



# Prospectus

## Fast Track Diploma in Hypnotherapy

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## Introduction



At the Academy of Advanced Changework we offer high quality, no-snooze hypnotherapy training in a relaxed and supportive atmosphere. This is a very practical course with an emphasis on *doing* hypnotherapy.

Whether you intend to change career, work part-time as a hypnotherapist to supplement your income, 'give back' to society, or add to your existing skill set, you will find our course enjoyable and enlightening.

We pride ourselves on high quality learning materials. We're a modern training school making good use of technology and doing our bit for the environment. For example, homework is completed, marked and fed back online, saving paper and providing fast marking and feedback. You will also receive a manual and video demonstrations of many of the techniques you will learn. These are distributed over the internet and at the end of the course you will have a library of materials to support you long after qualification.

The fast track course is accredited by the National Council of Psychotherapists (NCP) and General Hypnotherapy Standards Council (GHSC) which runs the General Hypnotherapy Register (GHR).

In sum, we offer:

- An emphasis on practical know-how; not just theory.
- A fast track course that does not require you to unnecessarily cover old ground (e.g. rapport, empathy, effective questioning, practice management) but rather, concentrates on the unique aspects of hypnotherapy.
- A modern school using video teaching aids to view at home, and email homework submission.
- 2 highly qualified and experienced trainers who are psychologists as well as hypnotherapists.
- A substantial, in-depth course giving you everything you need to become a part- or full-time hypnotherapist.
- A supportive atmosphere.

## Meet the trainers

### Paul Peace



Paul is a Chartered Psychologist and full time hypnotherapy trainer and practitioner. He obtained a first class BSc (Hons) degree in Psychology in 1998 at Sheffield Hallam University. He obtained his doctorate in Psychology/Social Constructionism in 2001.

He also devised and delivered research methods and critical social psychology modules to BSc Psychology and BA Nursing undergraduates at Sheffield Hallam University. The Psychology course was accredited by the British Psychological Society. Paul has published in academic journals and presented a paper at the international conference on language and gender at Stanford University, California.

Paul's clinical qualifications are Hypnotherapy Practitioner Diploma, Diploma in Hypnotherapy, EMDR Part 3, Master Practitioner of NLP, and Certificate in Hypnotherapy Supervision. He is an accredited hypnotherapy supervisor (General Hypnotherapy Register and National Council of Psychotherapists).

He is a Member of the General Hypnotherapy Register, Member of National Council of Psychotherapists (MNCP), and Member of the British Psychological Society's Special Group for Coaching Psychologists.

Paul is a partner in a successful hypnotherapy practice in Sheffield, seeing clients for a wide spectrum of issues, most often for low confidence and self-esteem, phobia, anxiety and weight issues.

### **Karen Bartle**

Karen completed her degree in Psychology in 1998. She has since worked as a lecturer at Sheffield Hallam University teaching undergraduate students on the British Psychological Society accredited BSc Hons Psychology course and the BA Nursing course (adult mental health route). She taught subjects such as health and abnormal psychology, biological foundations of behaviour, research methods, and psychological development of the child.



Later, she worked as a Assistant Psychologist in the NHS, working with inpatients who were suffering severe and enduring mental health issues, including schizophrenia and bi-polar disorder. Karen has also worked in the community with people with autism and learning disabilities. As well, she has worked as a counsellor with victims of crime and with adult offenders being supervised by the probation service.

Karen is a partner in a successful private hypnotherapy clinic. She treats clients with a wide range of issues. She is particularly interested in weight loss. Her clinical qualifications include a Hypnotherapy Practitioner Diploma, Diploma in Hypnotherapy and Master Practitioner of NLP. She is currently working towards becoming a Chartered Health Psychologist.

Karen is an accredited hypnotherapy supervisor (General Hypnotherapy Register and National Council of Psychotherapists).

She is a member of the Hypnotherapy Association and General Hypnotherapy Register.

## **Accreditation & professional membership**



Our course is validated by one of the largest professional bodies in hypnotherapy - the Hypnotherapy Standards Council (who run the General Hypnotherapy Register- GHR). The General Hypnotherapy Register is the largest register in the UK, with over 3,000 members. Upon course completion you will be eligible for affiliate or practitioner status. We anticipate all graduates of the course will obtain practitioner status.



The course is also accredited by the National Council of Psychotherapists (NCP). The NCP is one of the longest established societies of its type in the country, being formed in 1971. A quarterly Journal is published, which carries an International Standard Serial Number and copies are lodged at the British Library, the National Libraries of Scotland, Wales and Ireland and the University Libraries of Oxford and Cambridge. The NCP has also organised some very competitive insurance deals. Upon course completion you can apply to become a Licentiate Member. You may, dependent upon previous qualifications and experience, apply upon course completion for Full Member (MNCP) status. Otherwise the normal procedure is to apply to upgrade to Full Member (MNCP) status after one year in hypnotherapy practice.

