DIPLOMA IN CLINICAL HYPNOTHERAPY

Inspired Minds Hypnotherapy Academy

Course Prospectus

2023/24

www.IMHacademy.com

GHSC
General Hypnotherapy Standards Council

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INTRODUCTION

Hello and welcome to Inspired Minds Hypnotherapy. I'm Leah, a specialist clinical hypnotherapist and principal trainer. This prospectus contains all the information you will need about the 'Diploma in Clinical Hypnotherapy' allowing you to build a successful and rewarding business as either a stand alone practice or to fit around your existing career.

I have been working full time as a clinical hypnotherapist running a successful practice working with local, national and international clients. I have developed specialist areas of hypnosis and unique techniques as well as training hypnotherapists in specialist areas.

Hypnotherapy is already an established and well sought after therapy, supporting both adults and children through many different areas, of health, mental health and well being and habitual behaviour. It is also recognised within the NICE (National Institute for Health and Care Excellence) as treatment for IBS. Many clients now feel unable to wait to access appointments and are looking for private help.

This diploma will teach you how to work with various diagnosis including anxiety, weight loss, smoking and IBS. With the ability to work face to face and via zoom your client base no longer is limited to your local area meaning you can support clients around the world from the comfort of your own home.

If you would like any further information or would like to chat about the course and options, please click here to book a call.

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HYPNOTHERAPY

Your mind and body, rebalanced

Inspired Minds is a thriving hypnotherapy practice rooted in ethical practice and a passion for people.

I decided to train in hypnotherapy to find suitable employment in which I could work around my children. It was always important to me to still be available to do school runs, make appointments and always be there to meet my children's needs whilst generating a healthy income. I knew being self-employed was the best option for me.

I have always been fascinated with the mind and how it works. As someone heavily involved in the neurodiverse / disabilities world, developing a skill to help and support this demographic was something very important to me.

Established in Wigan, I have been fortunate enough to work locally, nationally and with international clients. I have developed niche areas meaning I have been able to offer clients, and now students, unique therapeutic offerings.

Taking the decision to train with us might just be the best decision you've made.

What are you waiting for?

DIPLOMA IN CLINICAL HYPNOTHERAPY

I became interested in hypnosis after realising a gap in the therapeutic services market, and that the more widely available services were not always suitable for every individual.

Training in hypnosis not only launched me into a new career, it allowed me to learn and understand myself in a completely new way.

It is this passion for people, in growth and development that has led me to teaching the diploma.

You will be taught a course that meets the GHSC standards as a minimum, with additional learning areas, meaning you can be assured that you will be using evidence based, clinically proven approaches.

During the course, you will be taught how to work hands on with clients and are encouraged to work with your fellow students to ensure you can open a practice with the confidence to work professionally with the public. This practical training is an important, core requirement of the course in order to fully prepare you as a hypnotherapist. In your professional role you will be working with vulnerable clients and experience is a key skill. Case study and self-learning will support your personal development.

This GHSC diploma required commitment in time, self-awareness and effort. However choosing this course allows you to become a confident and ethical practitioner.

Why choose me?

I have lots of hands on experience in hypnotherapy, including 1000's of hours of sessions conducted. This means I can refer to lots of examples of real life situations, as well as being competently able to guide and coach students and through the more challenging and unique sessions.

Choose Inspired Minds, dedicated to Raising Standards.

WHAT IS CLINICAL HYPNOTHERAPY?

Psychologists and psychiatrists as well as medical professionals use hypnotherapy as part of their work and there is long standing body of evidence supporting hypnotherapy in the treatment of many physical and psychological conditions. In fact, hypnosis was around before medication, talking therapies and many other recognised modalities of today.

The title Clinical Hypnotherapist is not protected in the same way as a Clinical Psychologist, however the title does show that you have successfully completed training which covers a range of medical and psychological issues and that you are equipped and able to work with these.

In order to qualify for the Diploma in Clinical Hypnotherapy and allow you to use the term 'Clinical Hypnotherapist' the course should meet the following criteria

- GHSC accredited
- The material should be grounded in evidence based research
- It should cover both physical and psychological issues
- It includes the theoretical underpinning of hypnotherapy
- It should encompass 450 hours of training

This diploma is suitable for most people no matter what their background, whether from a psychology / therapeutic background or someone with no experience at all.

It can be used as a stand alone practice or to enhance existing practices such as counselling, Reiki and yoga.

Whilst this course prepares you to work in a clinical hypnotherapy environment it gives grounding to work in other areas, such as performance and sports improvement.

