

Hypnotic Solutions Training

GHSc
Practitioner Level
VALIDATED TRAINING
General Hypnotherapy Standards Council



Hypnotherapy Practitioner Diploma Training Course 2011-12

Prospectus

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Foreword

Welcome to the prospectus for the Hypnotherapy Practitioner Training Course in Clinical and Advanced Hypnotherapy. I am delighted that you are interested in training with us in this exciting profession.

This prospectus is designed to give you all the information that you need to make a decision as to whether to train with us. The field of hypnotherapy in the UK is complex. Our aim is to train you to be a fully qualified, professional, clinical hypnotherapist.

At Hypnotic Solutions we offer a training course that enables you to become a clinical hypnotherapist – internationally recognised, registered and certified by the National Guild of Hypnotists (NGH), one of the world's largest hypnotherapy organisations. Our course is also validated by the General Hypnotherapy Standards Council (GHSC) in the UK.


However, we don't just want you to complete the course with a qualification. We also want you to feel competent to help clients overcome their problems and to help you run your own hypnotherapy practice. On the course I will share with you my experiences of my many years in practice, with information on how to set up in practice and generate clients.

If at any time you need any further information, please contact me by e-mail or by phone or and I'll be pleased to help you.

In this prospectus, we detail not only the course contents but also the requirements that must be met in order for you to complete the course satisfactorily and obtain your qualification to practise. We want to ensure that anyone who qualifies with us is fit to practise. The profession of hypnotherapy can involve the creation of significant relationships with vulnerable people, and so ethics are of extreme importance.

I very much hope that this prospectus gives you the information you seek and that I will soon be able to welcome you on one of our courses.

Best wishes



Brian M Jacobs, BSc DipHyp., NRAH, GHRreg, BCH NGH, CI
Director



Your Trainer

Your trainer is Brian Jacobs BSc., DipHyp., NRAH, GHRreg, BCH NGH, CI

Brian Jacobs is a Registered Clinical Hypnotherapist and Master Practitioner in Neuro-Linguistic Programming (NLP). He has been running a successful hypnotherapy practice based in North London and in Harley Street, London WC1.

Brian initially trained in hypnosis and NLP with Paul McKenna (the UK's foremost hypnotist) and Richard Bandler (the creator of NLP) before undertaking training in Advanced Hypnotherapy. In 2005 he advanced his NLP training to become a Licensed Master Practitioner of NLP, certified by the Society of NLP, and has been an assistant on the courses run by Paul McKenna Training.

Brian initially trained in Advanced Hypnotherapy with Valerie Austin. He subsequently trained in both the UK and the USA with some of the world's best hypnotherapists, including among others Ormond McGill, Gil Boyne, Tom Silver, Don Mottin, Cal Banyan and Jerry Kein.

Brian has qualified as a Certified Instructor of Hypnosis with The National Guild of Hypnotists (NGH), the largest and oldest hypnosis organisation in the world.

Prior to becoming a hypnotherapist, Brian was a Chartered Accountant specialising in personal taxation. In that capacity, he had many years experience helping clients on a one-to-one basis. The career move to hypnotherapy enabled him to continue using his interpersonal skills to help his therapy clients make positive changes to their lives.

Brian's many hobbies include public speaking. He is an active member of his local branch of Toastmasters International and the skills he has learned from attending their meetings are put to good use in his hypnotherapy training courses.

The Course

The core of this certified course is the 300 page National Guild of Hypnotists' training manual.

The course will be held in London. It consists of two modules of 8 days each – a total of 16 days classroom training – plus home study and assignments. Each training day runs from about 9am to 5.30pm with breaks for coffee/tea and lunch.

Hypnotherapy is both a theoretical and practical based study. We believe that it is very important for a student to not only know the information taught, but also to be able to use this information in a practical way. To this end, a large proportion of the course is dedicated to demonstrations and practice sessions.

The Practitioner Diploma Course offered has been externally assessed and validated at Practitioner Level by the General Hypnotherapy Standards Council (UK) and provides the basis for their externally awarded General Qualification in Hypnotherapy Practice (GQHP). It also fully meets the standards of the National Guild of Hypnotists.

Qualifications

Upon successful completion of the course you will become a certified clinical hypnotherapist. You will receive:

- **A Diploma in Advanced Hypnotherapy** from Hypnotic Solutions Training
- **Certification as a smoking cessation specialist**
- **Certification from the National Guild of Hypnotists (NGH)**

and you will be eligible to use the letters DipHyp (Diploma in Hypnotherapy) or C.H.(Certified Hypnotist) after your name.

In addition to becoming a member of the NGH you will also be eligible to apply for membership of the General Hypnotherapy Register (GHR).

