



The British Psychological Society
Approved

Approved by the British Psychological Society
Learning Centre for the purposes of Continuing
Professional Development (CPD)

Practitioner Diploma in Hypnotherapy Training Prospectus for 2018/2019

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Introduction

Many thanks for requesting the Prospectus for the Central Academy of Clinical Hypnosis and NLP (The Central Academy) Clinical Hypnotherapy Practitioner Course.

Over the next few pages you will find a clear explanation of what The Central Academy can offer you and how training in Clinical Hypnotherapy will provide you with a rewarding and interesting career. This prospectus is designed to provide you with all the information you need to make the decision to train with us.

There are many providers of Hypnotherapy training operating in the U.K. at the moment. Often the information can seem conflicting or confusing and frequently leaves a lot of important questions unanswered. Our aim is quite clear and it is to provide you with high quality professional training that equips you with the skills and confidence to offer your service as a competent practising Clinical Hypnotherapist.

The Central Academy Clinical Hypnotherapy training is internationally recognised, accredited and validated by the General Hypnotherapy Standards Council (GHSC), the Hypnotherapy Society and is also approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD). On completion of this course you will also be eligible to join the Complimentary Healthcare Council (CNHC).

The Central Academy Clinical Hypnotherapy Training meets all current requirements to operate as a qualified Hypnotherapist in the UK.

Qualifying as a Hypnotherapist is only part of the process. Here at The Central Academy we will provide you with all the information and guidance you need to set up and run a successful Hypnotherapy practice. I will also share with you my clinical experience, gained over many years both within the NHS and as a private clinical Hypnotherapist.

The Central Academy will provide you with all the knowledge and help you gain the clinical confidence to set up and run your own successful practice. In this prospectus we not only outline the complete course content but also the additional skills and academic achievement you will need to complete the course satisfactorily and operate as a professional Clinical Hypnotherapist.

Working as a Clinical Hypnotherapist will obviously bring you into contact with many people who are vulnerable or experiencing some difficulty in their life, therefore ethics and personal integrity plays a vital role in the assessment process.

The Central Academy operates under the principal of continuous feedback for all delegates so providing you with the guidance and support to complete your course successfully.

I hope this prospectus provides you with all the information you need. If you require more information or would prefer an informal chat then please contact us at any time. If you feel there is anything missing from this Prospectus, or it is unclear in any way, please let us know and we will do our best to include your suggestion.

Kind regards

Dave Woolley
RGN, RMN, D.Hyp, PDCHyp, MBSCH, MNLP, MAC.

YOUR TRAINER

David Woolley is a registered Clinical Hypnotherapist with many years clinical experience and continues to see private clients on a regular basis.

David initially trained as a RGN and RMN and worked in the NHS in a wide variety of Clinical, Managerial and Training roles before pursuing a commercial career in the Pharmaceutical industry. David obtained his postgraduate diploma and advanced Clinical Practice Diploma in Hypnosis with the highly regarded London College of Clinical Hypnosis where he was also a Tutor and Supervisor.

David's approach to hypnosis is based on its practical application in a wide range of conditions while maintaining the highly ethical stance one would expect from a health care professional with many years clinical experience.

David is a fully qualified Master Practitioner of Neuro Linguistic Programming and a qualified Trainer of NLP and registered with both the Guild of NLP and the International Association of NLP. This makes him one of the few people in the UK able to train under both organisations. David is also registered as a full member of the Association for Coaching. We are also an accredited ILM (Institute of Leadership and Management) Training Centre and a corporate member of the Association for Coaching and offer additional Coaching and NLP qualifications under our Skills24 Training brand.

David is an international Trainer and Hypnotherapist and works with a wide variety of clients both private and commercial.

When you choose to be trained at The Central Academy you can be assured of the very highest ethical and clinical standards.

In workshops David is a great believer in learning through experience and you will see plenty of demonstrations and have ample opportunity to experience hypnosis first hand, both as a recipient and as a practitioner. This experiential appreciation brings the course to life and motivates delegates to start using hypnosis and obtaining benefits on the very first day of the course.

