



Surrey School
of Hypnotherapy



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of Hypnotherapy

Training – with thought in mind

Professional Diploma in Hypnotherapy

Prospectus 2017

www.surreyschoolofhypnotherapy.co.uk

Prospectus

Professional Diploma in Hypnotherapy

The Surrey School of Hypnotherapy is offering accredited hypnotherapy training for a Professional Diploma in Hypnotherapy.

The Essex Hypnotherapy Training Professional Diploma in Hypnotherapy offered by the Surrey School of Hypnotherapy has been assessed and accredited at Practitioner Level by the General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with the General Hypnotherapy Register (GHR), which is the GHSC's Registering Agency, at full practitioner status, together with the acquisition of the industry-based award – the General Qualification in Hypnotherapy Practice (GQHP).

Additionally, graduates of the Surrey School of Hypnotherapy will be eligible for fast tracked membership of the Complementary and Natural Healthcare Council (CNHC): both the GHR and the CNHC are highly respected and widely recognised organisations.



David Reid

GHSC Validated Practitioner, GHR Reg., SQHP

Welcome to the Professional Diploma in Hypnotherapy. I would like to thank you for choosing to study with us, and look forward to supporting you on your journey to becoming a highly qualified and skilled Hypnotherapist.

I am the Principal of the Surrey School of Hypnotherapy and I'll be your course tutor throughout your studies. I have been a practising Hypnotherapist since 2009. I hold a Senior Qualification in Hypnotherapy Practice with the General Hypnotherapy Register (GHR). I'm a Registered NHS Supplier, and I'm also a Senior Associate of the Royal Society of Medicine. You can see more about me at www.missionhypnotism.com

My aim is to ensure you have high quality training in a relaxed atmosphere, enabling you to link the theoretical content of the course to practical application. Groups are always kept to no more than 10 students, (10 month Course) or 6 (4/5 month course) and you will have full support before, during and after the course.

I am usually available by 'phone or email if need be, to give you advice, guidance and feedback on your work, so that in between classes you have maximum opportunity to develop your skills and understanding.

There is also a peer support Facebook group, where you can ask questions of each other and me! Students are asked to bring questions to each weekend, so that everyone can benefit from the discussion around the answer. Support continues once the course is finished.

I welcome questions, and can offer one to one mentoring sessions if required. Keep an eye on the School website, as from time to time, additional courses may be on offer. All Professional Hypnotherapists are encouraged to maintain a yearly CPD (Continuous Professional Development) programme, which is a requirement of the Accrediting Organisation, The General Hypnotherapy Standards Council (GHSC). Supervision is also required as a condition of Professional Membership, and you will be advised during the course of the annual requirement.

Study Hours & Assessment

The required hours of the course consists of 140 hours of in house tuition, spread over either ten or five months, depending on your course choice.

A further 8 (or 28) hours each week will be assigned to recorded practice sessions, evidenced case studies, required reading, research and written assignments, giving a total of 460 (assuming 4 week months). The minimum total hours required for you to successfully complete the course are 450. Full details of case study requirements, evidenced practice sessions and homework will be given at the start of the course.

All course materials will be e-mailed to you as we work through the Modules. Please ensure you have a reliable e-mail address! You may then choose to either print off the Modules and supporting documentation, or bring your electronic devices to class in order to access the notes.

A study log will be provided at the start of the course, so that you can keep track and evidence your hours.

Assessment is ongoing throughout the course, and a written mid-course evaluation will be given at Module 5 to enable us to identify together your level of understanding to date. One to one tutorials will be carried out, with ongoing feedback and support. Final assessment is by way of a full client session, which is carried out in house. You will be asked to provide a volunteer client for the assessment session, and each student will then be allocated a client who they don't know – giving you the best opportunity to showcase your high skill level without prior knowledge of the client. I'm sure you won't be short of volunteers!

Upon successful completion of all required evidenced studies and final assessment, your written study log will be signed off and the Diploma will be issued. Once you have your Diploma, you will be eligible to join the General Hypnotherapy Register (GHR) and the Complementary and Natural Healthcare Council (CNHC), both of which are highly respected and widely recognised organisations.



