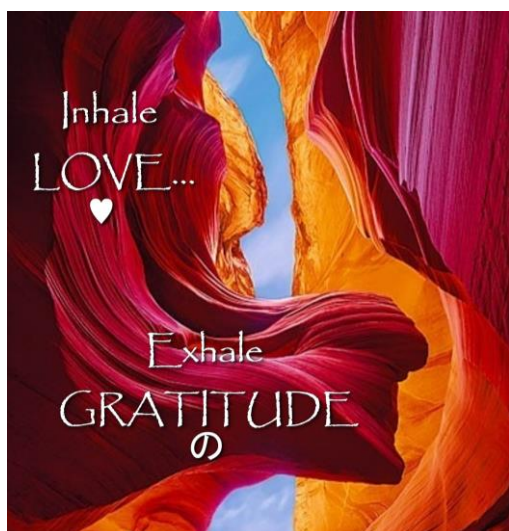


# Hypnotherapy

## Holistic Hypnotherapy Certification Course

2 x Two Day Workshops

**MANCHESTER**



**Sat 13 & Sun 14 Jul 2019**

**Sat 27 & Sun 28 Jul 2019**

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[www.lifecycletherapies.com](http://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 complimentary therapists and those with no prior knowledge of hypnosis or complementary therapies.

- 50+ hours 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, 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 on 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 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 pioneers 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 using pre, post and current interview tick sheets.
- Learning styles and different channels to learning.
- The induction process including exploring ten different induction principals. The formal induction and induction techniques and Awakening and grounding 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 working with clients and information on setting up your own practice. This includes insurance information, legal considerations, code of ethics, building your client base, marketing and promo ideas, rates to charge, recoding 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 on '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.



## Workshop Details

**Times:** 0900–1700:

On both sets of weekends, Saturday and Sunday.

## Workshop Venue

Eccles, Manchester, M30 0QY

## Places & Booking

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

## Price

This full 4 day training course is £600.00 which includes a colour course manual with scripts, refreshments and morning and afternoon tea. You will however need to bring along your own lunch. 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 21 days before the workshop.

## By bank transfer to –

RBS Bank - Miss Tracey Robins

Account No: 10326157. Sort Code: 16 33 22

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 principals in nearly every client session that 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 to so many other 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 really look forward to helping you achieve that goal.