Academy of Clinical & Medical Hypnosis Ltd

Accredited Training in Clinical & Medical Hypnotherapy, Psychotherapy, Stress Management, NLP & Coaching

Directors: Alan Cooper & Carole Wan

Tel: 01246 416544
Would you like to train to become a qualified, competent and confident therapist?
Are you searching for the one course that will provide lasting support, plenty of fun and qualifications to be proud of?
Do you value experienced tutors with drive, enthusiasm and empathy?
Have you always wanted to understand yourself and others and become the person that you truly want to be?

The Academy of Clinical & Medical Hypnosis has an unsurpassed record of delivering training in hypnotherapy, psychotherapy, NLP & stress management for over fifteen years. Run by Alan Cooper & Carole Wan, who have a combined total of 40 years as therapists, this is a unique opportunity to train with one of the most successful companies in the UK. Read some of the testimonials yourself to hear what previous students say about the course and then give Alan or Carole a call on 01246 416544 to find out more. Please leave a message if the answerphone is on: as both Directors still continue to work as therapists and may not be available.

Students attend our course for many reasons. We promise that whatever drew you to this course, you will complete it as a different person - more insightful, knowledgeable and with a totally new outlook on life, yourself and other people. Each class we teach brings an often-diverse group of people together for a few short months that may change their lives in many ways. Lasting friendships are forged and students learn from each other as well as their tutors. Above all, we enjoy teaching and learning from you as much as you value our experience and knowledge. If we can answer any questions, just drop us e-mail on enquiries@acmhl.co.uk or call us on 01246416544.

Carole & Alan

What previous students say...

“An outstanding course offering excellent opportunities for practical work, which has given me great confidence in delivering both hypnotherapy and coaching to clients. The best aspect of the course is the wonderful dynamic between the trainers, Carole and Alan, which enables them to deliver even the most complex material in a manner that is both digestible and highly entertaining. Also, the care and dedication of Yvette who has the patience of a saint and is totally dedicated to helping students achieve the very best they can with the written element of the course. I have loved every minute. Thank you!

In addition to the educational value of the course, I - like many other attendees - have had my own personal breakthrough by overcoming my presentation anxiety to the point where I have just accepted my first public speaking engagement!”

AH, Berkshire
When searching for hypnotherapy training I was looking for a professional yet friendly organisation with the experience and ability to teach the necessary skills. I found this and so much more with ACMHL. The course has exceeded my expectations; it has always been fascinating, often challenging, but always thoroughly enjoyable. The camaraderie amongst fellow students has been excellent and I look forward to further training with Carole & Alan.”

RE, Rotherham

With the Academy you will receive

Excellent Training by Experienced Trainers, giving you

Xtra Qualifications
Xtra Quality
Xtra Value

About the Academy

Carole has been a self-employed stress management consultant and therapist since 1992. In a previous life, Carole was a magistrate and worked in the finance industry, both of which enabled her to witness stress first hand! She was made the UK Training Officer for the Association of Stress Management in 1996, responsible for the development of course materials and course delivery, and was promoted to College Principal in 1998, with overall responsibility for the running of the College of Stress Management. She was Training Accreditation Director for the National Council for Hypnotherapy, from 2001 until 2005. Carole is also a qualified supervisor and EMDR therapist and is a Fellow of the National Council of Psychotherapy and Senior Practitioner with the General Hypnotherapy Register.

Alan became a partner in the company some years later. Since then, he has been instrumental in developing a range of CPD training aimed at therapists and those in the caring professions. Along with Carole, he has also written and delivered courses in Stress Management and Hypnotherapy, Psychotherapy & is an NLP trainer. Alan holds qualifications in Coaching, Hypnotherapy, Stress Management and NLP. He is also a fully qualified EMDR clinician with EMDR UK & Ireland.

After initially writing, developing and then delivering the course in Sheffield and London, Carole & Alan expanded their school, due to ever increasing demand, and offered training throughout the UK. They now teach their course in the Chesterfield/Sheffield area only. Their school was the first to incorporate awards in Hypnotherapy, Psychotherapy, NLP and Stress Management. The Academy of Clinical & Medical Hypnosis also offer a range of continual professional development courses, a ‘fast track’ hypnotherapy training course for suitably qualified professionals, validated training in stress management and a range of personal development training, both in Europe and the UK.
Whether it’s explaining the stress response, showing hypnosis in action or supervising small group practice, we ensure that your training is thorough, professional and enjoyable!

