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FAQs on our New Online Diploma in Cognitive Behavioural Hypnotherapy

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Will I be able to practice as a hypnotherapist when I finish this course?

By taking the online training and completing the required Case Studies and written assessment, you will receive exactly the same qualification as the live classroom training: our Level 4 Diploma in Cognitive Behavioural Hypnotherapy – verified and awarded by a government regulated qualification accreditation organisation, NCFE.

You will therefore be a fully registered hypnotherapist with an accredited and recognised qualification. You will be able to get insurance and open a practice!

This training course is also approved by The British Psychological Society Learning Centre – as appropriate CPD (continuing professional development) for registered psychologists. It is also accredited by two professional hypnotherapy organisations, ACCPH and REBHP.

As experienced educators and trainers, we gave ourselves the remit to design an online course that matched the level of training of the live classroom Diploma. We are very excited that we can now offer aspiring hypnotherapists worldwide a qualification to start practising and helping others change.

How does the one-to-one tutoring work?

You will receive 5 hours per Stage of one-to-one tutoring, focused on key learning objectives, exercises and coaching discussions (worth £900!). These are with hand-selected therapists who have trained in this approach, are in practice as Cognitive Behavioural Hypnotherapists and have taken a specific Hypno-CBT® Supervision Training.

After you are assigned your personal tutor, you will have an initial session in which your tutor will discuss with you your purpose and goals, learning style, schedule of study and agree weekly (or fortnightly) tutor sessions.

The following one-to-one sessions will accomplish the following:

- Checking and reviewing learning
- Ensuring learning objectives for each module have been met
- Discussing your questions
- Reviewing recordings of and feedback from practicals - and providing guidance/discussion
- Providing guidance on additional study

- Case Study supervision
- Tutoring on assessment questions
- Business coaching and advice
- Personal coaching
- General support and encouragement

When creating this online training programme we wanted to be confident that those taking the online hypnotherapy diploma are able to practice safely and effectively as hypnotherapists. The tutoring sessions are a major part of this.

They will ensure that you feel confident, knowledgeable and excited about starting to practice as a Cognitive Behavioural Hypnotherapist.

What's the difference between the full Online Diploma and the self-led non-practitioner option?

As well as the full Online Diploma in Cognitive Behavioural Hypnotherapy, we have also developed a self-led online training option. The self-led option includes the same footage and materials as the full Online Diploma, but **without the 15 hours of tutoring**.

The self-led version is an automated e-course that has been designed for existing therapists who wish to study this approach in order to add to their skillset. Alternatively, it is suitable for those who simply wish to study this fascinating topic but do not intend to use the training as a practitioner.

There is no assessment for this self-led version as it is **not a full practitioner training**. You will receive a Certificate of Completion for the Online Diploma in Cognitive Behavioural Hypnotherapy but not a Diploma qualification, and you won't be able to use the trademark Hypno-CBT® or postnominals Dip CBH.

However, at any point you can upgrade your self-led course to a full practitioner training (with 15 hours tutoring and assessment).

You can view a more detailed [comparison table here](#) for all three of our Cognitive Behavioural Hypnotherapy courses - the live classroom training, the full Online Diploma and the self-led version.

The price of the self-led online training is £1390. Our no-risk, money-back guarantee (see below) stands for the self-led course too. We have a limited number of space available on the current self-led intake, and booking will close for this intake on 31st December 2019.

[You can book the self-led option here.](#)

NOTE: the rest of these FAQs will refer to the full Online Diploma (tutor-supported) unless explicitly stated.

What are the prerequisites for the online course?

There are **no prerequisites** for taking this course. We have designed the course to ensure that students with no prior knowledge of psychology and/or therapy can take this course with the confidence that they will receive all the information and training that is required to become, with practice, competent Cognitive Behavioural Hypnotherapists.

Although, a significant number of those who choose to train with us come from psychotherapy backgrounds. As a comprehensive stand-alone training, the online course provides therapists the opportunity to integrate our evidence-based Hypno-CBT© approach into their existing practices.

Dr Jonathan Pointer, Chartered Psychotherapist and Psychologist, gave the following testimonial:

"As a Chartered Clinical Psychologist, I highly recommend this course because I know it will deeply enhance an applied psychologist's range of effective interventions across a wide variety of client issues."

~ Dr Jonathan Pointer ~

<https://therapysanctuary.com/>

In our experience, people who have previously trained in hypnotherapy specifically can be some of the hardest to train, as they have to unlearn a lot of unevidenced ideas that there were taught (and invested in) on other courses. Previously trained hypnotherapists often retrain with us as they felt a degree of uncertainty about the hypnotherapy they were practising.

We consistently receive feedback from those with prior hypnotherapy training that learning the evidence-based, cognitive behavioural model of hypnosis enabled them to feel confident in their hypnotherapy practice.

Is the training accredited by the CNHC (Complementary and Natural Healthcare Council)?

