



# **Continual Professional Development**

**Brought to you by the Academy of Clinical &  
Medical Hypnosis Ltd**

*Our courses are acceptable as validated CPD attendance with most  
major independent hypnotherapy/psychotherapy organisations*

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## General Information

Our professional CPD courses – both certificate and masterclass – are for hypnotherapists, whether in training or in practice. Some (marked in **RED**) are also open to other suitably qualified applicants. Receipts are normally issued following **completion** of the course. Dated certificates of attendance are given out at the end of the final day – please advise us if you have specific requests regarding the name shown on the certificate.

All our courses include an extensive course manual, currently provided on CD, plus a wide selection of useful scripts and, for certain courses, relevant handouts for client use and up-to-date research. Unless otherwise stated, lunch is not provided but our training venues offer a wide range of hot and cold snacks, and there are often sandwich shops and cafes nearby.

When booking on a CPD, we will provide you with details of the venue, together with directions and start/finish time.

A total of ten days CPD's (no time limit) will entitle you to apply for an additional certification & qualification of **ADVANCED HYPNOTHERAPIST – Adv.Hyp.**

Existing hypnotherapists are also welcome to apply to attend any of our modules, offered as part of our eight-module Diploma course. Please ask if you would like a copy of our current prospectus. As a special dispensation to previous ACMHL students (i.e. those who have trained on our eight-module course or the fast track hypnotherapy or the fast track psychotherapy), weekend modules are available at £40 per day or £75 per weekend, making these an affordable CPD option. In this case, no further reduction (i.e. 15% discount) will be applicable. For those who are *not* ACMHL trained (see above), costs are £65 per day or £120 per weekend.

Although ALL our current CPDs included in this brochure are validated CPD, please note that dates for forthcoming CPDs are as published throughout the year. The only available CPD at present are as indicated.

We also offer regular competitively priced 'practice management & supervision' days. These will be held at our own practice in Dronfield, where students and hypnotherapists will get chance to practice using our recording equipment (maximum of 4 attendees only). Please call or e-mail for our next dates.

**WHY TRAIN with the Academy?** We have been therapists for a combined total of thirty-four years and can bring a wealth of client experience to any training course. Feedback from some of our many delegates can be found below some of our CPD's.

Venues – these will be confirmed nearer the course commencement date. Most CPD training will take place in our training room at Dronfield, easily accessible by road and rail links. Parking on site or nearby car park, pub, café just 2 minutes walk away.

Please see individual CPD training information for further details. If you are unable to attend, we will accept your deposit as a deposit for any other course within the next 12 months. If a course is cancelled, any money paid can be refunded or held against another CPD. We reserve the right to change the venue/date in certain circumstances: this will be to another location close by.

All applications for refunds must be received within TWO WEEKS of a course being cancelled. All cheques payable to: ACMHL.

You can also pay by bank transfer\*:

Academy of Clinical & Medical Hypnosis Ltd  
Sort Code: 40-19-51  
Account No: 41480863

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

\*\*\*We now accept credit cards via PayPal for courses of over 3 days duration: please contact us for details

### **Places cannot be reserved until payment is received**

#### **Discounts:**

Current and previous students of ACMHL will qualify for 15% discount on all CPD's. Anyone who has already completed a minimum of 5 days training with us will also qualify for 15% discount.

If you wish to attend a 2-day course this can be paid for in two instalments, a 3-day course can be paid in 3 instalments. This does not apply to credit card transactions under £250.

For courses over 3 days please contact us for payment information.

All courses must be paid for IN FULL no later than 2 weeks before the course date.

If you are interested in any course and dates have not yet been organised, please contact our administrator, Yvette, on [loweryyvette@gmail.com](mailto:loweryyvette@gmail.com) to express your interest. We will endeavour to organise *any* course once we have sufficient interest.

# Masterclass in Integrative Trauma Therapy

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Carole and Alan are experienced trauma therapists, using a combination of techniques, including EMDR (both trained with EMDR-UK & Ireland). Carole has trained and lectured in PTSD and Critical Incident Debriefing for over 20 years. This new course contains two unique approaches that will give you the cutting edge when dealing with trauma plus several proven techniques for helping the distressing condition.

## Contents

The Nature of Trauma

Assessing for possible PTSD – what questions to ask

Changes in NICE guidelines and how it affects diagnosis

Understanding the physical changes

What is happening in the brain?

