



Clear Intentions

Helping to heal our world

Clear Intentions Holistic Training Solutions

Practitioner Diploma in Clinical Hypnotherapy

Discover your hypnotic voice

Communicate directly with the unconscious mind

Create lasting change

Practitioner Diploma in Clinical Hypnotherapy

The Diploma Course requires students to attend on twelve intermittent weekends modules, together with 12 monthly practice evenings, typically spread over 8-12 months. The total number of hours of face to face tuition for this course is therefore 120 hours. The lectures cover all the required modules of the Clear Intentions core syllabus and are practical and very intensive in nature. There is a process of continuous assessment of each student's individual progress and time is made available, both for the group and individual students, to discuss any problems that may have been encountered during the intervening weeks.

In addition, further study of approximately 4-6 hours per week is required and consists of reading recommended text books, internet research and the submission of ten written assignments. 30 detailed case studies must also be submitted towards the conclusion of the course.

Eligibility

As part of their training, students will need to apply, and be accepted, for Membership of GSHC.

It is further required that students obtain professional indemnity insurance that will cover them for malpractice. The Clear Intentions Block Insurance Scheme with Balens is available for students of Clear Intentions Holistic Training Solutions.



Tutorials

On Module 1 of the Diploma Course, students will be given the personal contact details for their Course Tutor. The individual student will then be responsible for contacting this person for the purposes of meeting to review their course / learning. It is envisaged that this will occur at least once monthly, for at least one hour. The meeting will ensure that students fully understand the content of the previous module, discuss the procedures the student is using with their subjects/patients, and will assess on a regular, on going basis the hypnotherapeutic skills of the student. A minimum of twelve supervisory sessions are required as part of the Diploma Course and exam structure.

Course Syllabus

At the end of the Diploma Course students will be required to pass both practical and written examinations. These requirements are in addition to the case study submission and successful assessment of the assignments undertaken during the totality of the course. Successful candidates will gain their Practitioner Diploma in Clinical Hypnotherapy and are deemed to be of a competent level to practice hypnotherapy.

Programme Outline

- Module 1 – Dealing with the basics
- Module 2 – The power of positive suggestion
- Module 3 – Hypnotic Inductions and Deepeners
- Module 4 – Introduction to psychology
- Module 5 – Communication and language
- Module 6 – Safety and professional ethics
- Module 7 – Phobias
- Module 8 – Smoking cessation
- Module 9 – Pain relief
- Module 10 – Attracting and keeping your clients
- Module 11 – Time Line Therapy
- Module 12 – Mock Assessment

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Module 1 – Dealing with the Basics

- General introduction to the course
- Hypnosis and hypnotherapy compared and contrasted
- Brainwaves
- Reasons for receiving hypnotherapy
- The hypnotherapist

Module 2 – The Power of Positive Suggestion

- What is suggestion?
- Does suggestion work?
- Suggestions and hypnotherapy
- Definition of “suggestion”
- Categories of suggestion
- Use of imagery in suggestion
- Hypnotherapy and use of the voice
- Confusional technique and suggestion

Module 3 – Hypnotic Inductions and Deepeners

- Arm-Drop Method
- Finding your hypnotic voice
- Why trance is not forthcoming Terminating Trance

Module 4 –Introduction to Psychology

- Theories influencing modern psychology including:
 1. Freud
 2. Jung
 3. Maslow and others
- Compensatory behaviour
- Conditioned behaviour
- Why hypnotherapy versus conventional treatment

Module 5 – Communication and language

- The importance of language
- Roles of talking and listening
- The power of silence
- The role of counselling
- Mirroring, pacing and leading
- Establishing rapport
- What the client doesn't say
- Words of caution

Module 6 – Safety and professional ethics

- Staying focussed and motivated
- Abreactions
- Basics of running a sensible, healthy practice
- Ethics
- Professional conduct
- Confidentiality and the law

Module 7 – Phobias

- Fight or flight syndrome
- Anxiety disorders
- Anxiety defined
- Panic
- Treating anxiety
- Relaxation techniques
- Phobia fix techniques

