



Yorkshire Hypnotherapy Training

Hypnotherapy Training Syllabus



www.yorkshirehypnotherapytraining.co.uk

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Correspondence address: Keldale House, Beal Lane, Beal Yorkshire DN14 0SQ
(Training at venues throughout Yorkshire)

Stage One – Foundation Level Training

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 Erickson
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

Stage Two – Development Level Training

Module five – Working with habits

Unwanted behavioural habits
Smoking cessation

Module six – Self esteem / Weight control

The development of the belief system
Working with confidence
Improving self esteem
Working with weight control

Module seven – Analytical hypnotherapy

Age regression
Exploring the past life phenomena
Ego defence mechanisms
Time lines
The concept of the inner child

Module eight – Cognitive hypnotherapy / Working with health issues

The relationship between hypnotherapy and CBT
Cognitive restructuring and the ABC model
Anger Management
Pain control and Childbirth
Working with serious illness

Module nine – Working with relationship issues / Introduction to wider skills

Relationship issues: guilt, jealousy, grief, sexuality
Working with groups
Working with children
Gestalt and Dream analysis
Using Mindfulness in your practice

Module ten – Business building

Starting in self employment
Working within the NOS guidelines, record keeping and data protection
The professional body, CPD and supervision
Promoting your services, and the ASA guidelines
Caring for yourself

Graduation

Please note:

- **you need to complete both Foundation and Development Levels to qualify as a Practitioner**
- **the GHSC accredit both Foundation and Practitioner level training, other accreditation shown is for Practitioner level only**