HYPNO CBT® | COLLEGE

the british psychological society
CPD QUALITY MARK 2026

Diploma in Hypno-CBT®

Evidence-Based Training integrating hypnosis, mindfulness and CBT

Your pathway to professional success in therapy

Our mission is to advance the field of clinical hypnotherapy and psychotherapy through continuous innovation and attention to research: ensuring the training you receive is both effective and strongly evidence based.

We are dedicated to providing the highest quality, science-based and most enjoyable training in hypnotic psychotherapy, available around the world. We commit to treating our students with fairness and support, nurturing their talents and fostering their growth as skilled practitioners of the hypnotherapeutic arts.

This is an exciting time to be in psychotherapy. Psychotherapy started with hypnosis (before Freud) and today there is a resurgence of interest in hypnosis both in cognitive neuroscience – and therapeutic application when added to CBT. Substantial research now demonstrates we can enhance outcomes in CBT with the power of hypnosis.

By choosing to study with us, you're positioning yourself at the cutting edge of psychotherapy. You'll learn the principles that allow you to create science-based tailored treatment pathways for your clients. You'll be fully equipped with the skills and confidence to make a real difference in people's lives.

Mark R Davis,
BSc (Psy & Phil), HDip CBH, GMBPsS, FRSM
Principal, UK College of Hypnosis and Hypnotherapy

About us

Our College was founded in 2003 and from the outset the focus has been on evidence-based educational training programmes – strongly based on the extensive experimental and clinical research into hypnosis. In teaching "evidence- based hypnotherapy," The College has led the field in the UK, and internationally.

Due to the focus on clinical research we teach cognitive-behavioural approaches to hypnotherapy. Founded on extensive research, the type of hypnosis we teach and its integration with psychotherapy (CBT), gives our graduates deep confidence and strong credibility – allowing them stand out in the field.

We are accredited by the largest independent professional hypnotherapy organisations in the UK. Over 2000 students have trained in our Hypno-CBT® Diploma programme. Our courses and workshops are continually refined to offer the most effective training programme for both novice and experienced therapists.

As therapists, trainers, and human beings, we are passionate about helping others: fostering hope, building true confidence in our students and clients and providing training that enables you to build a thriving practise that you can be proud of.

"The course gave practical tips about how to incorporate hypnotherapy into our existing frameworks and practices.

The revision of fundamental principles with the addition of new skills was fantastic. It gave me fresh ideas using fundamental theories of psychology.

The commitment of the team to sharing as much information as they can was evident throughout. Their energy and enthusiasm was amazing. The training was excellent."

Dr Jane McNicholas

Principal Clinical Psychologist, Great Ormond Street Children's Hospital

Why train with us

Our training focuses exclusively on evidence-based theory and practise. This ensures that when you work with clients, you are equipped with scientifically validated methods tailored to their needs and are following "best practice" based on sound principles.

Externally awarded Level 5 Higher Diploma

Uniquely we offer a Level 5 Higher Diploma in Hypnotherapy. This qualification is verified and awarded by NCFE, a government-regulated national awarding body and charity. This is a Customised Qualification but adheres to the same rigorous standards as national qualifications.

Approval by The British Psychological Society

We are proud to have a hypnotherapy training programme approved by The British Psychological Society, a testament to the quality and excellence and recognition of our course.

Accreditation and Professional Recognition

Accredited by major professional organisations in the UK and internationally, our Diploma allows you to obtain insurance and assures clients that you are qualified and adhere to recognised ethical standards.

Diverse Learning Community

Our training attracts a diverse community that includes professionals such as psychologists, GPs, and psychiatrists from around the world, as well as individuals making a career change with varying levels of experience in therapy.

Course information

Our Diploma in Cognitive Behavioural Hypnotherapy provides a comprehensive foundation in modern cognitive behavioural hypnotherapy (CBT), integrating traditional CBT with advanced techniques in hypnosis.

Focused on practical application, the course emphasises imagery techniques, imaginal exposure, relaxation training, and the seamless integration of hypnosis into CBT methodologies. The model of hypnosis we teach is a non-trance model based on extensive research: fundamentally hypnosis as self-hypnosis, something that the subject is actively doing rather than a passive recipient of suggestions. This active view of hypnosis then informs the active engagement of the client throughout therapy.

Throughout training, you will delve into essential theoretical frameworks, develop fundamental skills, and learn the intricacies of case conceptualisation and treatment design. By combining theoretical knowledge with extensive practical experience, our course equips you to confidently apply cognitive behaviour hypnotherapy techniques in clinical settings.

