

# *Peak College of Hypnotherapy*



## Diploma Course in Clinical Hypnotherapy

**GHSc**

**Practitioner Level**

**VALIDATED TRAINING**

General Hypnotherapy Standards Council



## Introduction

There are many different training courses out there, maybe you've seen some of them already. This prospectus is my opportunity to show you that the Diploma in Clinical Hypnotherapy offered by the Peak College of Hypnotherapy is the right course for you.

Maybe you see yourself running your own successful hypnotherapy practice or you may just want to obtain a deeper understanding of the ways that our minds work. In either case this course is designed to help you achieve your ambitions.

As you complete each module of the course your skills and abilities will increase and small class sizes help everyone to get exactly what they want from the interactive sessions.

Even if it's a long time since you last did any formal learning, you can feel reassured that you will be learning in a supportive environment, committed to helping you to succeed.

So enjoy reading this prospectus and see how well it fulfils your needs. If you have any further questions, please feel free to contact me on 01629 540 700 or go to [www.peakcollege.co.uk](http://www.peakcollege.co.uk)

Tim Goodwin Dp Hyp. LNCP, MPNLP

Course Tutor





## **Objectives of the course**

This Diploma course in hypnotherapy is designed to give you a thorough grounding in all aspects of hypnotherapy.

It is ideally structured for those who wish to follow a career in hypnotherapy and for those who want to increase their knowledge of the subject for their own interest and self-development.

The Diploma in Clinical Hypnotherapy offered by the Peak College of Hypnotherapy has been Assessed and Validated at Practitioner Level by the General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with The General Hypnotherapy Register (the GHSC's Registering Agency), together with the acquisition of the industry-based award –The General Qualification in Hypnotherapy Practice (GQHP).

This programme of study is designed to take account of the different educational levels of students and assumes no previous knowledge. There is no upper age limit and entry onto the course requires no previous academic qualifications. Commitment, integrity and temperament are far more important than your academic history.

Even if it's a long time since you last did any learning, my job is to help you succeed in an enjoyable and encouraging environment.



## **Format of the Course**

The Diploma in Clinical Hypnosis consists of nine separate modules and is split between:

- Classroom tuition
- Practical instruction
- Personal practice
- Self study

The classroom tuition will give you the foundation of knowledge that you require to learn hypnotherapy and to understand the basic psychology behind it.

Much of hypnosis can be seen as a practical skill. This course aims to give you those skills as well as a theoretical appreciation of the subject.

All skills improve with practice and you will be given the opportunity to practice your new-found skills in a friendly and supportive environment.

Finally, between the modules, assignments will be set and there will be some self-study reading required. This enhances the classroom tuition by giving some of the background to the subjects discussed.

The aim of the course is not to put unnecessary barriers between you and your success but to ensure that you complete the course fully qualified to practice as a Hypnotherapist.



## Course Content

The course itself is broken down in to nine separate modules. The content of these modules may be moved around occasionally to make the learning experience more flexible but will cover, at least, the subjects listed below.

### Module 1. What is hypnosis?

- What is hypnosis
- The history of hypnosis and hypnotherapy
- What conditions respond to hypnotherapy
- What conditions should not be treated with hypnotherapy
- The power of suggestion

### Module 2. Working with clients

- Working with clients
- Meeting the client
- Active listening
- Taking a history
- Formulating a session from the history
- Record keeping
- Deep trance phenomena



### Module 3. Hypnotic inductions

- Hypnotic induction
- Using and teaching self-hypnosis
- Uses of hypnosis in business and sports performance
- Ethics and code of conduct

### Module 4. Neuro Linguistic Programming

- Neuro Linguistic Programming
- Underlying principals of NLP
- Matching and mirroring
- Verbal and non-verbal pacing and leading
- Anchoring
- Information processing
- Submodalities

### Module 5. More NLP

- Ideo motor signals
- Reframing – Six Step Reframing Method
- Future pacing
- Dealing with phobias
- Creating scripts