Enrolment

An enrolment form is downloadable from the website www.surreyschoolofhypnotherapy.co.uk. A telephone, or in-personal informal meeting will follow the receipt of your completed form, to ensure this is the right course for you.

Course fees

Course fees consist of a deposit of £297, followed by three interest free instalments of £700, making a total of £2397. These are spaced throughout your course. See course dates on the website for more details.

Refunds

Instalment payments may be made by BACS, cash, Visa, MasterCard, PayPal or American Express, and are due on or before the payment dates shown. If you prefer, you may choose to pay the full course fees at enrolment by BACS. This option reduces the total cost to £2100. See the website for details.

Please note: The deposit may be paid by BACS only. Bank details are shown on the enrolment form.

Deposits only:

- Withdrawal from the course with more than 3 full calendar months' notice from the start date = deposit refunded in full.
- Withdrawal from the course with less than 3 full calendar months' notice = deposit non-refundable.
- Please note : For those paying full fees up front, withdrawal from the course with less than 3 full calendar months' notice before start or completion will attract an administration fee of £297, after which any monies paid from the date of withdrawal to the end of the course will be refunded.

Venue

The Integral Life Centre, Heath House, 44 High Street, Bagshot, Surrey GU19 5AZ. Please note the venue may be subject to change, but kept in the same geographical area.

Dates & Times

The current dates for the next course are listed on the website www.surreyschoolofhypnotherapy.co.uk. The ten-month course will be delivered over one weekend each month for ten months, Saturday and Sunday, from 9.00-5.00, with an hour break for lunch. The five-month course will require attendance most weekends, with the same hours, over the 5 months, with a break for Christmas etc. See course dates page for details and actual dates of both courses. Light refreshments will be provided. The sessions will offer a balance of theory, practice, discussion and interactivity. You will learn the professional and business skills required to set up in practice as a highly skilled and competent Professional Hypnotherapist, in a relaxed, informal atmosphere. It is important that you are able to commit to full attendance in order to achieve your qualification, in addition to carrying out and evidencing the required hours of study and practice between classes. This commitment will ensure you leave the course as a fully qualified and highly competent Hypnotherapist, ready to obtain insurance and set up in practice!

Accreditation

The course is accredited by The General Hypnotherapy Standards Council, a highly respected organisation dedicated to maintaining the high standards of the Profession. On successful completion of the course, you will be eligible to join the General Hypnotherapy Register (GHR), and you will also be able to gain membership of the Complementary and Natural Healthcare Council (CNHC).

Course Content

Welcome to Module One

- Course introduction, structure and accreditation
- Case study requirements and Evidenced Practice session requirements
- Course outcomes – conditions you will be able to work with
- A history of hypnosis and the key people involved
- Milton Erickson – using Ericksonian techniques with elements of NLP
- The Professional Hypnotherapist – presentation and behaviour
- Confidentiality and Ethics, and legal requirements for record keeping
- Maintaining a safe working environment
- Registration with GHR and CNHC
- Hypnotherapy as part of an holistic approach to client wellbeing
- Agreed treatment plan including fees and methods of payment
- Client consultation – taking a detailed history
- Client presentation – understanding body language
- Client need and expectation – plausible, possible and valid Informed Consent and Implied Consent
- Rapport building, mirroring and matching, and clean language
- Listening skills, questioning skills
- Conscious and subconscious processes
- Use of suggestibility tests, visible signs of trance, and trance depth
- Inductions and deepeners – an overview of methods, and safe trance termination

Welcome to Module 2

In this Module we will be covering:

- Recap from Module 1
- Working within framework of expertise
- Contra-indications to treatment
- Selecting suitable methodology to suit your client's needs
- Client participation in treatment plan
- Empowering your client to engage in treatment sessions
- Client's lifestyle factors which can impact on treatment
- How the subconscious mind accepts suggestions
- By passing conscious awareness
- The Ideomotor response
- Creating a safe place in your client's mind
- The control room – enabling your client to control their responses
- Induction technique for relaxation – Script included
- Transference
- Counter transference
- Dealing with client abreactions

