



**Awaken School of
Outcome Oriented
Psychotherapies Ltd.**

Foundation in Clinical Hypnotherapy

**as a Psychotherapist in the Humanistic and Integrative
Psychotherapies Section of UKCP
(For students commencing their training after September 2007)**



Awaken School has other courses in its portfolio, please ask for information.

Awaken School of Outcome Oriented Psychotherapies Ltd

The School was founded in 1983 (as Centre Training) and starting training in 1984 to provide students with a thorough knowledge of hypnotherapy and different models of psychotherapeutic practice, set against the appropriate theoretical background. In September 2006 the school changed hands and Mark and Lisa Wake took over as proprietors and Awaken School was formed. Mark and Lisa are both United Kingdom Council for Psychotherapy (UKCP) accredited Psychotherapists and have a history of running successful hypnotherapy, psychotherapy and NLP based training programmes. In addition, Lisa Wake has a long association with UKCP, firstly as Vice Chair from 2003 to 2005 then Chair from 2005 to 2007 and has long campaigned for high standards of training and practice, and the statutory regulation of the profession.

Awaken School has the status of a Training and Accrediting member of UKCP

THE AIMS OF THE SCHOOL ARE: -

1. To impart to students a knowledge of the various approaches to Psychotherapy - Behaviourist, Psychoanalytic, Humanistic and Integrative.
2. To impart the knowledge necessary to induce and manage the hypnotic state across those methods.
3. To give students the necessary knowledge to develop and manage the understanding of unconscious processes.
4. To help the student have professional standards regarding ethics, boundaries and safe practice.
5. To provide an ethical & practical training for students wishing to become members of a recognised register & either establish a private practice or integrate taught techniques into the world of education or mainstream healthcare as well as other disciplines.
6. To provide a programme of in-service training to enable established practitioners to keep abreast of, and enlarge, their sphere of specialisation.
7. To provide every opportunity for personal growth.
8. To provide each student with continuous supervision, assessment & support throughout the training and post training.

Hypnosis & Hypnotherapy

Have you ever been driving your car along a motorway, or a dual carriageway and your mind has been a million miles away? Perhaps you've been thinking about work or family or what you're going to eat for supper and suddenly it's your exit and your mind comes back to driving. Maybe you've been watching a film, or television programme or perhaps you've been half sitting, half lying in a comfortable chair in the back garden on a summer afternoon.

Each of those instances, and lots more you can think of, are examples of when you've allowed your mind to wander off from what's going on around you. It's perfectly natural and safe, if a car braked ahead of you when driving you'd immediately notice and spring into action and yet while you're in this altered state of awareness you feel very relaxed. This altered state of consciousness is commonly known as trance, or being 'in the zone' and when a relaxed state is induced in a person, change work can be done at the subconscious or unconscious level. This is known as Hypnosis and the deliberate inducement of this state to change a person's behaviour is Hypnotherapy.

Since all learning, behaviour and change takes place in the unconscious mind, most forms of therapy are looking to effect change at the unconscious, rather than the conscious mind. When thinking about Hypnosis and Hypnotherapy as a modality of therapeutic change, it is as well to be aware of some of the similarities as well as differences with psychotherapy.

Hypnosis uses special language patterns (sometimes with music) to distract the conscious mind and allow the client to access an altered state of consciousness to introduce change. Such change will be at the behavioural level such as improved sleep patterns or stopping smoking and the therapist will devise suggestions and spend most of the session talking, with the client listening in deep trance.

Hypnotherapy is the use of hypnosis for more therapeutic benefit to the client and would be used for issues such as low self-esteem or phobias through positive suggestions made to the unconscious mind. Hypnosis and Hypnotherapy will concentrate very much on the 'solution' to the client's issues, without much emphasis or understanding of how the problem was created.

Psychotherapy uses a much more interactive process where the therapist will for example ask a question and through the verbal and non-verbal communication from the client understand how they run their problem or create their map of reality. It will look at the history and upbringing of the client, to gain an insight into their key developmental stages such as relationships with parents and siblings, schooling and friends, so that an understanding can be gained of how the problems were created. If the client can talk about the events in the past, it is possible that missing stages can be revisited and learned so that the problem is eased.

Hypnopschotherapy is a very useful modality if the client has difficulty remembering the past events, or is not used to talking about feelings. The inducement of a hypnotic trance may be used to help the client with the psychotherapeutic process, allowing them to revisit and understand past events, aiding them to become well again.