I hope you both realize what amazing teachers you are, you possess such positive energies that feed through to the students. I always left the classes feeling so vibrant and self assured.....The class was such a different mix of lovely people from different backgrounds. We all got on so well and we could always rely on the two of you to sort out any problems.”

LS, Sheffield

What makes our courses special?

An eclectic course which covers a wide range of therapeutic interventions and psychological approaches, qualifying you to practice as a **PSYCHOTHERAPIST & CLINICAL HYPNOTHERAPIST**, as well as an **NLP PRACTITIONER, COACH & STRESS CONSULTANT**.

- **FOUR** recognised qualifications including the ONLY externally validated Hypnotherapy in Practice Diploma recognised as the ‘gold standard’ by the hypnotherapy profession, equivalent to NVQ4 -1st year degree level.
- **Small classes** and two tutors allow us to focus on skill building in a supportive environment
- **Quality training** by experienced lecturers who both work as successful therapists
- **On-going supervision and support** with Carole (a qualified supervisor for over sixteen years) and Yvette (see page 9), an experienced NVQ assessor who will be providing feedback with all your coursework both during and after course completion.
- **A course that equips you to be a competent and confident therapist**
- **Suitable for people wanting a career change** as well as those looking for **personal development**
- **An opportunity to develop a full or part time business** that will be both **financially secure** and **personally satisfying**.
- **An escape** from the stress of being employed with no job satisfaction and little control over your life
- Ideally suited to someone who is a ‘people person’, a good listener and someone who has bags of **empathy** and **enthusiasm**
- The **only course** offering a Stress Management Qualification alongside Diplomas in Hypnotherapy & Psychotherapy and NLP & Coaching.
- **Validated** by ALL THREE major hypnotherapy organisations and the National Council of Psychotherapy.
- **FREE** registration and tutoring towards the externally (NCFE) Hypnotherapy in Practice Diploma - **NO EXAMS!**
- **Cutting-edge** training including a range of DVD’s for you to study featuring renowned psychotherapists and hypnotherapists such as Michael Yapko, Martin Seligman and Donald Meichenbaum
- **Two experienced trainers** at all times - Carole & Alan train all their courses
- You will graduate with a ‘**therapists toolkit**’ of the most effective techniques for change taken from proven disciplines, including medical hypnosis, neuro-linguistic programming, cognitive behaviour therapy, coaching, stress management, psychodynamic psychotherapy, EMDR, counselling and our own techniques combining some of the above in a unique and exciting format guaranteed to help both you and your clients
Course Content:
Module One, Day One

Introduction & overview:
- Trance States: Exactly what is a trance?
- Wake up Techniques: Choosing the correct way of re-alerting your client
- Hypnotic Inductions - Introduction & Practical: Experience hypnosis
- The Induction Process: What is actually happening
- Practical: Progressive Relaxation
- Understanding the HPD
- Practical: Relaxing Scene Induction
- Practical: Visualisation
- More Trance Inductions: Permissive
- Watts Tropical Island
- Post-Hypnotic Suggestions
- The ‘Hypnotic Sandwich’ (unique to us)
- Therapeutic relationship: Why it’s important and how to achieve it.

Course Content:
Module One, Day Two

Transference & Counter-Transference
- Building Rapport: Mehabrian Model for communication
- Dealing with Abractions: What they are and how to safely deal with them
- Resistance to Change: Why and how to work with it
- Using Self Hypnosis
- Self Hypnosis
- The Therapeutic Environment: Specific considerations & setting boundaries
- Building Confidence & Overcoming Low Self-Esteem
- Hypnotic Ego-Strengthening
- Client Timelines (unique to us)

Course Content:
Module Two, Day One

Deepening Trance: Ten Techniques
- Relaxing in a Chaotic Environment
- Conversational Hypnosis
- Hypnotic Susceptibility: Understanding your client
- Stanford Susceptibility Scales
- Testing Trance Depth: What to Expect
- Body Focused Repetitive Behaviours, including: OCD, Trichotillomania, Bruxism
- TV Technique for Deepening
- Blackboard Induction
- Direct Inductions

“...The course is intensive but the commitment needed was well worth the effort!!”

