

# Hypnotic Solutions Training

**GHSC**  
General Hypnotherapy Standards Council  
Accredited Training



## Hypnotherapy Practitioner Diploma Training Course

*Prospectus*  
*2023*

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# Foreword

Welcome to the prospectus for the Hypnotherapy Practitioner Diploma Training Course. 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 hypnotherapist.

At Hypnotic Solutions Training we offer a training course that enables you to become a hypnotherapist – registered and certified by the National Guild of Hypnotists (NGH), one of the world’s largest hypnotherapy organisations. Our course is also externally validated by the General Hypnotherapy Standards Council (GHSC) in the UK, so on qualifying you will be able to join the General Hypnotherapy Register (GHR). The GHSC and GHR are the UK’s largest and most prominent organisations within the field of Hypnotherapy.

However, we don’t just want you to complete the course with a qualification. We also want you to be competent helping clients and to be able to run your own hypnotherapy practice. On the course I will share with you my experiences of my many years in practice.

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 those who train with us will make good hypnotherapists.

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 training courses.

Best wishes



Brian M Jacobs, BSc DipHyp., SQHP, HA, MNCH, BCH NGH, CMI  
Director

## Your Trainer

Brian Jacobs is a Registered Clinical Hypnotherapist as well as a Master Practitioner in Neuro-Linguistic Programming (NLP). He has a successful hypnotherapy practice based in North London. He has also been running accredited hypnotherapy training courses since 2007.



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 2000. In 2005 he advanced his NLP training to become a Licensed Master Practitioner of NLP, certified by the Society of NLP, and for a while was an assistant on courses run by Paul McKenna Training.

Having 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 Gil Boyne, Tom Silver, Don Mottin, Cal Banyan and Jerry Kein.

Brian qualified as a Certified Master Instructor of Hypnosis with The National Guild of Hypnotists (NGH), the largest and oldest hypnotherapy membership 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 achieved the status of Competent Toastmaster from 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 16 days classroom training, split into three modules, plus reading, case studies and other assignments. Each training day generally runs from 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 learn the information taught, but also to be able to use it in practice. To this end, a large proportion of the course is dedicated to demonstrations and practice.

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 and certain other organisations.

## Qualifications

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

- **A Diploma in 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 Dip. Hyp. (Diploma in Hypnotherapy) after your name.

In addition, you will also be eligible to apply for membership of the General Hypnotherapy Register (GHR). On acceptance by the GHR, and payment of their membership fee, you will receive their certificate of membership and be entitled to use the initials GQHP. You can also apply to be on the register of the Complementary and Natural Healthcare Council.

# Why Train With Hypnotic Solutions?

1. Your trainer, Brian Jacobs, has many years' experience using hypnotherapy to help clients make positive changes to their lives.
2. We train a fully accredited training course.
3. The number of students per class is limited to allow for individual attention and maximum supervision
4. We are a specialist hypnotherapy training school
5. On successfully completing your training with us:
  - you will become a member of the National Guild of Hypnotists (NGH), the world's largest and oldest hypnotherapy membership organisation.
  - you will also be eligible to join the General Hypnotherapy Register and be on the register of the Complementary and Natural Healthcare Council (subject to payment of an additional fee)
6. The class will be balanced with instruction, demonstration and practice. You will be able to gain confidence by practising the techniques taught, so that on completion of the course you should be competent to work with clients.
7. Unlike some other courses, which are highly theoretical, we want you to become a successful practising hypnotherapist.
8. As part of the course you will learn how to conduct a one-session smoking cessation programme, that can help your clients stop smoking in as little as one session.
9. You will learn how to work with phobias, anxiety, weight management, stress management and more.
10. You will learn how to use age regression techniques to help you resolve clients' underlying emotional issues.
11. You will learn how to do self-hypnosis.
12. Although this is not an NLP training course, we will teach you some of the best practical NLP techniques.
13. We will teach you how to conduct a session from start to finish.
14. Our course will also cover business and practice management.