Why train with The Central Academy

- David has many years clinical and training experience. He regularly assists clients make important changes in their lives using hypnotherapeutic and NLP techniques.
- We train to a full 120+ hours classroom training so that you obtain the skills and experience necessary to become a confident clinical practitioner.
- The remaining 330+ training hours are made up of individual research, book reviews, reviews of key clinical papers, case studies and maintaining a personal reflection diary.
- The number of students in each class is strictly limited so that you receive the individual attention that helps you become a skilled Hypnotherapist.
- Classes offer a unique combination of demonstration, theory, and real life case studies.
- You have every opportunity to gain the confidence you need to establish a successful Hypnotherapy practice.
- Each module will provide ample opportunity to practice the techniques being demonstrated, enabling you to develop your own skills as a Hypnotherapist.
- We will teach you how to develop an effective Stop Smoking Campaign.
- We teach Phobia cures, Weight loss Programmes, and Confident Public Speaking approaches.
- We show you how to set up a Hypnotherapy Practice.
- We show you how to run your Hypnotherapy sessions from start to finish.
- On successful completion of the training programme you will be eligible to join the General Hypnotherapy Register, the Hypnotherapy Society and the CNHC. These organisations demonstrate your commitment to training and the development of high clinical standards in hypnotherapy.
- You will also learn key NLP change processes and how to apply these in clinical practice.
- You will also learn key coaching strategies to use in none clinical cases. This is becoming more important as businesses recognise the importance of NLP and Coaching.
- There are many elements involved in training to be an effective Hypnotherapist, therefore, if you have any specific queries about course content then please contact us and we will be happy to provide any extra information you require.

The Practitioner Diploma in Hypnosis

The core content of this accredited training syllabus consists of a comprehensive training manual that will provide each student with a reference work that will prove to be invaluable. Each student is supplied with a hard copy of the training manual. Please also read our attached copyright information.

The course material will be distributed at the commencement of each weekend. Hypnosis is both an academic and a practical area of study and the student will be expected to complete one research assignment during the training programme. A pass mark will be necessary if the student wishes to be accredited as a fully qualified Hypnotherapist.

A large part of the training will be devoted to the demonstration and practical application of hypnotherapeutic techniques. All students will be involved in practising and learning how to apply hypnosis from the very first weekend.

This practitioner certified course has been externally assessed and verified at practitioner level by the General Hypnotherapy Standards Council UK and forms the basis for their awarding their General Qualification in Hypnotherapy Practice (GQHP). All students successfully completing the course will be able to use the qualifications Dip Hyp and GQHP to denote their commitment to the study of hypnosis.

On successful completion of the course students will be eligible to join the General Hypnotherapy Register, the UK's largest Hypnotherapy Organisation. 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 GHRreg

Qualifications Obtained

- Practitioner Diploma in Hypnotherapy Dip Hyp From **The Central Academy**
- Certified Smoking Cessation Specialist
- Certified Weight Management Specialist using Hypnotherapy
- Certification from the GHSC and the Hypnotherapy Society

The course will consist of 8 weekends, usually one weekend per month, or 16 days as outlined under training dates. The course will commence promptly at 9 am. This will provide the student with 120 hours of in class training. We take 45 minutes for lunch and two 15-minute coffee breaks during the day. The assignments (see attached sheet) along with reading of set books and the final written exam will bring the total training hours in excess of the required 450 overall.

With the option of extra tutorials that are available to current and past students and some NLP Master Classes the student will comfortably exceed the required number of training hours that some UK governing bodies require for registration as hypnotherapists.

Other relevant training can also be taken into account under special circumstances such as Coaching, Time Line Therapy, NLP training, EFT etc., as long as proficiency can be demonstrated and the training organisation can be contacted.

Qualifications

On successful completion of the 16-day training programme you will be awarded a Diploma in Hypnotherapy. This will meet all the current requirements within the UK to enable you to practice as a qualified Hypnotherapist.

In addition

1. You will also receive a certificate identifying you as a Stop Smoking Specialist.
2. Diploma in Weight Management
3. You are able to join the General Hypnotherapy Standards Council.
4. The National Hypnotherapy Society.
5. Eligible to join the Complementary and Natural Healthcare Council.
6. Be able to apply for membership of all the leading hypnotherapy bodies operating in the UK today.

