

Think Therapy

Diploma in Hypnosis and Psychotherapy



Prospectus



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Introduction

Welcome to our prospectus. We hope that you will find all the information you need here to help you make the right choice when choosing a hypnotherapy course.

We know how difficult it can be when deciding to embark on new training:

“Is it the right course for me?”, “Can I do it?”, “Should I make the investment?”, these are just some of the questions that many people ask us and we invite you to ask these questions and more to gain clarification during the pre-course consultation prior to enrolment, however we are more than happy for you to contact us directly should you have any queries around your current skills, or to banish any doubts as to whether you can make a career out of being a hypnotherapist.

It is our aim to make you the best therapist that you can be. The fact that you are reading our prospectus means that you are:

- a) Looking to start a new career
- b) Wanting to add new skills to your current role
- c) Interested in personal development (yours and others)

You are obviously motivated towards making changes and this is the heart of our ethos at Think Therapy.

Anyone enrolling on the course can expect to gain a deeper insight into their self and others, develop a clear understanding of several psychotherapeutic models and interventions alongside core skills for hypnosis, integrated with cognitive behavioural applications. Your training will be of a high standard and you should expect to be challenged as we support you in attaining new ways of thinking and working with others.

At the end of the course you should feel fully equipped and confident in applying your new knowledge and skills as a qualified and competent practitioner, either in your existing role or when setting up your private practice.

In the following pages you will find details of how to access the course, an outline of the course content, the qualification you will receive as well as other benefits which will help you progress and become recognised as a professional hypnotherapist.

We look forward to meeting you,

Steve Leach

MBABCP, MNCP (Accred.), SQHP (GHR Accred.), DHP, Dip.CBT

Your Tutor

Steve Leach is a Psychotherapist and Registered Hypnotherapist (GHR Accred.), a lecturer in Higher Education, an NHS clinical supervisor and a regular speaker at conferences and other events on various issues relating to emotional and behavioural problems, psychotherapy and hypnotherapy.

Alongside his private practice as a therapist, supervisor and trainer Steve has worked as the clinical lead for a private organisation overseeing provision of several Therapeutic Communities under The Royal College of Psychiatrists Community of Communities and is the current Chair of Counselling Northwest.

He holds a number of qualifications in different therapeutic approaches is an accredited member of the National Council of Psychotherapists and holds Senior Qualified Hypnotherapy Practitioner status under the General Hypnotherapy Standards Council.

Steve has almost twenty years experience facilitating change in others through training, consultancy and therapy and therefore brings a wealth of knowledge and experience to his teaching.

His dedication to the helping profession, students and clients is evident in his approach; his utilisation of humour and first- hand experience as a practitioner makes learning easy and the application of interventions make sense.

About the Course

The course is accredited by the National Council of Psychotherapists, one of the longest established societies of its type in the country, and the General Hypnotherapy Standards Council, the largest and most prominent organisation for hypnotherapy in the UK. The course is equivalent to Level 4 under the national Qualification Credit Framework and also complies with the National Occupational Standards for Hypnotherapy and Complimentary and Natural Healthcare Council (CNHC) training standards.

The diploma is delivered over 8 weekends, comprising Saturday and Sunday (once per month over 8 months) and complies with The Hypnotherapy Regulatory Forum's recommendation that the core curriculum for Hypnotherapy Training Schools should comprise 450 hours of learning, 120 of which are guided learning hours i.e. hours in front of a tutor.

You will find a detailed outline of content for each weekend module on page 12 of the prospectus, with areas highlighted that are pertinent to the standards

Each weekend module (Saturday and Sunday) will begin at 09:00 and end at 17:00 the running time of each module will be as follows:

09:00 start

11:15 Break (15mins)

13:00 Lunch (30mins)

15:30 Break (15mins)

17:00 Ends

Within this time frame 1:1 time will be allotted, this may mean that individuals requiring tutorials may want to take a shorter lunch or arrive at 0900 prior to the module start. Tutorials will not impinge upon the required 120 tutor lead hours.

The course will comprise in-depth theoretical study, underpinned by practical applications; both will include study outside of the attended weekend modules.

