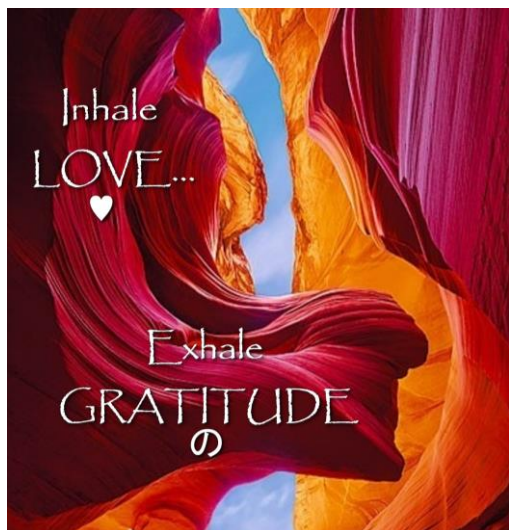


Hypnotherapy

Hypnotherapy Foundation Certification Course

2 x Weekends
FACE-TO-FACE TRAINING



Sat 8th & Sun 9th Feb 25
Sat 15th & Sun 16th Feb 25

Trace Robins Dip Hyp, Dip CBT, Dip RTh, Ct LBL, Dip Flp
www.lifecycletherapies.com

The Life Cycle Therapies approach to hypnotherapy training focuses on the 'whole person', that is the physical, emotional, and spiritual attributes along with the person as an energetic entity. The certification training covers the foundations for using hypnosis with a range of clients. The course includes more than 200 hours of private study and tutor-led practical and experiential sessions and is suitable for both students who are already working as complementary therapists and those with no prior knowledge of hypnosis or complementary therapies.

- 50+ hours of pre-course reading, preparation, and theory papers.
- 40 hours of tutor-led time with practical and experiential learning; Interactive discussions and lectures, live demonstrations, experiential pair and triad work, and the experience of a whole session with a client.
- 50+ hours of tutor-supervised case studies with volunteer clients; including overall session preparation, delivery, and reflection.

- 60+ hours of post-course reading, study, self-hypnosis, the recording and submission of a professionally created Hypnosis CD, and a post-course theory paper along with a 12-month business plan.

Pre-Course Reading

There are two books that need to be read prior to the course, they are '*Hypnosis for Change*' by Josie Hadley and Carol Staudacher and '*Essentials of Hypnosis*' by Michael Yapko. You will also be sent a theory question paper once you are accepted into the course.

Expectations

This course is accredited by the 'General Hypnotherapy Standards Council' and enables students to work professionally with a range of clients with insurance. Graduates may join the GHR and CNHC at the associate level once they have successfully completed the four-day training workshop.

- Complete all written and reading assignments.
- Produce a self-hypnosis CD and business plan.
- Work with five clients under tutor supervision. Produce an evaluated a written summary of these case studies showing methodology, reduction in measurable symptoms, and personal learning's.

What this course covers

- History of hypnosis, pioneers of hypnosis and pioneer's timeline. What is hypnosis? Conscious vs. subconscious mind.
- The occurrence of physiological changes including the ten physical symptoms of trance.
- Exploring the brain. Brain waves by type, their state of consciousness, and what they look like. Exploring the seven commonly experienced signs of hypnotic phenomena.
- Who can be hypnotised? How does hypnosis work? What does hypnosis feel like? And what can hypnosis be used for?
- The four common prerequisites to achieving hypnotic trance along with trance depth assessment and depth assessment scales. Ideomotor signalling and depth of hypnosis scale using ideomotor response.
- Contra Indicators and when to withhold treatment and the seven steps in a typical hypnosis session.

- Client interview procedure including rapport, nonverbal cues, questioning your client and setting expectations, and the confidential client questionnaire.
- Working with your client to set objectives, collect measurable symptoms and use pre, post, and current interview tick sheets.
- Learning styles and different channels of learning.
- The induction process includes exploring ten different induction principles. The formal induction and induction techniques and awakening and grounding of your client.
- Guided visualisation and stairs deepener along with overload deepener for analytical clients.
- Hypno therapeutic suggestions including PREM (positive, repetitive, ego-strengthening, motivational).
- Types of suggestion – Direct, indirect, presuppositions, embedded commands, future pacing, guided imagery, metaphors and stories, post-hypnotic suggestions, auto suggestions, affirmations, and tips for formulating suggestions.
- Setting anchors to powerful positive memories.
- Includes a suite of scripts and documents to assist you in working with clients and information on setting up your own practice. This includes insurance information, legal considerations, a code of ethics, building your client base, marketing and promo ideas, rates to charge, recording and computer software, and office space prerequisites.

Follow on Training

Once you have completed and qualified with the Holistic Hypnotherapy Certification Course (Foundation Level) you may wish to study more deeply and take the 'Advanced Hypnosis' workshop or one of the many follow-ons 'Master Classes'. There will also be the opportunity to join in on the group 'Hypno Share' sessions, where students meet to practice on each other whilst having supervision available to them.



GHSC
General Hypnotherapy Standards Council
Accredited Training

Workshop Details

Times: 0900–1800 each day

36 hours of live tutor training & 4 hours of audio training post-course. The course runs over 4 days, separated into 2 lots of 2 days on 2 x weekends.

Workshop Venue

My Therapy Room. M300QY

Places & Booking

Numbers are limited so please contact us to book your place at your earliest convenience. 07 784 399 408

Price

This full 4-day training course is £750.00 which includes a colour course manual with scripts. On completion of the course and upon qualifying you will be able to join the GHR (General Hypnotherapy Register).

Payment

A non-refundable £150 deposit is required to secure your place with the balance due 28 days before the workshop.

By bank transfer to –

Starling Bank – Life Cycle Therapies (Tracey Robins)

Account No: 92306508 Sort Code: 60-83-71

Please ensure that your name is in the reference.



My name is Trace Robins. I was born in Melbourne, Australia, and am privileged to have travelled widely and now call Manchester England my home. I love hypnotherapy and use its practices and principles in nearly every client session I do from Past Life

Regression, Future Life Progression, Current Life Regression, Life Between Lives Spiritual Regression, Inner Child, Cord Therapy, and Alien and other world sessions. Hypnotherapy is the very backbone of so many therapies, it is so exciting to work with as it is wonderfully versatile, and it gets amazing results without the use of medication or GP intervention. Perhaps this information has resonated with you and you feel drawn to come and train as a Holistic Hypnotherapist, if so, I look forward to helping you achieve that goal.