The UK College of Hypnosis & Hypnotherapy
Teaching an evidence-based approach to hypnotherapy since 2003

PROSPECTUS
2016 - 17

› COURSES › WORKSHOPS
› ACCREDITED TRAINING PROGRAMMES IN COGNITIVE BEHAVIOURAL HYPNOTHERAPY (HYPNO-CBT®)

PHONE › 0207 112 9040
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INTEGRATING HYPNOSIS, MINDFULNESS AND CBT
WELCOME TO OUR COLLEGE

Thank you for your interest in training with the UK College of Hypnosis and Hypnotherapy. This prospectus will provide you with detailed information on our core diploma training programme, courses and workshops.

Our College specialises in evidence-based and cognitive-behavioural approaches to hypnotherapy training, and is accredited by the largest independent, professional hypnotherapy organisations in the UK. We’ve been training hypnotherapists since 2003, continually developing our courses and workshops to offer the most effective training programme for both novice and experienced therapists.

A very feasible and relevant integration of hypnotherapy and cognitive behavioural therapy
Dr. Anthony Dimech, Psychiatrist
ABOUT THE UK COLLEGE

The College was founded in April 2003 by Donald Robertson and in August 2005, the College became an incorporated company and adopted the title of The UK College of Hypnosis & Hypnotherapy Ltd (UKCHH). From the outset, the focus has been on teaching “evidence-based hypnotherapy” and the College has led the field in this regard both in the UK and internationally.

In 2007, the UK College obtained external accreditation from NCFE for the Hypnotherapy Practitioner Diploma award. In 2008 the College designed a customised Diploma qualification in Cognitive-Behavioural Hypnotherapy which is externally awarded by NCFE.

Mark Davis joined the company as co-trainer in 2008, becoming vice-principal in 2012.

In 2008 we registered the Hypno-CBT® trademark as the brand name of the proprietary cognitive behavioural hypnotherapy the College had developed.

When previous owners Donald and Mandy Robertson emigrated to Canada in 2013, the UKCHH was taken over by MindEase Limited, the company owned by then vice-principal Mark Davis, continuing to operate according to the principles developed by Donald Robertson.

Mark and Fabienne Davis are the current directors of The UK College of Hypnosis and Hypnotherapy (a division of Mindease Limited). The Hypno-CBT trademark is registered to Mark Davis who has continued to develop this proprietary approach to cognitive behavioural hypnotherapy.

UKCHH is currently the only training school in the world that offers an externally awarded qualification in Cognitive Behavioural Hypnotherapy – and the only training school offering a training programme that is approved by The British Psychological Society Learning Centre.

WHY TRAIN WITH US

› All of our training focuses on evidence-based theory and practice.
› The Diploma adheres to the National Occupational Standards for Hypnotherapy.
› We offer the only hypnotherapy training programme approved by The British Psychological Society.
› The Diploma is accredited by some of the largest professional organisations in the field of hypnotherapy in the UK. (see Accreditation section)
› The Diploma is externally awarded by NCFE, a government-regulated national awarding body.
› Training focuses on practical face-to-face classroom training under the close supervision of experienced hypnotherapists.
› Our training attracts psychologists, GPs & psychiatrists from around the world – ensuring a professional and rich learning environment.
› Training is provided in three intensive seven-day blocks so it can be completed in a short space of time while still covering the required number of classroom hours for professional registration.
› Course fees can be paid in monthly instalments.
› The UK College has led the way in teaching evidence-based hypnotherapy based on CBT since 2003.
› Our manuals and teaching materials: each course is supported by an extensive, fully-referenced 300 page manual, with articles, scripts, assessment tools and monitoring forms.
› We are the only training school teaching this proprietary model of fully integrated cognitive behavioural hypnotherapy (Hypno-CBT®).

It’s such a wonderful, comprehensive course. I love everything from the course material to the wonderful and warm environment to learn. You inspire your students, coach us, make us believe we really can be hypnotherapists.

Loubaina, Hypnotherapist, Egypt

THEY CAN BECAUSE THEY THINK THEY CAN - Virgil
Mark’s knowledge and wisdom had a huge impact on my decisions about the kind of practitioner I decided to become. I find him to be very personable, engaging, warm, bright and hugely articulate. I have no hesitation to recommend clients to see him in private practice or to undertake training with him.

