Hypnotherapy course provides every student with comprehensive knowledge and professional practical training. You will meet all kinds of people from all walks of life and no two cases will be exactly the same.

Can Anyone be Hypnotised?

All hypnosis is in essence, self-hypnosis, and few people are incapable of being hypnotised. Therefore, most people can benefit in some way from hypnosis provided they are guided by an experienced individual who understands the way in which the subconscious mind functions.

A thorough understanding of the developing mind and therapeutic approaches is essential for hypnotherapists, as dealing with personal problems is a great responsibility.

Popular portrayals of hypnosis, as well as stage hypnosis as a form of entertainment, may lead you to imagine swinging watches, spinning spirals and on-stage antics when you think of 'hypnosis'. But the therapeutic application of hypnosis - hypnotherapy - is considerably different from these preconceptions.

Clinical hypnotherapy training is also located within different 'schools of thought'. Some are humanistic, some psychodynamic, some cognitive, and so on. We encourage an 'eclectic' or 'integrative' style of thinking. This means taking what is best about all the different approaches and applying whatever is best for each individual client.

It isn't necessary to have experienced clinical hypnotherapy before training to be a clinical hypnotherapist. You will experience trance on the first weekend! You need absolutely no prior knowledge in how to induce trance or practice as a therapist - we teach you everything!

Setting up in Practice

Thinking ahead to the end of the course, you will have all you need to set up as a professional clinical hypnotherapist. This is an exciting time and you could go full-time or part-time.

It is important though consider the business side of things, which is why we teach you everything you need to do in order to set up and market your new practice.

Unlike many other businesses which rely on long-term, repeat clients, as

hypnotherapists we tend to see clients over a relatively short time period. High client turnover means a constant need to attract new clients into our business.

Fortunately, there is a growing market for clinical hypnotherapy services.

Your practice will be as busy as you make it.

Our Hypnotherapy Training Summary

What You Receive

The course is approved, giving you the confidence that it is a high standard. The professional associations that monitor our standards are independent of our training academy and therefore objective.

Summary

- A complete course giving you everything you need to set up as a confident, competent, ethical, and effective qualified clinical hypnotherapist, charge for your services and obtain a health fund provider number.
- Highly qualified and experienced trainers
- An emphasis on hands on learning; not just theory. (you won't just be taught techniques in isolation - you learn how to choose them and integrate them)
- Electronic homework submission.
- Individual attention (small groups).
- A supportive environment:
- During training: qualified, experienced, friendly & approachable trainers

- Between modules: email, telephone and online video support.
- Aftercare: we always like to hear from our previous students. You can contact us informally or make formal supervision arrangements with us for help with client work and marketing.
- Training recognised by the major associations
- AHA - Australian Hypnotherapists Association.
- GHSC - General Hypnotherapy Standards Council (UK).
- Training in how to start a successful clinical hypnotherapy practice.
- A comprehensive training manual, including full training manuals on working with specific client issues
- Refreshments provided throughout the training days.

Who is the Course Suited To?

Applications are invited anyone wishing to:

- Retrain for a new career
- Add to their existing skill set
- Begin a part-time profession

N.B: The course would not be suitable for anyone suffering unmanaged or severe mental ill health, people aged under 18, or people seeking to use hypnosis for entertainment.

We assume no prior knowledge. People from all works of life have chosen to train in Clinical Hypnotherapy.

Your Trainer



Helen Breward

Helen established Pebbles Hypnotherapy in 2011, working with clients face to face on a one-to-one basis. Since then, she has built and developed her business from a local part-time practice into an international full-time practice.

In 2015, Helen developed her own pioneering work with the menopause, which became known as 'The Menopause Relief Programme'. Her Menopause Relief Programme has gained national and international recognition for helping ladies with their menopause symptoms & hot flushes.

Helen has also presented her work at hypnosis conferences in Canada, Las Vegas, Daytona, Chicago, Switzerland, Australia and UK.

She trains therapists in her work and has practitioners in nine countries, helping ladies to take back control. Alongside that she also offers quality training in a wide variety of other subjects.