Although, as always, each professional body makes its own judgement as to the appropriate level of membership for applicants, it is anticipated that, given your backgrounds, you will be able to join the GHR at Practitioner level and the NCP as either a Licentiate or Full Member. Both William Broom (GHR) and David Doohan (NCP) are happy to discuss your eligibility prior to application. Please mention you are interested in studying for the 'Fast Track 6-day Diploma in Hypnotherapy with the Academy of Advanced Changework'. Because you are studying on the fast track course, both organisations will ask about your previous qualifications and possibly your clinical experience. Please contact them via their websites:

<http://www.general-hypnotherapy-register.com> (GHR)

<http://www.ncphq.co.uk> (NCP)

## The qualification

Graduates of the course receive a Diploma in Hypnotherapy, entitling them to practice competently with members of the public. They may use the designatory letters DipH.

Given the standard of candidate gaining entry to the course, the exit standard of graduates is the same or greater than that for our longer 20 day Diploma in Hypnotherapy course. The longer course teaches NLP and psychotherapeutic techniques but entrants to this fast track course will already have clinical skills, techniques and a theoretical 'home' of their own, such as CBT.



For full certification we expect full attendance, participation, effort, demonstrable progress and high standards of homework. To this end we will challenge, support and encourage you and we expect you to have the same high standards for yourself that you would expect from your trainers.

However, everyone who has attended the course, participated fully in class, and acted ethically will be entitled, as a minimum, to a 'certificate of attendance'. This will not qualify you to practice as a professional hypnotherapist but it does credit you for the effort you have made and may count as continuing professional development if you work in an allied profession.

## Learning Outcomes

*For a full course outline please see 'Course Content'.*

- To be able to induce, deepen and terminate a trance.
- To develop competence in a wide range of hypnotherapy techniques.
- To confidently explain to clients and interested members of the public what hypnotherapy is, to demystify it, build trust and be a good ambassador for the profession.

- To understand contraindications.
- To make full use of sensory awareness and utilise this e.g. noticing changes in a client's skin colour, breathing, pulse, posture, etc.
- To demonstrate a professional, caring and empathic approach that recognises personal and professional boundaries.

## Course structure

The course runs for 6 days in total, consisting of two modules of three days each. There are morning and afternoon breaks and a break for lunch. The training days must be attended in sequence as they build upon one another. If you cannot attend you will be invited to the next intake to fill the gap in your training subject to availability.

Each training day consists of lecturing, group exercises and practicals. The Academy of Advanced Changework places a lot of emphasis on practicals, giving you lots of opportunities to *do* hypnotherapy rather than simply knowing *about* it.



## Time commitment

The total course commitment is an estimated 90 hours. 40-45 hours of this is class-based tuition. The remainder, amounting to around 6 hours per week, consists of reading, watching video footage, practice and homework.

Training times are 10:00 am to 5:00 pm each day. **You must attend all training days in full.** Although we frequently complete training days before 5:00pm, you must be willing and able to stay until 5:00pm. To complete the course, any absences must be made up by attending a later course in the same or a different location. There are 15 minute breaks morning and afternoon and 45 minutes for lunch.

## Course content

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• What is hypnosis and hypnotherapy?</li><li>• Frequently asked questions</li><li>• Dispelling the myths</li><li>• The differences between clinical and stage hypnosis</li><li>• Recognising the signs of trance</li><li>• Inducing and maintaining trance</li><li>• Disengagement (wake up)</li><li>• Trance induction - guided imagery</li><li>• Trance induction - favourite place</li><li>• Trance induction - eye fixation</li><li>• Trance induction - permissive</li><li>• Trance induction - confusional</li><li>• Trance induction - progressive relaxation</li><li>• Deepening trance</li></ul> | <ul style="list-style-type: none"><li>• Hypnotic and post-hypnotic suggestions</li><li>• Contraindications</li><li>• Self-hypnosis</li><li>• Utilisation</li><li>• Anchoring</li><li>• Sceptical clients</li><li>• Milton Erickson approach</li><li>• Clean hypnotic language</li><li>• Metaphors and metaphor creation</li><li>• Silent abreaction technique</li><li>• Red balloon technique</li><li>• Working with children</li><li>• Refractionation</li><li>• Light-stream technique</li><li>• Safe place techniques</li><li>• Age regression</li></ul> |
|---|---|

Through live training and/or the manual you will learn about how to use hypnotherapy with particular presenting issues, including confidence & ego strengthening, smoking cessation, stress, irritable bowel syndrome, weight control, anxiety & panic, phobia & fear, habits & addictions, sleep, obsessions & compulsions, depression, pain and headaches, grief, loss and separation, abuse, post-traumatic stress disorder and trauma. On live training we will concentrate primarily on treatment and a small number of unique aspects of hypnotherapeutic intervention rather presenting issue aetiology, epidemiology, diagnosis, etc.