“Weekends were an excellent mix of tutorial and practical sessions. Although the course was pretty packed Carole and Alan ensured there was plenty of opportunity for discussion or questions to be raised. As tutors their individual styles were a perfect complement and we had as many laughs as we did serious discussion. Their demonstrations of particular techniques were inspiring as well as informative.”

MP
Course Content: Module Two, Day Two

Cycle of Change: Prochaska & diClemente
Smoking Cessation & Habit Change
Applying CBT for Effective Weight Control
Scripts for Smoking Cessation, Weight Loss and Habit Change
Authoritarian Approach
Session Planning
Milton Erickson
Milton Model Language Patterns
Confusional Techniques
Metaphor Construction
Therapeutic Metaphor

Course Content: Module Three, Day One

What is Psychotherapy?
Humanistic/Person Centred Approach
Carl Rogers: DVD & Examples
Albert Ellis & Aaron Beck – DVD
Understanding Freud & Defence Mechanisms
Understanding CBT & Core Beliefs
Schemas, Assumptions & NAT’s
Eliciting Core Beliefs
LifeSolutions 5 Pillars of Behaviour ®
Cognitive Restructuring

Course Content: Module Three, Day Two

Dysfunctional Cycle
Using CBT for Addictions
Inverted Pyramid Technique
CBT for Depression
Working with Chronic Pain using CBT
Affect Monitoring
Applying CBT for Effective Weight Control

“I would like to say a big thank you for your help and wonderful teaching! The course was brilliant, and I feel that you have changed my life in such a positive way. I miss traveling up to Chesterfield each month!”

“I have really enjoyed the course. I originally qualified as a counsellor 8 years ago at postgraduate level and I consider your course to be equal... excellent quality. I have built up some amazing contacts, too. I really valued your support; you were approachable, good humoured and always professional. I now have several very valuable qualifications and I look forward to attending further training with you in the future.”

“I would like to take this opportunity to thank you for your teaching and sharing your experience and expertise. You are certainly the most inspiring therapists I have ever met.”
Introducing NLP
VAKOG
Language: Deep v Surface Structure
Lead Systems
Four Levels of Rapport
Anchoring
Stein’s Clenched Fist
Wheel of Life
Review your Day
Sis Step Reframe
SWISH Technique

Course Content:
Module Four, Day One

Course Content:
Module Four, Day Two

Course Content:
Module Five, Day One

Defining Stress
Causes of Stress
Physiology of Stress
Theories of Stress
Hans Selye
General Adaptation Syndrome
Lazarus: Cognitive Appraisal Model
Hassles & Uplifts
Stress Reduction Scripts
Learned Helplessness - Seligman

“Coursework was returned without delay and materials for the training weekends sent in good time. This is a demanding course but well worth the hard work. I have completed the course in the knowledge I have a sound theoretical basis as well as extensive practical experience on which to build a successful practice. I have already completed some CPDs with Alan and Carole and found these to be as high a standard as the main course. Although the course was an exciting professional journey the practical sessions brought real and unexpected personal benefit. I’d suffered insomnia, migraines and episodic depression for over 20 years and found over the period of the course I noticed an unexpected but astonishing and very welcome improvement in each area.”

“And it is this personal experience that has really enhanced increased my commitment to hypnotherapy as a valuable technique.”

MP
Course Content:
Module Five, Day Two

The Nature of Stress: Human Function Curve (Yerkes & Dodson)
ACMHL Composite Stress Model ©
Cumulative Stress & Burnout
Stress & Personality
Type A/B
Coronary Prone: Glass
Stress Hardiness v Stress Vulnerable
Locus of Control - Rotter
Principles of Stress Management
Sapolsky: DVD

Course Content:
Module Six, Day one

Understanding Phobias
Joseph Wolpe
SUDS scale
Constructing a Hierarchy
Using Scaling
Systematic Desensitisation
Anxiety Disorders
Panic & Agoraphobia
Diaphragmatic Breathing
Protective Shield

Course Content:
Module Six, Day Two

Dermatology & Skin Disorders
Headaches
Irritable Bowel Syndrome
IBS Script
Headache Script
CBT for Anxiety
Cognitive Model of Panic
Integrating CBT into your practice
Case Conceptualisation

“ACMHL is a professional and ethical training organisation that provides a really excellent training in hypnotherapy. The course was well thought out and the material provided was useful and interesting. Carole and Alan clearly have a wealth of experience in a variety of therapies and this experience, as well as their highly professional approach and attitude, made me feel confident about the training provided.”