Whether you're starting a new career or enhancing your existing practise, this course prepares you to make a meaningful impact using evidence-based approaches.

Your training experience

Vocational

This is a vocational training, not an academic course. While there is theoretical depth, we are primarily focused on teaching you the real world skills and knowledge to be able help people in your therapy room.

Experiential

The training is nearly 50% experiential with practical experience of working in pairs as therapist and client, as well as group practical exercises.

A new idea or theory is introduced and discussed, then a practical exercise in pairs using that new method in a therapy session, followed by a debrief on that practical exercise – what we learned, before moving on.

Brain-based spiral learning

Our educational method is based upon spiral learning. We teach the fundamental principles at the start and keep revisiting them from higher and higher levels, easily laying down a profound and deep knowledge base within our students.

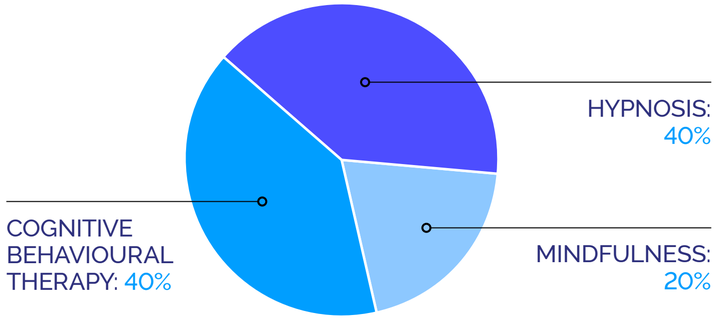
HYPNO CBT®

Hypno-CBT® is an integrative psychotherapy: a cognitive behavioural approach, seamlessly integrating social, cognitive and behavioural psychology and psychotherapy with a modern approach to hypnosis.

This allows therapists to have enormous skill and flexibility in the way they use hypnosis and integrate it with other techniques – and base their approach upon strongly supported theories in mainstream psychology.

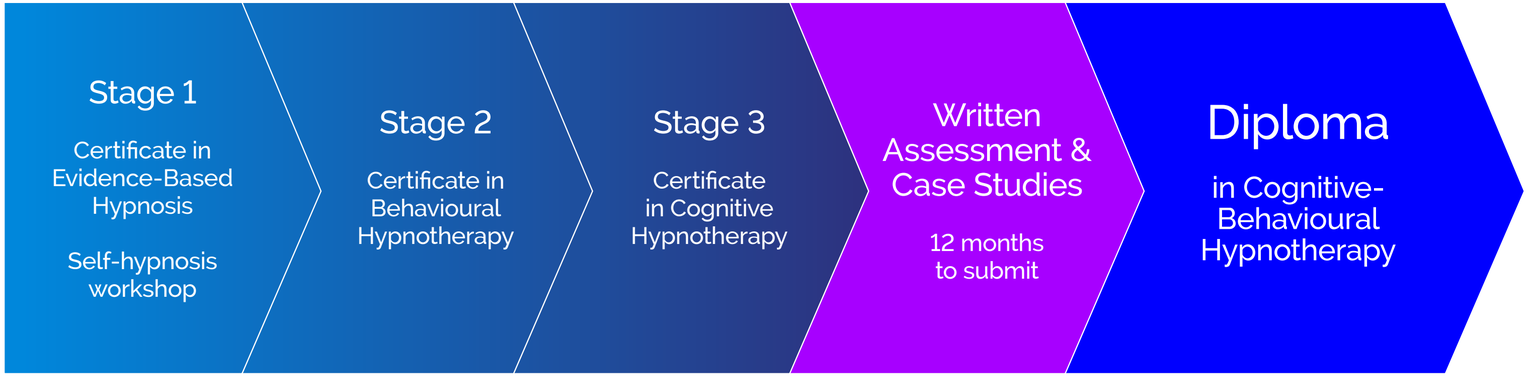
The approach melds together hypnosis, behaviour therapy, cognitive therapy, interpersonal therapies, somatic therapy, mindfulness, meditation and attention training.

We aim for healthy integrated functioning of emotion, thought and action as one rather than divide – healing the "schism" within an individual and between those systems. (i.e. our feelings, thoughts and behaviour flow as one – we say and do what we feel and think in a way that is functional and adaptive in any given situation).



