



Prospectus

2024

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

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”

3

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, Hypnotherapy and 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**.

- **FIVE** 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 major hypnotherapy organisations, the National Council of Psychotherapy PLUS the Open University and Learning Skills Council.
- **FREE** registration and tutoring towards the externally (NCFE) Hypnotherapy in Practice Diploma - **NO EXAMS!**
- **Cutting-edge** training including a range of DVDs 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 & Countertransference

Building Rapport: Mehabrian Model for communication

Dealing with Abreactions: 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](#)

Client Assessment Forms

I was delighted to find a course combining hypnotherapy, Psychotherapy, NLP & stress management, which also had acclaimed national accreditation. I felt reassured by Alan & Carole's experience, which supported their wealth of expertise. I thoroughly recommend this course. Alan & Carole make a helpful team. Thank you for the doors this course has opened.



I found the course to be really well run by Carole and Alan, extremely informative, interactive and very enjoyable; it has been a life changing experience. Carole and Alan have been an inspiration, with support being there when required; I have also made quite a few new friends who I can keep in contact with. The course has opened up a whole new world for me; Carole and Alan have provided me with tools and confidence to help others overcome their problems and given me knowledge to not only pursue a different career path, but also learn further about Hypnotherapy and associated therapies and not be scared to implement them. I would recommend the ACMHL to anyone wishing to study Hypnotherapy, Psychotherapy, NLP, and Stress Management.



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

Course Content

Module Four: Day One



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 Two



Collapse Anchor

LifeSolutions Circle of
Excellence© + EMDR Peak
Performance

Fast Phobia

Parts Integration/Visual
Squash

Perceptual Positions

Disney Model

Understanding your Timeline

Hypnotic Timeline
Techniques

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

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. 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 in s o m n i a , 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

Course Content

Module Seven: Day One



Brief Solution
Focused Therapy

Five Important
Questions

Insoo Kim Berg –
DVD

Variations on the
Miracle Question

Using Motivational
Interviewing

Course Content

Module Seven: Day Two



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

Course Content

Module Eight: Day One/Two



Pain Management

Crisilneck 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

Course Content

Module Eight: Day Two cont.



Practice Management

Marketing & Advertising

Completing your Portfolio

Supervision

Self-Employment

Building your Web Site

Record Keeping

GRADUATION!

Studying for your HPD



The Hypnotherapy Practitioner 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.

Yvette Lowery

ACMHL Administrator



Yvette Lowery, one of our previous students, has been our administrator and homework assessor since February 2010. Her background is mainly admin and finance for voluntary organisations, and since qualifying with us in 2009 Yvette also runs a small 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.

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 a natural ability that most of us possess and safe, with no harmful side effects.

It has been seen to effectively treat several 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
- The use of Self-Hypnosis to lower blood pressure and reduce stress
- To increase self-esteem and enhance performance in sport and the arts
- As a successful treatment to help with weight loss and eating disorders
- In paediatrics and oncology

What is Psychotherapy?

Psychotherapy is, essentially, a 'talking treatment'. Although there are several 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 understand 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 14).

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.

What is NLP?

NLP: Neuro-Linguistic Programming evolved in the early seventies out of the work of two people: John Grinder and Richard Bandler. Much of early NLP was based on their study of: Virginia Satir, a family therapist, Fritz Perls, founder of Gestalt therapy, and Milton Erickson, hypnotist.

Unlike some other schools of psychotherapeutic thought, which concentrate on how problems arise, NLP started from studying people who are exceptionally good at what they do and finding out how they do it so that anyone can get similar results by doing the same things.

Bandler and Grinder identified many of the underlying patterns of behaviour and communication that made these therapists so effective in assisting people in changing their lives for the better. They used what they found to create a set of models of human skills and capabilities that we call NLP.

Our approach to NLP looks at the therapeutic application of these techniques, as part of an integrated approach to treatment. We believe that a competent therapist will possess a 'toolbox' of effective strategies that he or she can use with a wide variety of clients. At the Academy, we show you how to use NLP for a diverse range of presenting issues, including phobias, motivational work, coaching, addictive behaviour, public speaking, and performance enhancement. In addition, a knowledge and understanding of NLP will enhance rapport skills, both in and outside of the therapy room and is an effective coaching and management tool.

Carole and Alan are both qualified NLP Trainers and Certified Professional Coaches.

What is Coaching?

Counselling and Coaching may sometimes be confused. Generally speaking, counselling looks at experiences that may be blocking progress, whereas coaching is essentially a process that facilitates change and self-awareness. Many clients, once they have solved past and current issues, may seek coaching as a way of achieving their goals. As coaching is also an integral part of stress management, we feel that learning coaching and goal-setting skills, whether in NLP, CBT or as a management tool, is an effective and valuable addition to your 'therapeutic toolkit'.

Continual Professional Development

We have developed over 20 CPD courses over the years. We are now in the process of updating many of these to part-online training. This means that you will be able to access online an extensive course manual and scripts for many of our CPD's. Live training will also be an option, usually just one day. This will reduce the cost of all courses.