Foundation in Clinical Hypnotherapy

The Foundation in Clinical Hypnotherapy consists of 10 weekends of integrated learning, providing a pathway to external recognition as a clinical hypnotherapist. This programme introduces the principles of Clinical Hypnotherapy with a mixture of theory and practical exercises

There is ongoing Formative Assessment via role-play in class to practice integration of hypnotic competencies.

There is one Summative Assessment with two components; the first is a practical skills assessment of a “live” case working with a peer. The second is a 3000-word essay demonstrating knowledge and critical understanding of the main theoretical components.

The course is structured to deliver the UKCP learning outcomes for a student starting on the pathway to UKCP accreditation. It is also suitable for students who wish to study practical hypnotherapy with the idea of setting up in practice as a hypnotherapist. Students who step off the UKCP pathway may rejoin at a later date as long as they have maintained membership of a Member Organisation of UKCP.

Course Content

Learning Outcomes:

Knowledge and Understanding:

- 1) Demonstrate a detailed knowledge of the theory and practice of hypnotherapy.
- 2) Demonstrate an ability to critically distinguish theoretical concepts and how they can be used with a range of clients.
- 3) Construct a theoretical model to assess, alter and modulate a clients orientation to trance

Cognitive and Intellectual Skills:

- 1) Integrate the theory and practice of hypnotherapy in relation to self and clients.
- 2) Able to understand and apply to own practice, the nature, role, limitations of the specific assumptions, observations and theory of hypnotic phenomena.
- 3) Analyse the compatibility of proposed methodologies with existing client states and behaviours.

Practical/Professional Qualities and Skills:

- 1) Critically assess and utilise the principles of hypnotherapy in a therapy setting.
- 2) Demonstrate how to assess and maintain a supportive therapeutic alliance using hypnotherapy.
- 3) Appraise, formulate and deliver a plan of therapy that assists clients to alter their behaviour within a hypnotherapy framework.
- 4) Evaluate the effectiveness of the chosen methodology and revise approach according to circumstances.

Key Transferable:

- 1) Appraise theoretical model as a tool to reflect own competence.
- 2) Evaluate the therapeutic alliance and methodology of hypnotherapy in a clinical context.
- 3) Critically compare hypnotherapy as a methodology of unconscious change.
- 4) Relate the application of hypnotherapy to a range of presenting psychological states and behaviours

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

ENTRY REQUIREMENTS and COURSE CONTENTS at DIFFERENT ENTRY LEVELS

The Practitioner Pathway – Foundation in Clinical Hypnotherapy (FCH)

All applicants are expected to satisfy **ONE** of the following criteria for entry at Foundation level.

1. A first degree - OR
2. “A” level GCE in two subjects - OR
3. Other professional qualification - OR
4. Applicants without formal qualifications who are able to demonstrate interest, enthusiasm and life experience appropriate to the helping professions and show aptitude and potential for studying. Candidates in this category will be asked to produce a piece of written work which will be assessed at a university level 3 (Bachelors level) in order to progress towards UKCP membership

Students will, on completion of the first year's training, be awarded a Foundation in Clinical Hypnotherapy (FCH). The FCH is awarded upon successful completion of a course of approximately one year of classroom content, after which holders are deemed competent to begin practice under the guidance of a supervisor. FCH holders here have a choice to make. They may either, as **Awaken recommends**: -

- (i) Remain with student membership of Awaken and undertake a further four years of study towards UKCP registration. We will assist students, even those who started the course as non-graduates to move on a forward path to show UKCP that they are of post-graduate status.

OR

- (ii) Decide to be a hypnotherapist instead of a psychotherapist and the student may then opt to enrol on the Year 2 hypnotherapy training Intermediate in Clinical Hypnotherapy. This does not lead to UKCP registration, however it may count as a second year of your psychotherapy training.

OR

- (iii) Decide to join another Hypnotherapy registering organisation.

There is a registration fee for each option.

The UKCP Pathway: four years of training under with Awaken School.

All applicants are expected to satisfy one of the above criteria for entry, non-graduates are welcome to contact the office about help and support to this pathway.

Students have the option of continuing their studies towards possible entry to the National Register of Psychotherapists, which is administered by the United Kingdom Council of Psychotherapy (UKCP). The diagram on page 7 shows the flow chart of pathways, and the Postgraduate Diploma in Outcome Oriented Psychotherapies is awarded at the end of the 4 year training, plus supervision plus therapy.