Module 8 – Smoking cessation

- The dangers of smoking
- Passive smoking
- Physiological effects of smoking
- Medical conditions associated with smoking
- Why people smoke
- Stop smoking and reaps the benefits

Module 9 – Pain relief

- Pain defined
- Characteristics of pain
- The importance of getting a medical diagnosis
- Hypnotherapy and pain relief

Module 10 – Attracting and keeping your clients

- Converting enquiries to paying business
- The initial consultation
- Creating a caring atmosphere
- Meeting the client's reasonable expectations
- Group hypnotherapy

Module 11 – Time Line Therapy

- General explanation of this technique.
- Theory of time lines.
- Milton Erikson and early time line work.
- Appropriate applications.
- Plenty of time is set aside for practical application of skills.

Module 12 – Mock Assessment

- This module is dedicated to a rehearsal of the final assessment process. During this day you will undertake a complete 90 minute treatment on a member of the public, including full consultation and after care advice.

Recommended Reading List

General

- Human Givens, a new approach to emotional health and clear thinking by Joe Griffin and Ivan Tyrrell
- The Complete Idiots Guide to Hypnosis by Roberta Temes
- Hypnosis for beginners by William W. Hewitt

Advertising

- * Influence (rev): The Psychology of Persuasion Robert B Cialdini. ISBN: 0688128165. A fascinating and insightful book about the authors discoveries on selling techniques

Ericksonian Suggestion Therapy

- Patterns of the hypnotic techniques of Milton H. Erickson, M.D. Vol.1 by Bandler R & Grinder J. Meta Publications 1975. Suggestions for using Ericksonian use of language in inductions.
- Ericksonian Approaches - A Comprehensive Manual by Battino R Ericksonian Approaches - A Comprehensive Manual by Battino R & South T. Neuuyptology Press, 1997 Analysis of Ericksonian language and techniques.
- Hypnotic Realities - The Induction of Clinical Hypnosis and Forms of Indirect Suggestions by Erickson M, Rossi E. Hypnotic Realities - The Induction of Clinical Hypnosis and Forms of Indirect Suggestions by Erickson M, Rossi E. & Rossi S Irvington. 1976 Book 1 in series. Covers the basic Ericksonian model. Book include's audiocassette of Erickson himself doing two inductions.
- Hypnotherapy - An Exploratory Casebook by Erickson M., Hypnotherapy - An Exploratory Casebook by Erickson M., & Rossi E Irvington. 1980 Book 2 in series. Transcripts of many specific cases plus audiocassette of a session run by Erickson.

General Hypnotherapy

- Hypnotic Secrets by Paul McKenna, Peter Willis and Clare Staples. Boxtree Press, ISBN: 0752201921
- Precision Therapy: A Professional Manual of Fast and Effective Hypnoanalysis Techniques by Duncan McColl

Psychology

- Hilgard's Introduction to Psychology by Rita L. Atkinson, Richard C. Atkinson, Edward E. Smith, Daryl J. Bem, Susan Nolen-Hoeksema, Carolyn D. Smith

Language and Communication

- The Structure of Magic: A Book About Language and Therapy by Richard Bandler
- Trance-Formations: Neuro-Linguistic Programming and the Structure of Hypnosis by John Grinder, Richard Bandler
- Client and Session Safety
- Hypnosis Complications: Prevention and Risk Management by Frank J. Mac Hovec ISBN: 0398052719

Assessment

Assessment will be by the following means:

- One hour written paper (closed book);
- One to one practical assessment with a member of the public and tutor;
- Submission of 30 case studies
- Completion of 12 written assignments

Students who are referred for any part of this assessment process are required to re sit the examination / assessment for only that module and not the whole course.