EMDR: history, strategies and options, including using negative cognitions, use of VOC and SUDS and correct installation of positive cognitions, butterfly hug and similar strategies to lower anxiety

The four stages of trauma

PTSD in children: a different approach

Healing Mind & Body

Screening for Dissociation

Critical Incident Debriefing: is it still appropriate?

The place of Psychoeducation

BLBS© – Bi-Lateral Body Stimulation: an EMDR-based therapy developed by ACMHL that integrates techniques from NLP and EMDR for fast, safe and effective trauma relief

Hypno-Tapping©– Using tapping techniques that combine the best of EFT (emotional freedom technique), EMDR (eye movement desensitisation & reprocessing) and hypnosis to combat flashbacks, deal with panic and instil positive belief systems. Devised by ACMHL

CBT for Trauma – How to use Trauma Focused CBT in your practice

Hypnotherapy for PTSD – Creating a safe place, positive restructuring

TimeLine Trauma Run (a dissociative regressive technique to heal trauma)

VAK rewind for the small t's

Soul retrieval: a shamanic approach. How to use metaphorical stories and chance to experience your own soul retrieval session

Healing pre-birth and early childhood events

Epigenetics: Trauma handed down

PTSD versus Adjustment Disorder

Integrating Art Therapy

What is Psychodrama for Trauma?

EMDR peak performance and LifeSolutions Circle of Excellence for positive installation

Removing Blocks to Healing with hypnosis and imagery

Acute Stress Reaction

Who is at risk?

When to refer on

Complex & Delayed Bereavement

Undiagnosed Trauma: Not just in battle

Secondary Traumatization: the legacy of 9/11

Recognising PTSD in the workplace: additional skills for Stress Awareness Specialists

A mindful approach to dealing with trauma

- **This is a five-day masterclass that will enable you to understand PTSD: the symptoms, how it affects people, the theories, and the models available to treat it. You will learn and practise a number of techniques that really make a difference, including EMDR-based therapies, tapping techniques, hypnotherapy, CBT and soul retrieval.**
- **Due to the content and nature of this course, we suggest that newly-qualified therapists who do not have an existing medical/psychological background contact us before booking this course**
- **We will only offer this course to small groups and will run with two trainers at all times**
- **If you believe you may be suffering from any kind of trauma yourself, please talk to us before making your booking**

**Cost £650**

**Date: TBC. Please contact if of interest**

## Certificate in Smoking Cessation

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One of our most popular courses, this is intended for hypnotherapists who wish to gain the knowledge and skills to help clients who wish to stop smoking. Learn exactly how we deliver our own successful sessions using our LifeSolutions© Smoking Cessation Plan. Previous delegates confirm that the procedures taught, if followed, result in excellent results.

CONTENT: This one-day course includes:

- Understand why people smoke
- Conducting the Assessment: the most important part
- What's in a cigarette?
- What type of smoker is your client: fool proof technique
- Dealing with resistance
- Cycle of Change
- The relapse prevention model
- Using motivational interviewing
- Cognitive Strategies
- Effective PHS and plenty of scripts, including direct, metaphorical and permissive
- Includes plenty of client hand-outs
- Group smoking cessation

### AIMS AND OBJECTIVES

- Learn effective smoking cessation techniques, including hypnosis, CBT and motivational interviewing
- Combat resistance and relapse
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**Cost: £ 120 or just £105 if booked together with Certificate in Working with IBS**

**What some of our previous students have said about this course**

Since attending the course, I have had 100% success with all my smokers and have received lots of referrals, I really appreciate you both sharing your experience and providing effective methods that have boosted my confidence in dealing with clients

***KB, Edinburgh***

Carole & Alan provided an excellent learning experience for a new therapist such as myself, one that is borne of a combination of an in-depth knowledge of the subject and many years of experience with a wide client base. Combined that with a light and sometimes humorous presentation style, it works very well indeed...

***PT, Chesterfield***

I thoroughly enjoyed the group and listening to everyone's comments and ideas. The course was most informative and the hand-outs were excellent. The course has helped me to feel confident about what I have been doing to date and has certainly offered new ideas and methods to try.

***JW***

The hand-outs are particularly good, good advice on structuring sessions and charging.

***Anonymous***

Course content very good, plenty of hand-outs to take away and excellent course manual supplied

***DH, Chesterfield***

Fantastic course with multiple approaches. Very enlightening.