With over 10 years 'experience as a practitioner, trainer, speaker, author, Helen is also a GHR recognised supervisor.

In May 2018, she published her first book: 'My Menopause, My Way', a self-help book for ladies of a certain age, which became an Amazon best seller.

Helen is the founder of the Helen Breward – Hypnotherapy Training Academy, in South West England, UK.

Prior to working full time in her hypnotherapy clinic, Helen was a primary school teacher for 13 years.



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Learning Outcomes

- To be able to induce, deepen and terminate a trance
- To develop competence in many techniques e.g. suggestibility tests, depth of trance testing, anchoring, fast phobia, swish, association and dissociation, reframing, timeline techniques, regression and ideomotor response
- To conduct an effective and efficient initial assessment of the client and their issues
- To confidently explain to clients and interested members of the public what clinical hypnotherapy is, to demystify it, build trust and be a good ambassador for the profession
- To gradually feel confident breaking away from scripts and creatively utilise clients' own thoughts, language, physiology, etc.
- To understand and thoughtfully and respectfully critique ethics, professional standards and codes of conduct
- To be able to build rapport and communicate effectively with clients
- To reflect on your strengths and weaknesses and recognise the importance of continuing professional development
- To be able to contextualise clinical hypnotherapy amongst other

therapies and healthcare available and know when to refer a client to another specialist

- To understand when not to take on a client
- To be confident with therapy planning
- To respect difference
- To have a good basic knowledge of psychological theory e.g. un/conscious mind, psychodynamic theory, behaviourism, cognitive psychology, and humanistic psychology
- To have a basic knowledge of the key concepts of various relevant therapeutic approaches that can be dovetailed with hypnosis
- To make full use of sensory awareness and utilise this e.g. noticing changes in a client's skin colour, breathing, pulse, posture, etc
- To know how to handle abreactions (emotional outpourings) sensitively, safely and effectively
- To demonstrate a professional, caring and empathic approach that recognises personal and professional boundaries

These learning outcomes will be met during course practicals and through homework questions.

Course Structure and your Time Commitment

The diploma course is a total of 520 hours study time.

The course is attended for one weekend per month for a 10 month duration. Each of the 20 days of live training consist of lectures, group exercises and practicals.

The course commitment is 520 hours in total. 120 hours of this is class-based tuition & supervision. The remainder consists of reading, practice, homework and research for you to complete outside of the classroom

The course requires you to attend 20 days. If you are unable to attend one of the days, you are welcome to join us for that day in a different location, where available.

This is a practical course and although there is some theory, which is necessary for your knowledge, most of the learning is done by watching demonstrations and then practicing yourself within supervised groups

Training times are 10:00 am to 5:00 pm each day. There are 15minute breaks morning and afternoon and 30-45 minutes for lunch.

You will receive full printed training material:

- A comprehensive set of notes covering each module of the course and an extensive set of Hypnotherapy Scripts

- A complete 'build a business manual' training guides covering all aspects of Marketing

Course Outline

	Curriculum	
<ul style="list-style-type: none"> • What is hypnotherapy? • Experiencing Hypnosis for yourself • Common Questions and Myths 	<ul style="list-style-type: none"> • NLP - Presuppositions • Subjective Interpretation and Labelling • Planning a Therapy Sessions 	<ul style="list-style-type: none"> • Rapport • The hypnotic voice • Disengagement • Motivational Questioning

