



The Devon School of Hypnotherapy

Training Tomorrows Hypnotherapists Today



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THE DEVON SCHOOL OF
HYPNOTHERAPY

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THE DEVON SCHOOL OF HYPNOTHERAPY

Introduction

Study under Devon's leading Hypnotherapy Specialist

Gain a recognised Qualification in Hypnotherapy Practice

Understand the practicalities of setting up your practice

Course Details

The Diploma in Hypnotherapy course offers the opportunity to become a qualified hypnotherapist with a Diploma in Hypnotherapy Practice. The qualification is recognised and approved by the General Hypnotherapy Standards Council (GHSC). You also gain acceptance to the General Hypnotherapy Register (GHR) and the Complementary & National Healthcare Council (CNHC).

What To Expect

- Students will gain sound knowledge in both the theory and practice of hypnotherapy.
- Students will gain a comprehensive understanding of hypnotherapy and the law, their commitments as therapists, how to run a successful practice, marketing, and advice for further continuing their career as hypnotherapists.
- Gain a high level of competency in tackling stress management, confidence building, smoking cessation, weight control, motivation, fears and phobias, and unwanted habits.

- **Course Duration**

The course will last a minimum of 450 hours, of which 150 hours are in-class training over 20 days.

- **Frequency**

One weekend per month for ten months

The remaining hours will consist of a combination of reading material*, research, and assignments.

- **Classroom Training**

The classroom training comprises of ten weekends Spread over one weekend per month.

*Reading list on page 9

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Course Requirements

- Students are required to be over 16 and over
- Good command of the English language is beneficial but not essential.
- Students will be required to complete a core reading list*
- Out of Class practice is mandatory
- Written assignments demonstrating the process of treatment planning
- After the third weekend, students will be able to practice their skills with friends and family.
- During the penultimate weekend, students will work with members of the public to demonstrate understanding.*

Upon Completion

Following successful completion of the course, you will gain;

- A recognised and approved Diploma in Hypnotherapy Practice**
- Acceptance to the General Hypnotherapy Register (GHR)
- Acceptance to the Complementary and National Healthcare Council (CNHC)

Fees

The fee for the Diploma in Hypnotherapy is £2450.00; there is a £300.00 discount if paid in one lump sum.

After the initial module, fees can be paid in one lump sum or by instalments of ten, twelve or fifteen monthly payments.

*Session supervised by an independent invigilator.

**Recognised and approved by General Hypnotherapy Standards Council (GHSC)

***Fees by Direct Debit via GoCardless at 0% interest

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About The Tutor

“I began my training in 2002 after a loved one became emotionally ill and am still in practice today.”

I have a burning, almost evangelical, desire to not only spread the word but teach the art of hypnotherapy to others.” Chris Fleet



When I decided to become a hypnotherapy trainer, I undertook teaching qualifications and began self-hypnosis training workshops.

Today, The Devon School of Hypnotherapy has progressed to Diploma courses. The school is backed by the industry’s largest governing body, the General Hypnotherapy Standards Council (GHSC).

Over the years, I have gained a plethora of diplomas. In my private practice, I have treated thousands of clients and have gained national and international recognition. I work closely with several sports clubs nationwide offering sports motivation.

Qualifications

Diploma in Advanced Structured Hypnotherapy | Diploma in Hypnotherapy | General Qualification in Hypnotherapy Practice | NLP Practitioner | Certification in Traumatic Incident Reduction Certification in Mindfulness Cognitive Behavioural Therapy | Certification from The Academy of Hypnotic Arts | Equine Assisted Therapy | EMDR Practitioner

Chris Fleet is a member of

**General Hypnotherapy Register (GHR) | National Council of Hypnotherapy (NCH)
Register of Evidence-Based Hypnotherapy & Psychotherapy (REBHP)
International Stress Managers Association (ISMA)
Listed in the NHSTA Directory of Complementary and Alternative Practitioners**

*“Being a Hypnotherapist is a job like no other.
Each day I have the opportunity to help people understand the workings of their mind.”*

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Module One



Theory

History of hypnosis | Uses | Fears | Misconceptions | What is the subconscious mind? | Contra-indications
Induction techniques | Terminating trance

Practical

Progressive inductions | Eye fixation Induction | Elman induction | Snap induction | Simple deepener
Guided visualisation

You get to experience the hypnotic phenomena first-hand and learn how to hypnotise from the first weekend. So, from weekend one, you have a firm basis of understanding.