***CT, Sheffield***

A very comprehensive and in-depth course, highly recommended

***BE***

Excellent day, great resources

***PW***

## Masterclass in Working with Children

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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. She specialises in working with children and currently supervises a number of child therapists and psychologists

CONTENT: This three-day masterclass includes:

- Specific skills for working with children
- Common issues in children and young people 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
- Working with Chronic illness & Pain

### AIMS AND OBJECTIVES

- Develop skills and confidence working with children of all ages
- Understanding of common issues and techniques
- Understanding of how to teach children self-help techniques
- Special considerations when working with children
- Construct your own stories and metaphors based on our examples
- DVD showing how effective hypnotherapy can be with this client-group

**Cost: £295**

***What our students say about this course:***

Course content, training materials and trainers excellent. Informative but relaxed weekend

***DH, Chesterfield***

One of the best things about the course is the use of real life examples from their considerable clinical experience

***DB, Wakefield***

This course is fantastic for any therapist that wants to expand their knowledge/skill base. Very interesting.

***AM, Shropshire***

My background was in counselling and coaching following a psychology degree. After completing a fast track hypnotherapy Diploma I searched for a professional experienced training course for CPD. I attended a 2 day CBT/Hypno course which was practical and memorable. I used the methods in my practice and found them effective. I have just now attended this course and again, this proved to be practical, memorable and built on my children's experience within my practice. I cannot recommend this organisation enough – for reasons of cost benefit, practicality, memorability, transferable skills. Thank you Carole and Alan

***JH, London***

As a child psychologist, I was impressed with the content of this course. Carole obviously has a lot of experience in this field and I found the content excellent.

***(Anon, N.Ireland)***

## Masterclass in Anxiety, Panic and Phobias

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Anxiety, panic and phobias form a large percentage of our work as hypnotherapists. This extremely comprehensive course is highly recommended for therapists who wish to increase their knowledge in this area.

CONTENT: This three-day masterclass includes:

- Effective and rapid treatments for anxiety, panic & phobias incorporating CBT, & hypnotherapy
- Are we conditioned to be phobic?
- Can our diet make us more anxious?
- Why anxiety may be good for us
- Dealing with anxiety in children and why it is important
- What else can mimic anxiety
- Emetophobia, dental phobia, separation anxiety, generalised anxiety disorder, avoidant paruresis, adjustment disorders, childhood anxiety, social anxiety, selective mutism,
- Blood-injection-injury phobias and why they differ from other phobias
- Innovative & Effective Treatment options for Panic attacks, including challenging negative self talk, scaling and the AWARE technique
- Structured Problem Solving

### AIMS AND OBJECTIVES

- Learn effective, safe and fast treatments using a variety of techniques
- Understand how childhood experiences impact on anxiety levels and what constitutes an anxious personality
- Recognise and develop a comprehensive understanding of the various anxiety difficulties and phobias
- Learn how to combine the best of CBT and hypnotherapy for fast, effective results

**Cost: £295**

**What some of our students say:**

I found the anxiety CPD incredibly worthwhile. The structure and content was great, very informative. I particularly enjoyed the case studies and CBT content

***ML, Hertfordshire***

Carole and Alan have a vast amount of experience between them and are happy to answer any questions posed during the course. The course itself is extremely informative and is presented in an enjoyable, friendly and professional manner

***CK, Sheffield***

As a qualified hypnotherapist this course was excellent in giving me even more 'tools' to help clients

***SC, Sheffield***

Thank you so much for such an interesting 3 days. I have thoroughly enjoyed everything that has been taught. I will be using many of the techniques.

***CS, Derbyshire***

Excellent, in-depth training on what is a common issue in a therapist practice. Not often addressed by most courses

***KN***

The CPDs are an invaluable tool to add to the normal hypnotherapy training. They are very in depth and have given me more confidence to deal with these situations.

***EW,***

Course content and training materials excellent. Plenty of practical involved. Great value.

***DH, Milton Keynes***

Excellent course, right balance of clinical information and discussion on application

***CT, Sheffield***

## Certificate in Stress Management

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This course is for those delegates requiring an insight into stress management, or those who also wish to take the Diploma for ISMA membership, our validated route to becoming a stress consultant. As this forms part of our 8 month course in Hypnotherapy and Psychotherapy, NLP and Stress Management, delegates are invited to join our students at a number of locations for the two day module. Please contact us for details.

