



Yorkshire Hypnotherapy Training

**Hypnotherapy Training
Practitioner Level
Prospectus**



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(Training at venues throughout Yorkshire)

Yorkshire Hypnotherapy Training

For those with no prior hypnotherapy training, Yorkshire Hypnotherapy Training offers three courses which give 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 who is considering a longer course.
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, made up of the four Foundation modules plus 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 Practitioner Level Training. 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.

Why Make Hypnotherapy Your New Career?

Perhaps others already confide their problems to you and you want to know how to help them? You may be seeking a more satisfying and fulfilling career, wanting to control your working hours or to have a practical and transportable skill to help you become self-employed.

A hypnotherapist is, quite simply, someone who is trained to combine hypnosis and therapy to help those with personal problems.

Hypnotherapists are not doctors or psychologists and do not work with serious mental illness. If you choose hypnotherapy as a career you'll be helping people with issues such as panic attacks, anxiety, stress, phobias, weight control and unwanted habits such as nail biting or smoking.

Hypnotherapy is an effective, rapid and results-oriented therapy. In fact, research comparing many different studies of hypnotherapy has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone. You'll find more about the effectiveness of hypnotherapy, and what life as a professional hypnotherapist is like on our website.

Yorkshire Hypnotherapy Training offers a friendly, practical and professional practitioners course which gives you all you need to begin a career as a professional hypnotherapist.

Who Are Our Students?

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

- Some want to take their lives in a different direction by investing in a challenging, rewarding and enjoyable new career
- Some already work as complementary therapists or in the caring professions and want to add a new set of skills to their existing knowledge
- Some want a part-time therapy practice to supplement their existing income
- Some simply wish to improve their communication skills, and their understanding of themselves and others

About Practitioner Level Training

The Practitioner Course includes all you will need to practice as a professional hypnotherapist. It is completed in stages, four Foundation and six Development modules held over approximately a year, in 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. From time to time, we allow a small number of qualified hypnotherapists to attend our classes as part of their ongoing professional development. This gives you the opportunity to work with, chat to and learn from people already working in the field.

Our syllabus contains full details of the course content 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 psychological theories underlying different therapeutic approaches
- Building a professional relationship: communication and basic counselling skills
- Suitable approaches for a wide variety of client problems
- A range of therapeutic techniques drawn from both hypnotherapy and NLP
- How to adapt and personalise these techniques to each individual client
- How to plan a realistic and effective therapy programme
- Creating a successful hypnotherapy practice after you qualify

In addition, we enrol practitioner level students on an externally validated specialist qualification which you receive in addition to your practitioner diploma. This is included in the fees you pay for the course.

Enrolling in the Course

The Practitioner level course contains ten modules: four at foundation level plus six at the development level. You can enrol for the whole course immediately, or sign up for the foundation course initially and add the development modules later.

You do not need:

- Any specific qualifications: people 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 - 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 will be invited to a telephone interview before joining the course.

Course Structure

To meet the requirements of the accrediting bodies, this course comprises a total of 450 hours of study divided into Foundation and Development modules.

All attendance formats (below) offer a total of 130 hours of classroom tuition, and an independent study element makes up the remainder. You are given guidelines for independent study which should take around 165 hours and the rest is up to you to choose.

'Independent study' is the preparation and practice work you do at home between classes. Each month you will be given a study sheet to guide you. Tasks will include written work and practice exercises or tasks to carry out to develop your new knowledge and skills. There will 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. The additional qualification mentioned on the previous page will be completed as part of your independent study during the development modules.

Classroom work includes looking at the theoretical aspects of hypnosis and hypnotherapy, class and group discussions, along with practical demonstrations, 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:

- Ten two-day modules, held at weekends at roughly monthly intervals. We rarely hold teaching weekends in December or August.

Weekly attendance:

- One full day followed by thirty-eight 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. If you miss a classroom assessment you can join another class for free, if there is a place available. If we need to arrange a time specifically for you, there will be a charge for the assessor's time.
- Independent study: you will need to work through the study sheets each month, and complete the assignments set, on time and to a satisfactory standard. Extensions are granted only for exceptional circumstances.
- You will be encouraged to meet up with other students between classes for peer support, discussion and practice as part of your independent study.
- You will be asked to assume the role of 'client' for other students in some exercises, so you need to be willing to share 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 be required to log at least 25 hours therapy practice outside the classroom as part of your independent study. 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 usually have to be completed with other students, family and friends.
- You will not be allowed to charge for hypnotherapy sessions while you are still a student.

