



Yorkshire Hypnotherapy Training

Hypnotherapy Training
Foundation Level
Prospectus



www.yorkshirehypnotherapytraining.co.uk

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(Training at venues throughout Yorkshire)

Yorkshire Hypnotherapy Training

Yorkshire Hypnotherapy Training offers three separate courses which offer you an increasingly comprehensive knowledge of hypnotherapy and hypnosis.

1. Taster Days - a fun and informative one-day introduction to hypnosis and hypnotherapy for anyone with an interest in the subject.
2. Foundation Level Training – for those seeking a more substantial knowledge of hypnosis and hypnotherapy, this course offers 200 hours' study. This is made up of 52 classroom hours (8 days) and some home study over approximately four months.
3. Practitioner Level Training – for those wishing to become professional hypnotherapists, this course offers 450 hours' study by combining the four Foundation modules with six further Development modules. Altogether you complete 130 classroom hours (20 days) plus home study, and this generally takes about ten months to complete.

This prospectus is about the Foundation Level course. You can find more about the other levels on our website, or by requesting information from the address/phone number on the first page of this prospectus.

About Foundation Level Training

The Foundation Certificate is a recognition of useful skills gained for personal development, or to add to another modality such as counselling or coaching. You may join the General Hypnotherapy Register at Affiliate level if you hold a Foundation Certificate, but not as a practitioner. This is because under the voluntary regulations for hypnotherapy in the UK the course does not meet the criteria for you to practice as a hypnotherapist.

The Foundation course is held over approximately four months and offers a choice of attendance patterns to make learning as easy as possible. The monthly attendance option is held at weekends and allows you learn whilst you continue in your present employment; the weekly half-day attendance option offers term time training within school hours and is especially convenient for those who need to fit their training around their family's needs.

Our small class size allows for plenty of personal attention. Over the course of your time with us, you will develop a sound theoretical knowledge and strong practical skills. Each module will offer a range of topics by way of tutor demonstrations and presentations, class discussion, and practical exercises.

Our syllabus (available on request or via the website) contains full module by module details of the course contents but, briefly, this includes

- The history of hypnosis
- Understanding what hypnosis really is, and debunking the myths
- Ethical issues in therapy practice
- Recognising when it's not advisable to use hypnosis
- The therapeutic relationship: communication and basic counselling skills
- Suitable inductions for a wide variety of clients
- Levels of trance, deepeners
- Hypnotic tests and convincers
- How to adapt and personalise your approach for each person you work with
- How to plan a realistic and effective therapy programme
- Using hypnotherapy with stress and motivation
- Abreactions and secondary gain

Who Are Our Foundation Level Students?

Our students come from a wide variety of backgrounds and experiences.

- Many use the course as the first step towards a career as hypnotherapy practitioners
- Some want to add a new set of skills to their existing knowledge without qualifying to practitioner level
- Others want to improve their communication skills and/or their understanding of themselves and others
- Some complete the course for personal development or out of general interest

Why Choose YHT Foundation Level Training?

- Not all professional bodies which accredit training recognise Foundation level courses since this isn't discussed in the training standards. However, some do and ours is validated by the GHSC and the ACCPH.
- As a standalone course, it is a comprehensive and enjoyable introduction to hypnosis and hypnotherapy for those who wish to develop their skills or knowledge, but not to practice as hypnotherapists.
- It gives you real skills which can be used within an established career in counselling, coaching, complementary therapies or the caring professions.
- The Foundation level, although fully accredited in its own right, also forms the first four modules of Practitioner level training. This makes it very easy to upgrade your training to Practitioner Level at any time.

Enrolling on the Course

We make our enrolments and admissions criteria simple to make sure you can get the most from the course.

You do not need:

- Any specific qualifications: students from all educational backgrounds are welcome
- Previous experience of hypnosis, hypnotherapy or any other complementary therapies

You do need:

- A genuine interest in people, and a desire to help them
- The enthusiasm and motivation to meet course deadlines and complete assignments
- To be over 21
- A reasonable standard of spoken and written English as unfortunately, we are unable to offer the course or mark essays in other languages
- The facilities to submit written work by email or in print (typed) as we do not accept handwritten assignments
- Access to the Internet, we usually communicate between classes by email

Initially, please contact us to ask for an enrolment form or download it from the website. Unless you have been on a Taster Day, you may be invited to an interview before joining the course.