### CONTENT

Defining Stress  
Causes of Stress  
Physiology of Stress  
Theories of Stress  
Hans Selye: the Discovery of Stress  
General Adaptation Syndrome  
Lazarus: Cognitive Appraisal Model  
Hassles & Uplifts  
Psychophysiological Disorders  
Stress & Immunity  
Behavioural/Emotional/Social/Cognitive Changes  
Learned Helplessness: Seligman  
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  
Holes & Rahe Social Readjustment Scale  
Locus of Control - Rotter  
Principles of Stress Management Teaching Relaxation  
Time Management  
Exercise & Activity  
Diet  
Seligman & Sapolosky: DVDs  
Stress Reduction Scripts and vignettes

## AIMS AND OBJECTIVES

- Students will demonstrate an understanding of stress, and the physiology, psychology and behaviour
- Recognition of the cause of stress and it's impact on personality
- Develop an understanding of lifestyle and health promotion, including nutrition
- Learn the various stress-related illnesses
- Understand and critique current models of stress

**Cost: £200**

Completing the Stress Management Certificate and Diploma has added another dimension to my private practice and increased my income as I have now been offered work by two city-based investment companies. I really enjoyed the course and made some excellent contacts, I look forward to attending the Advanced Diploma.

***DM, Milton Keynes***

This course is much more in depth than you would expect for certificate level. I enjoyed it very much and found it very useful.

***SC, Nottingham***

Looking to develop my expertise in Stress Management, I joined the course in Chesterfield. Immediately impressed by the location and the standard of teaching, I found the weekend highly enjoyable and full of useful information that I started using in my practice straight away. I will be looking to complete further training with AMCHL

***JH, Manchester***

## Diploma in Stress Management

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Our popular Diploma in Stress Management enables students to use the title 'stress manager' and is open to the following applicants: anyone who has gained the certificate in stress management or a comparable award from another organisation, any individual working in the therapeutic or health-related sector, HR personnel, any individual working toward or having qualifications in psychology, nursing, counselling, alternative therapy, management, teaching. Please contact us if you would like to enrol on the course and do not fulfil any of the above criteria. The Diploma in Stress Management will enable you to work as a stress manager in both private and public sectors. This course is delivered in two modules, usually over two, three-day sections, and includes between-course work to be completed in students own time and required for certification.

### CONTENT

- Stress in the workplace as well as individual stress management, including organisational change, occupational stress, time management, and personal stress caused by financial, marital and family issues.
- Stress and the law
- Stress mapping, dealing with workplace bullying
- Elective management techniques
- Communication within the workplace
- Personality typing models, including Myers Briggs & the Enneagram
- Counselling for Stress Management
- Completing a Stress Audit
- Manual Handling
- Ishikawa Fishbone
- Change Management
- Building a Happy Workplace
- Burnout v Resilience
- Work-life Balance

### AIMS AND OBJECTIVES

- Students will learn a number of stress management interventions, such as yoga, relaxation, autogenics, meditation, thought stopping and hypnosis.
- NLP techniques to take into work environments
- Learn valuable communication techniques and building self-esteem, body language and how to identify left and right brain dominance.
- Training in a variety of personality typing models, such as the Enneagram and Myers Briggs.
- Up-to-date wellbeing models and Mindful Stress Management (MSM ®)
- Students will build a comprehensive course manual with lots of useful handouts, scripts and exercises.

**: TBC. Please register your interest**

**Cost: ~~£650~~ £625**

## Certificate in Working with IBS

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One of our most popular courses, hypnosis has a proven record of helping clients suffering from this distressing condition. During this one-day course students will learn how to deal with this distressing condition.

### CONTENT

- Epidemiology
- Physical, mental and emotional factors
- Who is most at risk
- NICE guidelines
- Gut-Brain Connection
- Impact of Stress
- IBS in Children
- Symptoms of IBS
- Research into IBS treatments

### AIMS AND OBJECTIVES

- Learn how to plan and develop effective strategies for clients using the LifeSolutions © Six-Session approach, combining CBT and hypnosis
- Effective pain management skills
- Nutrition and lifestyle and how this impacts on IBS
- Students will receive plenty of scripts based on our own successful work with IBS and other gastrointestinal disorders

Attendees can apply to the IBS Register for membership. The process of joining is simple and can be found on the site at [www.ibsregister.com](http://www.ibsregister.com). The choices are basic entry or enhanced. The latter effectively gives members their own page on the site. It is listed in the Family Doctor book, which is a series of books written in association with the BMA.

**Cost: £ 120 or just £105 if booked with Smoking Cessation CPD**

'I cannot recommend Carole and Alan's Hypnotherapy training strongly enough. Their long-standing experience shines through in each and every training session, with enthusiasm and patience in abundance.

