



Diploma in Clinical Hypnosis

Do you want a new career?

Are you a people person? Do you want to help people to stop smoking, lose weight, let go of phobias and cope more effectively with stress? Do you want to add a new skill to your existing therapies? Do you want to explore your own self-development, and learn skills that will be useful in your own life?

Then train with us as a clinical hypnotherapist.

Is the course accredited?

Yes - if taken as a stand-alone course, this training is recognised and validated by the General Hypnotherapy Standards Council at Foundation Level. After you successfully complete it, you will be eligible to apply for professional registration on the General Hypnotherapy Register at Affiliate Level. Even better: If you undertake our NLP Practitioner programme alongside the Diploma in Clinical Hypnosis then you will be eligible to join the Register at Practitioner Level, and will also be eligible for the industry based award: The General Qualification in Hypnotherapy Practice (GQHP). You will also receive the prestigious INLPTA Practitioner Certification.

What will I learn?

At the end of this training, we expect you to be a safe, skilled and enthusiastic hypnotherapist. You will have lots of opportunity to practice, and previous students have been astounded to discover how easily they can elicit trance in their classmates before lunchtime on the first day! You will learn:

- **Frames and themes** for the use of hypnosis.
- **History and definitions.**
- **How to work effectively with people**, including how to establish rapport, how to set outcomes, how to use powerful language models, suggestibility testing, and rules of the unconscious mind.
- **How to induce and deepen trance:** including how to manage and track through a hypnosis session, recognising trance, types of inductions, and how to creating a learning set. A significant part of this section will focus on the work of Milton Erickson, and you will learn Milton Model language, principles and benefits of the Ericksonian approach, and a range of Ericksonian inductions. More importantly, time will be given to help you develop the skills to work flexibly with people, using Ericksonian principles, without dependence on a script. This section ends with a review of the work of George Estabrooks and Dave Elman. You will learn the uses and benefits of their direct authoritarian approach, and you will even have an opportunity to experience and elicit the deeper trance phenomena.

- **How to establish feedback with the unconscious mind:** a fun day, when you learn to develop your sensory acuity, use pendulums and elicit ideomotor signals.
- **How to plan and deliver a range of therapeutic interventions:** including the General Hypnotherapy Paradigm, use of metaphor, formulating suggestions, making posthypnotic suggestions, the use of process instructions, re-frames, how to desensitise phobias using the Subjective Units of Distress model, and the New Behaviour Generator.
- **Some common uses of hypnosis:** including relaxation and stress management, smoking cessation, performance and social anxiety and phobias.
- **Lots of practical stuff:** including contraindications, ethics, and setting up your practice.

Training style

People learn in different ways, so we aim for a mix of training approaches, to cater for everyone's preferences. Certainly, there is a lot of emphasis on "doing", and you will have lots of opportunity to be use hypnosis with other people, as well as experiencing it yourself. The group will be small to ensure you get all the individual attention you need. It will be hard work, and lots of fun! Be prepared to get the most out of the training by really stretching yourself, within a safe and supportive environment.

What else do I need to know?

This is an accelerated programme (only seven days, over three weekends), so you need to make an effort to attend every day. We understand that life sometimes gets in the way, so if you have a genuine reason for absence, such as illness or bereavement, then talk to us - we will do everything we can to help you complete your studies, although it may delay your certification.

Our aim is to help you achieve your goals, and we will do everything we can to assist you in that. However, you will be going out there with our name on your certificate, and working with real people, so we need to be sure that you are using hypnosis competently and ecologically. If we have significant concerns about your ability or willingness to do that, we do reserve the right to ask you to leave the training. However, that's not something we expect to happen!

Lots of us don't have good feelings about "testing" so we base your assessment on evidence of your developing competence, and your integration of feedback.

We will assess you on the following basis:

- Your ability to work from an outcome frame, in a resourceful state, using sensory based calibrations, and demonstrating behavioural flexibility.
- Your ability to maintain rapport between yourself and other participants, staff, assistants, and anyone else associated with the training. If rapport is lost, you accept the responsibility to re-establish it.
- Your ability to coach others effectively, and also to be coached yourself.
- Your attention to ecology and ethics at all times.

We will also ask you:

- To do some pre-course reading, using the manual and text book we will send you after we receive your deposit.

- To keep a portfolio and development log.
- To write a 1000-1500 word essay, which must be handed in within 6 weeks of the taught part of the programme ending.
- To have undertaken and recorded at least 12 hours of clinical practice, which should be completed and recorded within 6 weeks of the taught part of the programme ending. This can be with fellow students, family, friends etc. One of these sessions should be written up as a case study, for presentation. A maximum of 25% of this time can be gained during course hours, so long as it is recorded.

This programme is not suitable for people with epilepsy.

Why train with us?

We are passionate about what we do. We focus on quality, service and results. We will do everything we can to help you achieve your outcomes. Our support doesn't end with the training—you can contact us at any time afterwards if you need further help or advice.

We care about your success— you can go all the way to the top with us! For more information about our trainers, other courses we run, our price list, and for our terms and conditions, please visit us at www.charisnlp.co.uk