Structure of the training

The three stages of the Diploma in Cognitive-Behavioural Hypnotherapy



Stage 1: Certificate in Evidence-Based Hypnosis

This course is focused on basic hypnotherapy assessment, hypnotic induction, and the use of suggestion; it presents a strong and comprehensive foundational training in traditional hypnotherapy – with a modern approach to hypnosis (non-trance model of hypnosis).

Stage 2: Certificate in Behavioural Hypnotherapy

With solid understanding and skills in hypnosis established the Stage 2 Course follows on by focusing on Behavioural Hypnotherapy (Behaviour Therapy techniques and approaches integrated with hypnosis). In this course we focus on helping clients change behaviour as the key target for making change (and using hypnosis to help achieve that).

Stage 3: Certificate in Cognitive Hypnotherapy

The Stage 3 Course covers Cognitive Hypnotherapy (Cognitive Therapy approaches and techniques integrated with hypnosis). In this course we are learning how to focus in on client's thoughts, beliefs, rules and assumptions as the key target for making change – and how to use hypnosis to help "restructure" thoughts and beliefs (known as "cognitive restructuring").

Training in Integrative CBT

As an integrative psychotherapy Hypno-CBT® weaves together the following key therapeutic approaches:

- Behaviour Therapy
- Cognitive Therapy
- Somatic Therapy
- Interpersonal Therapy
- Mindfulness Based Therapy
- Existential Therapy
- Hypnotherapy

Certificate in Integrative CBT

Verified by BABCP Acc psychotherapist, Daniel Mirea

To acknowledge the depth and substance of CBT that you will learn in the Diploma in Hypno-CBT® we offer this additional qualification.

The Certificate has been designed and verified by Daniel Mirea, one of the most experienced CBT therapists in the UK.

Daniel Mirea
MSc, BABCP, UKCP

▶ More about ICBT

HYPNO CBT®

The training provides a thorough grounding in modern Cognitive Behavioural Hypnotherapy and covers much of mainstream Cognitive Behavioural Therapy (CBT).

However in addition to standard CBT there is a special focus on imagery techniques, imaginal exposure, relaxation training and a special integration of CBT+Hypnosis+Mindfulness.

Moreover we have created several new integrative techniques that are unique to our Hypno-CBT® approach.

The influence of both Greek philosophy, Yoga & Buddhist psychology/philosophy adds an experiential depth and a philosophical/spiritual dimension which enables therapists to engage their clients with deeper issues of life purpose and creating a meaningful well-lived life deeply alive to the power of the present moment and all that it contains.

Diploma format options

We now have three different ways you can take the Diploma in Cognitive Behaviour Therapy.

Webcast

Live webcasts (Zoom) with our trainers.

6 hours of 1-to-1 tutoring

Webcasts take place on set dates. 7 days (10am to 6pm) for each stage.

Online with Tutor

Study edited course footage at your own pace.

18 hours of 1-to-1 tutoring.

Supervised Practise Sessions available 4x/week.

Blended Learning

Customise your learning experience to suit you.

A mix of Webcast and Online training.

Hypno-CBT® Toolkit

35 Evidence-based Techniques
The course teaches a wide range of techniques, a "toolbox" of 35 different techniques, that the therapist then draws upon as needed; developing real flexibility as a therapist.

▶ Read more

Course Materials

All students receive the online learning version of the Diploma – so that lectures and discussions can be watched and rewatched for revision and assessment preparation.

All students receive extensive digital materials for each stage of the course including three extensive 250 page, fully referenced manuals (one for each stage) and comprehensive slides for every video lecture to support your learning. In addition over 50 scripts, forms and exercises are also provided. Printed materials are available at an additional cost on request.

Getting qualified

Externally verified qualifications

NCFE CUSTOMISED QUALIFICATION

The qualifications we offer come from NCFE.

They are customised qualifications run to the same exacting standards as national qualifications. Giving you a deep assurance in the quality of the training and the standard you have achieved.

Fully practitioner pathway

The training and qualification provide a complete pathway into private practice. Once you have your NCFE qualification you can join your chosen professional body (see Accreditations), obtain insurance and open your new therapy business!