Postgraduate Diploma in Outcome Oriented Psychotherapies

The following pathways (A, B or C) lead to the awarding of a Postgraduate Diploma in Outcome Oriented Psychotherapies which signifies a student has completed all the steps necessary to be accredited by the Humanistic and Integrative section of UKCP.

	A	B	C	
Foundation Year	Practitioner in NLP Hours: 144	Foundation in Clinical Hypnotherapy Hours: 150	Foundation in Clinical Hypnotherapy Hours: 150	
Year 1	Master Practitioner In NLP Hours: 162	Intermediate in Clinical Hypnotherapy Hours: 150	Practitioner in NLP Hours: 144	Group Supervision 22 Hours Individual Supervision 12 Hours minimum
Year 2	Research Methods Hours: 21 Mental Health Placement Hours: 50	Study Skills Module Hours: 15	Group Tutorial Hours: 24 Total: 110	Group Supervision 22 Hours Individual Supervision 12 Hours minimum
Year 3	Advanced Patterns in Psychotherapy Hours: 120			Group Supervision 42 Hours Individual Supervision 12 Hours minimum
Year 4	Integrating Theory into Practice Hours: 150 + Additional 70 hours minimum of relevant CPD consisting of other psychotherapeutic training such as: a) Solution Focussed Therapy b) Gestalt Therapy c) Family Therapy d) Beeleaf Wider Minds Addiction Training e) Child and Adolescent Therapy f) Additional layer of Awaken Courses g) Body Therapy			Group Supervision 42 Hours Individual Supervision 12 Hours minimum

Total hours

Training: 756

Supervision 165

Total Hours 921

- Students may 'step off' at the end of each year with certification at the level attained.
- Each student will be assisted to find their most appropriate pathway.
- Each student seeking UKCP accreditation is required to attend the final 2 years of the Advanced Patterns in Psychotherapy and Integrating Theory into Practice, leading to the Postgraduate Diploma in Outcome Oriented Psychotherapies.

+ 450 client contact hours minimum

+ Clinical Supervision

+ 200 minimum hours Personal Therapy/Development

Formal APEL Processes are available for students who wish to accredit prior learning and training and may be no more than 50% of the minimum total of 450 clinical hours, and no more than 2 years of the training.

Statement of Progression

Progression throughout the course will be based on:-

1. The demonstration of practical ability
2. The demonstration and integration of learning
3. A pass level in any written assignment or examination.

If any of these areas give cause for concern, guidance and opportunities will be given for further assessment.

Review Procedure

Awaken School courses are subject to on-going review and continual reassessment, as the result of consultation with facilitators and consultation and feedback from trainees. The right is therefore reserved to effect changes to any part of these courses, before such changes are published in a subsequent prospectus. The right is also reserved to withdraw a course offered should unforeseen circumstances arise.

Locations – Awaken School courses are held in the following locations:-

in England - North West & North Yorkshire.
in Northern Ireland - Belfast.

Please note, not all venues run all courses. Check on the website, or contact the office to confirm which courses are running at each venue.

Dates and Times

Courses normally take place on Saturdays from 10am to 6pm and Sundays 10am to 5pm. A separate sheet is available with the dates and times for each location.

It may be that there are difficulties for a student attending all sessions at one location, and occasionally, by special arrangement with Head Office, it may be possible to offer another venue for a weekend. This is not, however, always possible. If this is the case, then individual tuition can be given to the student by the course tutor. The student will be asked to contribute to any additional expense involved.

Cost

Cost of the course, including written work, handouts and examination fee is given on the costs sheet. There are no 'hidden extras'. After payment of the deposit (see section "Applications") the remainder of the fees are due in full prior to the first weekend. As a concession, these may be made by instalments via post-dated cheques. Alternative arrangements using a credit/debit card or BACS payment method are possible, please contact the office for details. Students who pay the whole of the balance of their course fee (after the initial deposit and acceptance), on or prior to the first weekend, may be eligible for a discount. Costs of supervision and personal therapy remain the responsibility of the student.

Supervision

Supervised practice starts as soon as graduates are seeing clients. A ratio of 1 supervision hour per 6 client contact hours is required during your training to enable UKCP registration.

Own therapy

This is a UKCP requirement. It is inevitable during the course that by merely taking part, one's own "material" will surface. Whilst it is necessary to be working with issues during the course it is not suitable that the course is seen as "therapy". Although students often comment upon the amount of personal growth they achieve, the course is clearly not suitable as a vehicle for personal therapy. It is therefore a requirement that during the four years to becoming UKCP Registered, students have had a minimum of 160 hours of personal therapy over the 4 years. This is to be undertaken during the course, with therapists who are UKCP accredited. UKCP provides a list of accredited psychotherapists and the therapist must not be your course tutor or supervisor and a record of attendance signed by the therapist(s) should be kept. This period of therapy needs to be budgeted for by the student.