**PA**

I very much enjoyed the way the course was conducted. It was packed full of information which you both delivered in a clear and easy to understand manner. I left with the feeling that I really did understand the condition of IBS and I believe that I am now well equipped to help future IBS clients. The course was well structure, full of useful information and very fairly priced. I will definitely attend future CPD dates with ACMHL and I would highly recommend you to other therapists.

**KB, Nottingham**

Lots of good content - not a rehash of other courses. Thank you, I enjoyed the course. Very good value for money.

**LC**

Thank you for a thoroughly professional training course. I got exactly what I wanted from the course, and more, which was a structured approach to dealing with IBS and all the necessary information

**CG**

As a hypnotherapist and IBS therapist for whom at least 50 per cent of my clients are IBS sufferers, this CPD was an extremely useful and worthwhile addition to my existing knowledge and practices

**NW**

A very informative course with great handouts and a planned 6-session programme  
**LA, London,**

## Masterclass in Depressive Disorders

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This course is designed for hypnotherapists who wish to increase their skill base with the use of depressive disorders. Rates of depression are increasing annually, and yet, according to Michael Yapko, in his book 'Hand-Me-Down Blues', it is one of the most treatable disorders. Medication alone can never be an entirely adequate form of treatment. However, the use of psychotherapy and hypnotherapy has been shown to be an effective intervention, whether used alongside traditional medication or as a stand-alone therapy. This three-day course is comprehensive and detailed.

### CONTENT

- What is depression: types of depression & diagnosis
- NICE guidelines and various treatment options
- Risk factors for depression
- Special considerations
- Stress /anxiety/depression triad
- Coping Styles
- Yapko's view
- Using CBT & REBT with Depression
- Learning Optimism
- Significance of upbringing
- Specifics: Post-Natal, Trauma & PTSD, Depression in Childhood
- Grief & Loneliness
- Chronic Illness

- Understanding Medication

### AIMS AND OBJECTIVES

- Students will learn about the various forms of depression and how this impacts on people's lives
- Effective cognitive and hypnotic interventions to use with clients
- An in-depth understanding of how to treat depression in adults and also in children
- Students will receive plenty of scripts and advice for work with clients
- Understand the link between co-morbid anxiety and depression

**Cost: £ 300-Now £280**

You gave such a variety of strategies to work with that adapting to each client's individual needs will be very much easier. The atmosphere, too, was very friendly, relaxed, supportive and totally absorbing - a lovely group of people. I have a greatly increased confidence in my ability to deal with depression. I hope to attend more of your CPD's soon!

**LR**

I thought the course was excellent. Very informative and extremely well structured – the manual and handouts made things very clear. I found the exercises that we did really helpful and insightful. I also felt that you both gave us such a variety of strategies to work with that adapting to each client's individual needs will be very much easier. I also must say that I found the whole atmosphere very friendly, relaxed, supportive and totally absorbing – a lovely group of people. I've come away not only with masses of notes, but a greatly increased confidence in my future ability to deal with depression. Many, many sincere thanks to you both.

**CB, Derbyshire**

The course once again has been wonderful. So much information is given, so many tools are given

**CS, Derbyshire**

Thank you, this was an excellent course. The material was comprehensive and up to date. There was plenty of opportunity for discussion. Carol and Alan have a comfortable and friendly style of presenting and are also knowledgeable and experienced practitioners as well as trainers. I have learned a lot.

**MF, Milton Keynes**

## SlimSolutions™ (including EFT & hypno gastric band)\*

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This course enables students to run their own 'SlimSolutions' business. This course encompasses the best of coaching, cognitive behaviour therapy, hypnosis, transactional analysis and motivational techniques and EFT into a six-week course suitable for groups/individuals serious about losing weight and gaining confidence.

The course provides you with everything you need to become a SlimSolutions™ therapist. EFT training is required, or please combine with our own one-day course in energy psychology (conveniently run on day one).

Includes course manual, six modular training sessions, flyers and food diaries, hypnotherapy scripts and power point presentations for use with groups or individuals. \*An optional day will focus on ethically using the hypno gastric band treatment and will be presented by **Ann Jaloba**, who has treated many clients successfully with her own version of the hypnotic gastric band. Scripts are included.

- **EFT for therapists (10.30-4.30) optional**
- **SlimSolutions (10-5)**
- 

**You must attend days 2 & 3 (+ day 1 if you do not have an EFT qualification) to receive the SlimSolutions award and be listed on our website. You may attend day 1 and/or day 4 independently**

**Cost: Day 1 (EFT) £ 120  
Day 2 & 3 £ 250**

**Special offer! Attend Days 1-3 for £325: a reduction of £25!**

\*

Excellent training and good value. The course materials provided are very good. A good, practical, hands-on course with an abundance of methods to really give confidence to use successfully and help clients

**SG, Derbyshire**

## Diploma in NLP and Coaching

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This is a useful additional for those students who are not qualified in NLP. As this forms part of our 8-module course in Hypnotherapy and Psychotherapy, NLP and Stress Management, delegates are invited to join our students at a number of locations for the three -day course. Please contact us for details.