N.B. We continually strive to improve our courses and content may be subject to change.

Given the fast track course duration, live training on presenting issues is restricted to how hypnotherapy can help, rather than aetiology, prevalence, symptoms, etc. The course manual, however, covers the same hypnotherapy topics as the 20 day course manual so plenty of additional resources are provided, including practice management and practice-building advice.

## Assessment

For homework you will be required to answer a series of short questions, practice with clients, and keep a brief reflective journal of two sessions with two clients. You are monitored informally during practicals but there is no pressure and we will offer constructive feedback and support you all the way. There are no 'all-or-nothing' exams, tests or essays. We may set additional tasks to bring individual students up to standard if this becomes necessary.

## Admissions criteria and procedure

We will assess applications on individual merit. However, applicants for this course must have core skills and knowledge. They will typically have a core caring and psychologically-based professional qualification, and an understanding of people and psychological interventions. Typical applicants would therefore be qualified psychotherapists, counsellors, psychiatrists, psychologists and mental health nurses, although we will consider other relevant backgrounds. A good standard of spoken and written English is essential as we regret that the trainers are unable to offer guidance in other languages.

To begin the application process you need to complete an application form (a link is provided at the bottom of this document). We then assess you for suitability using the application form and depending on circumstances, we may contact you with additional questions to help us assess your suitability.



If you are accepted you are sent an offer of a place conditional upon acceptable references. We approach your referees and once references are received we can make a formal offer of a place. By applying, you agree to the terms and conditions at the end of this document.

We operate a 'first past the post' system if places become limited. If places run out, for example while we await your references, you will be offered a choice of studying at another training centre if available, a place on the next intake at your chosen centre, or a full refund. An early application and gentle prodding of referees is advisable!

To begin the application process you need to complete an application form which you can download by clicking [here](#). Alternatively, you may email Paul to request an application form: [silverseafuit-aac@yahoo.co.uk](mailto:silverseafuit-aac@yahoo.co.uk).

## Who is the course suitable for?

Applications are invited from people wanting to:

- Add to their existing skill set
- Change career
- Supplement their income
- Retrain or gain a new perspective

Who would the course not be suitable for?

The course would not be suitable for anyone suffering unmanaged or severe mental ill health or people seeking to use hypnosis for entertainment.

## Training Dates, Venues & Locations

Please see our website for the latest details on dates and locations at:

[www.hypnotherapytraining.co.uk](http://www.hypnotherapytraining.co.uk)

## Fees

Your investment is £995. There is no VAT to pay. A non-refundable deposit of £195 is payable upon application. The deposit is fully refundable if your application is declined. A further payment of £400 must be paid 14 days before the course commences and a final payment of £400 is payable 14 days before the second module commences.

The fee includes class-based learning, home learning materials, assessment and certification. There are no hidden course fees. Of course, you need to budget for any accommodation if required, travel and food, and a budget for books if desired. Supervision is held as a group as part of the course so there are no further fees to pay for supervision. Finally, insurance is required. The costs vary but it isn't normally expensive to add hypnotherapy to your current insurance.



## Terms and conditions

We want our training to be exceptional and to exceed your expectations. This requires a good working relationship between students and trainers. To this end we have prepared the following contract between us:

We reserve the right to refuse entry onto the course. We may dismiss anyone from the course at any time for reasons including but not limited to inappropriate behaviour, non-payment of fees, routine non-participation in homework or practicals, or routine unpunctuality. A refund would be made according to the refund policy below.

A minimum attendance and homework standard is required for receipt of certificates. Awards are at the discretion of the course leaders. All payments must be cleared before certificates will be issued.

### Our commitments

*We will:*

Be approachable, listen to, and where possible act upon, feedback from you about any aspect of the course or your learning experience. We continually strive to improve our work.

Treat your thoughts and ideas expressed in class or homework with respect and offer constructive critique.

Challenge you. We will expect you to develop from your own particular starting point in terms of skills, knowledge, etc, and demonstrate progress as well as meeting the required learning outcomes. We will set more homework or tasks if necessary.

Provide a course that equips you with an essential core base of skills and knowledge that will enable you to perform as an effective professional hypnotherapist upon qualification.

Be open and communicative about our expectations, course fees, feedback, etc.