Evidence of a journal, showing one's introspection, personal development and integration of the training process throughout training should be kept. Just pre award of the Postgraduate Diploma in Outcome Oriented Psychotherapies, an account of this, rather than the personal journal, needs to be presented for evidence to the school that this process is completed.

Classroom and private study details

There are 130 hours of classroom contact in the course to each Foundation and Intermediate course. You will need to practice the techniques taught to you inside the group with group members. You may also practice with friends outside the course parameters when your trainer thinks that you are ready for this. You will also need to read for, compose and write your written assignment. Should a student miss, or believe they may not be able to attend, any portion of the course, they must notify their trainer and the main office as soon as practical. This weekend can then be 'caught up' either by attending another training (with consent of the trainers and main office), by additional assignments or by seeing the trainer privately. You may be required to pay for seeing the trainer privately.

Workshops

Demonstration, group work, role plays and informal discussion form the basis of this course which is intensely practical, although theory is linked to practice at all times. An integral part of the course includes supervision of practice time. It is also expected that students practice what they have learned between sessions with the support of their trainer.

Feedback

The first session each weekend will include feedback, providing the opportunity for students to reflect on the integration of learning between modules.

Business building

For some students, the aim of the course is to set up in business and to that end, either individually or collectively, time can be set aside to discuss the topic. You are welcome to seek advice and guidance from your trainer, or from the owners on the best way to go about setting up a practice.

Ethical issues

Issues relating to ethics arise frequently during the course and these will be given the fullest possible attention as appropriate. If a special slot is needed, part of a Sunday morning will be used.

Assignments

A written assignment has to be completed. The written work required is of University Post Graduate level. Students will be given formative feedback to ensure that the work reaches the required standard.

Deferment

Any student who so wishes has the opportunity to withdraw from course at the end of the first weekend, provided that notification is received in writing by Awaken School, not later than 5 days thereafter. In such cases, students will only lose their deposits and no charge for the first weekend will be made and anything else that has been paid by the student will be refunded. Should you withdraw from the course after this point, the students will be refunded that proportion of their fees still due less £10 per remaining training days to cover venue costs. If, for example a students leaves after completing 5 of the 10 weekends, they will be refunded 50% of the course fees less £100 (10 days @ £10 per day) to cover venue costs.

Applications

Please enclose a £100 non-refundable deposit with your application forms. After submitting an application form and course deposit, references are taken and interviews take place. Academic achievement is not the sole factor to be taken into consideration for selection of students. It is important that would-be therapists possess the human qualities that would make them into able and capable psychotherapists. Once a candidate has been successfully interviewed, joining instructions will be sent out and the candidate can start their pre-course work. If, for whatever reason, the candidate cannot start at their venue of choice, an alternative will be offered or they have the option to enrol on another course or at a later date. If no suitable compromise is reached and a candidate withdraws from the programme, their deposit is forfeit, however, if they are asked to move venue and they cannot, then their deposit will be returned.

Interview for acceptance onto a programme

All students applying to join the School and start on a training programme, whether at foundation or intermediate level, are required to be interviewed prior to acceptance onto the course. This informal interview will either be face-to-face or via telephone depending on preference and practicality.

Purpose of the Interview

- To assess candidates suitability for training within the modality of hypnotherapy
- To determine candidate's commitment to the learning process
- To provide the opportunity for candidates to ask questions, and assess their own suitability for the modality of training offered within the schools value base

Framework for Interview

- Welcome and introduction of the interviewer
- Principles and philosophy of the School
- Outcomes for training

- Check out any areas of CV that are unclear or are of concern
- Determine suitability of candidate for the chosen path of study
- Answer any questions the candidate may have
- Confirm chosen programme

Social Policy and Equal Opportunities

The School operates an Equal Opportunities and Diversity Policy. We welcome into the School, students from all backgrounds and will take reasonable measures to ensure that student learning needs are met. Where additional resources are required by the student, these will be addressed on a case by case basis and will include facilities for the student to introduce a medium for learning e.g. an assistant for signing, costs of this will need to be met by the student. The School recognises that the course involves high levels of person to person interaction, and in these instances the prospective candidate may be required to demonstrate that the learning outcomes can be appropriately met. The School also has a widening participation policy and is therefore able to provide learning placements for those students from the voluntary sector. A limited number of places are available each year and interested applicants are asked to contact the office.