CAREER OPPORTUNITIES

When you are considering investing in a new qualification, such as the Diploma in Clinical Hypnotherapy, its important to know where this course has the potential to take you.

Many therapists and psychologists incorporate hypnotherapy into their existing practice, whilst others come into it from different backgrounds and use it to uplift income. Others like myself come into the industry and set up a practice from the ground up to become a full-time hypnotherapist.

No matter what you wish to do, this course can help you. Following qualification, I offer supervision sessions to allow you to access support and advice with both personal and client work to help you grow at the rate you desire.

You can continue to work as a General Clinical Hypnotherapist, or I offer further training and CPD courses to allow you to specialise and work in an area of expertise Hypnotherapists, on average, charge between £50 to £150 per session dependent on experience.

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There are many opportunities out there, some hypnotherapists work within various practices, such as physiotherapists, psychology practices, some stand alone and work from home. Other offer services within charities – the possibilities really are endless.

Doing a GHSC accredited course is really the best foundation for success.

Accreditation and Professional Membership

Like other professions, hypnotherapists are encouraged to join a professional body.

There is a huge range of professional hypnotherapy bodies in the UK. Some require very little training and you can join after undertaking an online course or a course which lasts for a few days.

Others are long-established and require that you undertake a recognised course of training which meets National Occupational Standards (NOS).

Any course which is accredited by the General Hypnotherapy Standards Council (GHSC) is mapped onto NOS and ensures you have undertaken a high quality, nationally recognised course of training.

The General Hypnotherapy Register (GHR) is the oldest and largest professional hypnotherapy body in the UK with international standing. You must complete a course which meets NOS before joining.

Joining one of the few bodies which is linked with the GHSC provides your clients with the assurance that you have undertaken training of the highest quality and the support which comes from being a professional member.

Clients are increasingly aware of the importance of finding a hypnotherapist who has undertaken a GHSC Accredited course. The GHSC was established in order to bring a level of regulation into what was, previously, an unregulated profession. Many insurance companies, and even therapy rental rooms, will only work in conjunction with practitioners who are sufficiently qualified.

GHSC
General Hypnotherapy Standards Council

COURSE STRUCTURE

This course is designed to meet GHSC requirements and National Occupational Standards and therefore is required to cover the following learning outcomes

- Theory and evidence-based practice
- Therapeutic relationships
- Client Issues
- Approaches and Modalities
- Business, Continuing Professional Development, Insurance and
- Registration

These outcomes are taught using a combination of classroom teaching, reading and research, practical training, written assessment, and tutor observation. You are encouraged as much as possible to immerse yourself in practice, practice brings both experience and confidence.

Please note, you are required to attend at least 80% of the live training

COURSE INFORMATION

To further meet the requirements specified before, all work will be assessed internally and by an external examiner.

As part of the home study, 3 case studies will be required.

The 120 hours of practical tuition, will be delivered as classroom based, in-person physical attendance.

The course will be held in the Greater Manchester area.

As part of the NOS additional reading is required. A sample reading list is as follows:

- Bannink, F (2010) 1001 Solution-focused questions: handbook for solution focused interviewing. WW Norton & Co.
- Heap, M and Avarind, KK (2001) Hartland's medical and dental hypnosis. Churchill Livingstone
- McLeod, J (2013) An introduction to counselling (5th edition). Open University Press
- Nash, MR & Barnier, AJ (2012) The Oxford Handbook of Hypnosis: theory, research and practice. Oxford: OUP
- Robertson, D (2013) The practice of cognitive-behavioural hypnotherapy: a manual for evidence based clinical hypnosis. Routledge
- Yapko, MD (2014) Essentials of hypnosis. Routledge

COURSE DATES

The course is split into two learning options, fast track (approximately 3 – 4 months) and longer term (approximately 8 – 9 months).

For intense or 1:2:1 training, please contact me directly.

in person training dates 2023/24:

Long term (Weekends) (2023 – 2024)

September 16th / 17th

October 14th / 15th

November 11th / 12th

December 9th / 10th

January 13th / 14th

February 10th / 11th

March 9th / 10th

April 20th / 21st

More dates to be announced.