You are expected to conduct wider reading, study and practice in between modules. Reflective learning journals must be completed to underpin each students learning experience and show evidence of learning between modules. 1:1 tutorial time will be allowed for you to explore any areas of concern and ensure that you get the best support during your time on the course, all study goes towards the total 450 learning hours required to complete the diploma.

The experiential nature of the course means that you will get to practice hypnosis and experience being under hypnosis regularly throughout, reinforcing confidence in your practical application and linking theory into practice. Each weekend you will take away a module pack and by the end of the course you will have a comprehensive set of resources to utilise in your practice and refer to in the future.

The course will have a variety of learning methods to ensure that individual students learning styles are supported. There will be practical demonstrations and small practice groups to hone your skills. Lectures will be supported by audio and video recordings. Students are encouraged to take part in all elements of the course, open discussions, triad work and small group practices will be features of sessions

The weekend modules will be packed with information provided with a good balance of theory and practice. Learning will take place in a fun and relaxed atmosphere and you will leave each weekend energised and motivated to practice the essential skills necessary to become a confident and successful hypnotherapist.

Eligibility

Think Therapy has students from a wide variety of backgrounds, no previous experience of hypnotherapy is required, however experience in similar fields is expected, particularly if you have practitioner experience in areas such as counselling or psychotherapy or suitable experience in working with people in another relevant profession e.g. complimentary therapies.

Students attending the diploma are expected to be able to meet the academic standards for the course and have the motivation to study in between modules. A consultation prior to enrolment will be carried out by your tutor to establish suitability of character and academic ability it will also give you the opportunity to ask any questions you may have about the course prior to making a commitment.

If during your consultation it is felt that you do not meet the requirements to access the course and you still want to continue, we may recommend a suitable foundation course either delivered by Think Therapy or another reputable learning provider.

Terms and Conditions

Attendance, Payment and Awarding

- 1.1 To secure your place on the course a deposit of £200 payable by cheque or bank transfer is required. When you enrol on a course and pay for it, you are entitled to seven working days during which you may cancel your course enrolment. If you do reconsider your enrolment during this time, you will receive a refund of the money paid for the course(s).
- 1.2 If however, the course starts within the seven day cooling off period; your payment for the course indicates that you wish to undertake the course. Therefore, your right to cancel is lost if you choose to withdraw unless this is due to a course being proved to have been mis-sold by the training provider or to service failure.
- 1.3 Think Therapy reserves the right to retain the initial £200 deposit should you cancel within this period.
- 1.4 If paying by instalments you agree to pay promptly on the dates specified on your registration document.
- 1.5 Should a course instructor not be available to attend a scheduled module due to unforeseen circumstances or ill health another date will be provided and a pro-rata refund will be given for that weekend.
- 1.6 Students must have a minimum of 85% attendance to successfully complete the course. Students who do not attain 85% attendance will not qualify and will forfeit any monies paid.
- 1.7 Students who are unable to attend scheduled weekend modules can request extra 1:1 tuition in order to gain the required hours for successful completion of the course (at additional cost).
- 1.8 To secure a place on the course your deposit must be paid at the time of booking, the remaining balance can be paid in full or in three instalments at set intervals across the period of the course. For further information see Fees and Enrolment.
- 1.9 Qualifications will be issued upon successful completion and payment in full.

Admissions

- 2.1 Students should have no history of criminal convictions or sanctions which might reflect upon their suitability to practice as a therapist.
- 2.2 Students must be in suitable mental health to undertake this training i.e. without history of psychosis/psychotic symptoms or current mental health conditions.

- 2.3 Students should notify their tutor in writing prior to enrolment of any general health or psychological conditions which might affect their safety or impinge upon their ability to study or indeed which may impact upon the therapist-client relationship now or in the future.
- 2.4 Any medical issues which may affect the immediate health of the student need to be provided in writing prior to enrolment to ensure the health and safety of the individual and fellow students i.e. heart conditions, asthma, epilepsy, diabetes etc.
- 2.5 Students should have (or are advised to obtain) suitable experience of working with others prior to enrolment.
- 2.6 Think Therapy reserves the right to decline an application based upon its discretion and/or failure of the individual to meet the minimum criteria for acceptance on the course.