Enjoy

Welcome to Module 3

In this Module we will be looking at:

- Recap from Module 2
- The role of the hypnotherapist as a healthcare provider
- Working with other healthcare agencies
- Anatomy, Physiology and Pathology – an overview of the body/mind connection
- Identifying and respecting the client's core beliefs
- Incongruence – what to look for
- Determining and noting client's eye accessing cues
- Applying the 3 yes set and truisms to build rapport
- Using metaphor to communicate with client's subconscious
- The importance of dreams in relation to the stress response and depression
- The use of deepeners with rationale
- Deepener – 10 steps down
- Deepener – Moving through the layers of consciousness
- Magic garden

Enjoy

Welcome to Module 4

In this Module we will be covering:

- Recap of Module 3
- The use of Ericksonian indirect suggestions
- Determining client's personality type / use of questionnaire
- Selecting style of working to suit client's personality type in order to maintain rapport
- Using body language to deepen rapport
- Using conversational hypnosis to achieve change
- Guiding, not leading
- Structuring and adapting a session to suit client's needs at the time
- Evaluating and reviewing your work
- Reviewing treatment with client – discussing options
- Explaining to client the need to change methodology if applicable
- Script writing – utilising client's own interests
- Script adaptation – using scripts as prompts
- Types of induction: Authoritarian (Paternal) and Permissive (Maternal)
- Techniques: Confidence Boost, Social Shyness, Glove Anaesthesia, Disassociation, Goal attainment.
- Applying Anchors and Triggers, post hypnotic suggestions.
- Preparing Consultation Sheet for Case Studies

Welcome to Module 5

In this Module we will be looking at:

- The SWISH technique
- The use of reframing to gently challenge client's mind set
- Left/right brain responses
- The importance of your seating position during sessions
- PARTS therapy (Ego States therapy)
- Secondary gain – a possible cause of resistance
- Dealing with resistance
- **MID COURSE ASSESSMENT – HALF WAY THERE!**
- Discussion following assessment

Enjoy

Remember your mid-course assessment is not an exam, just a way of us both knowing your level of understanding. There is no pass or fail, just feedback!

Welcome to Module 6

In this Module we will be covering:

- Recap from Module 5
- Brain pattern matching – why clients repeat the same response
- VAK – identifying client’s communication mode(s)
- Sub-modalities of VAK – listening to client’s language patterns
- Polarity Response – what to do if your client does the opposite to what you ask
- False memory syndrome – how to identify it
- Screen memories – what are they?
- Repression – ways of releasing
- Analytical hypnotherapy
- Suggestion therapy: Fear of Dentists, Fear of Driving, Fear of Flying, Performance enhancement.
- Teaching clients how to use self-hypnosis between sessions
- Client centred therapy always!
- Client’s experience in session – time distortion and body distortion

Enjoy

Welcome to Module 7

In this Module we will be looking at:

- Recap from Module 6
- The stress response and how it can manifest as symptoms
- Timeline therapy
- Age regression/Pin point analysis
- Use of analysis techniques – regression to cause and free association
- Various techniques (listed below):
- Memory Box
- Key and Doors
- Tell me a Story
- Pack of Cards
- Blackboard
- Pause Button
- Working with Children – Parental permission and session set up

As always – Enjoy

Welcome to Module 8

In this Module we will be looking at:

- Recap from Module 7
- Psychosis or Neurosis – what is the difference?
- Anxiety and Panic attacks
- Prolonged stress response – effect on body/mind connection
- Dealing with Fears and Phobias
- Techniques: Rewind, Three Boxes, Quit Smoking, Art Gallery through Time
- Finalising case studies to be submitted at Module 9

Enjoy

Welcome to Module 9

In this Module we will be covering:

- Recap from Module 8, Q & A
- Submission of 3 completed case studies plus discussion
- Health and Safety while clients are on your premises
- GP referrals – when, why and how
- Working with IBS
- Identifying the Vagus Nerve connection with IBS clients
- Psychosomatic and psychogenic client presentations
- Techniques: Relaxed childbirth, Weight management, Pain management, Restful sleep.