Sarah Collier, hypnotherapist, www.sarahcollier.co.uk


Stephen, Hypnotherapist, Bristol

MARK DAVIS
College Principal and Trainer
Mark is an NCH and GHR registered Cognitive Behavioural Hypnotherapist – with a practice in Camden and Harley Street. He specialises in all types of anxiety – particularly social anxiety and the issues of self-consciousness and inhibition.
Mark has lectured at Warwick University, Turin University and also presented at the annual Chinese Psychology Conference in Beijing. He teaches trainee yoga teachers applied yoga philosophy and meditation.
Mark was one of the founders and is currently chairman of the Register for Evidence-Based Hypnotherapy and Psychotherapy.
Mark has a Dual Honours Degree in Psychology and Philosophy from Sheffield Hallam University. He studied Cognitive Behavioural Hypnotherapy at The UK College of Hypnosis and Hypnotherapy in 2006, before becoming Vice-Principal in 2012 and then taking over the College in 2013. He has 30 years experience of studying and teaching meditation, yoga and Eastern philosophy, including 5 years in India and a further 10 years in the United States working for an international yoga foundation.
FABIENNE DAVIS
College Administrator
Fabienne joined the College in 2013 and jointly manages the College with Mark Davis. Previously, Fabienne co-ran Mark’s busy hypnotherapy practice, while also being membership administrator for the Register for Evidence-Based Hypnotherapy and Psychotherapy.
If you have any enquiries or wish to book a training course, please email Fabienne at admin@ukhypnosis.com

LORNA CORDWELL
Associate Trainer
Lorna has been a practising UK Council of Psychotherapy-registered psychotherapist since 1987, holding a Bachelors degree in Social Psychology from the University of London and a Masters in Psychological Research Methods from Hull University. A psychotherapist with nearly 30 years experience Lorna is also an experienced trainer, teaching hypnotherapy and psychotherapy courses for the past 10 years. Lorna has received specialist extra training in Cognitive Behaviour Therapy and hypnotherapy as psychosocial support to patients diagnosed with cancer. She has worked as a therapist on a pioneering research project carried out by Holistic Resources (East Lancashire Integrated Healthcare); providing therapy to patients at the Sussex Cancer Centre, Royal Sussex County Hospital, Brighton.

DONALD ROBERTSON
Advisory Board
Donald founded UKCHH in 2003, writing and developing many of the materials used by the College. A UKCP and EAP registered hypno-psychotherapist, Donald has more than 13 years experience of teaching and clinical practice. He’s also the author of many published articles on CBT and five books, including one of the UKCHH’s core texts, The Practice of Cognitive Behavioural Hypnotherapy.

SIMON CLARKE
Internal Verifier
Simon is a registered hypno-psychotherapist with UKCP, the National Register of Hypnotherapists and Psychotherapists (NRHP), and EAP, working in private practice. He trained at the UKCHH and is also a member of the Register of Approved Gastrointestinal Hypnotherapists. In his role as Internal Verifier Simon checks that our examining is consistent across students and assessors.

HUI BEE TEH, MSC
Asia Operations Manager and Assistant Trainer
Hui Bee is a UK trained clinical psychologist. She has a Masters in Clinical Psychology & Mental Health from the University of Sussex. Hui Bee trained with the UK College of Hypnosis & Hypnotherapy in 2012 and has worked within the NHS in the UK. She now runs her own practice in Kuala Lumpur, Malaysia. Hui Bee specialises in using CBT and hypnosis for depression, anxiety related problems, sleeping difficulties, coping with stress/worries, phobia, OCD, relaxation training, confidence building, problem solving, mindfulness and acceptance. She’s also an advocate of Acceptance and Commitment Therapy (ACT) for mood and anxiety related problems. Hui Bee is fluent in English, Mandarin, Cantonese & Hokkien. She assists the UK College in preparing, translating and teaching our diploma course in China and South East Asia.