[The CNHC is a voluntary register for alternative and complementary therapists, including hypnotherapists. This register has been approved by the Professional Standards Authority, PSA, a branch of the government that oversees the nine statutory bodies that regulate health professionals in the United Kingdom. The PSA also provide "Approval" to professional organisations that are voluntary self-regulators for their profession, i.e. where there is no law or

statute regarding that profession – which is the case for hypnotherapy, psychotherapy and counselling.

The Department of Health has supported CNHC and provided guidance to the NHS that if a doctor wants to refer a patient to complementary therapist they should use someone from the CNHC register.

Below we discuss the issue regarding the online training not meeting CNHC requirements and how this might impact practising as a hypnotherapist without a CNHC membership.]

The online training course does not meet the requirements for CNHC membership due to CNHC's strict requirement of 120 classroom hours training. As adult educators and trainers who are careful and circumspect in our training of new therapists, we believe our online training programme has key innovative elements that address the somewhat restrictive and archaic requirements to be in a classroom for 120 hours.

Historically, we have always supported the 120 classroom hour training requirement for new therapists (indeed, we were involved in the discussions that set up these standards) – and we

have always encouraged new therapists to join CNHC/GHR/NCH organisations on this basis. However, technology has developed since the requirement was created. It is increasingly clear that it is restrictive and unnecessarily discriminatory, since many people are prevented from taking their chosen training (e.g. because of geography).

It is entirely possible to provide both training, monitoring and one-to-one, in-depth guidance from a distance. For example, as part of the Online Diploma you will work closely with a dedicated coach and will be required to record a sample of your practice sessions with a volunteer and send these to your tutor - your tutor will review them with you and give you feedback. In a sense, this is providing more focused one-to-one guidance than you might receive in a classroom training.

The online training and completion of the assessment leads to the Diploma in Cognitive Behavioural Hypnotherapy – and this qualification, gained through online not classroom training, is recognised by two professional membership organisations, ACCPH and REBHP (disclosure: REBHP is a private register owned by Mindease Limited who also own The UK College of Hypnosis and Hypnotherapy). Once you are awarded the qualification you will be able to become a registered member of these organisations, have a professional listing in their directories and be able to use their organisational logos on your website and promotional materials.

After 3 years in practice you will be able to join the CNHC, GHR or NCH (two organisations under the CNHC umbrella). Membership can possibly be attained quicker than this in some scenarios,

although you will probably see this as an unnecessary expense if you have successfully built your practice by then.

What will the impact on my business be if I am registered with ACCPH and REBHP - but not with CNHC, GHR or NCH?

In terms of business practice, the impact of being a member (having their logos on your website and being on their registers) of these alternative professional organisations (ACCPH and REBHP) vs being a member of GHR/NCH/CNHC is likely to be minimal to non-existent.

We do not say this lightly but from many years of experience with our therapists and helping them to build their practices. In terms of running a successful business, it is far more important that a prospective hypnotherapist chooses a training course that they will resonate with and which will give them the confidence and skills to be successful. No amount of certificates, logos or accredited memberships can make you a skilled and effective therapist. Developing true confidence and an established skillset that allows you to problem solve creatively and help with a wide range of client issues will have far more business impact than a narrow skillset and moderate confidence but "the right memberships."

We believe that the very slight disadvantage of not being a member of NCH, GHR or CNHC can easily be overcome many times by therapeutic clarity, confidence and skills - and supported by a website, and demeanour and personal presentation that demonstrate confidence, warmth and professionalism.

(In some cases these memberships function as "confidence boosters" for novice therapists: *"I don't feel I'm good enough unless...."*. In our experience such issues are much better addressed through some personal development and work with your supervisor/coach than by getting a certificate of membership.)

Will I be able to get referrals from GPs?

As it says on the [NHS website](#), hypnotherapy isn't usually available on the NHS, and even though there are NHS guidelines about hypnotherapy being effective for chronic IBS, anxiety and changing habits, it is rare that NHS provisioning allows for private hypnotherapists to get work from the NHS.

As many of our classroom-trained therapists will attest even as members of those organisations (GHR, NCH, CNHC), most have never had a GP referral nor work for the NHS directly. 99.5% of their clients are private and come in through word of mouth, internet searches or other marketing efforts made.

On the rare occasion when a referral is made, the guidelines are that the therapist should be CNHC registered - but this is not mandatory and there are no legal constraints regarding which hypnotherapist a doctor or consultant refers their patients to. Rather, GPs and consultants will refer their patients to anyone they have heard of as being a responsible and effective therapist practising an evidence-based approach.

And this is the key point: what is more important for referrals from medical and mental health professionals is an evidence-based, scientific approach as it aligns with clinical principles. CBT and mindfulness are also endorsed by the NHS as proven and effective – and our integrative Hypno-CBT® approach incorporates these.

To summarise, 95-99% of your work will be coming through prospective clients finding you themselves rather than NHS referrals. But in the event of a potential referral, in our experience, your evidence-based qualification in Cognitive Behavioural Hypnotherapy will make you far more relevant to any doctor or consultant than whether or not you are CNHC Registered.

As point of note, you can register for CNHC membership after three years as our course meets the [National Occupational Standards](#) and the core curriculum for the discipline concerned. [Click here](#) for more information.

How are CBT techniques integrated into the training?