Course Structure

To meet the requirements of the accrediting bodies, this course comprises a total of 200 hours of study. It has two main elements; classroom work and independent study.

Both study formats (below) offer a full 52 hours of classroom tuition, and the independent study element makes up the remainder.

'Independent study' refers to the preparation and practice work you do at home between classes. Each month you will be given a study sheet to guide you. This will include written work and practice exercises or tasks to carry out to develop your new knowledge and skills. There will also be some reading to enhance what you've already covered and prepare you for the next class. The notes issued in class and the recommended texts contain everything you need to pass the course, but you are welcome to use other books and internet research in addition to these if you wish.

Classroom work includes looking at the theoretical aspects of hypnosis and hypnotherapy, class and group discussions and plenty of practical exercises and feedback to allow you to develop your skills.

Classroom work can be undertaken in one of two formats. Whichever you choose this course lasts around a year, and the lesson content will be identical.

Monthly attendance:

- Four two-day modules, held at weekends at roughly monthly intervals. There are usually no teaching weekends in December or August.

Weekly attendance:

- One full day followed by fourteen half-day modules held on a weekday.

As far as possible weekly attendance dates are scheduled during term time only, although different schools or local authorities may choose different dates.

Your Commitment

- Attendance: there is a 90% attendance requirement. Catch-up/deferral procedures are available for those falling behind, although it may delay you in passing the course.
- Independent study: you will need to work through the study sheets each month, and complete at least the minimum number of written assignments set, on time and to a satisfactory standard.
- You will be asked to assume the role of 'client' for other students in some exercises so you need to be willing to share some personal information. Confidentiality rules apply to whatever information you share in the classroom, and if there are specific issues you prefer to not to discuss this will be respected.
- You will need to log at least 10 hours therapy practice outside the classroom as part of your independent study at Foundation level. Volunteers are invited (via our website) to contact the school, but we cannot guarantee that anyone suitable for you to work with will actually do so. These hours therefore often have to be completed with other students, family and friends.

Support while you are learning

We offer plenty of support during your course. Time is set aside in every module for discussion of what you have learned so far, the practice you have been doing since the last class, and any other questions you might have. You are free to phone or email your tutor for advice at any time between classes or to arrange a one to one tutorial. You can also join our LinkedIn group or attend quarterly peer support meetings with our graduates.

Assessment

The core curriculum sets out how practitioner level students should be assessed but does not, strictly speaking, apply to foundation level. Despite this, we use the same rules, in case you take a foundation course and later decide you want to upgrade to practitioner level.

Assessment includes both your practical skills and theoretical knowledge, and is carried out partly as coursework (homework) and partly in the classes. You will be assessed primarily by your tutor, but some of your written work and some of your practical work in the classroom will be checked by someone who has not otherwise been involved in your training. This 'second opinion' acts as a kind of quality control for both you and your tutor.

In our experience being assessed in any way can be a worrying thought, especially if you haven't taken any kind of test or written an essay for some time. But imagine you were going to see a therapist; you would certainly want to know that they had proved that they had reached a good standard of skill and knowledge before being given a professional qualification. Your clients will be just the same.

Accreditation & Qualifications

The Hypnotherapy Foundation Level course offered by Yorkshire Hypnotherapy Training has been assessed and validated at Foundation Level by the General Hypnotherapy Standards Council (UK) and at Level 2 by the ACCPH.

Successful graduates are eligible for registration with the General Hypnotherapy Register (the GHSC's registering agency) at Affiliate Status.

This can be upgraded to Practitioner Level on further study.

When you pass this course Yorkshire Hypnotherapy Training will award you with the YHT Foundation Certificate of Hypnosis and Hypnotherapy.

Costs and Fees

If you benefit from an Early Bird discount, the total cost of the Foundation level course is £970. The standard cost is £1046. Early bird cut-off dates are published on the website and are usually about six weeks before the course starts

The deposit is £250, the balance can be paid in four monthly instalments. Monthly instalments represent a proportion of the course fees, not a cost per module, and are therefore payable even if you are unable to attend all the training days.