If you apply to join the GHR then, on acceptance and payment of their membership fee, you will receive their certificate of membership and be entitled to use the initials GHRreg or GQHP. Your name will then also be added to The National Regulatory Register for Hypnotherapy

Why Train With Hypnotic Solutions?

- Your trainer, Brian Jacobs, has years of experience using hypnotherapy to help clients make positive changes to their lives.
- We train a full 16 day Practitioner Training, consisting of two modules of 8 days, to enable you to qualify as a hypnotherapy practitioner in as little as five to six weeks.
- The number of students per class is limited to allow for individual attention and maximum supervision
- We are a specialist hypnotherapy training school
- On successfully completing your training with us, you will become part of the National Guild of Hypnotists (NGH), the world's largest and oldest hypnosis organisation.
- The class will be balanced with instruction, demonstration and practice. You will be able to gain confidence by practising the techniques taught, so that when you finish the course you are competent to work with real clients.
- Unlike many other courses, which are just theoretical, we want you to become a successful practising hypnotherapist.
- Your trainer is a specialist in smoking cessation. As part of the course we will teach you how to conduct a one-session smoking cessation programme, that can help your clients stop smoking in as little as one hour.
- We will teach you how to treat phobias in just one session; how to conduct weight loss sessions; how to do self-hypnosis.
- We will teach you how to age-regress clients to the root cause of their problem and how to help them resolve their problem.
- Although this is not an NLP training course, we will teach some practical elements of NLP.
- We will teach you how to conduct a session from start to finish.
- Our course will teach you business and practice management.

Syllabus

The syllabus includes the following topics:

- What hypnosis is - and what it isn't
- How to be a successful professional hypnotherapist
- The difference between the stage hypnotist and the hypnotherapist
- How to hypnotise almost anybody - even yourself
- Various hypnotic inductions (instant, rapid and progressive)
- How to recognise when somebody is hypnotised
- The different levels of hypnotic trance
- How to bring someone out of the hypnotic state
- Ethical standards for hypnotherapists
- Dealing with stress and anxiety
- The Conscious and the Subconscious Mind
- Use of mechanical aids
- Marketing your practice
- The history of hypnosis
- Clinical applications of hypnosis/hypnotherapy
- Post hypnotic suggestions
- Practice management
- How to conduct a one session stop smoking programme
- How to help clients lose weight
- How to help clients break habits and achieve positive behaviours
- How to run a self-hypnosis course
- How to run a stress management course
- Hypnotherapy script design
- How to treat phobias in as little as one session
- How to age regress clients to the cause of their problem
- Inner Child therapy and Forgiveness therapy
- Indirect and direct suggestions
- Neuro-Linguistic Programming (NLP) techniques (including reframing, rapport building, anchoring, swish technique)
- Contra indications and abreactions
- Anaesthesia Management
- How to structure a session
- Behavioural assessment and goal setting and hypnosis

Accreditation and Validation

Hypnotic Solutions are Certified Instructors of the National Guild of Hypnotists training course. The course is also externally validated by The General Hypnotherapy Standards Council.

The National Guild of Hypnotists (NGH): Tel: 001 603 429 9438.

The NGH is the oldest and largest hypnotherapy certifying body in the world (est 1951). The NGH is based in New Hampshire, USA. It provides its members with some of the most comprehensive literature in the field of professional hypnosis including the Journal of Hypnotism, the Hypno-Gram and Hypnosis Today. The National Guild of Hypnotists holds two major international conferences per year in February and August. The latter of these, the International Hypnotism Convention, attracts the largest group of hypnotists in the world to New Hampshire each year. Your trainer is proud to be certified by the NGH as both a Board Certified Hypnotist and a Certified Instructor.

More information on the NGH at www.ngh.net

The General Hypnotherapy Standards Council (GHSC): Tel: 01590 683770.

The Hypnotherapy Practitioner Certification Course offered by Hypnotic Solutions Training has been Assessed and Validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with the **General Hypnotherapy Register** (the GHSC's Registering Agency), together with the acquisition of the industry-based award – The General Qualification in Hypnotherapy Practice (GQHP).

More information on the GHR is at www.general-hypnotherapy-register.com

Eligibility & Suitability of applicants

No previous experience of therapy is required to become a hypnotherapist. People come to hypnotherapy from all walks of life.

In fact you don't need to have any previous knowledge of hypnotherapy. On enrolment students will be given a reading list. We expect students to have read some of the books prior to attending the course.

Anyone can learn to do hypnosis. You don't have to have a special gift, or have a particular personality type – it's a skill that you can learn.