EC

“A thoroughly enjoyable course which gives you so much insight about yourself and tools to enable you to help others to move on with their lives and overcome obstacles that may be holding them back. I can’t wait to get started!”

CP

“Carole & Alan are excellent therapists and provide a good basis for imparting their experience and knowledge with some sound theory and practical training that gives a firm basis for any therapist to commence their journey with the required amount of competence and confidence.”
Brief Solution Focused Therapy
Five Important Questions
Insoo Kim Berg – DVD
Variations on the Miracle Question
Using Motivational Interviewing

Understanding Trauma & How to Treat It
PTSD: Safety & Stabilisation Interventions
EMDR Lightstream Method
Cognitive Processing for PTSD
Using the BASIC – ID
Learned Optimism & Signature Strengths - Seligman
Stress & Mindfulness: Mindful Techniques

Pain Management
Craslneck Bombardment Technique
Hypnotic Analgesia & Anaesthesia
Glove Anaesthesia – Kinaesthetic
Glove Anaesthesia - Visual
Regression & Recall
False Memories
Age Regression
Regression to Cause- Pin Point
Behavioural Activation for Depression
Meichenbaum: Working with Anxiety & Depression DVD
Yapko: Understanding Depression DVD

“So pleased I decided on this course! Although I was unsure whether it was for me, everyone made me so welcome. I found the course in-depth and the trainer’s knowledge really useful when asking for clarification. Thank you for all your hard work.”

“I loved the camaraderie that was apparent from day one, I really appreciated your years of experience and case examples. I found the stress management fascinating and have already recommended this course to colleagues.”

“You have been an inspiration to us all, thank you again. I am happy to recommend this course to anyone. I look forward to attending the Stress Management Diploma.”

“I would like to take this opportunity to thank you for your teaching and sharing your experience and expertise. You are certainly the most inspiring therapists I have ever met.”
Studying for your HPD

Yvette Lowery
ACMH Administrator

Yvette Lowery, one of our previous students, has been our administrator and homework assessor since February 2010. Her background is mainly in admin and finance for voluntary organisations and, since qualifying with us in 2009, Yvette also runs her own hypnotherapy practice specialising in stress management.

During her time with the Academy Yvette has helped students with their monthly homework and compilation of the HPD Portfolio. Many students struggle with the HPD, the correct layout and learning outcomes, and she is always happy to help. Every month students send their homework to Yvette, who offers feedback and assistance to ensure that your finished portfolio will be of a very high standard. Yvette also offers 1:1 tuition for students who feel they would benefit from this.

For those students who are undertaking our Fast Track course Yvette offers completion of the HPD through the Professional Discussion route, and she will be happy to speak to you about this if you are interested.

Yvette is also a qualified NVQ Assessor, which makes her a great asset to our team. She works closely with the NCH to ensure that standards are consistent throughout all training schools.

The Hypnotherapy in Practice Diploma (HPD) is verified by the National Council for Hypnotherapy (NCH) and NCFE. The award is externally verified by the NCFE, which is essential.

Most, if not all, hypnotherapy training schools award their own qualification/s and some will ‘pass’ any student who pays them a fee, however competent they may be, sometimes qualifying people that perhaps have not reached the levels required for developing a worthwhile career. And, of course, Hypnotherapy training courses vary in quality.

An externally verified award overcomes these potential problems, ensuring a certain standard of training is provided across training schools, a set number of hours is spent on classroom training and homework, and a measurable standard of learning is evident in all students. The award is a vocational qualification at Level 4 (i.e. NVQ Level 4 equivalent) and is considered the ‘gold’ standard in hypnotherapy training.
What is Hypnotherapy?

Hypnotherapy, explained simply, is a process of using hypnosis to treat a variety of medical and psychological problems. When carried out by a highly trained and qualified hypnotherapist, the benefits of this approach can be effective and long-lasting and, in many cases, permanent. It is natural ability that most of us possess and safe, with no harmful side effects.

It has been seen to effectively treat a number of conditions, including:
- Unwanted habits and addictions
- Anxiety-related problems, including panic attacks and phobias.
- Medical conditions including IBS (Irritable Bowel Syndrome), skin disorders, headaches and allergies
- As an effective treatment for many pain disorders, including phantom limb pain and in dentistry
- To aid childbirth, invasive medical procedures, disorders such as tinnitus & insomnia and most sexual problems
- Psychological & emotional problems including compulsions, inhibitions, guilt, jealousy & worry.
- Self-Hypnosis to lower blood pressure and reduce stress
- To increase self esteem and enhance performance in sport and the arts
- Weight loss and eating disorders
- In paediatrics and oncology

What is Psychotherapy?