Equal Opportunities & Disabilities

- 3.1 Think Therapy supports the principle of equal opportunities and opposes all unlawful or unfair discrimination on the grounds of gender, colour, race, nationality, disability, age, creed or sexual orientation.
- 3.2 Think Therapy aims to ensure that equality of opportunity is promoted however this does not contradict its duty to exclude students from training where a psychiatric or general medical condition might present a risk or otherwise render them unsuitable for training in hypnotherapy or psychotherapy.
- 3.3 We recognise that some students may require additional support in order to achieve their qualification e.g. if you have a permanent or temporary disability, medical condition or specific learning need.
- 3.4 We will endeavour to meet your needs as far as it is possible and appropriate to do so.
- 3.5 Your tutor will discuss the best way to support your needs and any reasonable adjustments that may need to take place to accommodate them.

Course Assessment

There is no examination to successfully complete the course; students will be continually assessed by the tutor during the course to ensure that everyone is progressing at the same pace.

There will, however, be two assignments across the course which will go to make up the final portfolio. Assignments are expected to be submitted on time and will add towards a final portfolio grading.

The two assignments will consist of theory, therapy and practical elements. The theoretical assignment should comprise 3000 words and the practical therapy assignment will consist of a 40 minute recording demonstrating your skills accompanied by a 2000 word critique.

Students are expected to achieve a 60% mark in order to complete the course- one resubmission per assignment is permitted under strict deadlines.

Students will be given tutorial times throughout the course to ensure adequate support and guidance.

Full details of assignments will be supplied upon enrolment.

Qualifications and Professional Membership

The diploma meets all the necessary standards within the UK to enable you to practice as a qualified hypnotherapist and meets **National Occupational Standards** under the criteria set out by the Complementary and Natural Healthcare Council (CNHC) as approved by the **Professional Standards Authority**.

This means that successful completion of training with **Think Therapy** offers UK **Practitioner Status** (upon certification) and you will be able to use the following letters after your name:

DHP (Diploma in Hypnosis and Psychotherapy)

Successful students will also be eligible to claim the **General Qualification in Hypnotherapy Practice** (GQHP) should they wish to join the General Hypnotherapy Register.

The qualification is graded at and equivalent to Level 4 under the national Qualification and Credit Framework for knowledge, skills and competence.

Certification grants eligibility to join several membership organisations, notably the National Council of Psychotherapists, the General Hypnotherapy Register and the Complementary and Natural Healthcare Council.

Membership shows that you have reached a certain level of expertise in your profession, and adds to your credibility. It also shows that you are serious about your career and professional development and abide by a code of conduct and professional ethics suitable to your chosen field.

Details of membership organisations, their importance and how to join are outlined in Module 8 of the course.

Course Syllabus

*Core Curriculum, National Occupational Standards Learning Outcome

Module 1- Weekend One

The History of Hypnosis

Contemporary Developments

Use and misuse of Hypnosis

Definitions of Hypnosis

Exploring and Establishing the Client's Needs*

- **Breakdown of Learning Outcome One of CNHC National Occupational Standards for Hypnotherapy.**

Ethical Issues: **Principles of Good Practice** *

Common Characteristics of Trance Contra-indications

Understanding Abreaction

Direct and Indirect techniques

The Six Stages of Hypnosis-Demonstration and Practice

Module 2

Develop and agree plans for complementary and natural healthcare with clients*

- **Breakdown of Learning Outcome Two of CNHC National Occupational Standards for Hypnotherapy.**

Evaluation of Client Needs (brief recap)

The Importance of working with the client, session planning (Collaboration)

Common Fears and Resistance

Safe Practice/ Medical Histories

Client assessment

Suggestibility Tests Appropriate Record Keeping

The Therapeutic Relationship (Rogers' Core Conditions)

The structure of Hypnotic language

Eye Closure Methods

Progressive Relaxation

Ideomotor Response

Hand Levitation

Signs of Trance

Module 3

State and non-state perspectives

Post Hypnotic Inductions

Ego Boosting

Alternative Inductions

Authoritarian and Permissive Approaches

Conscious and Unconscious Processes

Association and Dissociation

Regression Techniques

Guided Imagery and Visualisation

Safe/ Favourite Place

Transference/ Counter Transference

Module 4

Pain Management (Analgesic Techniques)