You will then be entitled to use the following designation after your name

Dip Hyp GQHP GHRreg (HS)

If you would like to discuss these qualifications and understand how they compare to qualifications offered by other organisations then please contact us for an informal chat.

NLP and Hypnotherapy

The use of NLP (Neuro-linguistic Programming) is widely recognised as offering some superb techniques to assist clients in achieving the changes they require. During your training with The Central Academy you will receive in excess of 2 days training in NLP that will equip you with some of the most relevant change processes.

Eligibility

No previous experience of Hypnotherapy or NLP is required to attend this course. People from all walks of life make successful careers as hypnotherapists. The ability to create empathy with your clients, along with motivation and commitment, will be the skills most needed to become an effective therapist.

The academic work required during your training should not be entered into lightly, but with motivation, curiosity and flexibility, along with the willingness to commit yourself to new learning; you will find yourself quickly developing the skills you need.

Each student will be invited to interview before attending the course. This will give the potential attendee the opportunity to ask as many questions as they wish while at the same time satisfying the lecturers that they are willing to make the necessary commitment. Anyone can learn Hypnosis, its not a special gift, it's a skill; that can be learnt.

As a qualified Hypnotherapist you will find yourself working with many different client groups. For this reason during your interview you will be asked to answer some simple questions that are designed to:

1. Establish that you are of a suitable character to work with potentially vulnerable clients.
2. Are emotionally mature enough to work with a wide range of clients without being unduly affected yourself.
3. Able to meet the academic standards of the course
4. You will also be asked to sign a medical declaration form.
5. The interview will be conducted by telephone or in person
6. Students who have successfully completed our practitioner course will also be expected to sign a code of practice and maintain the highest ethical and professional standards at all times.

Continual Professional Development

Following Practitioner Certification all The Central Academy graduates are actively encouraged to undertake continuing professional development in order to remain informed of changes and developments in the field of hypnotherapy.

In addition the GHR requires newly qualified practitioners to arrange a minimum of 2 hours supervision in any 3-month period during their first 2 years following qualification. Supervision may be via 1 to 1 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 definition of CPD includes appropriate reading, research, and attendance at workshops and conference

Course Fees

The course fees for 2018/19 for the full 16-day Central Academy Hypnotherapy Practitioner Diploma course including all course materials and certificates is £1900.00.

This also includes Stop Smoking Certification and Certification in Weight Management using hypnosis

Individual 1:1 training is available and means you will be qualified within six weeks. Please contact us for fees.

As outlined in the document **terms and conditions**. The non-refundable deposit is £200.00 unless you are not accepted on the course.

Students should be aware of other additional expected costs such as textbooks at the student's discretion and various course materials such as paper and files. Those who go into practice as Hypnotherapists following the completion of the course will also need professional indemnity insurance and expect to pay fees to join professional organisations such as GHR.

Venue:

Staffordshire

Terms and Conditions

1. Participants are expected to commit to attend the whole of the course. Assessment is continuous through practical exercises, essays and also by examination. Your certification is conditional on achieving standards and attending the required number of training hours.
2. Please let us know of any special requirements you may have to enable us to provide you with the best possible experience. The Central Academy will make every effort in the selection of venue to accommodate disability of every kind. Unfortunately provision of disabled facilities will be dependent upon the venue chosen.
3. If you decide at any point during the first 48 hours of the course that it's not for you, we will refund your course fee minus the non-refundable deposit of £200.00.
4. On occasions a delegate may unexpectedly run into emotional issues especially in the early stages of the course before you learn how to manage your state more effectively. To be fair to other people on the course we would like you to make a commitment to yourself to take responsibility for your own emotional wellbeing and to stick with the course even if you occasionally hit emotional challenges. Emotions as well as cognitions and behaviour are addressed in this course. It is truisitic to point out, as with any technique, which offers self-development, some delegates might find parts of the course emotionally challenging. It is at all times requested that during such times respect is paid to yourself and to other delegates.
5. To secure your place your deposit should be paid on booking. Full payment must be made 14 days before commencement of the course and must be accompanied with a completed booking and health check form. Company invoices are for settlement under the same conditions.
6. You will be sent joining instructions a minimum of 20 days prior to course commencement. These will contain details of location, venue, start times and other relevant information
7. If a participant requests a transfer to an alternative course and the request is received within 30 days of the original course commencement date there will be an administrative charge of 10% of the course fee. If a participant fails to attend or complete the course all fees are forfeited and any money outstanding must be paid immediately.
8. Cancellation of a booking less than 15 days before the course begins incurs 50% of the total cost of the course. Cancellation between 15 days and 31 days 25% of the total cost of the course is forfeited, and

any cancellation of more than 31 days incurs a forfeit of the non-refundable deposit.