Appeal System

Any candidate who is declined acceptance onto a programme, may be given a range of options to assist a future application. These may include, and are not exclusive to:

- a pre-entry course that demonstrates ability to study at Post-graduate level
- a pre-entry written assignment that demonstrates ability to study at Post-graduate level
- a recommendation for personal therapy

Students have a right of appeal and will be offered a second interview chaired by an external moderator and a second Trainer of the School.

This panel's decision is final.

Deferment of Courses

Awaken School reserve the right to defer running any course at any venue for whatever reason, such as insufficient students numbers, withdrawal of a trainer or the venue becoming unsuitable. In such rare cases, students will be offered an alternative venue plus a course discount of £200 to cover additional travel costs. Should the students find no alternative venue, they can defer to a subsequent training maintaining the course fees without increase, or ask for the return of their fees and/or deposit. If the student asks for the return of their fees and/or deposit due to Awaken School deferring a programme at a particular venue, these fees will be returned without any penalty and students may enrol on subsequent courses without prejudice. They will, however, be expected to pay course fees as a new entrant including any increases.

Withdrawal of students

The selection of students is such that rarely has a student been asked to withdraw from the course. It has, however, happened and could happen again. Awaken School staff members, as stated previously, are continually assessing. If members of staff assess that a student is not reaching the required standard of work intellectually and inter-personally then they will be asked to withdraw from the course. Students who have been asked to withdraw, have the right of appeal to the Academic Board

PERSONNEL

Principal & Managing Director

Mark Wake, BSc, MHS, UKCP reg.

Mark Wake has been working in the field of hypnotherapy and psychotherapy since 1998, having commenced his training in NLP. His background is in chemical production management; planning and training roles. He developed a flair for team development and problem solving and used Hypnosis and the language patterns to enable change in individuals and teams. Mark's background in manufacturing means he brings a practical 'no-nonsense' style into the training room. He is equally at home training the boardroom or shop floor and has a particular skill at bringing alive seemingly abstract theoretical concepts in a learning environment. His vast array of experience in hypnosis, hypnotherapy and psychotherapy adds to his flair as a trainer, as does his practical application of the skills in very real and every day settings.

Lisa Wake, MSc, RGN, UKCP reg

As a former NHS Registered Nurse and Senior Manager, Lisa has worked both in the public and private sectors as a Consultant, Facilitator, Trainer, Mentor, Change Agent, Coach and Therapist. Internationally accredited as a Trainer of NLP (Neurolinguistic Programming) with INLPTA, Lisa is also a UKCP accredited psychotherapist and combines her therapy, coaching and mentoring work to enable individual clients to make the changes that they desire in their lives.

Lisa is an NLP Trainer, Hypnotherapy trainer and has also completed a conversion diploma in child psychotherapy. She has also been very active in the field of psychotherapy supporting organisations in their endeavours to develop and maintain standards in the field. She has served as Training standards officer and Chair of NLPTCA (Neurolinguistic Psychotherapy and Counselling Association), Vice Chair of UKCP 2003-2005, Chair of UKCP 2005-2007 and has worked closely with the Government and European Agencies on the Statutory regulation of Psychotherapy.

To register an interest in a programme, please contact the office, and to enrol simply fill out the attached application form and return it with your deposit.

Awaken School, Woodlands, Sneek Gate Lane,
Newby, Middlesbrough, TS8 0AH

01642 714702

Email: info@awakenschool.co.uk

www.awakenschool.co.uk

www.hypnotherapy-training.co.uk



AWAKEN SCHOOL OF OUTCOME ORIENTED PSYCHOTHERAPIES LTD

**Woodlands, Sneck Gate Lane, Newby,
Middlesbrough, TS8 0AH.
Tel: 01642 714702**

APPLICATION FORM

Title First name(s)

Surname
(whole name as you would want it to appear on a certificate)

Address
..... Post Code

e-mail address
(be sure to advise us of changes!)

Telephone Numbers: Home Work Mobile

Date of Birth

Which course are you applying for?.....

What venue Present Employment

How did you initially hear about our school?.....

Previous Qualifications (please give dates, starting nearest to the present day)

Other Experience :- (e.g. recent study, voluntary work)

Please send copies of your main (highest) educational qualification(s).

Please include names and addresses of two people to whom character reference can be made.