We teach CBT techniques alongside mindfulness, relaxation and hypnosis which will enable a student to work competently with sub-clinical issues.

We do cover CBT very well for a short training. We cover all the key CBT concepts and process aims, as well as a wide range of techniques based on the main learning theories in psychology (classical conditioning, operant conditioning, social learning, information processing).

Moreover, we teach more from CBT principles than a manualised approach. Thus, you learn the fundamentals of the CBT mindset and approach - and then how to be flexible and creative in designing treatment plans. We think that a focus on CBT fundamentals is the new direction that CBT is headed in.

Whilst you would not have a CBT qualification itself, the approach taken and techniques used (and the reasons for using the techniques) will be recognised by healthcare professionals trained in CBT. And again, for sub-clinical and mild mental health issues, the approach will be very much endorsed if viewed by fully accredited CBT psychotherapists.

How are the trainers able to ascertain that the necessary level of competence has been reached by the online student?

There are a number of exercises that the student is required to complete with a volunteer. The tutor/coach will listen to these and review the recordings and also ask questions to verify the learning and understanding of the student. In addition, the Case Studies and written assessment provide evidence that learning outcomes have been met.

The training is a vocational rather than academic training, and even the written assessment is not academically focused. It is focused on verifying that trainee therapists have the knowledge and skills to evaluate and make decisions in the therapy room with a client.

Does the course have a final assessment to qualify?

Yes - like the live classroom training, you are required to complete the Case Studies and written assessment questions.

Are there ongoing professional CPD sessions that will allow me to specialise in areas of interest?

Yes - you can see our programme of CPD workshops [here](#).

Are there further costs associated with the course?

You should typically budget about £100-£150 for your initial textbooks (obviously you will want the best books on your library shelves as a professional therapist. Certain books on hypnosis and hypnotherapy are of much better quality than others - we can advise on this).

You can competently complete the course with just these three core textbooks:

1. Hartland's Medical & Dental Hypnosis: Fourth Edition (2001) by Heap & Aravind
2. The Practice of Cognitive-Behavioural Hypnotherapy (in press) by Donald Robertson
3. Essentials of Clinical Hypnosis: An Evidence-Based Approach (2006) by Lynn & Kirsch - currently out of print but available on Kindle.

Please [click here](#) for details of these and other recommended reading (or reference material for your bookshelf).

Like the classroom training, the online course also incurs an assessment fee of £195.

How many places can you accommodate for an online group and how often do they run?

Our next Online Diploma intake date is 15th January 2019, and we currently only have a few spaces left. Due to tutor availability, we limit each online intake to a maximum of ten students per group and only run one group every two months.

Or, the Self-Led Non-Practitioner Online Training option is ready to purchase and start now. [You can click here to read more and book.](#)

Can I talk to someone before I book?

Yes - every week Mark Davis (Director and Lead Trainer) sets aside time in his calendar for free phone consultations with those who want some clarity on whether the Cognitive Behavioural Approach and the Online Diploma format are the right fit for them.

If you're committed to shifting to a career that's more aligned with your life values or to expanding your existing therapeutic practice to create deeper client change, talking directly to Mark can be very helpful as part of your decision making process.

To schedule a call this week, email him anytime at mark@ukhypnosis.com.

How much does it cost?

The fee for the full Online Diploma Training Programme in Cognitive Behavioural Hypnotherapy (tutor-supported) is £2250. We have a 100% money-back guarantee (see below).

This fee includes the 15 hours of one-to-one tutoring/coaching – normally worth at least £900.

You can either pay in full or choose the payment plan option: 3 monthly payments of £750.

Hopefully the above payment options work for you but if not please get in touch and we can set something up longer-term to suit your situation. You can call us on 0207 112 9040 or email finance@ukhypnosis.com to discuss this.

We also have a **special offer for the January intake group**: we are including the Diploma Assessment Fee (normally an extra £195) as part of the package.

[You can reserve your place on the January 2020 intake here.](#)

In order to secure your place and ensure the course materials are shipped to you in time, you must have paid in full 3 days prior to your chosen course start date.

Once we have received your payment, you will receive an email with the next steps.

How does the risk-free, 100% money-back guarantee work?

As part of our philosophy as adult education providers, we have a no-risk guarantee on all our courses: we will refund you 100% of the cost of your course if you are not satisfied.

You will have **up to Module 3** to decide if you think the Online Diploma does not deliver on its teaching quality, content, or you think that becoming a Cognitive Behavioural Hypnotherapist would not allow you to create deep, long-lasting change in people's lives. If you think so, we will give you all of your money back.

By the end of Module 3 you will have had the opportunity to learn from nearly 14 hours of teaching videos and demonstrations along with relevant scripts, slide presentations and materials.

You will have to send back the manuals and pendulum at your own cost, complete an exit questionnaire and then you will be refunded.

How do I put myself on the waiting list for later intakes?

If January isn't the right time for you to start studying, you can [put yourself on the waiting list here](#) for later intakes in 2020. We currently have intake options for March, May and later in 2020 - once you have reserved your place on the waiting list we will contact you nearer your chosen date.