



Yorkshire Hypnotherapy Training

**Hypnotherapy Training**  
**Foundation Level**  
**Syllabus**

**GHSc**

**VALIDATED TRAINING**  
General Hypnotherapy Standards Council

[www.yorkshirehypnotherapytraining.co.uk](http://www.yorkshirehypnotherapytraining.co.uk)

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(Training at venues throughout Yorkshire)

## **Yorkshire Hypnotherapy Training Foundation Level Modules**

### Module One – Introduction to Hypnosis

The history of hypnosis  
Contraindications and ethical considerations  
What is hypnosis and how does it work?  
Basic hypnotic inductions

### Module Two – The therapeutic relationship

Building rapport: modalities and non verbal communication  
Active listening and questioning skills  
Developing your hypnotic skills  
Levels of trance and deepeners

### Module three – From hypnosis to hypnotherapy

Using hypnotic tests and convincers  
The work of Dave Elman and Milton Erikson  
Effective therapeutic approaches: direct and indirect suggestion, metaphor  
Developing a SMART therapy plan  
Working with motivation

### Module four – Applying your skills to stress and related issues

Stress and anxiety  
Phobias and panic attacks  
Dealing with abreactions and secondary gain