DANIEL MIREA, BABCP ACCREDITED
Trainer and Workshop Instructor
Daniel Mirea is a senior psychotherapist and lecturer who trained in all aspects of Cognitive Behavioural Therapy (including Mindfulness, Hypno-CBT and EMDR) with more than 25 years in the mental health field. He is an accredited practitioner with both BABCP and UKCP, a fellow alumnus of King’s College and a senior associate at The Royal Medical Society. He is a director of a private mental health services provider and also manages his own private practice; Daniel is an experienced consultant clinical supervisor within the South-East London Trust and a CBT course leader with NSPC – Middlesex University and Regents University. He has a particular interest in integrating hypnosis with CBT in the context of trans-diagnostic approaches.
CERTIFICATE IN EVIDENCE-BASED HYPNOSIS
(STAGE 1)

OVERVIEW

The course is based on the cognitive-behavioural model of hypnosis – and therefore what you learn lends itself very well to being integrated with cognitive behavioural therapy.

Our presentation of hypnosis is based on experimental and clinical research and removes much of the mystique around hypnosis. This allows hypnosis to be integrated into mainstream psychology (cognitive and behavioural science) rather than remain in the domain of abnormal psychology (trances, dissociation etc.). Students finish this course confident in knowing what hypnosis is, what it isn’t, what it can do – and with a good solid foundation in how to induce hypnosis, write and deliver suggestions as well as train clients in self-hypnosis, assess hypnotisability and conduct suitable hypnosis skills training if clients require it.

This course is approved by The British Psychological Society for the purposes of continuing professional development.
WHO SHOULD ATTEND?

› Counsellors, psychotherapists, psychologists, lifecoaches and complementary therapists interested in adding hypnosis to their existing skills.

› Anyone interested in learning basic hypnotherapy skills for personal development.

› Anyone who wants a career change either to be a hypnotherapist or a stress management coach using hypnotherapy. (No previous experience or training in therapy is required.)

› Anyone interested in adding hypnosis to their existing skills.

THIS COURSE WILL INCLUDE THE FOLLOWING TOPICS

› How to perform a variety of traditional hypnotic induction techniques, deepening techniques, and suggestion tests

› How to word suggestions effectively and to understand the psychology of “classic” hypnotic suggestion

› How to assess clients and prepare (“socialise”) them for hypnotherapy

› About the practical, ethical, and professional aspects of running a hypnotherapy practice

› How to treat common stress and anxiety-related problems using hypnosis

› How to integrate relaxation and meditation techniques with hypnosis

› Essential self-hypnosis and “hypnotic skills training” exercises

› How hypnotherapy integrates with modern evidence-based cognitive and behavioural therapies (CBT)

› What current mainstream scientific-research reviews, of both clinical trials and laboratory studies, have to say about the nature and function of hypnosis

I chose this course due to the clear website and the fact that the emails I received were extremely helpful and also very friendly. Responses were fast and reassuring.

I have really enjoyed the course and felt my confidence has grown enormously through the week. I have understood and learnt so much in just seven days and I can’t wait for the Stage 2 and Stage 3 courses.

Suzy Kedge, hairdresser, Wales, (retraining as a hypnotherapist)

TRAINING VENUE:

Course will be held at:

THE DANUBIUS HOTEL REGENTS PARK, 18 LODGE ROAD, ST JOHN’S WOOD, LONDON NW8 7JT

The delivery, overview and content of the course far exceeded expectations. Inspiring and illuminating, yet realistic.

Gordon, Psychiatric Nurse, Glasgow
THE DIPLOMA IN COGNITIVE BEHAVIOURAL HYPNOTHERAPY (HYPNO-CBT®)

OVERVIEW

The diploma is based on mainstream peer-reviewed research on hypnosis and psychotherapy. This course is well-known in the hypnotherapy field and has been running since 2003.

It was carefully designed to meet the accreditation criteria of the main hypnotherapy registers and to lead to registration as a hypnotherapy practitioner.

It is externally accredited by several of the leading organisations in the field.

Training focuses on practical face-to-face classroom exercises and group learning with home-based written assessment following completion of the classroom training.
WHO SHOULD ATTEND?

› Anyone wanting to start a new career as a professional hypnotherapist.
› Life Coaches, NLP practitioners and complementary therapists who want to add hypnosis to their practice or switch to hypnotherapy.
› Nurses and medical professionals wishing to branch out or add hypnosis to their current work.
› Psychotherapists, psychologists and counsellors who wish to add CBH to their existing skills.

No previous experience or training in therapy is required.