Your Diploma

Level 5 Higher Diploma

▶ Find out more

Accreditations

The qualification you can receive when you complete the Hypno-CBT® Diploma training programme, comprising of three stages (Stage 1, Stage 2 & Stage 3) plus home study, case studies and a written assessment), is accredited or approved by the following organisations:

- The National Council of Integrative Psychotherapists (NCIP)
- The National Council of Hypnotherapy (NCH)
- The General Hypnotherapy Register (GHR/GHSC)
- The Register for Evidence-Based Hypnotherapy & Psychotherapy (REBHP)
- Accredited Coaches, Counselors, Psychotherapists and Hypnotherapists organisation (ACCPH)
- The Federation of Holistic Therapists (FHT)
- The British Psychological Society*

International recognition

- The International Council of Integrative Psychotherapists (ICIP)
- The International Hypnosis Association (IHA)

For those in Australia: The Australian Society of Clinical Hypnosis

For those in the United States: The International Board of Clinical Hypnotists (ICBCH) – by reciprocity agreement

*For Psychologists in the British Psychological Society: The training programme (not the qualification) is approved the BPS Learning Centre as continuing professional development for psychologists.

Meet the team

Lead by Mark R. Davis, we have a number of dynamic, passionate trainers, coaches and guest lecturers.

While many training schools are small with one or two trainers we have built a team and community dedicated to teaching this approach. Each year the team grows and it is becoming a strong community.

▶ Learn about the team

College Principal & Lead Trainer
Mark R. Davis BSc. Psy & Phil, Dip CBH

Diploma Teaching Team
(team of 10)

Coaches / Tutoring
(team of 23)

College Staff

Student support

Your overall experience with our College is extremely important to us, from the moment you sign up we commit to listening to you and supporting you in your learning journey.

All our interactions will reflect our core values of care, authenticity & transparency and professionalism. We will help students make decisions that are right for them. Helping students grow and change and develop, and achieve the dream of having their own therapy business. Whether you're starting a new career or enhancing your existing practise, this course prepares you to make a meaningful impact using evidence-based approaches. Throughout your time as a student with the College we support your learning as broadly and comprehensively as possible, enabling you to achieve your aim of setting up your own practice.

To become an effective therapist you will need to embody the role of a therapist and engage in deliberate practise. Practise is so essential to your learning that the College provides multiple opportunities to attend live sessions where you can practise exercises and your approach with fellow students. It's also important, particularly for online learners, to have opportunities to discuss theory and learning in a live environment. You will have access to your tutor and with the broader teaching and coaching team through a variety of different tutor led sessions allowing you to engage with others on the course and ask questions.

As part of the assessment for the Diploma you will complete a number of case studies with volunteers. This will allow you to design treatment plans with your supervisor and experience working with clients with real issues. Your supervisor will support these case studies in terms of pre-planning and post case study supervision. This experience allows you to start to explore and learn the value of 'supervision', a practise you will engage in throughout your career as a therapist.

As a livestream webcast student

We keep the training interactive and dynamic allowing you to apply your learning as you learn.

As an online learning student

You will have 15 hours of live 1-1 sessions with a dedicated tutor / coach / supervisor who will work with you personally throughout your course. Coaching sessions are arranged at a time to suit you.

During these sessions your coach will discuss your learning and sense check key learning objectives, review your practical exercises with you and provide feedback and support all aspects of your learning.

Additional study support

In addition you will receive access to additional study support:

Unlimited free practise sessions

The only way to develop as a therapist is to practise. Join College run supervised practise sessions weekly where you can work with a fellow student in breakout rooms to practise as a therapist and experience being a client with your partner. The College currently run up to 4 per week on different days / times. All sessions are facilitated by one of our trained Hypno-CBT® Supervisors. As part of the Diploma assessment all students are required to complete a minimum of 12 practise sessions.

Assessment support sessions

As part of the assessment for the Diploma students are required to complete essay style questions. If you have been away from study for some time you may wish to join these sessions to ask for advice about specific questions, the style of answers required and other related assessment questions.

Q&A with Shelley Cushway and Mark R. Davis

This is monthly session where you can join and ask any question about the course, from your case studies, to specific exercises, to practical application.

Access to Hypno-CBT® Connect

This is a facebook style forum where you can interact with fellow students, our coaching and teaching team and the administration team. You can ask questions about the course, share thoughts and ideas and connect with the wider community of students.

Hypno-CBT® Professional Membership Hub

Our Professional Membership Hub is an exclusive resource designed to support and enhance your journey as a Cognitive Behavioural Hypnotherapist professional.

We are committed to providing ongoing support and development opportunities throughout your studies and after your graduation. Our aim is to provide a professional forum where you can continue to grow and develop as a successful, practicing Hypno-CBT® Hypnotherapist.