Special offer for Diploma students – NEW!
SlimSolutions add-on TWO qualifications:
Certificate in Energy Psychology & SlimSolutions
Weight Loss Specialist

This course enables students to run their own 'SlimSolutions' business and encompasses the best of coaching, cognitive behaviour therapy, hypnosis, transactional analysis, and motivational techniques and also includes training in EFT, giving you an accepted (by Balens Insurance) qualification in Emotional Freedom Technique that you can use with many clients.

Includes TWO course manuals, six modular training sessions and client booklets, flyers and food diaries, hypnotherapy scripts and power point presentations for use with groups or individuals.

This course has previously been offered for £370 and is now available to our graduates for **just £240**.

All course materials will be e-mailed to you following payment in full. Two days attendance are required. Courses will run from 10.00 am until 5.00 pm and include refreshments and lunch.

Masterclass in Working with Children –available on-line plus optional one-day live training. £150

Develop skills and confidence working with children of all ages Children respond incredibly well to hypnosis and often benefit from learning techniques to help them overcome fears, control pain, and enhance learning.

This course has been developed by Carole, who has worked and taught at Great Ormond Street hospital, using hypnosis for children suffering from pain and phobias.

This course includes specific skills for working with children including:

School phobia, selective mutism, bedwetting, bereavement, separation anxiety, phobias, anxiety, sleep disorders, eating disorders, stuttering, dyslexia & dyspraxia, needle phobia

Techniques for metaphors and story telling

Understanding Fraser / Gillick guidelines & Confidentiality

Attachment Theory & Child Development, eating disorders in children and chronic illness.

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 web site 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 Practitioner 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](#) are a Regulatory body recognised for the hypnotherapy profession by the Department of Health, they suggest that GPs and Chief Nursing Officers recommend to patients that request hypnotherapy to look for hypnotherapists who are registered with the CNHC.

For further information, please visit:

<http://www.cnhc.org.uk>

https://www.thencp.org_

<http://www.hypnotherapists.org.uk/>

<http://general-hypnotherapy-register.com>

Course Costs: New for 2022/23: SIX awards

There are two payment options as below. This covers all tuition fees PLUS registration and guidance for the externally verified **Hypnotherapy in Practice Diploma** for the following Five awards. There are no extra costs.

**Diploma in Hypnotherapy, Diploma in Integrative Psychotherapy, Diploma in NLP & Coaching,
Certificate in Stress Management & Certificate in Working with IBS**

Option One

An initial payment of £800.00. Eight modular instalments of £255.00, paid in cash or bank transfer on modules one to eight.
Total payment Due £2840.00

Option Two

An initial payment of £800.00. payment of £1950.00 (before module one) or two instalments of £975.00 (before modules one and five). Total payment £2750.00. Payments by bank transfer, cash or cheque.

Changes for 2022 – NEW!

To free-up even more time for practical experience and practice we will be issuing suitable coursework materials, including relevant parts of the HPD, PLUS reading materials and 15 modular manuals PLUS our psychotherapy manual – over 650 pages of study material. These will be made available as follows:

1. On receipt of your first payment and submission of your completed application form you will receive, within 7 days, all modular course manuals. These will be issued electronically by 'WeTransfer' and must be uploaded to your device within 7 days
2. Our student handbook, containing all coursework, will also be issued within a few days of receiving your deposit. Guidance will be given regarding coursework requirements and the HPD during our course. However, you are invited to submit appropriate work as soon as you receive your coursework book.
3. Both IBS and Psychotherapy manuals PLUS fully updated IBS research will also be made available after your first instalment, whether monthly or in 1-2 lump sums
4. Your 130-page book of scripts will be issued one month before the course start date, subject to receipt of your first instalment
5. Copies of PowerPoints, additional scripts, reading and more will be forwarded at least 5 days before each module.

Also, new for 2022, we are now including FREE our CPD in IBS, along with full scripts, course manual and information on our six-session protocol. This will be in addition to existing material and training on IBS. This is our most popular CPD and certification will be issued on completion of your case histories. You do not need to complete the full course before receiving this.

What is included in the cost?

- Comprehensive course manual, provided direct to your desktop, tablet or kindle, within a few days of course application
- Extensive book of scripts, also immediately downloadable to your device and ready for printing should you prefer.
- Full one-day CPD in IBS
- A student handbook, which includes a guide to preparing and presenting your HPD portfolio
- All tuition fees & certification fees
- FREE Registration for the Hypnotherapy Practitioner Diploma, accompanying tutoring and on-going support.
- Guidance & mentoring to assist you in setting up a professional therapy practice
- Experienced trainers who are highly qualified in all the skills they teach
- Refreshments/Hot & Cold Drinks
- FREE supervision whilst training, plus competitively priced supervision fees from Carole once qualified.
- Professional Indemnity Insurance through our black insurance scheme with Balens (details on request)
- An extensive toolbox of all you need to offer an integrative approach to therapy

Time Commitment & 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 regularly.

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 students attend our courses 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 a hypnotherapist, 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 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!