COURSE CONTENT

The training provides a thorough grounding in modern cognitive behavioural hypnotherapy – and covers much of traditional cognitive behavioural therapy but with a special focus on imagery techniques, imaginal exposure, relaxation training and integrating hypnosis into CBT. Students are trained in basic theory, skills, case conceptualisation and treatment design. Approximately 40-50 per cent of the course time is dedicated to practical exercises (acting either as therapist or client – or participating in group work).

STAGE 1 CURRICULUM:
The Stage 1 course can also be taken as a stand-alone certificate course – and you can read more about the Stage 1 Certificate Course on page 6 & 7 of this prospectus.

STAGE 2 & 3 CURRICULUM:
In Stages 2 and 3, the course looks in more depth at the cognitive behavioural model of hypnosis and cognitive behavioural case conceptualisation. The focus continues to be primarily on clients presenting with a range of anxiety-related issues. These two stages integrate hypnotherapy with a wide variety of cognitive and behavioural approaches and techniques – what we call “the CBH toolbox” – covering over 30 different interventions including:

Stress Inoculation Training (Meichenbaum),
Cognitive Therapy for Anxiety (Clark, Wells and Beck)
Exposure and Desensitisation Methods (Wolpe, Lazarus),
Tension Control and Applied Relaxation (Jacobson, Benson, Ost, Borkovec),
Habit Reversal Training (Nunn and Azrin)
Mindfulness Based Approaches (Perls, Kabat Zinn, Hayes et al)
Problem Solving Therapy (Nezu & Nezu)
Assertiveness Training and Social Anxiety (Salter, Lazarus, Clark & Wells).

Our course is based on the latest editions of several of the leading textbooks in the field of hypnosis, hypnotherapy and CBT:
Hartland’s Medical and Dental Hypnosis 4th Edition (Heap and Aravind, 2001)
The Practice of Cognitive Behavioural Hypnotherapy (Donald Robertson, 2012)
Essentials of Clinical Hypnosis: An Evidence-Based Approach (Kirsch and Lynn, 2006)

This course provides an excellent, well-informed and broad basis for practising cognitive behavioural hypnotherapy in a professional and effective manner. I highly recommend it.
Karen Carr, Professor of Psychology, Cranfield University

COURSE FORMAT & SCHEDULE

The training runs from 10am to 6pm each day. Each stage runs for seven days from Saturday to Friday. Total hours of classroom training: 45.5 hours per stage/week, or 136.5 hours for the entire Diploma. Note: our classrooms hours are actual hours in the training room and do not include time spent on lunch breaks and morning & afternoon breaks.
The Diploma is divided into the following three seven-day stages of training (Stage 1, Stage 2 & Stage 3), each of which is repeated at least three times a year.

STAGE 1: CERTIFICATE IN EVIDENCE-BASED HYPNOSIS
STAGE 2: CERTIFICATE IN BEHAVIOURAL HYPNOTHERAPY
STAGE 3: CERTIFICATE IN COGNITIVE HYPNOTHERAPY
DIPLOMA COURSE STRUCTURE

STAGE I
CERTIFICATE IN EVIDENCE-BASED HYPNOSIS
Self-Hypnosis workshop

STAGE 2
CERTIFICATE IN COGNITIVE BEHAVIOURAL HYPNOTHERAPY

STAGE 3
CERTIFICATE IN COGNITIVE HYPNOTHERAPY

WRITTEN ASSESSMENT
12 months to submit, completed at home, resubmission allowed

DIPLOMA IN STRESS MANAGEMENT & RESILIENCE BUILDING
Once you are awarded the Diploma in Cognitive Behavioural Hypnotherapy, you can apply for our Diploma in Stress Management and Resilience Building which requires additional home study only (no additional classroom hours). This diploma is accredited by ISMA (The International Stress Management Association) – and allows you to present your skills and knowledge to the stress management and corporate market.

FEES & BOOKING

COURSE FEES AND BOOKINGS

STAGE I: £875 (Early Bird fee: £785)
STAGE II: £1095 (Early Bird fee: £995)
STAGE III: £1095 (Early Bird fee: £995)
EARLY BIRD RATE: £2490
PAY-IN-FULL RATE: £2790 (Deposit + single payment)
MONTHLY PAYMENT PLAN:
£390 deposit + 12 payments of £217
DIPLOMA ASSESSMENT FEE: £145
STRESS MANAGEMENT & RESILIENCE BUILDING ASSESSMENT FEE: £145

The Early Bird Discount applies only if the payment is made in full more than 31 days before the course starts.
To reserve a seat simply pay a deposit of £175 for each course (or Stage) or £390 for the Diploma course.