### CONTENT

- Introduction to NLP
- Representational systems
- Calibration
- Resource Anchoring and Advanced anchoring techniques
- LifeSolutions Circle of Excellence for Peak Performance ®
- Submodalities
- Sensory acuity
- Pacing and leading
- Matching and mirroring
- Swish
- Perceptual positions
- Affirmations
- Values
- Goal setting
- Chunking
- TOTE
- Eye Accessing
- Meta Model
- Stein's Clenched Fist Technique
- Parts Integration
- Timeline techniques
- As if
- Backtrack
- Fast Phobia and VAK Rewind
- Reframing and 6 step reframe

### AIMS AND OBJECTIVES

- Students will develop an understanding of what NLP and Coaching is, and the various NLP and coaching techniques
- Students will be able to practice and refine these techniques, and there are plenty of scripts and handouts for work with clients
- This is a highly practical training that also includes a comprehensive course manual

**Cost: ~~£ 395~~ now £380**

## Certificate in Energy Psychology

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This exciting therapy uses a simple technique, which involves tapping on specific points on the face, hand and body. Although meridian-based psychotherapy may challenge our beliefs concerning psychological dysfunction and therapeutic change, long-standing, persistent problems can be overcome in just minutes! On completion of the course, you will be qualified to either add this skill to your own practice or simply use this technique for your own health and well being.

This technique is particularly useful for phobias, panic, addictions and trauma

This one-day workshop provides both a theoretical base and plenty of opportunities to practice! Although we will be spending most of our time practicing EFT (Emotional Freedom Technique) we will also cover TFT (Thought Field Therapy) and Kinesiology. You will be issued with a detailed course manual, power point notes, handouts for your clients, and a certificate of course attendance, equal to 5 hours training. (Course runs from 10.30 until 4.30)

### CONTENT

- What is energy psychology
- Issues where energy psychology is effective, such as addictions, emotional issues, blocking beliefs, pain and fear
- Techniques for using this therapy

### AIMS AND OBJECTIVES

- Delegates will learn about energy psychology, its origins and how it is recognised as a safe, effective treatment
- Delegates will have plenty of practice with this technique and learn about the issues it is especially useful for

**Cost: £ 120**

'I was amazed what a positive effect this had when practising with fellow students, I will definitely incorporate it into my 'toolbox'

***RB, Leeds***

'Lots of practical, a useful addition to hypnotherapy'

***JM, Grimsby***

'Enjoyed the day, especially the practical, look forward to using it with clients'

***DD, Notts***

## Fast Track Hypnotherapy

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We are now offering an intensive 5-day course suitable for applicants with appropriate prior knowledge & training. Our five-day course is conveniently separated into two separate, stand-alone modules, meaning that you will be fully qualified within approximately six weeks. You will also be eligible for appropriate insurance, should you wish to go into private practice as a hypnotherapist.

This course is fully accredited by the National Council of Psychotherapists.

The Diploma course is structured over 5 days, totalling 45 hours. Each day runs from 9.00 am until 7.00 pm, with appropriate breaks and time for lunch.

Each 5-day course is broken down into three modules, as follows:

Module 1: Introduction to Hypnotherapy (1 day)

Module 2: Advanced Hypnotherapy (2 days)

**Module 3: Bespoke (2 days) This is a unique opportunity for delegates to study what they need: please see our prospectus for further details**

Please note that this is a highly practical course. An extensive course manual and PowerPoint notes are provided on disc and you will also be issued with a portfolio of scripts for client use. Students may register to study for the externally validated HPD at an additional cost.

### Course Costs

Deposit	£500
Balance	£995
Total Cost	£1495

This is an ideal course for any hypnotherapists who wish to brush up their skills or who require a validated training in hypnotherapy

There is no exam. Students will be continually assessed on practical work. Those students who intend studying for the Hypnotherapy Practitioner Diploma – the HPD – will be encouraged to also begin working on their portfolio.