Provide ongoing support throughout the course. You may contact us by calling (0114) 235 1985 or Lo Call 0845 456 0716 between 9am and 8pm. Please leave a message if we are with a client, training, or otherwise unable to take your call. You can email us anytime at [silverseafruit-aac@yahoo.co.uk](mailto:silverseafruit-aac@yahoo.co.uk) and one of the trainers will respond a.s.a.p.

### Your commitments

*You will:*

Behave professionally, including outside of the training room, acting as ambassadors for the hypnotherapy profession.

Take out insurance before practicing outside of the training environment if you are not covered by your existing insurance.

Avoid practicing with the public using techniques, or on issues, for which you have insufficient knowledge or experience at a particular stage of the course.

Engage fully in practical and class work. Of course, you reserve the right to withdraw during a particular practical for personal reasons. You do not need to disclose anything you do not wish to in practicals and you may act/role play rather than work on real issues. Participation in class demonstrations with trainers is entirely voluntary.

Complete all homework to a high standard and on time. Sharing experiences and ideas with other students is fine but please make sure when it comes to the write-up that it is your own work, evidenced through personal thoughts, insights and ideas. We take plagiarism seriously, including from our own manual.

React respectfully to feedback from other students or trainers, taking it as 'advice' that can be taken or left (unless, of course, it is a straightforward ethical or professional matter).

Respect the thoughts, opinions and ideas of other students and trainers where they differ from your own.

Avoid dominating class time - we want all members of our classes to have a voice.

Communicate effectively with us any problems or issues before they become entrenched. Let us know about difficulties you are experiencing, including with your learning, other students, our teaching, etc.

Inform us immediately of any changes in your contact details including email address, or any changes that may threaten your ability to complete the course.

Work with *all* members of the group. We discourage students from always working with the same people that they like or feel comfortable with. As therapists, of course, we have to work with a range of personalities and maintain positive regard.

Inform us immediately of any form of bullying or harassment or anything else that could make your time on the course difficult.

Pay fees in full and on time.

Attend all training days. You may complete missed units by attending a unit on the next intake. You must negotiate this with one of the course tutors and it is subject to the course running and places being available.

Arrive on time and turn off your mobile phone.

Permit us to maintain student records, copies of communications, homework and feedback on computer and other information storage and retrieval systems. We will keep them confidential unless they have to be disclosed to our professional bodies, in relation to a criminal investigation, or we believe you may harm yourself or others.

Keep our communications with you confidential except in circumstances similar to those mentioned in the previous point.

Ensure you have access to a computer. Internet access is essential for this course for downloading video materials, submitting homework and receiving feedback. The course manual is presented as an easy-to-use ebook. Although we prefer to do our bit for the environment, you may print it if required.

Only use training materials, including but not limited to the course manual, for your own learning purposes. Learning materials are subject to copyright (Paul Peace and Karen Bartle or other

authors as referenced). The copyright extends to but is not limited to these materials not being copied, sold or leased.

### **Complaints procedure**

We invite regular feedback on all aspects of our training. We are approachable and responsive. Complaints should be made to the course tutors in the first instance. If the problem remains unresolved you may access our accrediting bodies' complaints procedures.

### **Refund policy**

The following calculation is used:

Total fees paid thus far  
Minus non-refundable deposit  
Minus cost of modules, or parts thereof, of training delivered to date (whether you attended or not). Modules are equivalent in value.

### **Code of ethics**

You will be expected to adhere to the code of ethics as laid out by the General Hypnotherapy Register and National Council of Psychotherapists (and of course, any other bodies you are a member of). These will be seen as additive/cumulative. If any conflict occurs between codes, or you are unsure, you must seek the advice of your trainers.

Confidentiality is to be maintained at all times. Personal disclosures made between students and trainers as part of practical work must only be discussed, where appropriate, during training. It may sometimes be necessary to maintain confidentiality more tightly if a student with whom you are working would not wish to share information with the group as a whole.

Students are expected to respect other students, trainers and clients in terms of age, dis/ability, gender, religion, ethnicity, sexuality, and other axes of difference.

Terms and conditions may change without notice. The latest version is available in the most recent prospectus. This can be found on our website:

[www.hypnotherapytraining.co.uk/prospectus.htm](http://www.hypnotherapytraining.co.uk/prospectus.htm)

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Our courses are enjoyable, engaging, and give you all you need to become an excellent hypnotherapist. We hope you decide to join us at the Academy of Advanced Changework.

To apply, we recommend you first save this prospectus to your computer and then download an application form [here](#). Alternatively, you may email Paul to request an application form: [silverseafuit-aac@yahoo.co.uk](mailto:silverseafuit-aac@yahoo.co.uk).

For more information, or if you have any difficulties with the electronic application form, please contact Paul or Karen 0114 235 1985