Learning Content

- **Full Online Diploma access** – all videos, electronic manuals, slides, exercises, scripts are retained for revision and reference.
- **Library of Psychotherapy.net videos** – professional videos of therapists demonstrating practical application of different approaches.
- **Therapy Toolkits** – a comprehensive 'manual' of how to work with some issues / aspects of therapy.
- **Scripts & forms resource library -** every script and form that is introduced as part of the curriculum are provided in a format that is editable by you so you can adapt them for your own purposes.

Professional Development

- **Watch & Discuss Sessions** – join our tutors who will watch a professional therapy session with you and lead a discussion about the session.
- **Live Special Topic webinars** – led by our tutors or alumni, learn how to work with specific clients, hear from specialists, learn from case studies.
- **Treatment planning sessions** – work in small groups to discuss a case study and create a treatment plan.
- **Monthly Q&A with Mark R. Davis & Shelley Cushway** – join Mark/Shelley to ask your questions about the Hypno-CBT® approach and how to apply this with clients.

Business Support & Coaching

- **Walk in Business Surgery with Mark Austin** – join this monthly drop in clinic for specific business advice focused on your and your aims / concerns.
- **Setting-up and Developing your Business with Celia Griver** – monthly session featuring specialists i.e. Website designers, SEO specialists, Accountants, etc.
- **Social Media Audit with Harriet Curry** – monthly session helping you to understand how to use social media to market and develop your business.
- **Business Support Session Library** – you will have access to all our past webinars and recordings to review at your leisure. Most of our sessions are recorded, meaning if you can't make a session you can catch-up at a time the suits you.

▶ Find out more about the Hub

All students become members of the Hypno-CBT® Professional Membership Hub and remain members for 12 months from their start date. At the end of the 12 month period students are able to continue their membership on a monthly or annual subscription.

Fees

Diploma fees	
Pay upfront (save £1109)	£6475 (inc VAT)
Standard fee (over 12 months)	£632/month

Sample the Hypno-CBT® Diploma	
The Science of Hypnosis one day workshop	£69 (online) (inc VAT) £99 (live Zoom) (inc VAT)

Assessment fees	
Level 5 Higher Diploma	included with Diploma

Concessions are available for anyone working for the NHS, pensioners, ex-Armed Forces personnel, students, or those with BPS membership, given proof of a valid relevant ID.

*Prices as of 1 September, 2026. Please note that fees are subject to change. While we make every effort to keep our pricing up to date, tuition fees may be revised periodically. The most current prices will always be available on our website. If you have any questions, please feel free to contact us.

▶ A full list of fees

Trustpilot

4.8 out of 5 • 182 reviews

As an experienced therapist I was looking for an evidence based approach to hypnotherapy with a cognitive behavioural support.

This course answered my needs and more. Rigorously demanding but supportive of individual timelines and ability, the tutoring was of a very high standard. As academic as you needed it to be with a practical and robust exploration of CBT.

I highly recommend it to therapists and psychologists who wish to add to their learning and skill set.

Lynda Heffernan
Professional Coach specialising in
Cognitive Behavioural Approaches

Psychology, Behaviour therapy and Hypnotherapy intersected to provide an enriching and transformative journey. It was a journey full of priceless experiences, a journey that entailed learning a variety of cognitive behavioural and hypnotherapy techniques, a journey of self discovery, personal development, excellent practical skills and ethical practice that provided a robust framework for treating a variety of psychological issues.

On a closing note, I am grateful to my tutors, especially Shelley for her unwavering support and guidance when times became hard. Gaining the Diploma of Hypno-CBT® is a rewarding achievement that equips me with tools to offer effective and compassionate therapy and make a meaningful impact on my clients' lives.

Karen Carr
Professor of Psychology, Cranfield University, UK

I have graduated with the UKCHH and found it a wonderful experience. The amount of information given was phenomenal, and if you need help, there is always someone available to answer.

The practice sessions were brilliant, as you practice with other students and build up your knowledge and confidence before starting out on your own. I chose the UKCHH as I wanted to study somewhere that was recognised by valid hypnotherapy organisations.

Marilyn Burns
Hypnotherapist

Taking the Online Diploma in Cognitive Behavioural Hypnotherapy with UKCHH is the best decision I have ever made.

I have done other courses before, but with this one I can honestly say I have come out of it feeling completely equipped and competent to begin my new career. The most amazing part of this course is the flexibility to study at your own pace and complete all assessments in your own time within whatever timeline you choose.

Claire Donegan
CBT Hypnotherapist. BA Hons, Dip. CBH. Dip. SMRB

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