Anxiety/ Panic Attacks

Phobias

Stress and Post-Traumatic Stress

Habits, Addictions and Compulsion

Parts Therapy

Neuro Linguistic Programming

Language patterns, The Milton Model

Anchoring

Framing and Re-framing

Time Line Therapy Hypno-pictography

Pacing and Leading

Submodalities

Values and Beliefs

Module 5

Provide Hypnotherapy to Clients*

- **Breakdown of Learning Outcome Three of CNHC National Occupational Standards for Hypnotherapy.**

Cognitive Therapy; Ellis, Beck et al

The principles of Cognitive Therapy and Cognitive Behavioural Therapy (CBT)

Self Help/ Self Hypnosis

The structure of CBT, (agenda setting, goal setting, pacing, homework etc.)

The style of CBT (collaboration, explicitness, feedback)

Socratic Methods

Identifying and Re-Evaluating Automatic Thoughts

Identifying and Re-Evaluating Dysfunctional Assumptions and Core Beliefs

Changing Behaviour

The Magic Circle; the Thought, Feeling Behaviour connection

Module 6

Anger, Guilt and Shame

Trauma- Post Traumatic Stress

Obsessional Disorders

Depression

Somatic Problems

Eating Disorders

Anxiety States

Weight Management

Smoking Cessation

Memory and Learning

Working With Children and Young People

Further Techniques:

Desensitisation

Dream Analysis

Transactional Analysis

Module 7

ABC Method

Emotional Sequencing

The Five Aspects Model

Flooding

Working with Self Esteem Issues

Putting it all together: Case Formulation

Treatment Planning

Self-Therapy

Developing Scripts

Accomplishing Therapeutic Goals

Hypno-Analysis

Diagnostic Scanning- Trans-derivational

Symbolism/Metaphors/ Affirmations

Metacognition

Mindfulness

Re-Programming

Module 8

Course Review

Setting Up Your Practice

Liability Insurance

Premises (getting the environment right)

Supervision

Membership Organisations (NCP, CNHC)

Record Keeping and Data Protection

Legal Aspects

Continual Professional Development

Graduation

Fees and Enrolment

To enrol you must make a non-refundable deposit of £200 (10% of the course fee- unless you are not accepted onto the course).

Once accepted onto the course you have the option to pay the remaining £1800 in full, or you may choose to pay in three instalments.

If you choose to pay by the instalment method a cheque (payable to Steve Leach) or bank transfer must be received by the date stipulated in your enrolment pack, instalment payments are usually expected at Module 3, Module 5 and by the final Module 8. Once your completed portfolio is passed and we have received payment in full you will receive your certification.

Once you have enrolled you will receive an enrolment pack giving complete details of each module weekend date and venue and bank payment details- the pack will also include information and resources pertinent to Module 1.

*N.B. Courses usually run in the following areas: Warrington, Liverpool and Widnes at venues offering excellent amenities**

Refreshments will be provided as part of the course fee.

For your pre-course consultation or to request a booking form, contact us at:

steve@thinktherapy.org.uk

or call Steve Leach on 07929 268 417

**Your training provider reserves the right to change the venue should there be unforeseen issues or low subscription to the course.*

Recommended Reading

1. Hypnotherapy

- **Hartland's Medical and Dental Hypnosis: Michael Heap & Kottiyattil K. Aravind**
- **Hypnotherapy for Dummies: Mike Bryant & Peter Mabbutt**
- **Handbook of Hypnotic Suggestions and Metaphors: D. Corydon Hammond**

2. Counselling and Psychotherapy

- **An Introduction to Counselling: John McLeod**
- **The Skilled Helper: Gerard Egan**

3. Cognitive Behavioural Hypnotherapy

- **Cognitive Hypnotherapy- An Integrated Approach to the Treatment of Emotional Disorders: Assen Alladin**
- **Cognitive Hypnotherapy: E Thomas Dowd**

4. Cognitive Behavioural Therapy

- **Brilliant Cognitive Behavioural Therapy: Dr Stephen Briers**
- **Cognitive Therapy, Basics and Beyond: Judith S. Beck**
- **Mind Over Mood: Dennis Greenberger, PhD & Christine A. Padesky, PhD**