LEARNING OUTCOMES DETAIL

module 1

Introduction to hypnotherapy

- Introduction to hypnosis and hypnotherapy
- Exploration of terms relevant to hypnotherapy
- Conscious and unconscious mind
- How does hypnotherapy work?
- State theory
- Non-state theory
- The experience of hypnosis
- How to tell when someone is hypnotized
- Who can be hypnotized?
- Ideomotor signalling
- Accessing, using and referencing academic texts and journals

module 2

Neuroscience and hypnotherapy

- Overview
- Brainwaves
- Default Mode Network
- Brain Hemispheres
- Autonomic Nervous System
- The vagus nerve
- Neurons and mind-body connection
- Neural pathways
- History of hypnotherapy

module 3

Inductions, deepeners & trance termination

- Inductions overview
- Direct inductions
- Indirect inductions
- Naturalistic inductions
- Confusion inductions
- Physical inductions
- Deepening trance state and selection of appropriate deepener
- Fractionation
- Safe place
- Testing hypnotic state
- Testing for susceptibility - formal and informal
- Termination of trance state using various techniques
- Measurement of trance states
- Convincers

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module 4

The therapeutic relationship (part 1)

- Establishing and maintaining client rapport
  Meta communication and client feedback
- Utilisation
- Active listening
- Empathy, acceptance & congruence
- Client and therapist boundaries
- Transference and counter-transference
- Client actions, reactions and interactions
- Abreactions
- Implied and informed consent
- Signposting clients
- Evaluation
- Client cooperation and participation
- Physical surroundings
- Online therapy
- Legal considerations

module 5

The therapeutic relationship (part 2)

- Session structure - first and subsequent sessions
- Client history to inform treatment
- Goal setting
- SUDS
- Scaling system - solution focused questions and scaling
- Diagnostic trance
- Post hypnotic suggestions
- First session - confidentiality statement and initial contact form
- Subsequent sessions
- Responding to developments from previous session
- Feedback forms and meta communication

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module 6

Person centred & psychodynamic hypnotherapy

- Therapeutic modalities overview
- Person centred framework
- Combining person centred approach with hypnosis
- Psychodynamic approach
- Regression
- False memory syndrome
- Combining psychodynamic therapy with hypnosis

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module 7

CBT-hypnosis & NLP Anchors

- Cognitive Behavioural Therapy (CBT)
- ABCDE interviewing
- NLP Anchoring
- Combining CBT with hypnosis
- Developing an integrated approach

module 8

Ericksonian & indirect approaches

- Indirect versus direct approaches overview
- Ericksonian/ indirect approaches in hypnotherapy
- Metaphor
- Clean language
- Open language
- Permissive language
- Therapeutic storytelling
- Milton model language

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module 9

Direct & authoritarian approach

- Direct/ authoritarian approach
- Mechanistic techniques
- Positive language
- Self-help
- Self-hypnosis

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module 10

Neuro Linguistic Programming

- Neuro Linguistic Programming (NLP) overview
- Reframing
- Modalities and submodalities
- Association and dissociation
- Cause and effect
- Pseudo orientation
- Parts therapy
- Meta model language

module 11

Mindfulness hypnosis

- Mindfulness overview
- Neurology and mindfulness
- Therapeutic application
- Mindfulness and hypnosis

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module 12

WEIGHT LOSS

- Complexity of weight issues
- Managing client expectations
- The problem with weight loss goals
- Lifestyle considerations
- Creating a weight loss programme
- Weight loss protocol
- Research findings

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module 13

Smoking cessation & addiction

- Managing client expectations
- Creating a package
- Smoking cessation protocol
- Adapting to vaping
- Marketing your services
- Research findings
- Addictions overview
- Neuroscience of addictions
- Why people become addicted
- Types of client and when to signpost
- Managing client expectations
- How can hypnotherapy help?
- Addictions protocol

module 14

Anxiety

- Anxiety overview
- Neurology and physiology of anxiety
- Causes of anxiety
- Explaining anxiety
- Managing client expectations
- How hypnotherapy can help
- Anxiety protocol
- Research findings

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module 15

Phobia

- Phobia overview
- Difference between simple and complex phobias
- Causes of phobias
- Phobia treatment protocol
- Research findings

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module 16

Depression

- Depression overview
- Neuroscience of depression
- Categories of depression
- Causes of depression
- Treatment options
- How hypnotherapy can help
- Managing client expectations
- Hypnotherapy protocol
- Researching findings

module 17

Chronic pain

- Chronic pain overview
- Physiology of chronic pain
- Psychology of chronic pain
- Holistic approach
- Initial consultation
- Managing client expectations
- How hypnotherapy can help
- Hypnotherapy protocol
- Research findings

module 18

Establishing a successful practice

- Unique Selling Point (USP)
- Packaging your business
- Insurance and public liability
- Fee structure
- Where to run your business
- Hypnotherapy directories
- Social media
- Advertising on radio, television and local outlets
- Proactive targeting - specialist groups and seasonal campaigns
- Presentations and guest lectures
- Group work
- Website design, management and income stream
- Referrals
- Data protection
- Other sources of income including CDs and diversification
- Supervision and Continuing Professional Development

Fees and Registration

The fees for this course will be £3000, payable in instalments. Should you wish to pay in full, the cost will be reduced to £2800.