MONTHLY PAYMENT PLAN
Payment can be made in advance of each stage, either in full or in monthly instalments (after payment of the deposit for each stage).
Payment plan is by standing order.

HOW TO BOOK:
EMAIL: admin@ukhypnosis.com ONLINE: www.ukhypnosis.com
PHONE: 0207 112 9040
Credit and debit card payments are accepted. Please note there is a 3% fee if you want to pay by credit card.
ASSESSMENT

At the end of the training you will be required to complete a series of 28 assessment questions. These are completed at home, usually within 12 months, and submitted by email.

This is not an exam and you can resubmit answers if needed.

For more details please download the diploma handbook at: www.ukhypnosis.com/diploma-student-handbook/

TRAINING VENUES

Most courses held at The Danubius Hotel Regents Park, London NW8 7JT or nearby – please check for each course.

ENTRY REQUIREMENTS

No previous experience or training in therapy is required. Please visit www.ukhypnosis.com/training-courses/hypnotherapy-diploma/ for additional requirements. You do need to complete a student registration and application form.

THE NATIONAL COUNCIL OF HYPNOTHERAPY

www.nch.org.uk

The diploma is fully accredited by the National Council of Hypnotherapy and graduates are eligible for licentiate membership.

THE REGISTER FOR EVIDENCE-BASED HYPNOTHERAPY & PSYCHOTHERAPY

www.rebhp.org

The diploma is accredited by REBHP and graduates are eligible for licentiate membership.

NCFE (OFQUAL REGULATED)

www.ncfe.org.uk

The diploma is externally awarded by NCFE, a government-regulated (OfQual) national awarding body that ensures consistent external validation of the high standards of the training you receive.

BRITISH PSYCHOLOGICAL SOCIETY

www.bps.org.uk

The diploma training programme is approved by The British Psychological Society for the purposes of continuing professional development for psychologists.

GHSC

www.general-hypnotherapy-register.com

The diploma has been assessed and validated at practitioner level by The General Hypnotherapy Standards Council. Graduates are eligible for professional registration with GHR at full practitioner status.

COMPLEMENTARY AND NATURAL HEALTHCARE COUNCIL

www.cmhc.org.uk

A government approved national register of complementary health practitioners. You can join directly once qualified or (more easily) after joining NCH or GHR.

THE NATIONAL COUNCIL OF HYPNOTHERAPY

www.nch.org.uk

The diploma is fully accredited by the National Council of Hypnotherapy and graduates are eligible for licentiate membership.

THE REGISTER FOR EVIDENCE-BASED HYPNOTHERAPY & PSYCHOTHERAPY

www.rebhp.org

The diploma is accredited by REBHP and graduates are eligible for licentiate membership.

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COMPLEMENTARY AND NATURAL HEALTHCARE COUNCIL

www.cmhc.org.uk

A government approved national register of complementary health practitioners. You can join directly once qualified or (more easily) after joining NCH or GHR.

ASSESSMENT, TRAINING VENUES AND ENTRY REQUIREMENTS
We’ve been teaching therapists how to do smoking cessation for about ten years now and our smoking cessation 2-day masterclass has developed a reputation for excellence, due in part to the emphasis we place on simple, no-nonsense, evidence-based approaches derived from the mainstream clinical and research literature in the fields of CBT and hypnotherapy.

This workshop is open to all qualified hypnotherapists and hypnotherapy students in training.

WHY ATTEND?
Every student receives a comprehensive and carefully-developed 100 page workshop manual, with detailed information on smoking cessation gleaned from our many years of successful clinical practice and experience training in this area. Apart from hypnotherapists very few therapists offer smoking cessation – simply because it is so challenging. This workshop equips you with the skills, knowledge and confidence to bring permanent change to one of the most pernicious habits – helping clients make potentially the most important health decision in their life.

You will also receive a certificate of attendance and can mention on your website that you have received specialist training in smoking cessation.

