

THE HYPNOSIS CENTRE

Diploma Course syllabus:

4 Modules: Consisting of 1 full weekend per Module – totalling 50 hours of Classroom time including theory, demonstrations and practice in small groups.

In addition to Classroom work, students are expected to complete Home Study including Assignments and reading from the Reading List. The final module includes a short test.

Module 1:

The History of Hypnosis: 2600 B.C. to the present day

The Mind - a function of brain:

The Conscious and the Subconscious.

Being Awake

Being Asleep

Being in Hypnosis

The Hypnotherapeutic process

Physical Manifestations of Hypnosis

Inducing Hypnosis:

Methods of Induction

Installing Selective Thinking

Testing for Somnambulism

Deepening and Emerging

Module 2:

Psychosomatic problems and their origins

The treatment of psychosomatic problems

Hypnoanalysis

Hypnotherapeutic semantics

Ideomotor Response

Direct Suggestions

Posthypnotic suggestions
Regression and Progression
Self Hypnosis

Module 3:

Compounding / Fractionation
 Amnesia
 Analgesia
 Anaesthesia

Waking Suggestion and Waking Hypnosis
Working with Eyes-open Somnambulism
Neuro Linguistic Programming (NLP)
Reframing
Anchoring
Triggers
Parts therapy

Module 4:

Specific treatments:

 Smoking Cessation
 Weight Loss
 Phobias
 Confidence and Self-Esteem
 Performance and Learning

Building a Hypnotherapy Practice:

 Building rapport and the pre-hypnotic interview
 Taking Notes, Keeping Records and Data Protection
 Code of Ethics and Client Confidentiality
 Supervision

Insurance, Tax

Marketing and considerations when making claims / managing expectations

Case Studies

Examination

Learning Outcomes associated with each Module:

Module 1:

On successful completion of Module 1, students will be able to:

- Describe the underlying principles Hypnosis and Hypnotherapy.
- Demonstrate hypnotic inductions and somnambulism on another person.

Module 2:

On successful completion of Module 2, students will be able to:

- Discuss the origin and treatment of psychosomatic problems.
- Employ Ideomotor response, suggestion and regression techniques.
- Use self hypnosis.

Module 3:

On successful completion of Module 3, students will be able to:

- Demonstrate Amnesia and Eyes-open somnambulism.
- Formulate a treatment strategy using Parts and NLP methodologies.

Module 4:

On successful completion of Module 4, students will be able to:

- Treat the most common conditions referred to hypnotherapy.
 - Plan a sound and ethical Hypnotherapy Practice.
 - Construct and evaluate case studies.
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Assignments, Tests and Certification:

Modules 1, 2 & 3 each attract an Assignment (3 in total) which must be completed and submitted prior to the commencement of the following Module. Assignments constitute an assessment of each student's attainment of the associated Learning Outcomes.

The final Module includes a short test which includes a practical demonstration.

The **Diploma in Clinical Hypnosis** certificate is issued on successful completion and entitles the graduate to use the designatory letters Dip.CH after his or her name.

The Hypnotherapy Society:

This Diploma is fully Approved (Approved Category 1) by the Hypnotherapy Society and all graduates will be normally entitled to join the Society as Associate Members. The Society is a most useful resource for practitioners with a Code of Ethics and a clear professional development path. Additionally, graduates have access to a number of benefits, including competitively-priced professional insurance and block advertising.

Reading List:

Our reading list is constantly being modified and we have additional books which we make available to students during the course. These adequately cover all the elements of the Diploma course and offer techniques and support as each graduate advances their practice.

Scripts & Strategies in Hypnotherapy: The Complete Works.
Roger P. Allen:

Hypnotherapy: Dave Elman

Handbook of Hypnotic Suggestions and Metaphors
D. Corydon Hammond

Ericksonian Approaches:
Battino and South

Self-Hypnosis The Complete Guide to Better Health and Self-Change
Dr. Brian Alman

NLP Made Easy
Carol Harris

My Voice Will Go With You
by Milton Erickson, Sidney Rosen

Clinical Hypnosis Crasilneck & Hall

