**Your Questions answered: 2023 Diploma Course: Sheffield**

Registrations are now open for our 2023 course. All details can be obtained from our downloadable prospectus. Dates and costs are also on our website.

As we have spoken to some of you already, here are some answers to questions raised and others you may have!

1. **Is there a minimum number of delegates?**
2. **Can you guarantee the training will take place?**

We understand that the post-Covid world may be confusing. People are worried about registering for a course that may not happen. We certainly heard some distressing stories about courses increasing in price during Covid and a lack of student support.

To offer training from our usual premises, we require a minimum number of delegates. However, if we receive a very small number of registrations, we will train from our own premises, not far from Chesterfield. We previously trained from our home from our purpose-built training room for several years. We see clients from home, so we also have a comfortable therapy room for you to try! Lunch and hot/cold drinks will be provided.

1. **What sort of hypnotherapy do you teach?**

You may have seen courses for Ericksonian hypnotherapy, Brief Solution Focused therapy, Cognitive Hypnotherapy…. They are all hypnotherapy! We cover all approaches, as one size certainly doesn’t fit all! We will teach you which approach may work best with your client.

1. **What about Psychotherapy?**

Hypnotherapy may form part of a therapeutic psychotherapeutic approach, such as a Cognitive Behavioural Model of Hypnosis. It can also be a separate entity used for a diverse range of presenting problems, such as sports performance, pain management and habit control.

Many of your clients will present with anxiety-related disorders. A combination of solution-focused and emotional regulation techniques plus CBT are very effective. We cover Cognitive Behavioural Therapy, Solutions Focused Psychotherapy and Person-Centred approaches on our course.

1. **So many people seem to be suffering from Trauma now. How can Hypnosis help?**

One indicator of PTSD – Post Traumatic Stress Disorder – is that individuals may *Dissociate* i.e., they may spontaneously enter a trance state, as a way of coping with past trauma. They may therefore be highly hypnotisable. Hypnosis has been used for over 150 years to help people undergoing trauma, whether from medical procedures, ‘shell shock’ following active combat or being a victim of a crime. Both Carole and Alan are experienced EMDR practitioners and, as such, they will teach you effective techniques based on the EMDR protocol, together with appropriate hypnotic approaches.

1. **What happens after the course finishes?**

Once you are treating paying clients, you will benefit from engaging in regular supervision. Carole is accredited supervisor with both the NCIP and NCH and will advise you further on choosing a supervisor. We will spend time in class discussing the way forward, including marketing and business management will already have met our administrator, Yvette, who will help with all things HPD-related. You will be encouraged to engage in CPD – continual professional development. Details of our own courses are in the prospectus and can be found online and we will also help you choose which CPD will benefit you the most.

If you have any questions about our course, or you would like a confidential chat, please call our office on 01246 416544 or email us on acmhl@icloud.com