9. The company reserves the right to change dates and venues. The Central Academy also reserves the right to alter the course content, location, or cancel at any time without liability.
10. We aim to confirm your place on the course within 24 hours of receiving your completed booking form, health check form, and deposit. If you do not hear from us within 1 working week please contact the office immediately.
11. The fees for the course include tuition, course materials, morning coffee, afternoon tea, and email support.
12. Successful completion of the course is based on practical skills, assessment, professional attitude, and participation in group exercises, essays and final written assessment and is not just attendance based. Feedback will be offered throughout the course. A pass mark of 70% in the final written assessment is expected.
13. Legal and beneficial title to all intellectual property rights existing in any documentation, data, know-how, methods and concepts, used or developed by us in providing the services, shall, as between you and us, belong to and remain vested in us. Materials must not be copied or distributed using any media including but not limited to photocopy, fax, email or any other electronic process of copying or distribution without the written authority of ourselves.
14. Practising therapists must include a copy of their up to date professional indemnity insurance documents. This applies to all practising therapists regardless of modality.

All conditions or warranties (whether expressed or implied by statute or common law or arising from conduct or a previous course of dealing or trade custom or usage or otherwise) as to the quality of the session materials we supply or their fitness for a particular purpose (even if that purpose is made known expressly or by implication to us) are expressly excluded.

1. We will use all reasonable care and skill in providing the services you order under this agreement, but we do not guarantee any results of the services. Any decision you make having received any of our services are your own and you remain wholly responsible for any decisions and actions you take.
2. We are entitled to delay or reduce the level and/or scope of service(s) (including session materials) if we are prevented from or hindered or delayed in obtaining or delivering the services (including session materials) as a result of any circumstances beyond our reasonable control.

Copyright Notice

All HypnoFocus, Skills24 and Central Academy of Clinical Hypnosis and NLP materials including programmes of study and exam papers are copyright and must not be used or copied without permission.

Training materials are "literary works" as far as UK law is concerned and are covered by copyright law. Unless there is an explicit contract that says otherwise the copyright for course materials, presentations, course guides etc is owned by the author.

All materials purchased or supplied by us can only be used by and for the individual purchasing the material for private and research study purposes and must not be copied or circulated.

Under no circumstances can the material be used for third party training or commercial activities without written agreement from the above.

Any un-authorised use, reselling or distribution either printed or electronic of materials will constitute an infringement of copyright. All infringements will be strongly contested.

Before using any of our materials we strongly suggest you gain clear written approval from ourselves and Copyright-licensing agreements must be in place for all purposes. Contact the office to request the required permission.

HEALTH CHECK QUESTIONNAIRE

The Central Academy is keen to ensure that you are able to participate safely in your chosen training programme. Please answer the following questions and return this form to the address below. The Central Academy and its representatives will respect the confidential nature of any information provided. If you have any difficulties or disabilities requiring special arrangements please let us know. This form is designed to help us offer you the best training possible and to be considerate of your training needs

Name:	Course no.	
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Do you have or have you ever had any of the following?
(Please tick the appropriate box.)

Asthma		Bi-Polar Disorder	
Co ordination difficulties		Treatment for Depression	
Diabetes		Mental illness	
Dizzy spells		Schizophrenia	
Epilepsy		Rheumatic condition	
Headaches		Sight impairment	
Hearing impairment		Stress related illness	
Heart problems		Anxiety attacks	
Are you taking any prescribed medication or undergoing prescribed treatment or therapy?			
Are you taking any non-prescribed medication or undergoing non-prescribed treatment or therapy?			
Do you have any other medical condition, disease or disability that may affect you ability/willingness to undergo hypnosis not covered by the above? (Please describe briefly on the reverse of this form.)			

Data Protection: This information will be used for health and safety purposes by the tutor.