However as a practicing hypnotherapist you will be helping people make positive changes to their lives and some of your clients may be emotionally vulnerable. We therefore feel that it is important that anyone who undertakes this course must:

1. be of suitable character to take on a career of working with such people
2. be sufficiently mature in order to be able to listen to traumatic material without being unduly affected personally
3. be able to meet the academic demands of the course

Furthermore, those with certain medical conditions (including epilepsy, schizophrenia, bi-polar) are contraindicated for hypnosis.

Applicants will have an informal interview (by phone call or in person) to determine their suitability for the course.

Post-qualification Supervision and Training Requirements

Although the Hypnotherapy Practitioner Certification Course is a full practitioner qualification, we encourage our students to undertake continuing professional development(CPD) in order to keep abreast of new development and techniques within the field of hypnotherapy. In addition the GHR expects newly qualified practitioners to engage in **a minimum of 2 hours supervision in any 3 month period during their first 2 years of practice after qualification.** Supervision may be via “one-to-one” sessions or via a “peer support group”.

Registrants of the GHR are expected to participate in relevant CPD activity for a minimum of 25 hours annually whilst registered with the GHR. The GHR's definition of CPD includes appropriate reading, internet research or personal attendance at relevant workshops.

Course Fees

Unless otherwise arranged, tuition fees will be due in full at least 28 days before the commencement of the course.

The tuition fee for 2011 and 2012 for the 16-day Practitioner Course is £1,895 (less any appropriate discount).

A deposit of £200 will be required upon enrolment. The deposit is non-refundable unless you are not accepted on the course.

The balance of the fee must be paid in full 28 days prior to the commencement of the course.

Our fee includes all tuition together with the full NGH training manual. It also includes 1 year's membership of the National Guild of Hypnotists. Students should however be aware that additional expenditure will need to be incurred for books. Those who go into practice after the course will also need to take out professional indemnity insurance and to pay fees to join a professional organisation such as the GHR.

Hypnotic Solutions Training is the trading name of Hypnotic Solutions Training Limited.

Terms and Conditions

A deposit of £200 is required to secure the booking.

An application may be refused without explanation where we consider that the applicant may not be suitable for the course.

The balance of the fee is payable 28 full days prior to commencement of the course.

Failure to pay the balance of the fee on time may result in the applicant losing his/her place on the course. Should there be difficulty making the payment on time, then please discuss this with the course director.

The course programme is correct at time of printing. However it may be necessary for us to make changes to the content, dates or the venue. If the course is cancelled then a full refund of fees will be made but Hypnotic Solutions Training will not be liable for any additional expenses incurred by students. Should the course dates be changed from those advertised then applicants will be notified and they may apply for a refund of the course fee.

Diplomas/certificates will be awarded at the end of the course to those students who have successfully completed the full course, completed the assignments, and shown competence over the course duration.

Applicants who do not complete the full 120 hours of classroom training (either due to illness or other reasons) may be required to attend further training days, for which there may be a charge.

CANCELLATION & REFUND POLICY

As places on our courses are limited, in common with similar organisations we operate a cancellation policy.

- Once your place on a course has been confirmed you will be liable for the full course fee unless we receive written notification of cancellation.
- Once your place on the course has been confirmed, the £200 deposit is non-refundable unless the course is cancelled.
- Should you be unable to attend the course for which you have paid a deposit, and provided notification is received more than four weeks prior to the start of the course, then the deposit may be carried forward and used as part payment against (but not deposit for) the full cost of the next training course.
- Bookings cancelled more than four weeks prior to the start of the course: 100 per cent of the balance of the course fee will be refunded.
- Bookings cancelled less than 29 days prior to the start of the course: no refund will be made except in exceptional circumstances and at the discretion of the course director.
- No refund will be made for non-attendance of the course, except in exceptional circumstances and at the discretion of the director.

Course Dates 2011

(you only need to attend **ONE** course consisting of two modules)

SPRING 2011: Module 1: 13th February - 20th February 2011 inclusive
Module 2: 19th March - 26th March 2011 inclusive

SUMMER 2011: Module 1: 15th May - 22nd May 2011 inclusive
Module 2: 18th June - 25th June 2011 inclusive

AUTUMN 2011: Module 1: 16th October - 23rd October 2011 inclusive
Module 2: 19th November - 26th November 2011 inclusive

Course Dates 2012

SPRING 2012: Module 1: 19th February - 26th February 2012 inclusive
Module 2: 24th March – 31st March 2011 inclusive

SUMMER 2012: Module 1: 20th May – 27th May 2012 inclusive
Module 2: 23rd June - 30th June 2012 inclusive

AUTUMN 2012: Module 1: 21st October – 28th October 2012 inclusive
Module 2: 17th November - 24th November 2012 inclusive

Venue

The training course is planned to be held in Central London. The final location will be confirmed no later than three weeks prior to the start of the course.

Contact Us

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