The exercises were very helpful, presentations were excellent, materials provided were excellent!

Mentwab Wuhib, Chartered Psychologist

NEXT DATES:
SEE www.ukhypnosis.com/training-courses/dates/

LOCATIONS:
THE DANUBIUS HOTEL REGENTS PARK, LONDON NW8 7Jt
– however please check the website for any changes

FEE: £295
COGNITIVE BEHAVIOURAL HYPNOTHERAPY FOR INSOMNIA

A TRAINING IN CBT FOR INSOMNIA INTEGRATED WITH HYPNOTHERAPY.

This one day workshop for therapists will provide sound basic training in treating clients presenting with insomnia and sleeplessness issues. The approach used is based on Cognitive Behavioural Therapy integrated with hypnotherapy. CBT for Insomnia (CBTI) is an excellent example of the application of cognitive behavioural therapy and so can become a good introduction to the CBT model. Hypnosis integrates particularly well with CBTI – both in terms of inducing rest (leading to sleep) – but also with changing unhelpful habits and associations.

The approach is broadly based on Charles Morin’s book Insomnia: Psychological Assessment and Management one of the classical textbooks for CBT for Insomnia. In addition we will bring a greater focus on relaxation and sleep induction methods (including hypnotic sleep induction) – and the use of hypnotherapy to change poor sleep habits and beliefs (e.g. negative expectations about sleeping) – as well as the use of hypnosis to mitigate the effects of a poor nights sleep.

MATERIALS PROVIDED:
- Assessment Forms
- Cognitive assessment forms
- Sleep Diary Forms
- Hypnotherapy scripts
- Manual
- Recommended Reading

Insomnia is a very common presenting symptom both on its own and as part of many health problems. It is rarely treated fully with medications without side-effects or complications. This comprehensive approach seems very promising.

Dr Anthony Dimech, Consultant Psychiatrist

TRAINER
MARK DAVIS

NEXT DATES:
SEE www.ukhypnosis.com/training-courses/dates/

LOCATION:
THE DANUBIUS HOTEL REGENTS PARK, LONDON NW8 7JT
– however please check the website for any changes

FEE: £135.00

OTHER WORKSHOPS

The College regularly hosts additional CPD workshops on topics such as Treating Panic Disorder, Evidence-Based Treatments for Trauma, CBT Assessment and Conceptualisation Skills, Low Self-Esteem, Treating Addictive Behaviours, Hypno-Birthing and more. Please see the Workshops Menu on our website to view the latest workshops we are hosting.
FAQ’S

There was good rapport from the first day. The course is well structured. Lots of opportunity to practise the theory and work with lots of different people. The depth of knowledge of the presenter is excellent – and it all presented in a relaxed manner.

Cameron, Colchester, Hypnotherapist.

Q. What is the difference between cognitive behavioural hypnotherapy and CBT? Can I call myself a Cognitive Behavioural Therapist if I have your diploma?

A. Cognitive-behavioural hypnotherapy is a modality of hypnotherapy and our course would not be classed as full CBT training. Both approaches share similar theories and concepts, therefore complement each other well. Cognitive behavioural hypnotherapy also assimilates certain evidence-based techniques from CBT. You will get a good general training in the “CBT approach,” however treatment protocols are more focused on integrating hypnotherapy than using CBT alone. While there is no regulation about the use of the term “Cognitive Behavioural Therapist” in order to preserve the more distinct focus and skills of a CBT trained therapist, we encourage students to call themselves a ‘Cognitive Behavioural Hypnotherapist who integrates CBT and hypnosis.”

Q. Does the diploma training cover specific treatments e.g., smoking cessation/weight loss/IBS etc?

A. The diploma focuses on teaching foundational, evidence-based techniques for treating the widest range of problems; therefore it mainly focuses on anxiety and stress, the most common presenting problem in hypnotherapy and nearly always a major contributing factor in every presenting condition – whether psychological or physical. Many courses claim to cover every condition, teaching several dozen techniques and every type of hypnotherapy (Ericksonian, NLP, Hypnoanalysis, CBT etc) in a 10-weekend course.