This course is open to applicants with a suitable knowledge base, usually from the following disciplines: psychology, psychotherapy, medicine, counselling, psychiatry, nursing and midwifery, social care, occupational health, although we will consider other relevant backgrounds. **This course is also an excellent 'update' for existing therapists.**

**Please contact us for further information and to receive a copy of our Fast Track Prospectus. As this course is run with small classes only, please pre-register for your chosen venue.**

Very well presented with lots of practical work to enable us to gain confidence and experience. Carole and Alan demonstrated a great amount of experience combined with humour and clear examples to help clarify each step of the hypnotherapy process

**SG, Derbyshire**

Thank you for a great 5 days of truly inspirational learning. Thoroughly enjoyed the delivery and style of the course. Great amount of practical work and demonstration. Looking forward to putting my learning into practice and further develop my knowledge.

**JE, Leeds**

This course is highly interactive and directed effectively to participants interests. I can see many ways of introducing techniques which will help patients into my practice right now

**JF, Sheffield**

Carole and Alan delivered this course with style and with a wonderful interaction between them. They clearly have a lot of practical experience but do base this on evidence based practice

**PZ, Northamptonshire**

Very thorough informative course. Well run, well organised and ideal for the professional who already has a background in therapy. Good for networking. Enables a new direction to your career with continued back up and opportunity to add onto your skills in the future.

Friendly atmosphere

**JL, Gloucester**

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, West Yorkshire**

I have thoroughly enjoyed the course and have learnt a huge amount. Alan & Carole are both clearly very experienced and their enthusiasm for teaching their subject is inspiring

**TW**

## Fast Track Psychotherapy

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This is a useful additional for those students who are not qualified in Psychotherapy and is the ideal complement to our Fast Track Hypnotherapy. This is an intensive six-day course that is suitable for existing hypnotherapists and health professionals alike. **Please ask for our prospectus!**

### CONTENT

- Psychodynamic Psychotherapy
- Freud & Defence Mechanisms
- Jung & Archetypes
- Work of Carl Rogers
- The Miracle Question
- Brief Solutions Focused Therapy
- CBT - Cognitive Behaviour Therapy
- REBT - Rational Emotive Cognitive Distortions
- CBT
- CBT for weight control
- Using CBT for anxiety, depression & addictions
- BASIC-ID
- Motivational Interviewing
- Humanistic Approaches
- Transactional Analysis
- Maslow - Hierarchy of Needs
- Integrative Approaches
- Positive Psychology- Seligman
- EMDR Lightstream method for trauma
- Milton Erickson's brief approaches
- Working with Couples: Relationship Counselling
- Mindfulness

### AIMS AND OBJECTIVES

- Students will develop an understanding of what Psychotherapy is, and the various techniques used in Psychotherapy
- Students will practice and refine these techniques
- There will be an extensive course manual, client handouts, client vignettes and DVD clips to support your learning
- **We find that many of our clients respond dramatically to a combined approach, integrating hypnosis/hypnotherapy AND psychotherapy. In fact, hypnosis alone will not necessarily deal with WHY clients may suffer from anxiety or low self esteem. Many counsellors and psycho-therapists have already benefitted from our hypnotherapy training, and often remark how much more effective their techniques are when combined with hypnosis.**

**Cost: £ 650**

**This course is validated by the National Council of Psychotherapists**

## Past Life Regression

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Regression work is becoming increasingly recognised as a powerful and therapeutic tool. As interest in past lives has grown over recent years, so too has the realisation that imagery and transpersonal perception is valid as a healing resource.

Although much regression work is performed simply for its curiosity value, therapeutically it can be a valuable technique for modifying past-life influences on current life patterns. This seminar aims to inform the delegates of the power of these influences and learn new skills and to gain confidence and competence at using the appropriate techniques with their clients. There are many ways in which regression hypnosis can benefit a patient particularly when 'tailored' to meet the needs of the individual.

## CONTENT

- Principles
- History of Regression Therapy and Journeys of the Soul
- Why people want to be regressed
- Preparation for Past Life Work
- Symptoms – typical problems helped by regression
- Source of memories
- Repressed memories
- False Memory Syndrome
- Confabulations
- Leading questions
- Past-life Situations – people may have been blind, deaf, different sex and ethnic origin; rich, poor or homeless, etc.

## AIMS AND OBJECTIVES

- Students will learn techniques to empower clients change their Past Life situation. Allowing them to lift the negative influence of their present life, giving the person a sense of controlling their own life again.

**This 1-day course will run on: to be confirmed at Sheffield**

**Cost: £ 120**

Enjoyed the course and have found it useful – I enjoyed the relaxation.

***Anonymous***

I like how the course is broken down into small easy bite sized chunks, and also the banter is nice and friendly. I think the course was useful.

