HYPNOTHERAPY SCOTLAND

PROFESSIONAL TRAINING

Diploma in Clinical Hypnotherapy

Course Prospectus

2019

  **Introducing Hypnotherapy**

**Benefits of Hypnotherapy**

Hypnotherapy is a quick and effective method to help clients make changes in their life both practically and psychologically. It can also accelerate the healing process relating to many physiological problems. Perhaps one of the most positive and beneficial aspects of the clinical use of hypnosis is it introduces clients to a profound level of relaxation where self‐healing can occur in the most natural way possible. As a result, doctors are becoming increasingly supportive of hypnotherapy as a non‐invasive aid to better health and the supportive treatment of physical and mental illness.

**Career Satisfaction**

Hypnotherapy delivers the job satisfaction that comes from using a professional skill to benefit others. As a career it offers financial and professional independence. You can choose to work full or part‐time and will have the flexibility to arrange your appointments to suit your lifestyle and commitments.

**The Philosophy**

The values that drive the Hypnotherapy Scotland training programme are that we recognise that every person has a hidden potential within. This potential, when awakened, enables the inherent hidden positive qualities of the practitioner to develop. These qualities, when nurtured, naturally benefit the practitioners themselves, and more importantly, have a beneficial effect for clients. In accordance with this philosophy, our course is designed to educate and train students to the highly competent professional level of specialist practitioner of hypnotherapy.

**A Unique Training Programme**

There are many training courses on offer throughout the UK. We suggest that you consider very carefully all of the options available to you before choosing which of these is the most suitable. Take time to assess the value of all of these courses before you decide which will be of most benefit for you personally and also for your future clients.

Hypnotherapy Scotland training stands out from other hypnotherapy courses as it provides the unique opportunity for life‐changing personal‐development through the provision of specialist training in pluralistic, person-centred therapeutic practice, which integrates mindfulness-based approaches, and is delivered by a qualified teacher of mindfulness and meditation.

This course brings together an expert teaching team, all successful in their chosen specialities, to provide you with an exceptional professional training opportunity. Working with the Hypnotherapy Scotland tutors will encourage your own development through personal therapy sessions and mindfulness training.

The Hypnotherapy Scotland training course comprises informal lectures, time for deep practice of techniques, demonstrations, guest speakers, educational film screenings, a professional workshop to help you design and launch your new career and other special events. Students can choose to undertake practitioner level training at weekends over a year or through participation in an intensive residential course.

**Joining our course will provide you with:**

Personal time with your tutors: You will have the opportunity to discuss your course at length with tutors, previous students and practicing therapists throughout your studies.

Thorough Education Programme: You will receive a comprehensive theoretical background in the psychotherapeutic applications of hypnosis and much more.

Practical Experience: You will master the practical skills needed to induce and manage the hypnotic state as well as the skills required to undertake basic and advanced therapeutic techniques.

Confidence in Your Skills: You will be supported as you develop the self‐ confidence to transform what you learn into successful practice.

Business Advice: As well as mastering professional skills in

hypnotherapy you will gain sufficient understanding to market, promote and develop your own

professional and successful business.

Diploma in Clinical Hypnotherapy: Successful graduates receive the Hypnotherapy Scotland Practitioner Diploma in Clinical Hypnotherapy and will be listed on the Hypnotherapy Scotland Register of authorised practitioners.

Membership of The GHR: After completion of case studies and assignments to an acceptable level, students can join the General Hypnotherapy Register at practitioner status qualifying for the General Qualification in Hypnotherapy Practice (GQHP) and, in turn, membership of the Complementary and Natural Healthcare Council.

Protection: Qualified practitioners will be eligible for practitioner insurance, i.e. Professional Indemnity/Public Liability policy.

Life‐time Mentoring: A comprehensive, structured mentorship and supervision programme, providing ongoing support and advice online and in person.

CPD: Graduates are expected to undergo ongoing personal and professional development training regularly throughout their career as a hypnotherapist. Hypnotherapy Scotland provides a full programme of CPD opportunities for qualified therapists.

**COURSE OUTLINE**

Module 1 – The history & theory of hypnosis

Module 2 ‐ Therapeutic applications

Module 3 ‐ Client management & the therapeutic relationship

Module 4 ‐ The therapy business

*Theoretical and practical guidance notes are supplied for each module. A minimum of 4 hours per month one‐to‐one personal supervision is provided for each student*

**Weekend** **1 The Fundamentals**

Theory: A full and rounded introduction to the origins of hypnosis. You will learn about the lives and work of the main pioneers of hypnosis as a therapeutic tool and will also investigate the benefits of self‐hypnosis and the use of hypnotic induction. You will also study the basic psychotherapeutic theories which inform the development of modern hypnotherapy practice.

