
DOUG BUCKINGHAM PDC HYP, DIP RT, LBL



Doug is the principle Hypnosis and Regression trainer for Cara. He has initiated training programmes in Mexico and South Africa and taught workshops in several different parts of the world. He is extensively trained in various complementary therapies, and is also a Reiki Master/Teacher, Sound Healer & Aura Soma practitioner. He lives & works in the UK.

KAROLYNE QUINN PHD



Karolyne is a psycho-spiritual healing practitioner, intuitive, writer and teacher, living and working in Edinburgh, Scotland. As well as a post-graduate degree in counselling and a PhD in mindbody approaches to trauma Karolyne is trained in various energy healing modalities, plus hypnosis, regression and counselling techniques to offer an intuitive approach for each person seeking support, meditative practice or spiritual guidance and development. See www.karolynequinn.com

FOR FURTHER INFORMATION

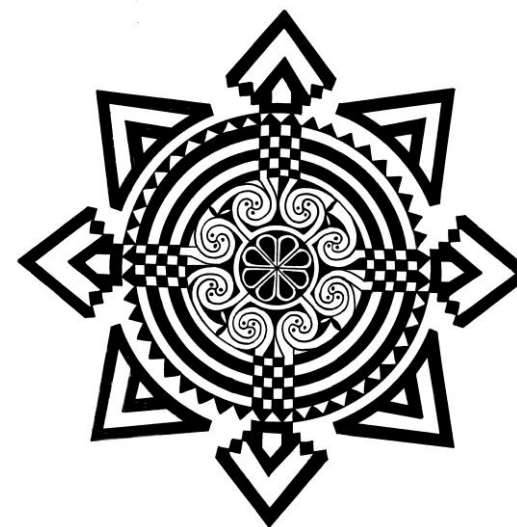
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Cara means 'friend' in Gaelic, 'beloved' in Italian and is symbolic of our connection to one another. **Cara** is a centre for transformation and empowerment and offers professional courses in Hypnosis, Regression, Reiki, Crystal, Sound Healing and more. For additional information, visit: www.caracentre.com

Cara

The Centre of Transformational Learning

HYPNOSIS TRAINING



The joyful heart sees and reads the world with a sense of freedom and graciousness.

John O'Donohue

HYPNOSIS TRAINING

THIS 5 day intensive Foundation Level Hypnosis course has been **assessed and accredited at Foundation Level by the General Hypnotherapy Standards Council (UK)**. Successful graduates are eligible for registration with the General Hypnotherapy Register (the GHSC's Registering Agency) at Affiliate Status. The course includes:

- **50+ hours** of tutor led time, which is a mix of theory, live demonstrations, practical exercises in small groups, and interactive session reviews and online live tuition.
- **50+ hours** of pre-course reading, theory and preparation.
- **50+ hours** of case study supervision working with volunteer clients including session preparation, session delivery and reflection.
- **60+ hours** of post-course reading, study, self-hypnosis & the recording of a Hypnosis mp3.

The training is suitable for people with a passion and/or curiosity for this area, either for those without prior knowledge of other therapies, or experienced therapists and professionals who would like to add hypnosis to their skillset, and for those that wish to use this as a stepping stone to the Diploma in Transformational Regression Training (TRT).

CERTIFICATE IN HYPNOSIS

A CERTIFICATE IN HYPNOSIS is awarded to the student on completion of:

- The 5-day training workshop
- 2 online tuition sessions x 2 hours each
- All written and reading assignments
- Producing a self-hypnosis or relaxation recording
- Producing written summaries of 5 client case studies

FURTHER TRAINING

THIS course is the first step towards the Transformational Regression Training (TRT) Diploma. On successful completion of this and all three modules of the Diploma course and the post-course work, students can obtain a Diploma in Regression Therapy.

CONTENT OF THE TRAINING COURSE

- Understanding the history and phenomena of hypnosis
- Ethics, client contra-indicators, safe practice & current legislation
- Client information gathering before and at the start of the session
- Client interviews, building client rapport & managing expectations
- Working with measurable symptoms
- Working with indirect and direct principles of hypnosis
- Signs and phenomena of hypnosis
- Rhythm and voice control when using hypnosis
- Different inductions styles and when to use them
- Confusion induction and working with analytical clients
- Hypnosis deepening methods and depth assessment
- Ideo motor responses and
- Use of a pendulum for independent checks
- Anchoring resource states
- Working with hypnotic suggestions: direct, indirect, presuppositions, post hypnotic and embedded commands
- Understanding and using metaphors
- Introduction to other applications of hypnosis including smoking cessation, confidence building and relaxation techniques
- Future creation with clients & the power of positive words/mindsets
- Awakening clients from trance
- Producing self-hypnosis mp3's and CD's / Case Study Reports
- Energy management techniques for grounding/protection
- Knowledge of working with clients at this level & when to refer on
- Client record keeping and ongoing CPD
- Business planning, insurance, professional fees

PRE-COURSE READING AND ASSIGNMENTS

PRE-COURSE READING BOOKS are

- "Essentials of Hypnosis" by M. Yapko.
- 'Hypnosis for Change' by Hadley and Staudacher.

Pre-course theory questions based on these books will be sent to you to be completed before the start of the course.