



Affordable Training Real Skills Hypnotherapy Syllabus

15 days full of exciting Accredited Training will give you the skills to become a Master Skilled Hypnotherapist. Learn the techniques and principles practiced by outstanding therapists such as Dr Milton Erickson, Dave Ellman, Dr Ernest Rossi, Gill Boyne, Michael Yapko and many more.

Training is split into 3 modules. Modules 1 and 2 will give you the knowledge and practice to be an Accredited Hypnotherapist. Module 3 provides even more in depth training and specialist skills.

The Diploma of Hypnotherapy is awarded on completion of modules 1 & 2 (twelve days)

Module One – 6 days (in a row or over two weekends)

- Hypnosis Suggestibility Tests
- History of Hypnosis and Hypnotherapy
- Laws of the mind
- The Mirror Model and the 3 different Triad Models
- Model of the mind and how it works
- Different types of hypnotherapy – direct, indirect, permissive & authoritarian
- Hypnosis Induction and Deepening Techniques (including Elman, Braid and Yapko)
- Anxiety Disorders, symptoms, causes and treatments
- Different types of hypnotherapy – direct, indirect, permissive & authoritarian
- How to structure suggestions
- Abreaction and how to deal with it
- Stress and the effect of Stress on the body
- Self Hypnosis
- Ideo-motor Responses
- How we record and react to our personal experiences
- VAKOG and Sensory Acuity
- Voice, tone, volume and tempo
- Sensory Acuity Breathing and breathing techniques
- Pacing and Leading
- Building and maintaining Rapport
- Psycho – geography & Boundaries
- Guided Imagery/Visualisation (Stress relief and relaxation)
- Anchoring
- Ericksonian hypnosis
- Metaphors, Fluff language, Compound & Contingent suggestions, Yes sets, Artfully vague, Presuppositions and language patterns
- Meta Model and Milton Model questioning
- Transforming / using resistance
- The technical skill of script writing - How to word your own scripts



Module Two – 6 days (in a row or over two weekends)

- Client Sessions
- Well Formed Outcome for Therapy (NLP)
- EGO Strengthening
- Pain Control – anaesthesia and analgesia
- Healing utilizing Hypnotherapy
- Unwanted Habit Elimination – stop smoking, weight control, nail biting (incl. NLP techniques)
- Learn how to eliminating fears and phobias
- Change effectively unwanted behaviour's (NLP 6 step reframe technique)
- Psychosomatic illnesses and conditions
- Placebos and Nocebos
- Emotional problems
- Secondary Gain
- Amnesia and Post hypnotic suggestion
- Age regression – to get resources, to clear up unpleasant memories, to add resources and to re-build self
- Building A Professional Hypnotherapy Practice
- The DO'S and DON'T'S of Marketing your practise
- Ideas for making your own CDs and tapes
- Therapy Standards, Guidelines and Code of Ethics
- Continued professional development

Modules 1 and 2 will give you the knowledge, principles and practice to be an Accredited Successful Hypnotherapist.