All personal information supplied on this form is used solely for health & safety purposes and will be dealt with in a sensitive and confidential manner by your tutors. This information is not recorded on a database and measures have been put in place to prevent unauthorised disclosure.

At no time will this information be passed to other organisations. The questionnaire will be destroyed at the end of the course.

Health Check Agreement;

The tutor has explained the nature of the activity involved in this course. I understand what is required and am fit to participate in this programme.

Signature..... Date.....

Diploma in Clinical Hypnotherapy

Booking Form

Name:

Address:

..... **Post Code:**

Phone: Landline Mobile

Email: **Date of Birth:**

Occupation:

Prior training/experience in related fields:

.....

Please book place(s) on the following courses:

Intensive Course (please tick)

Weekend Course (please tick)

PAYMENT:

The total tuition fee for the weekend course is £1,800.00.

I enclose a deposit of **£200.00**. I understand this deposit is refundable only if I am not accepted on the course or the course is cancelled. Cheques should be made payable to **D. Woolley**.

I agree to pay the balance of £1,600.00 at least 14 days prior to enrolment.

If you wish to pay by debit/credit card or by bank transfer, please call or email us.

I confirm I have read and accepted The Central Academy Terms and Conditions. I also enclose the The Central Academy Health Check and Waiver which I have signed.

Signed..... Date

**Please send the completed booking form together with deposit to:
D. Woolley, 16 Manor Farm Road, Little Haywood, Stafford, ST18 0NW**

SYLLABUS

Module 1

What is Hypnosis?
Hypnoidal States
Depth of trance
The Mind
Client's understanding of Hypnosis
Self-hypnosis
5 Stages of Hypnosis
Setting a Well Formed Treatment
Outcome and agreed Outcomes
Inductions – Formal and Informal
Hartland
Awakening the client
Awakening Script
The Theory of Hypnosis
Suggestibility
Eye Fixation
Hand Fixation
Patient's resistance?
Patient Misunderstandings
Self-hypnosis 2
Reading List
Self-assessment
Eye closure
10 to 1
Use of the voice

Module 2

IMR
Distractions
Hand levitation
Post-hypnotic inductions
Countdown
Fractionation
Eye Fixation techniques
Abreactions and Contraindications
Tactile inductions
Introduction to NLP
Mirror, pace, lead
Authoritarian Techniques
Use of Suggestion
Ego boosting
Favourite place
Erickson
Catalepsy

Module 3

Taking a case history
Advance Well Formed Outcome
Review
Healing Light
Pain control and glove anaesthesia
IMR therapy
Stop smoking 1
Managing client expectations
Anxiety performance
Client Selection
Regressions
Diagnostic regression
Age regression
Cognitive Behaviour Therapy CBT
Aversion
Massed Practice
Anatomy and Physiology

Module 4

Flooding
Phobias
Monitoring Client Progress
S.U.D.'s
Hierarchies
Systematic Desensitisation
Hypnotic Desensitisation
Assertiveness
Bruxism, Snoring, Nail Biting
The Inner child
Conversational Hypnosis
Stop smoking 2
NLP
Dissociation
Confusion techniques
Expectation
Contraindications

Module 5

Clinical Supervision
Two stage dissociation
Erickson 2
Direct and Indirect Suggestions
Creative dreaming
Multiple part dissociation

OCD
Insomnia
Time distortion
Weight control
Advanced Weight Management
Binge eating
Eating disorders
Minds eye and deepening

Module 6

Panic attacks
Panic disorder
Contra Indications
Compound suggestions
NLP 2
Pseudo-orientation in time
Tinnitus
Pail control 2
Ethical dilemmas
Recognising our own limitations
Self-integration
All possibilities
The use of the voice
Metaphor

Module 7

Bringing in all together
Control room of the mind
Hypnosis in sport

The mask
Meeting client expectations
Erythrophobia
IBS
Interspersal techniques
Wise old people
Depression
Dental hypnosis
Pharmacology
Script development
CPD

Module 8

Matching techniques to client
needs
Anorexia
Hypnosis in children
Infertility
Enuresis
Impotence
Psychosexual disorders
Taking a case history
Legal considerations
Goal setting
Practice management
Record Keeping
Legal and Ethical Responsibility