Psychotherapy is, essentially, a ‘talking treatment’. Although there are a number of approaches to hypnotherapy, such as cognitive hypnotherapy and hypno-analysis, we believe that an eclectic/integrative approach is better than any treatment that is too rigid. This is why we cover all models of hypnotherapy.

There are several ‘systems’ of psychotherapy that we cover on the course. We believe that there are some valuable lessons to be learned from each and will show you how to integrate different psychological approaches within a treatment plan. The National Occupational Standards for Hypnotherapy require that qualified hypnotherapists have an understanding of the main psychological approaches although many schools choose to skim over this important area, whilst others stick to just one model.

To address just three approaches for example, a Cognitive method is often aligned with hypnotherapy, as cognitive distortions can easily be identified and resolved using hypnotic techniques such as ego strengthening, whereas an existential emphasis is on the choices to be made in the present and future. This approach, of course, fits in well with our coaching module. We also cover psychodynamic approaches, as popularised by Freud. Of particular interest are his (and later his daughter, Anna’s) categorisation of the defence mechanisms, which are often apparent in the therapy room.

Graduates of this course will automatically qualify to apply for membership of the National Council of Psychotherapists (see page 13).

What is Stress Management?

We believe that we were the first and, as far as we know, the only training school to incorporate validated stress management training as part of our course.

An understanding of stress - what it is, how it affects us and how it can be measured - is an integral feature of therapy in the twenty-first century. Many clients present with stress, either as a primary concern (redundancy, relationship issues, bullying in the workplace are all examples) or as a secondary concern, triggered by depression, anxiety or bereavement. Alongside increased legislation and litigation, there is now a growing demand for trained Stress Managers, whether working in a therapeutic setting or within industry. Students of the Academy will gain a unique insight into this profitable and worthwhile career path, with opportunities to take their studies further should they wish.

Stress Management is concerned with identifying the causes of stress and teaching effective coping mechanisms whilst, at the same time, eliminating unhelpful stress responses and helping individuals to understand the cause of their stress.

Our Certificate in Stress Management and Diploma in Stress Management together form part of a recommended training, which complies with the standards ‘Comprehensive Knowledge for Stress Management Practitioners’ as published by the International Stress Management Association UK. Our training and course content has undergone a rigorous assessment and is documented in the ISMA guide to Stress Management training.
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Validations

The high level of accreditation you receive will provide confidence in your clients (and yourself!) that you have received quality training, enabling you to be a competent, confident and ethical practitioner.

Our training course is validated with the above organisations. In addition, please visit our website for further information about UKCHO membership and the Learning Skills Council as well as how to progress to ISMA membership.

On successful completion of the course, students may join any of these organisations and qualify from reduced rate corporate advertising, in addition to the many benefits afforded by being a member of these organisations. As we offer the HPD, all students will also benefit from FREE student membership of the NCH for the duration of their training. Our course also fulfils UKCHO (the United Kingdom Confederation of Hypnotherapy Organisations) criteria, being “a minimum of 120 hours face to face teaching and a minimum of 450 hours study;” as well as being based upon the National Occupational Standards (NOS) for Hypnotherapy published in 2002 by Skills for Health, the Government’s Sector Skills Council for the UK health industry.

We are an accredited school with the National Council for Hypnotherapy (NCH). The NCH is the only professional body to provide the Hypnotherapy in Practice Diploma (HPD), which is jointly validated by them and the NCFE, a government recognised national awarding body, at National Vocational Qualification Level 4 equivalent.

The CNHC is a Regulatory body recognised for the hypnotherapy profession by the Department of Health. They suggest that GPs and Chief Nursing Officers recommend to patients requesting hypnotherapy to look for hypnotherapists who are registered with the CNHC.

For further information, please visit:

https://www.cnhc.org.uk
https://thehypnotherapyassociation.co.uk
https://ghsc.co.uk
https://thencp.org/
https://hypnotherapists.org.uk/
Course Costs: New: FIVE awards

There are two payment options as below. These cover all tuition fees PLUS registration and guidance for the externally verified Hypnotherapy in Practice Diploma in addition to the following FOUR awards. There are no extra costs.

