

# Booklist video transcript



## Yorkshire Hypnotherapy Training\*

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Hi, this is Debbie Waller of Yorkshire Hypnotherapy Training, just continuing my introduction for foundation and practitioner level students. Today I want to talk to you about the book list. So let's have a look at where it is. This is the page that you need on the website, you can access it this way, hypnotherapy training, and then course textbooks, or you can access it through the students' area. And there is information elsewhere in one of these videos telling you how to access and use the students' area. Once you're on the page, we can work down and have a look at what's there. The first book on the list is this, 'Their Worlds, Your Words'. It's my book, and it talks about how to build a relationship with a client, how to get the right information from them, and how to use that information when you're giving them therapy, you will definitely need a copy of this. The notes for modules two and three are quite short. Because I rely on you having the information from this book. I give a free copy of the book to everyone at module one. But if you'd like us earlier, give me a ring or drop me an email. That's absolutely fine. I'll post it out to you. And you can get on with your reading a little bit earlier.

The next section is this, hypnotherapy scripts. These books give you ideas of what to say to clients and how to approach the therapeutic part of your session. If you're only going to buy one of these, I strongly recommend Roger Allen 'Scripts and Strategies in Hypnotherapy'. It's the older of the two books, but it covers pretty much the same areas we're going to cover on the practitioner course. So it's the ideal one to get. There are three versions, there's a part one, a part two, and a big version that has all of them and I'd go for the bigger one if you can. If you want to extend your library a bit further then go for the second one as well. Lynda Hudson's 'More Scripts and Strategies in Hypnotherapy' is an excellent book. And it covers areas that we don't get to on the course, so it gives you a broader approach when you're doing your case studies. If you're only signed up for foundation level training, at this point, my book and the Roger Allen book are probably all that you need. If you're going to go ahead and do the practitioner level training, you might want to build up a slightly bigger library.

Section B is about building your skills. And it brings in a few books that are going to help you do that. 'The Hypnotherapist's Companion' covers building your skills, working with clients, running your business and troubleshooting. So it's kind of a broad approach to the whole process of running a hypnotherapy business, and if you're only going to get one book from this section, it's the one I'd recommend. The fact that I wrote it, well, you can decide for yourself whether you think that makes me prejudiced. Tracey Farr's book, 'A Creative Guide to Therapeutic Metaphor', is a really valuable book about building your own metaphors - about taking words and meanings from what the client tells you and weaving them into stories to give back to them. We'll be covering metaphors in Module Three, so you might want to wait till then see if it's an approach that appeals to you, and buy the book if it is. The final title in this section is the 'Hypnotherapy Handbook'. It's an anthology by eight different authors all writing about different topics, issues that clients might present with, along with marketing and self-care advice. So generally a handy thing to have around.

My copies of all these books will be available. So if you want to have a look through them at the class before you decide what to buy, that's absolutely fine.

Section C is about building your library. If you're into books, if you like reading, then there's a pretty wide range here to choose from. Some of them are best left until you further into the course so that you know which areas of hypnotherapy and which approaches interest you and you can buy the relevant books, but there are one or two that you might think about investing in earlier on.

The first one is Dabney Ewing's '101 things I wish I'd known when I started using hypnosis'. It's definitely a dip in and dip out book. Each page has a separate little fact about hypnosis or hypnotherapy, and it's got some really unusual ones in there that you might not meet anywhere else. The other book that I thoroughly recommend is Robin Waterfield 'Hidden Depths: the story of hypnosis'. It's about the history of hypnosis and hypnotherapy going right back into prehistory, and the ancient civilizations. It's thorough and it's entertaining, but it is really only useful for you for module one. So unless it's a topic that particularly interests you, you can manage very well without it. Finally, if you've not come across NLP (neuro-linguistic programming) before I can thoroughly recommend the Philip Miller title, 'The really good fun cartoon book of NLP'. It's great on communication skills and nonverbal communication. And if this is a new area for you the silly cartoons just help you remember it.

As said, I have copies of all of these and I bring them with me to the early modules so that you can have a look through and see which ones interest you and which ones appeal. If you want any further information and then do give me a ring, or email me and ask for whatever advice you need. Bye for now.