<ul style="list-style-type: none"> • Conscious and Subconscious • Why Hypnosis Works • Common Uses of Hypnosis • Trance induction - Eye Fixation and progressive muscle relaxation • Signs of Trance • Contraindications of using hypnosis • The VAKOG System 	<ul style="list-style-type: none"> • Questioning techniques in therapy • The laws of suggestion • Trance induction – eye fixation and special installing a special place • Abreaction • Formulating Suggestions • Use of Music and the entrainment principle • Deepening the trance state 	<ul style="list-style-type: none"> • Types of suggestion • Therapeutic planning • Metaphors • Guided Imagery • Professional conduct
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	Curriculum	
<ul style="list-style-type: none"> • Trance induction permissive • Trance induction authoritarian • Ideo Motor Responses • Regression and revivification • Auto suggestion and affirmations • Ethics in hypnotherapy • Data protection: handling client 	<ul style="list-style-type: none"> • Introduction to NLP • Pacing & leading • Sensory Systems • Sub modalities • Intro to working with children • Taking case histories 	<ul style="list-style-type: none"> • Past Life Regression • Catalepsy • Aversion techniques • Workshop - Making client recordings • Supervision

	Curriculum	
<ul style="list-style-type: none"> • Suggestibility tests • Fears and Phobias • Swish • Pain Management techniques • Analgesia and anaesthesia 	<p>Application workshops</p> <ul style="list-style-type: none"> • Stress management - workshop • Panic Attacks • Anxiety Management workshop • Client confidentiality • Insurance 	<p>Application Workshop</p> <p>Weight loss techniques and Virtual Gastric Band</p>

	Curriculum	
<p>Application Workshops</p> <ul style="list-style-type: none"> • Reducing Alcohol • Sports Hypnosis 	<p>Application workshops</p> <ul style="list-style-type: none"> • Working with children 	<p>Application workshops</p> <ul style="list-style-type: none"> • Sleep Hypnosis • Hypnosis for depression • Parts Therapy

Curriculum		
<p>Application Workshops</p> <ul style="list-style-type: none"> • Working with Alcohol • Client-centred therapy • Working with IBS 	<p>Setting up your practice Workshop</p> <ul style="list-style-type: none"> • Marketing (Part 1) 	<p>Setting up your practice Workshop</p> <ul style="list-style-type: none"> • Marketing (Part 2) • Practice Management • Supervision • Continued Professional Development

N.B: The above topics are delivered through live training. The topics below are delivered via the course manual, videos, wider reading, and online learning. We continually strive to improve our course.

Content and order may vary.

Home Study Modules

- Famous Pioneers of Hypnosis
- History of Hypnosis
- Counselling in practice
- What is psychosis, and how to recognise it
- Psychodynamic approaches: Freudian; Jungian
- Working with other professionals
- Hierarchy of human needs – Maslow
- Respecting values, beliefs, cultural differences
- Hypnosis with pregnancy
- CPD Courses and supervision

How to Apply

There are no formal qualification entry requirements and you do not need any prior knowledge of clinical hypnotherapy, NLP, psychotherapy or psychology.

We will assess applications on individual merit, taking many factors into account. These include work and life experience, enthusiasm, suitability to work with sometimes vulnerable clients, maturity, commitment, and a general ability to complete the course successfully.

Applicants must be over 18 years old. They will normally be aged over 21 unless they can demonstrate maturity, for example, through life experience or work experience in a caring role.

A good standard of spoken and written English is essential as we regret that the trainers are unable to provide guidance in other languages.

Apart from the exceptions mentioned above, we do not discriminate on the grounds of age, gender, sexuality, ethnicity, religion, voice type, appearance, or any other axis of difference provided, we believe the individual has the potential to train and successfully perform as a clinical hypnotherapist.

To chat about the course or request an application form, please contact us:



Helen Breward BA(Hons), HPD, DIPCAH
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If you are accepted, you are sent an offer of a place and further details.

Training Dates, Venues & Location

To ensure you have the latest dates and venues, please see my website:

www.helenbreward.com

Fees

Your investment is:

£2,800.00

(Monthly payment plans are available.)

If you are accepted onto the course, a deposit of £350 is required to secure your place.

You may pay the balance in full or via an interest-free monthly payment plan.

We will send payment details, including monthly payment deadlines, upon receipt of your application and deposit.

The fee includes class-based learning, home learning materials, assessment and certification.

There are NO hidden course fees.

Of course, you need to budget for any accommodation if required, travel, food and books.

Supervision is held as a group as part of the course so there are no further fees to pay for supervision during your training.