



Hypnotherapy Practitioner Training

The hypnotherapy practitioner training provides full training in hypnotherapy for individuals wanting to gain a thorough training in using hypnosis in a variety of different therapeutic contexts.

In addition to the classroom training, there are a variety of written and reading assignments to be completed. The total length of the course is about 480 hours, including written work and assignments.

Module 1 – 2 days

Initial Consultations

- Looking after yourself
- Dealing with enquiries
- The initial consultation
- Learning self-hypnosis
- The therapeutic consultation
- Rapid inductions
- Effective deepening techniques
- Creating hypnosis recordings for clients

Module 2 – 2 days

Working with analgesia & anaesthesia

- Using suggestion to create anaesthesia
- Visualisation and anaesthesia
- Hypnosis with children
 - The floating arm technique
 - Metaphors for children
- Techniques for pain relief
- Psychological interventions in pain management
- Review of ideo-motor responses
- Introduction to cognitive therapy

Module 3

NLP Practitioner Level – 7 days & 70 hours home study – 120 hours

See separate course outline

Module 4 – 2 days

Hypnosis, regression and dealing with trauma

- Methods for hypnotic age regression
- Establishing unconscious communication
- Communicating with the unconscious to find the root cause
- Establishing learnings & dealing with the trauma
- Identifying parts & integrating them
- Dissociative methods
- Abreactions – how to deal with them effectively
- Hypnosis and sleep
- Automatic writing
- Hypnosis and dream analysis

Module 5 – 2 days

Hypnosis – the mind body connection

- The sympathetic & para-sympathetic nervous system
- The mind-body connection
- Techniques by Rossi for mind body healing
- Demonstrations of working with physical ailments
- Creative visualisation and influencing the immune system
- Working with irritable bowel syndrome, skin conditions, asthma and other conditions, including terminal illness
- Contra-indications in working with health conditions
- Dealing with secondary gains
- Review of the healing paradigm
- Working with sexual dysfunction
- Using Time Line Therapy™ with illness

Module 7 – 2 days

Review and Exam

- Course review
- Advertising your services
- Establishing a successful practice
- Insuring yourself and being registered
- Practical exam – assessment of working with a client on the training
 - 1st consultation & session
 - 2nd session
 - Creation of hypnosis recording for the client
 - Outline of treatment schedule
 - Written Examination