*This fee covers all training and assessments, printed materials and external examiner fees.

To register please contact

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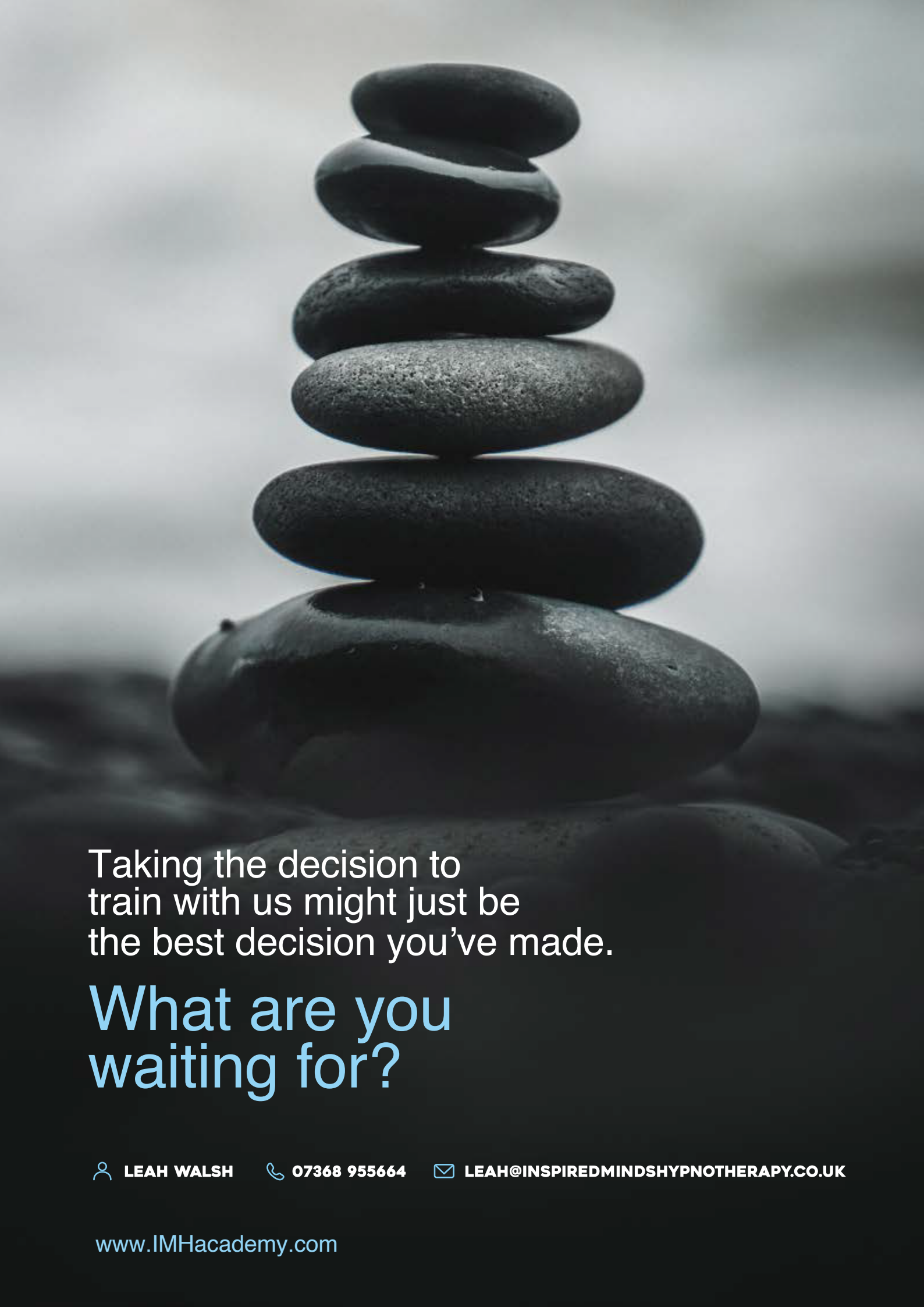
www.IMHacademy.com



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What are you waiting for?

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