Support while you are learning and after the course

We offer plenty of support during your course, and afterwards. 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.

We have a LinkedIn group and quarterly peer support meetings which both students and graduates are welcome to join. Our Facebook page features articles, offers, courses and other items of interest to students, and useful for those promoting a practice.

Our support is ongoing after you finish your course. You can contact your tutor at any time in addition to any other supervision arrangements you might make.

Assessment

The core curriculum lays out how students should be assessed in order for us to retain our accreditation. It says that you need to be evaluated on both your practical skills and your theoretical knowledge, and that although some of this can be carried out by observation and feedback, it must also include case studies and exams.

At YHT we assess you on both homework and what you do in the class. Your tutor is primarily responsible for marking your work and monitoring your progress, but some of your written work and some of your practical work in the classroom will also be reviewed by a suitably qualified person 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, and you can meet our most regular independent assessors on the 'tutors' page of the website.

In our experience being assessed in any way can be a worrying thought, especially if you haven't taken any kind of test 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. If you still have questions, please contact us.

This course aims to produce confident and effective therapists, so it will cover everything you need to know to pass, gradually building up your skills as your knowledge and experience grow.

Time can be spent looking at study skills for anyone who feels they are a bit 'rusty' and we have a free ebook giving study tips which you can request through the website. Your tutor will be there throughout to help and support you and can be contacted between classes if you feel you need additional guidance.

Accreditation

The Hypnotherapy Practitioners' course offered by Yorkshire Hypnotherapy Training has been assessed and validated at Practitioner Level by the General Hypnotherapy Standards Council (UK). The course is also recognised by a number of other professional bodies - please check the website for up to date accreditations.

Students are able to join any of these professional bodies at practitioner level once they graduate, and most offer fast track registration with the Complementary & Natural Healthcare Council (CNHC), the UK regulator for complementary healthcare practitioners.

Qualifications Awarded

When you pass the Foundation level modules Yorkshire Hypnotherapy Training will award you with the interim award, the YHT Foundation Certificate of Clinical Hypnosis and Hypnotherapy.

When you have also successfully completed the development section of the course, Yorkshire Hypnotherapy Training will award you with the following qualifications:

- The YHT Diploma of Clinical Hypnosis and Hypnotherapy (DipCHH)
- The YHT Certificate of NLP skills (CertNLPS)

The Diploma provides you with proof that you have completed our multi-accredited course; it is what you need to register at Practitioner level with one of our accrediting bodies, obtain professional insurance and begin to work as a Hypnotherapist.

The Certificate is an additional private qualification issued by the school to reflect the broad base of skills you have covered during your time with us.

If you register as a hypnotherapy practitioner with the GHR, you will also receive their recognition of your achievement in completing the course, the GQHP.

In addition, you will receive the externally awarded qualification you have undertaken as part of your independent study.

Costs and Fees

If you take:	Total Early Bird fees*	Total standard fees
Practitioner course (all ten modules)	£2150	£2450
Foundation modules only (first four modules only)	£1010	£1130

*Early bird cut-off dates are shown on the website, or please ask. They are usually around 6 weeks before the beginning of the course.

The deposit to confirm your place is £250, the balance can be paid by whatever method suits you best:

- in ten equal monthly instalments
- the entire balance (practitioner level) at or before module one, which attracts a 5% discount

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 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 a couple of others. You might also choose to take out student insurance for your practice at home, which starts at around £20 for the year.

If you miss a classroom assessment, you can take it with another class if there is a place available. If not, we will arrange for you to take it at a convenient time and place but there will be an additional charge to cover the external assessor's time.

Once you are qualified, a hypnotherapy practice has relatively low set up costs and overheads although there are, of course, some expenses involved with starting any new business. You will certainly need to pay for insurance, membership of a professional body, advertising and stationery, and there may be other costs as well. You should bear this in mind when planning your future business.

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
- I spoke at the UK Hypnosis Conference in London in November 2018 and will be speaking at the Coventry Conference of Hypnotherapy and Psychotherapy in 2020.
- I am the author of 'Their Worlds, Your Words' and a co-author of the 'Hypnotherapy Handbook', both available on Amazon in paperback 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 practitioners' 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

If you are interested in the Foundation level training there is a prospectus and syllabus online.

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 some 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.