# Syllabus

## The syllabus includes the following topics:

- What hypnosis is - and what it isn't
- Suggestibility testing
- Instant, rapid and progressive inductions
- How to test if someone is hypnotised
- How to emerge clients from hypnosis
- Favourable and unfavourable influences
- Cautions of hypnosis / contra-indications / transference
- History of hypnosis
- The different levels of hypnotic trance
- Self- hypnosis and Suggestion management
- The Conscious and the Subconscious
- Mechanical aids
- Various deepening techniques
- Hypnotic miscellany
- Anaesthesia Management / Pain Management
- Stress management / the autonomic nervous system
- Ethical standards for hypnotherapists
- How to structure the session
- The client interview
- Weight loss questionnaire/interview
- Behavioural assessment & Goal setting
- Image psychology and hypnosis
- Ego strengthening techniques
- Anchoring and 6-step reframe
- Phobia treatment: collapsing of anchors
- Additional scripts
- How to run a self-hypnosis course
- How to run a stress management course
- The one-session stop smoking programme
- Weight loss programme
- Swish technique
- Aversion therapy
- The basics of the different psychological approaches
- Age regression techniques
- How to deal with abreactions
- Inner Child therapy, Forgiveness therapy, and Parts Mediation therapy
- Practice management / Setting up office
- Marketing your practice

# 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 and the Hypno-Gram. The National Guild of Hypnotists holds two major international conferences each year, one in February and the other in August. The August conference is the International Hypnotism Convention, held in Marlborough, Massachusetts, USA. It is one of the world's largest conventions for hypnotists and hypnotherapists. Your trainer is proud to be certified by the NGH as both a Board Certified Hypnotist and a Certified Master Instructor.

*More information on the NGH at [www.ngh.net](http://www.ngh.net)*

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

The Hypnotherapy Practitioner 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](http://www.general-hypnotherapy-register.com)*

# Eligibility & Suitability of applicants

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

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. However to become a hypnotherapist you need to be able to get on with people and gain rapport with them.

You will also need to be able to communicate well in English and read it fluently.

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

Those with certain physical or psychological conditions may have a challenge with this course.

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 Diploma 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

The tuition fee for the Hypnotherapy Diploma Course is as advertised on the website.

A deposit of £250 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 no later than 35 days prior to the commencement of the course, unless otherwise arranged with the course director.

**The fee includes:** the cost of tuition\* together with the full National Guild of Hypnotists (NGH) training manual and other NGH material. It also includes 1 year's membership of the National Guild of Hypnotists. Light refreshments are provided on the course.

**The fee does not include:** the cost of books, meals or accommodation.

For those who wish to go into practice after the course then you will need to incur additional expenditure on professional membership fees (such as membership of the GHR and the CNHC) as well as on professional indemnity insurance.

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

*\*Unless additional training days are required, in which case an additional charge will be made*

# Terms and Conditions

A deposit of £250 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 no later than 35 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. 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 will be awarded at the end of the course to those students who successfully complete the full course i.e. full attendance, successfully complete the test, case studies and assignments, and show 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.**

Students will be treated with respect. Any abusive, disrespectful or antisocial behaviour (verbal or physical) by any student, whether it be towards the teacher or other students, may result in the immediate dismissal of that student and loss of all fees paid.

## **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 £250 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 earlier than 28 days 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 earlier than 35 days prior to the start of the course: 100 per cent of the balance of the course fee will be refunded.
- Bookings cancelled later than 35 days prior to the start of the course: no refund of the balance of the course fee 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.
- If the course is cancelled by us then a full refund of fees will be made but Hypnotic Solutions Training will not be liable for any additional expenses incurred by students.

## Course Dates

You only need to attend one course consisting of three consecutive modules.

For the dates of future courses please visit the website  
[www.hypnoticsolutions.org.uk](http://www.hypnoticsolutions.org.uk)

## Venue

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

## Contact Us

*Write to us:* Hypnotic Solutions Training, Ground Floor, 233 Regents Park Road,  
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