***Anonymous***

I found the course fascinating and enjoyed the relaxation. The course materials were good and I will use them in the future.

***HB***

I enjoyed the course, very interesting and well presented. Excellent resources and handouts.

***Anonymous***

Relaxed and informative, very interesting and enjoyable.

***LH***

A thoroughly enjoyable, informative and interesting day. Resources excellent.

***Anonymous***

Really enjoyed it, literature really useful

***Anonymous***

A good way of challenging my current processes and operating practices. Thank you.

***AJ***

## Masterclass - BirthSolutions

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Carole is a former NCT ante-natal teacher who had taught midwives and nurses in the effective use of language during birth and can therefore combine an expert knowledge in childbirth with the effective interventions she has successfully used on many clients. She also worked as a counsellor helping women who required help with breastfeeding and as a counsellor for SANDS (the Stillbirth & Neo-Natal Death Charity) counselling individuals and couples who had lost children and couples contemplating IVF.

During her many years as a therapist, Carole has helped many individuals and couples undergoing IVF treatment, requesting hypnosis for childbirth and dealing with birth trauma.

### CONTENT

- Common problems of pregnancy
- Six-session approach to childbirth, including scripts
- Successful Breastfeeding
- Understanding & treating Postpartum depression and psychosis
- Hyperemesis
- Birth trauma
- Treatment for fears surrounding childbirth, including fear of needles
- Tokophobia – fear of childbirth
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- Fears surrounding gynaecological examinations and other procedures
- Hypnotherapy for women undergoing IVF
- Dealing with termination
- Parenting Issues
- Issues surrounding adoption for both adoptive parents and adoptees
- Helping with Grief following stillbirth & miscarriage
- Impact of fatherhood
- Sexual problems after childbirth
- Issues surrounding gay childbirth/adoption

### AIMS AND OBJECTIVES

Students will gain an understanding of various issues regarding parenthood, which includes not just childbirth itself but other circumstances such as problems becoming pregnant and adoption

- Gain an understanding of different hypnotic interventions and how can these be utilised during the various stages of pregnancy, birth and/or parenting

This three days course includes a comprehensive handbook with an overview of the birth process plus hypnotic interventions.

Attendees have a chance to register as a "BirthSolutions' therapist on our website.

**Cost £330**

## Terms & Conditions

### Academy of Clinical & Medical Hypnosis Continual Professional Development

Our CPD programme is correct at the time of printing. However it may be necessary for us to make changes to the content, dates or the venue. If the course is cancelled then a full refund of fees will be made but ACMHL will not be liable for any additional expenses incurred by students. Should the course dates be changed from those advertised applicants will be notified and they may apply for a refund of fees (see below).

Once your place on a course has been confirmed you will be liable for the full course payment unless we receive written notification of cancellation. Once your place on the course has been confirmed, any deposit paid is non-refundable unless the course is cancelled. Should you be unable to attend any course for which you have paid a deposit, and provided notification is received more than four weeks prior to the CPD date, the deposit may be carried forward and used as part payment of any CPD within the next twelve months. If bookings are cancelled less than 28 days prior to the start of the course no refund will be made except in exceptional circumstances and at the discretion of the course director.

#### Your Right to Cancel

Our cancellation policy meets the conditions of the Consumer Protection (Distance Selling) Regulations 2000. You have a right to cancel the course within 7 working days of reserving a place without giving a reason. This is to be notified to us in writing.

#### Cancelling your place

If you notify us in writing (via letter or email) up to 28 days before the start date of a course, you will receive a full refund (less an administration fee of 20%). If you withdraw for whatever reason within the 28 day period, the full fee will remain payable unless you nominate a substitute attendee. We should receive details of substitutions at least 48 hours prior to the course start date.

#### Booking in advance

We have, in the past, had to cancel CPDs. This was not due to a lack of interest but caused by late bookings. Most hotels require payment for training rooms well in advance. If we have insufficient numbers at the point of payment of training rooms, we understandably cancel the arrangement. **If you wish to attend any courses, please ensure that you book well in advance.** We guarantee to run any course once a minimum number of 4 delegates have booked and paid their deposit.

#### Deposits

Please pay in full for all one-day courses. Two-day and three-day courses may be paid in instalments and must be paid in full no later than 14 days before the course start date.

#### Venue

You will be advised of the venue two weeks before the course date. Please contact us if this is a problem. Most CPD training for 2014 will take place from our training room in Dronfield, close to Sheffield and M1.

