



# Awaken School

Of Outcome Oriented Psychotherapies Ltd

## Foundation in Clinical Hypnotherapy

### Who will benefit from attending this course?

This course is open to anyone who has an interest in Hypnosis and Hypnotherapy and wants to understand how to facilitate change through trance work. It is designed to take you from knowing very little about hypnotherapy through to being safe to practice.

### Why Attend this Course?

All learning, behaviours and change take place in an individuals unconscious mind, by learning how to safely access the unconscious, you can offer change in a way that is both respectful and effective. The full programme will also count as one year of training against the pathway towards UKCP accreditation through Awaken School.

### What is included?

Individual modules include – for a full list, please visit the website:

- The fundamental components of hypnotic trance
- The differences between Authoritarian and Permissive techniques
- Understanding how to use metaphor and guided imagery to offer change
- How to work effectively with clients who want to stop smoking
- How to work safely with pain and stress
- How to assess and refer clients if required

### Investment:

The course costs for 2009-10 are £1800 (no VAT)

### CPD modules:

Please remember, individual weekends can be taken as CPD training through the school.

Which particular modules interest you?

Individual modules costs for 2009-10 are £200

# Programme Outline

## **Weekend One – Introduction & Opening Frames**

- Student learning and outline of the programme
- Hypnotherapy vs. psychotherapy
- Contracting with a client
- Boundaries and ethics within the therapy relationship

## **Weekend Two – Introducing Hypnotherapy**

- Theoretical principles of hypnosis and hypnotherapy
- Uses of suggestibility testing
- Basic hypnotic induction
- Use of suggestions

## **Weekend Three - Guided Imagery**

- Internal imagery and metaphors
- Self-hypnosis

## **Weekend Four – Traditional vs. Ericksonian Hypnotherapy**

- Utilise a range of authoritarian hypnotherapy to facilitate therapy.
- Utilise the work of Erickson through formal and informal inductions.

## **Weekend Five – Hypnotic Phenomena**

- Use of different trance states.
- Use of voluntary and involuntary hypnotherapy
- Working with resistant clients

## **Weekend Six – Working with Clients**

- Stop smoking models
- Weight loss models

## **Weekend Seven – Clinical Hypnotherapy**

- Working with clinical conditions within a traditional model
- Working with clinical conditions within other approaches
- Skills in a range of somatised disorders

## **Weekend Eight – Neuro-Linguistic Programming**

- Introduction to the psychology of NLP
- Using the tools of NLP language to facilitate change

## **Weekend Nine – George Gafner**

- Study the techniques of George Gafner

## **Weekend Ten - Graduation**

- Demonstrate your skills as a hypnotherapist



# **AWAKEN SCHOOL**

**OF OUTCOME ORIENTED PSYCHOTHERAPIES LTD**

## **Foundation in Clinical Hypnotherapy Programme 2009 - 2010**

20-day programmes running over 10 weekends are available in 2 venues:

Saturday 10am till 6pm  
Sunday 10am till 5pm

<b>Weekend</b>	<b>Belfast</b>	<b>Middlesbrough</b>
1	Jan 9/10	Sept 26/27
2	Feb 6/7	Oct 10/11
3	Mar 6/7	Nov 21/22
4	Apr 10/11	Dec 19/20
5	May 8/9	Jan 9/10
6	Jun 5/6	Feb 6/7
7	TBC	Mar 20/21
8	TBC	Apr 24/25
9	TBC	May 15/16
10	TBC	Jun 26/27

For further details of these programmes, or to book your place, download the information from the website or contact the office:

Woodlands, Sneck Gate Lane, Newby, Middlesbrough, TS8 0AH

Tel: 0845 873 2036

Email: [info@awakenschool.co.uk](mailto:info@awakenschool.co.uk)

Websites: [www.awakenschool.co.uk](http://www.awakenschool.co.uk) [www.hypnotherapy-training.co.uk](http://www.hypnotherapy-training.co.uk)



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**Programme costs for 2009-10**

The investment for each of the Foundation or Intermediate in Clinical Hypnotherapy, or Advanced Patterns programmes is:

**£1800 (no VAT)**

Your programme fees include all tuition, handouts, assignment marking, ongoing assessment and support during the programme. It also includes 1-year membership of Awaken School, a UKCP Member Organisation.

A discount of £100 is available if the course fees are paid in full, at least 2 weeks prior to commencing the course.

A payment plan is available in up to 10 instalments via post-dated cheques, credit/debit card details or bank payment.

**NB.**

**SPOUSE/PARTNER – 50% reduction for a course that you have attended**

**Awaken School will pay you £75 for students you recommend who enrol on, and complete, a 10 month course**