Practical: At the end of the weekend you will be able to induce, deepen, recognise and terminate the hypnotic state, safely, for your clients.

**Weekend** **2** **Successful Client Management**

Theory: Learn how to work safely and professionally with hypnotherapy clients with a comprehensive outline of regulatory and legal considerations for therapists.

Practical: Students are introduced to the use of basic and effective counselling skills, covering all the important elements of building an effective therapeutic relationship.

**Weekend** **3 Mindful awareness in therapeutic practice**

Learn how to develop flexible, mindful awareness in the therapeutic relationship. This weekend is designed to help you to develop a personal mindfulness practice and will address how to apply this practice within your therapeutic practice to help you become a more effective therapist. The weekend is facilitated by a fully qualified, professional mindfulness trainer.

**Weekend** **4** **Working with Habitual Behaviour**

Theory: Understand all of the aspects of working with habitual behaviours and how hypnotherapy can initiate and support behavioural change for clients. You will also be introduced to the importance of pre‐ and post‐hypnotic suggestion

Practical: Learn the skills necessary to carry out successful habit‐breaking/behavior changing hypno‐suggestion programmes eg. smoking cessation, weight loss etc.

**Weekend** **5** **NLP & Hypnotherapy**

Theory: Understanding the fundamentals of neuro‐linguistic programming (NLP), Ericksonian Hypnotherapy and motivational coaching can help you to improve every aspect of your hypnotherapy practice.

Practical: This experiential learning weekend will introduce you to simple but profound hypnotherapeutic techniques based on these principals. You will be given the opportunity to enrich your practice by learning how to work with NLP patterns to help bring about positive personal transformation and assist clients to overcome anxiety, phobias and panic states.

**Weekend** **6** **Supervision and practice**

Personal supervision and discussion of ongoing case studies is combined with a weekend of deepening personal and therapeutic practice.

**Weekend** **7** **The Hypnotherapy Business**

Theory: Once you have learnt how to safely and effectively work with clients it is essential to launch your business effectively. This weekend will provide professional workshops to ensure you have all the tools you need to set up and manage your own successful practice.

**Weekend 8 Advanced Hypnoanalysis**

Theory: Learn how to use hypno‐analytical tools safely and effectively including the principle’s underlying inner child work and hypnotic regression. We will also look at how hypnotherapeutic techniques can be integrated into a variety of therapeutic and professional settings.

Practical: Supervised practice will ensure a thorough understanding of the more advanced hypnotherapeutic techniques.

**Weekend** **9** **Applications**

Theory: Understand when and how to use hypnotherapy for the management of a number of conditions including obesity, IBS, skin conditions, allergies, chronic fatigue and chronic pain. You will also discover how hypnotherapy is being used in the clinical setting with specialist lectures on hypno‐birthing techniques and end of life care. You will also learn how to recognise the causes and signs of stress and find out how to use your skills to work with stress for clients, groups and businesses.

Practical: Learn how to deliver a pain management session and how to train clients in self‐hypnotic techniques for self‐help.

**Weekend 10 Supervision and practice**

**COURSE ASSESSMENT**

Students are expected to successfully complete course work for each of the 4 course modules, case studies and above all to demonstrate proficiency in practical techniques and client management. Students will be monitored throughout their training by continual assessment of their practical abilities (20% of total mark).

**Case Studies** (40% of total mark).

Students are required to carry out 12 case studies with a minimum of 54 hours of therapeutic practice.

**Module 1 Assignment** (10% of total mark)

Write a 2500 word essay on the life, work and legacy of Milton Erickson, pioneer of hypnotherapy.

**Module 2 Assignment** (10% of total mark)

Design a treatment session of hypnotherapeutic interventions.

**Module 3 Assignment** (10% of total mark)

Record and transcribe a full client consultation. Include your own reflections on the experience.

**Module 4 Assignment** (10% of total mark)

Spend some time researching the provision of therapeutic services in your area (complementary healthcare, NHS provision, mental health support, victim support etc.). Consider how you might establish a referral network. Create a MindMap.

**CODE OF ETHICS**

Graduate practitioners are expected to abide by the GHSC Code of Ethics and Principles of Good Practice to maintain a professional image of hypnotherapy, Hypnotherapy Scotland and the GHSC.

Hypnotherapy Scotland reserves the right to withdraw the qualifications of any graduate who fails to adhere to this code and they will be subject to GHSC disciplinary action. The training school’s philosophy on this subject is that standards must be maintained at a very high level to gain and keep public confidence in hypnotherapy and that practitioners observe the Code of Ethics as a matter of first priority.

**COMPLAINTS PROCEDURE**

This is the same as the GHR procedure as documented on the website at http://www.general‐hypnotherapy‐register.com/

Hypnotherapy Scotland will refer all complaints about therapists to the GHR for further consideration and/or action.

**CONTACT**

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