We don’t believe such an approach is helpful. In our experience, students are left confused, their knowledge thin and sorely lacking in the core basic skills and knowledge that allows them to work with a range of clients with basic issues (anxiety and stress). Once good knowledge and skill for dealing with anxiety and stress is in place then students can build upon that core knowledge and skill base with specialist knowledge. We have separate specialist workshops for Smoking Cessation, Insomnia and other workshops that build upon the strong foundation acquired in the Diploma course.

Q. Do you teach NLP/Ericksonian techniques? Do you cover past-life regression in the diploma?

A. No. Our training has always adopted an evidence-based orientation and methods like NLP and Ericksonian hypnotherapy lack sufficient support in the research on hypnotherapy. Our College is
known for adopting a predominantly cognitive-behavioural orientation to teaching hypnotherapy. Past life regression is a “new age” therapy. It is not included, for example, in the official National Occupational Standards for hypnotherapy published by Skills for Health. Similarly, it lacks any firm research evidence for its effectiveness.

Q. Why is it possible to do your course in such a short period of time when others take a year or more?

A. Basically, our course is a one-year hypnotherapy diploma that has been compressed into intensive modules you can attend over consecutive days – the total number of classroom hours is actually greater than on many “one-year” courses. Our course runs “intensively” over three 7-day blocks, whereas other courses may require one or two days of attendance each month. We are required to meet the same standard of training, but we have chosen to do so in a shorter space of time because that format is more popular with students who do not wish to travel each month, or who want to complete their qualification without delays between each module.

We advise students to carefully look at the number of days and classroom hours in training. Many hypnotherapy courses only run for 12 classroom days or nine weekends (with short days). Our classes start at 10am and finish at 6pm over 21 days. When considering any training ask for the precise number of classroom hours with the instructor.

Q. Is your diploma recognised by the NHS? Will I get GP referrals?

A. The NHS does not recognise hypnotherapy diplomas. The Diploma is officially mapped against the National Occupational Standards for Hypnotherapy published by Skills for Health, and correlated with the NHS Key Skills Framework. It is, however, currently unusual for clients receiving hypnotherapy to be funded by the NHS. Most hypnotherapy clients self-refer and pay for their own treatment privately.

Q. When can I start seeing clients?

A. While there are no regulations in this matter, we strongly recommend that you do not begin to treat clients for payment until you have been accredited to do so by a professional body such as NCH or GHR. Unless you are already qualified and registered to practise in a similar profession like counselling, life coaching, psychotherapy, CBT, etc., you would normally be required to complete the Diploma training and the assessment in full before being accredited to practise hypnotherapy.

Q. Will I get any support once I have completed my training with the College?

A. Absolutely. The College will provide ongoing support for students who require help completing their written assessment. You may also obtain support from GHR, NCH or other professional organisations.

All practising hypnotherapists should have a clinical supervisor; whose role is to continually mentor and support you in direct relation to your practice with clients. The College can provide a list of recommended supervisors – and also often arranges group supervision. The College will also help setup peer support groups for each course group, so students can encourage each other to push forward and become successful therapists.

Q. Will I get any advice on how to set up and market a therapy practice?

A. Yes. Marketing for hypnotherapists will be covered during stage 2 and stage 3 training. Further advice and support can be obtained from professional registers such as GHR, or specialist organisations such as Business Link and the Federation of Small Businesses. We also run marketing workshops.

Q. How successful is hypnotherapy compared to other forms of therapy?

A. Hypnotherapy is one of the most evidence-based interventions available in the field of psychological therapy. It is supported by a broad range of research spanning a period of more than 150 years, including modern meta-analysis, systematic reviews, laboratory experiments, and individual clinical trials.

Q. How much time should I leave between each stage of training?

A. If you are familiar with the subject already and feel confident that you’re able to keep up with the course, then you can complete the stages of training close together. Alternatively, if you feel that you need more time to digest the course material and do background reading, then you may space the three stages out more. The training programme was specifically designed to allow complete flexibility in this regard to suit different student’s needs.
MISSION STATEMENT
To innovate by continually researching and developing the most effective and evidence based approaches to clinical hypnotherapy and psychotherapy.
To provide the best quality and most enjoyable training in hypnotic psychotherapy available anywhere.
To deal with students fairly and supportively, nurturing their talent for the hypnotherapeutic arts.

THEY CAN BECAUSE THEY THINK THEY CAN - VIRGIL