



Hypnotic Solutions Training

Hypnotherapy Practitioner Diploma Training Course

Prospectus

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Hypnotic Solutions Training

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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.


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.

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.

After qualifying as a hypnotherapist he subsequently trained in both the UK and the USA with some of the world's leading hypnotherapy trainers, including Gil Boyne, Don Mottin, Cal Banyan and Jerry Kein.

In 2006 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 classroom training or online training, split into modules, plus reading and case studies. Each training day generally runs from 9am to 5.30pm with breaks for coffee/tea and lunch.

Hypnotherapy is a discipline that combines both theoretical knowledge and practical application. We believe it is crucial for students not only to understand the material but also to confidently apply it in real-world settings. Therefore, a significant portion of the course is devoted to demonstrations and hands-on practice.

Qualifications

Upon successful completing the course 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.

Why Train With Hypnotic Solutions?

1. Your trainer, Brian Jacobs, has many years' experience in hypnotherapy, helping clients achieve positive and lasting changes in their lives.
2. Class sizes are limited to ensure individual attention and optimal supervision
3. We are a specialised hypnotherapy training school
4. Upon successful completion of your training, you will become a member of the National Guild of Hypnotists (NGH), the world's largest and oldest hypnotherapy membership organisation.
5. The course offers a balanced mix of instruction, demonstration, and practice. You will have the opportunity to build confidence by practising the techniques taught, so that by the end of the course, you should be competent to work with clients.
6. Unlike some courses that focus heavily on theory, our aim is to equip you to become a successful practising hypnotherapist.
7. As part of the course, you will learn how to conduct a one-session smoking/vaping cessation programme, enabling your clients to quit in just one session
8. You will gain the skills to work with phobias, anxiety, weight management, stress management, and more.
9. You will learn how to use age regression techniques to help resolve your clients' underlying emotional issues.
10. You will also learn how to practise self-hypnosis.
11. While this is not an NLP certification course, we will teach you some of the most effective practical NLP techniques.
12. We will guide you through conducting a full hypnotherapy session, from start to finish.
13. Our course also includes essential training in 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
- Behavioural assessment & Goal setting
- Image psychology and hypnosis
- Ego strengthening techniques
- Anchoring and 6-step reframe
- Phobia treatment: collapsing of anchors
- Additional scripts
- The one-session stop smoking/vaping programme
- Weight loss programme
- Swish technique
- Aversion therapy
- The basics of the different psychological approaches
- Age regression techniques
- How to deal with abreactions
- Using A.I. in your practice
- Inner Child therapy, Forgiveness therapy, and Parts Mediation therapy
- [optional] Practice management / Setting up office
- [optional] Marketing your practice

Accreditation and Validation

Hypnotic Solutions are Certified Instructors of the National Guild of Hypnotists training course.

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

Eligibility & Suitability of applicants

No prior experience in hypnosis or hypnotherapy is required to become a hypnotherapist. People from all walks of life pursue hypnotherapy.

Anyone can learn hypnosis, but to become a successful hypnotherapist it's important to be able to build rapport and connect with people. Strong communication skills in English, including fluency in reading and speaking, are also essential.

As a practising hypnotherapist you will be helping individuals make positive changes, and some clients may be emotionally vulnerable. Therefore, we believe it is crucial that anyone undertaking this course:

1. Has the suitable character to work with emotionally sensitive clients
2. Is mature enough to listen to traumatic material without being personally affected

Those with certain physical or psychological conditions may find this course challenging.

All applicants will have an informal interview, either by phone or in person, to assess their suitability for the course.

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.

The fee does not include: the cost of additional books.

For those intending to go into practice after the course, there will be additional costs for professional membership fees (such as annual membership of the NGH after the first year) and professional indemnity insurance.

**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 show competence over the course duration.

Applicants who do not complete the full 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 35 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

For the dates of future courses please visit the website
www.hypnoticsolutions.org.uk

Venue

The training course will be held in North London or online.

Contact Us

Write to us: Hypnotic Solutions Training, Ground Floor, 233 Regents Park Road, London N3 3LF

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