Course fees include all classroom tuition, telephone or email support between modules, handouts, marking, and all assessment and certificates. It includes one of the recommended textbooks, but you will need to purchase at least one other.

Head Tutor

My name is Debbie Waller. I had 15 years experience as a voluntary advisor/counsellor for a national charity and was awarded a First Class degree from Leeds Metropolitan University before becoming qualified as a Hypnotherapist and Stress Management Coach. I currently run a successful hypnotherapy practice, working both with one to one clients and groups. I worked for a large therapy training organisation before launching this course. As well as running a successful therapy practice, and Yorkshire Hypnotherapy Training

- I am a registered hypnotherapy Supervisor and run several peer support groups as well as working one to one
- I present seminars on stress and related matters to local businesses and will be speaking at the UK Hypnosis Conference in London in November 2018
- I am the author of 'Their Worlds, Your Words' and a co-author of the 'Hypnotherapy Handbook', both available on Amazon in paper and Kindle format
- I am editor of the NCH Hypnotherapy Journal
- I am editor and contributor to the online Journal Hypnotherapy Training & Practitioner

My professional memberships include:

- General Hypnotherapy Register (Advanced Practitioner, Accredited Trainer, Supervisor)
- British Institute of Hypnotherapy & NLP (Senior Practitioner)
- National Smoking Cessation Institute
- Central Register of Stop Smoking Therapists
- International Stress Management Association (Affiliate level)
- International Board of Certified Trainers
- ACCPH (Accredited Trainer)

My professional qualifications include

- BA (Hons), First Class, in Humanities and Social Studies (Psych/Lit), Leeds Metropolitan University
- Advanced Diploma in Hypnotherapy from Sunnycoast Hypnotherapy Training
- Senior Qualification in Hypnotherapy Practice, from the General Hypnotherapy Standards Council
- Advanced Diploma of Professional Stress Management, at Distinction level, from the College of Integrated Therapies
- Hypnotherapy Diploma from Wakefield School of Hypnosis and Hypnotherapy
- Certificate in Neuro-Linguistic Programming from Wakefield School of Hypnosis and Hypnotherapy
- Corporate Stress Consultant from the Mindcare Organisation, UK
- Certificate in Assertiveness Training from the College of Integrated Therapies
- Diploma in Smoking Cessation Therapy from the College of Integrated Therapies
- Anxiety Specialist, UK Academy of Therapeutic Arts and Sciences
- Certificate in IBS treatment by Gut Oriented Metaphor
- Diploma in Anger Management at Distinction level, from College of Integrated Therapies
- Blast Technique, EMDR, PTSD & Trauma Certificate, from Warwickshire School of Hypnotherapy
- Train the Trainer (IML endorsed) from Activia
- Certified Therapy Teacher Diploma from Gladden Therapy Training
- International Board of Certified Trainers accreditation
- Essential Supervision Skills (BPS approved) from SDS Training

I can be found on the UK Register of Learning Providers, UKPRN: 10035241.

Suitably qualified guest speakers may also occasionally be invited to address the class.

The Next Step

To enrol for the foundation course, please download a form from the website or request one from:

Debbie Waller, Keldale House, Beal Lane, Beal, N Yorkshire, DN14 0SQ
Tel 01977 678593 (9 am to 9 pm) Email debbie@yorkshirehypnotherapytraining.co.uk

Finally...

If you're still not sure that hypnotherapy training is for you, why not book a place on a Taster Day?

Taster days are not a "hard sell" and there is no obligation to go on to further training. We believe that if hypnotherapy is right for you, we don't need to sell to you. If not, there's no point. Taster days are aimed to give you knowledge and a taste of what hypnotherapy training is like so you can make that decision for yourself.

Taster days have a limited number of places and must be pre-booked. Availability varies and you can reserve your place by phone or via our website.

Please note - booking onto or attending a Taster Day does not guarantee that you can be offered a place on the Foundation or Practitioner course. Sometimes the longer courses fill before all the Taster Days have been held.

For more details or available dates, phone Debbie or visit the website:
www.yorkshirehypnotherapytraining.co.uk.