### Module 6. Psychoanalysis

- The psycho analytic movement
- Neurosis and Psychosis
- 4 basic character types
- How the past affects the present
- When and how to use hypno-analysis
- Regression to resolve past trauma
- Abreaction – the release of emotion
- The affect bridge

### Module 7. Other useful techniques

- David Groves, the child within
- Disassociation from trauma
- Freeing trapped emotion
- Using symptoms for change
- Smoking cessation

### Module 8. Eating disorders

- Eating disorders
- Bulimia and anorexia
- Treating the underlying causes
- Hypnotherapy and slimming



### Module 9. Setting up in business

- Setting up a practice
- Business management
- Law, insurance, safeguards
- Marketing
- Networking
- Sources of help and advice
- Continuous personal development



## **Investing in Your Future**

Whether you study hypnotherapy as a career move or for your own personal development, this Diploma in Clinical Hypnotherapy is an investment in your future. The cost of the course is £1200 which includes:

- All 9 teaching modules
- Course notes and folder
- Various scripts to get you started
- Teas and coffees

Fees are payable at the beginning of the course.

### Paying by instalment.

An easy payment plan is also available. This should be in the form of six monthly post dated cheques (one for £175 and five for £200) which will be presented as they fall due. These cheques should be submitted before the commencement of the course.

The course is recognised by the Learning and Skills Council, so Career Development Loans may be available for some student.

For further information please contact the Career Development Loan

Information line on Free phone 0800 585 505.

My Learning Provider Number is 12483.



## **Tim Goodwin – course tutor**

Tim Goodwin is an experienced hypnotherapist and psychotherapist running his own successful hypnotherapy practice in Derbyshire. Since qualifying as a hypnotherapist, he has undertaken further training in hypnosis with Paul McKenna, one of Europe's foremost hypnotists, and trained in Neuro Linguistic Programming (NLP) with Dr. Richard Bandler, one of its originators.

After spending many years in business, working in the risk department of an international bank and within the research area of a blue chip retailer, Tim has a practical and pragmatic approach to therapy and to teaching. Tim is a Member of the General Hypnotherapy Register, a Licentiate of the National Council of Psychotherapists and a Master practitioner of Neuro Linguistic Programming.



## Course Dates

The course will be held in Brassington, near Wirksworth, and the dates for the Spring term 2010 are as follows:

Spring Term 2010                      9.00am – 5.00pm

16<sup>th</sup> January  
6<sup>th</sup> / 7<sup>th</sup> February  
27<sup>th</sup> / 28<sup>th</sup> February  
20<sup>th</sup> / 21<sup>st</sup> March  
17<sup>th</sup> / 18<sup>th</sup> April  
15<sup>th</sup> / 16<sup>th</sup> May  
5<sup>th</sup> / 6<sup>th</sup> June  
26<sup>th</sup> / 27<sup>th</sup> June  
3<sup>rd</sup> July

If for any reason you are unable to get to a particular weekend, alternative arrangements can be made.

If you have any further queries please do not hesitate to contact the course tutor, Tim Goodwin, on 01629 540 700.

Or write to Tim Goodwin, Peak College of Hypnotherapy, 13 Greenway, Brassington, Derbyshire DE4 4HD.

Email: [timgoodwin@w3z.co.uk](mailto:timgoodwin@w3z.co.uk)

Web site: [www.peakcollege.co.uk](http://www.peakcollege.co.uk)



## Application Form

### Diploma in Clinical Hypnotherapy

Title..... Last Name .....

Forenames .....

Address .....

..... Postcode.....

Phone No. .... Email .....

Date of Birth .....

Occupation .....

Please give brief details of any previous experience in this field

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Payment method

Full amount ..... I wish to pay by instalments .....

I confirm that I have no criminal record and agree to abide by the code of conduct set out by the General Hypnotherapy Standards Council.

Signed..... Date .....

Please return the completed application form, along with a £25 deposit, payable to T. Goodwin, to:  
Tim Goodwin, Peak College of Hypnotherapy, 13 Greenway, Brassington, Derbyshire DE4 4HD  
Phone: 01629 540 700