- Diploma in Hypnotherapy
- Diploma in Integrative Psychotherapy
- Diploma in NLP & Coaching
- Certificate in Stress Management

**Option One**

- A non-refundable deposit of £480.00 plus...
- Seven monthly instalments of £310, paid in cash, before modules one to seven.

Total payment Due £2650.00

**Option Two**

- A non-refundable deposit of £480.00 plus...
- One instalment of £2020.00 (before module one)
  - or
- Two instalments of £1010.00 (before modules one and five).

Total payment £2500.00

**Early Bird Offer**

Register and pay your deposit before 30th April 2019 and save £200!

Option One: Module payments, must be paid in cash by 9.30 am on the first morning of each module, excluding your final module.

Option Two: Your first payment is due no later than two weeks before your first module and, where applicable, two weeks before module five.

Deposits should be paid by cheque or bank transfer only to: Academy of Clinical & Medical Hypnosis Ltd, 40-19-51, 4148 0863.

Please ensure you add your surname and initials to your payment when paying by bank transfer and confirm date of payment by e-mail to acmhl@btinternet.com

You can also pay by credit card (using PayPal). Please contact us for further details. Please note that this option is only available for students paying in one or two instalments and cannot be used for your deposit.
What is included in the cost?

- Comprehensive course manual, provided direct to your desktop, tablet or kindle three months before the course start date
- Extensive book of scripts, also immediately downloadable to your devise and ready for printing should you prefer.
- A student handbook, which includes a guide to preparing and presenting your HPD portfolio
- All tuition fees & certification fees
- Registration for the Hypnotherapy Practitioner Diploma, accompanying tutoring and on-going support.
- Guidance & mentoring to assist you in setting up a professional therapy practice
- Supervision whilst training
- Experienced trainers who are highly qualified in all the skills they teach
- Refreshments / hot & cold drinks

Also available:

- Occasional supervised practice & mentoring days from our own consulting rooms, where students have the opportunity to practice recording sessions of hypnosis onto CD. For trainee and recently qualified students only, competitively priced at £60 per day
- Competitively priced supervision from Carole once you have qualified.
- Professional Indemnity Insurance through our black insurance scheme with Balens (details on request)

Time commitment and eligibility

Our training weekends usually run from 9.30 am until 6.00 p.m. There will be one or two short breaks per day, and a minimum of one hour for lunch.

The estimated home study commitment is 7 hours per week. This consists of practical work, research, monthly assignments and HPD work. You will also be expected to read recommended texts from our core books and practice hypnosis, under supervision.

We encourage students to keep in contact, both during training and on graduation, in order to engage in practice sessions and, later, group supervision.

Homework is sent and marked electronically and students are encouraged to forward homework in-between each module.

Eligibility

We believe that life experience can be just as valid as academic acumen. We therefore have no policy for academic achievement but will look at each individual application on its merits.

We reserve the right to refuse any applicant we feel is unsuitable but we will ALWAYS spend as much time as you require answering your questions in order that you can feel confident that you have chosen the right course. You are welcome to meet us, usually whilst conducting a training session, so that you can also meet and talk to our current students.

We are committed to equal opportunities (our policy is available on request)

Career change or self-development?

Our students come from a wide range of backgrounds. Many attend hoping to add to existing skills, such as counselling and nursing, whilst others simply wish to complete the course as a means of self-development.

A high percentage of our students have also made a dramatic career change, and are now working as hypnotherapists, either full or part time. Although income varies considerably, most hypnotherapists charge £70+ per hour (higher in London). Advice on practice management, including the setting up of your own business, will be given on module eight.

We will not promise you incomes exceeding an average living wage, total control over others or training that is the best in the world! What we WILL guarantee is that you will be inspired, motivated and excited by what you learn.

Hypnosis has far-reaching effects, from enhancing sports performance to overcoming phobias. If you choose to become a hypnotherapist, you may be dealing with (in one day!) a child with nightmares, a young man with life-limiting IBS and a woman experiencing acute anxiety. You may choose to specialize in one area of interest, such as childbirth or habit change, or enjoy the challenge of the many facets of human personality that appear in your consulting room. In fact, you will soon learn that no two clients are the same and even two clients with the same condition will be totally different. If you have always been fascinated with what makes us tick, if you love the idea of self-employment and if you are searching for a career that really makes a difference, this may well be the first step in achieving those goals!