Foundation Certification Course in Holistic Hypnotherapy

(4 full days run over 2 weekends) Online, Via Zoom

The Certification Level Training encompasses all the foundations for using hypnosis with clients, covering a minimum of 200 hours of study time. Four full days of study.

- Inclusive of 60 hours of pre-course reading, preparation and theory.
- 36 hours of classroom practical and experiential learning.
- 60 hours of supervised case studies, including preparation, delivery and reflection with supervisor.
- 60 hours of post-course reading, study, self-hypnosis, recording and submission of a professionally created Hypnosis CD/Recording of a high standard and Post-Course Theory paper.

The tutorial time includes practical lectures, live demonstrations, experiential pair and triad work, interactive discussions, supervised case studies, and written and reading assignments. We also have lots of fun and learn a lot from each other! The training is suitable for students from diverse backgrounds. Some individuals may have no prior knowledge of using hypnosis or other therapies, while others may be experienced therapists or professionals seeking to incorporate hypnosis skills into their toolkit.

Pre-course reading books:

Trance and Transformation – A Practical Guide to Hypnotherapy and Meditation. Life Cycle Therapies – Tracey Robins

"Hypnosis for Change" by Josie Hadley and Carol Staudacher

"Essentials of Hypnosis", Michael Yapko

The three books listed above must be read before commencing the training. In the rare circumstance that you are accepted into this course fairly close to the starting date with little time for reading the books, they can be started during the available time and completed after the course. Please r*ead as much as you can in the meantime!*

Please complete the pre-course questions before the course and bring them on the first day.

A comprehensive, professionally printed workbook manual, with notepaper, will be provided for the course.

As this course is being run via Zoom, you will already be using your laptop or computer throughout the training. On days 3 & 4, you will use it to write a hypnotherapy script that you will then deliver to your student partner.

Location
Online, Via Zoom. The Zoom link will be sent to you via email 24 hours before the session commences. *We will stop each day for a 60-minute lunch break and a morning and afternoon break.*

Accommodation – **Non-residential**
Will not be needed as you can access this training from the comfort of your own home.

Dates
This course will be run over two consecutive weekends.
Saturday 21 & Sunday 22 November 2026 and Saturday 28 & Sunday 29 November 2026

Time
0900 to 1800 each day.

Tuition, Supervision and Certification Fee
The total cost of the course is £750. To secure your place on the course, a non-refundable deposit of £150 is required at the time of booking. The remaining balance must be paid in full no later than 28 days before the workshop commences. **Please note that all course fees are non-refundable once payment has been made.** In the event of an emergency that prevents you from attending, your place will be transferred to the next available training.

Deposit and Payment
Please ensure that your name is included as the reference in your payment. Bank details are:

Bank details:

Account Name:	TRACEY ANNE ROBINS
Bank:	Revolut Ltd
Sort Code:	23-01-63
Account Number:	35100812

Complete this registration form and email it to me at lifecycletherapies@hotmail.com

Deposits must be made by bank transfer to secure your place; please reference your name.