Code of Ethics

Please note that this is available in our Student Handbook at pages 6-8 or by visiting www.clear-intentions.co.uk

Complaints Procedure

Please note that this is available in our Student Handbook at page 15 or by visiting www.clear-intentions.co.uk

Tutors:

Debra Goldston, holds the following hypnotherapy / related qualifications; Cert. Hyp. London College of Clinical Hypnosis, Diploma in Past Life Regression Therapy, Practitioner Diploma in Clinical Hypnotherapy, INLPTA Diploma in NLP, INLPTA Practitioner NLP, Adv. Practitioner and Trainer EFT, Certified Trainer-Emotrance, LCCH Masterclass Certification in- Goal Related Therapy; Past Life Regression Therapy; And; Stress Management. GHSC-General Qualification in Hypnotherapy Practice. Debra has been teaching clinical hypnotherapy, past life regression therapy and related subject matter for nearly 10 years.

She is also a member of the following related professional bodies: General Hypnotherapy Register-Registered Member, National Guild of Hypnotists- Certified Hypnotherapist, American Board of Hypnotherapy-Certified Hypnotherapist, British Institute of Hypnotherapy-Member, INLPTA, American Board of NLP, AMT, Hypnotherapy Society. Debra has been in practice as a clinical hypnotherapist since 2000 and has vast experience, in particular in the fields of stress management and past life regression therapy. She has helped large numbers of clients to achieve a more appropriate work life balance as well as to find answers to long standing issues such as particular health complaints by first coming to understand themselves.

Andrea Bradley-Davies, began her career working with children and young people, supporting families and promoting the care and education of youngsters. For some years Andrea specialised in working with children's whose developmental progress, social skills or behaviour presented particular challenges. She enjoyed particular success in working with children whose developmental delay lead to problem behaviour in the classroom. Young people often require support and assistance to fully achieve their potential and respond to the challenges of growing up. Andrea has worked extensively with young people individually and in groups and was particularly successful in assisting them to feel more confident and achieve improved academic results. Andrea trained as a Counsellor and used those skills in a range of settings, eventually teaching counselling skills to others during her time as a College Lecturer. During the early years of work in Counselling Andrea worked with women experiencing domestic violence and those particularly young women affected by substance abuse. The work Andrea has been involved in eventually led to her establishing a small consultancy in childcare and development and for many years this ran alongside Andrea's fulltime work in management, training and education. Her work as a counsellor took a back seat while she expanded her skills and concentrated on a full time career. As well as her therapy qualifications Andrea holds an honours Degree in Sociology, Social policy and Women's Studies and JNC registered diploma qualification in Youth work (Post grad). Andrea's full time work over the last 15 years included a lecturing post At Dudley College where for a number of years Andrea headed up the Health and Social Care team, teaching Childcare and Education, Sociology, Anatomy and Physiology, Communication skills. Counselling, Social policy and a range of other subjects. In particular Andrea specialised in working with young people who had learning disabilities or challenging behaviour. Her most recent full time post was as the Chief executive of Walsall Council for Voluntary Service's; which she completely transformed into a forward thinking and successful charity with the new name of Walsall Voluntary Action. After 6 years at WVA and following considerable personal and organisational success Andrea gave up this role and now focuses her time on her Clinical Hypnotherapy and Coaching practice based in Darlaston in the Black Country.

Andrea began studying hypnosis and NLP in 2002, while still in full time employment and first qualified in 2005. She continues to engage in professional development activities and has studied a number of other subjects directly relevant to her work as a clinical hypnotherapist. These other subjects include; Coaching with NLP, Transactional Analysis, Emotional Freedom Technique and Bilateral Stimulation Therapy and Aromatherapy.

Professional memberships include; Association for Professional Hypnosis and Psychotherapy, National Council for Hypnotherapy, British board for NLP, Also in membership of; FSB, Charity Law Association.

Fee: The full diploma is £1,600.

To secure your place: A deposit of £100.00 secures a place. The balance is then due no later than 30 days prior to commencement of the course. You can choose to spread the cost of the programme and pay by affordable monthly installments over the duration of your course and on an **INTEREST FREE BASIS** - Please complete an Easy Payment Plan form and submit it with your booking.

Students will also need to attend 12 supervision sessions on a monthly evening basis at a further cost of £20.00 each or alternatively provide evidence of attending these elsewhere. Further details are available upon request.

Venue: Midlands College of Natural Health, Willenhall

Course timings: 10am - 5pm