Enjoy – you're almost there!

Welcome to Module 10

Here we are on the final Module! I hope you have enjoyed your journey with the Surrey School of Hypnotherapy, and that you will continue to learn throughout your career – often the best teachers are our clients!

Once you have completed and passed the final practical assessment, you will be able to obtain insurance, set up in practice, and gain membership of both the GHR and the CNHC – what a brilliant way to start your career with the backing of two well-known and respected organisations! The support from the Surrey School of Hypnotherapy doesn't stop here. I am always happy to talk to you on the 'phone or e mail for small general enquiries. As already stated during the course, you will need to maintain regular supervision and CPD updates to be able to do the best for your clients as you grow your practice. Keep an eye on our website for future useful courses, updates and information. Currently the GHR requires members to complete 25 hours of CPD annually, and the activities can be varied, from attending workshops to researching and reading. The GHR website has full details. Please let me know if there is anything in particular you would like to do for CPD, and I will provide information on it for you if possible.

I recommend you have a monthly supervision session for the first year, then one every two months after that until year 5, when supervision will be voluntary. Supervision can be carried out in person, by phone or Skype/Face Time. Whatever your question, I am here to support you throughout your career.

We will be spending this Module completing your practical assessments, after which we will have feedback and discussion. Remember, you will each be inviting a volunteer, and each of you will work with someone else's volunteer, so you will need to be very well prepared, just as you would be as a qualified professional. Once the assessments have been completed, you can relax and enjoy some practical work, or ask questions as you wish.

For your practical assessments you will need:

- Consultation sheet with space for notes
- Suitable chair/recliner and chair for yourself.
- Pen and paper, clipboard.
- Scripts if using
- A Volunteer!

Setting up in Practice

We have already looked at certain requirements for setting up in practice, such as health and safety and professional appearance and behaviour.

You will need to obtain professional indemnity and public liability insurance, and there are several companies around who offer good deals. Balens is recommended by the GHR, and as a GHR member you would pay a reduced rate premium, but of course there are others.

You will need to register with the Inland Revenue as being self-employed if you have not already done so, and so long as your income doesn't exceed a certain figure (this changes annually so please check) bookkeeping can be as simple as maintaining details of incoming money and outgoing expenses, and maintaining a cross reference system to your receipts. A short tax return is all that is needed for smaller income businesses. Whilst you would not be able to offset this initial training against tax, you will be able to claim for future CPD courses, and any purchases in connection with your business.

If you intend using music in your therapy room, I would strongly suggest you use licence free music, or you will be contacted by the Performing Rights Society, asking you to pay an annual licence fee to play music. There are several companies on the internet who offer licence free music for hypnotherapy – Silencio is a good one.

If you are using part of your home for business, you will need to contact your local authority to inform them, as it may affect the council tax on your property.

If you intend to offer a mobile service, you will need to add business use to your car insurance.

It has been a real pleasure working with you for the past ten months, and I wish you all the very best for a successful future.

David

Suggested Reading List

Handbook of Hypnotic Suggestions and Metaphors – D. Corydon Hammond PhD – ISBN 0-393-70095-X

The Hypnotherapy Handbook - Kevin Hogan - ISBN 0-9709321-0-3

The Origin of Dreams - Joseph Griffin - ISBN 1 899398 30 9

Ego State Therapy - Gordon Emmerson - ISBN 978-1845900793

The Magic of Metaphor - Nick Owen - ISBN 1899836705

Scripts and Strategies in Hypnotherapy - Roger P Allen - ISBN 190442421X

The Language Pattern Bible – Kerin Webb - ISBN-13: 978-0955037412

Whilst these books are not mandatory, they are all excellent sources of very useful information. Amazon.co.uk offer excellent “as new” deals on most books.

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