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Module Two



Theory

Rapport building | Receiving enquiries | Setting up a practice | Initial consultation | Hypnotherapy and the law | Advertising Standards Authority | Assessing the needs of the client | Testing for hypnosis | Different deepeners | Abreactions – dealing with; Direct suggestion | Indirect suggestion | metaphors

Practical

Deep trance | Becoming Eon | Ego strengthening | Circle of confidence | Timeline | work Scriptwriting

The most important part of this weekend is ‘testing for hypnosis’ so you can be confident your client is in a hypnotic state before you continue treatment. This is the key to becoming a successful hypnotherapist. On weekend two, you also learn how to write your own scripts and deepen trances; this weekend gives you an understanding of how to work with a client when they are in hypnosis to create change from within.



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Module Three



Theory

Resistant client or inflexible practitioner? | Knowing your limits | client centred hypnotherapy | Treating the client | How many sessions? | Writing a plan | Keeping you safe | Forms and what to do with them | SUD scales | Conversational hypnosis | Listening to your client – re-framing

Practical

Conversational hypnosis | Body language | Confidence building | Recognising language patterns
Recognising thinking errors | Fork in the path | Coping to mastery

This weekend you will learn that the client is always right, here we teach you how to be adaptable to each client to suit them best by reading their needs and understanding their viewpoint. This is a key factor in building a successful practice.



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Module Four



Theory

What is stress? | What causes stress? | Physiology of stress | Anxiety reduction | Mindfulness of breathing
Mindfulness of sound | Noisy environments – keep it internal | Types of motivation forward to or away
from Recognising what motivates a client | Verbal swish

Practical

Mindfulness | Mindful inductions | Swish | Verbal swish | Healing lake | Healing waterfall

When you are in practice, one of the biggest things you will encounter as a practitioner is stress and anxiety-related issues. This weekend is key to starting you off in the right direction for understanding how stress and anxiety can be treated through successful hypnotherapy sessions.



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Module Five



Theory

Regression | Age regression | Past life regression – is it or isn't it genuine? | Dangers | Ab-reactions
How to incorporate parts | When to use | When NOT to use

Practical

Using different styles learnt so far | Q&A Session

Learn about the critical factors of regression, keeping you and your client safe and knowing when to use it and when not to use it. This increases your practice's skillset.



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Module Six



Theory

Scriptwriting | When to pass a client on | Aftercare | Educating the client to adopt self-care procedures
| Parts therapy | symbolism

Practical

Parts therapy | Symbolism

Learn the secrets of parts therapy by talking to the subconscious mind; a technique used when scripts alone aren't enough. Parts therapy is an advanced technique that accesses different parts of a client's personality, a very powerful method of creating successful change for your client.



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Module Seven



Theory

Thinking errors and how to recognise them | ABC model of CBT | Cognitive behavioural Hypnotherapy (CBH) | The Downward arrow

Practical

Recording CD's | Introduction to CBT

Learn the power of combining CBT with hypnotherapy to create your successful practice



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Module Eight



Theory

Smoking cessation; Smoking the ASA & you | Reasons to quit | Smoke filled room | Fork in the path
Testing carbon monoxide levels

Weight Loss

Fork in the path | Emotional eating | Boredom eating | The buffet table | When to go further

Practical

Learning the styles appropriate to the client | Being present | Learning your style of therapy

This weekend focuses on the most commercial aspects of hypnotherapy treatment, the bread and butter of your practice. This is an intense weekend giving you a sound grounding in the treatment of two of the most significant health issues in the country/world.

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Module Nine



Theory

Recapping everything covered so far, in particular, | Stress | Anxiety | Weight | Smoking
CBT techniques

Practical

Working 'live' with volunteers from the general public (supervised) | Training practice for final assessment

Gain critical insight into your hypnotherapy techniques by practising your new skills on a volunteer



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Module Ten



Theory

Insurance | Keeping the books in order | Data protection – record keeping | GHR membership
NCH membership | Advice on setting up in practice | Marketing

Practical

Preparation for final assessment | Final assessment

All you need to know about setting up in practice for yourself, getting clients and pitfalls to avoid. And your final assessment.



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Recommended reading list



1. **Hartland's Medical & Dental Hypnosis, Heap & Aravind**
2. **Scripts & Strategies in hypnotherapy, Roger P Allen**
3. **Hypnosis for inner conflict resolution, Roy Hunter**
4. **The art of hypnotherapy, Roy Hunter**
5. **Cognitive hypnotherapy, Alladin**
6. **Change your thinking, Dr Sarah Edelman**

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