



***Continual Professional Development Brought to you by the Academy of Clinical & Medical Hypnosis Ltd***  
*our courses are acceptable as validated CPD attendance with most major psychotherapy/hypnotherapy organisations*

Professional CPD courses – both certificate and masterclass - for hypnotherapists, whether in training or in practice. All our courses include an extensive course manual, provided on CD, plus a wide selection of useful scripts & relevant handouts for client use. A total of ten days CPD's (no time limit) will entitle you to apply for an additional certification & qualification of ADVANCED HYPNOTHERAPIST – Adv.Hyp.

We also offer regular competitively priced 'practice management' days. These will be held either at our own practice in Dronfield, where students and hypnotherapists will get chance to practice using our recording equipment (maximum of 4 attendees only) or from the Beauchief Hotel in Sheffield. Please call or e-mail for our next dates.

**The small print!** All our prices include VAT. Your place is \*secured on any of our CPD's by way of a NON-REFUNDABLE deposit as follows: one-day course, £40, two-day course £60, three-day course £85. Please see individual CPD training information for further details. If you are unable to attend, we will accept your deposit as a deposit for any other course within the next 12 months. If a course is cancelled, all monies will be refunded. We reserve the right to change the venue in certain circumstances, but promise that this will be to another location close by. All applications for refunds must be received within TWO WEEKS of a course being cancelled. All cheques payable to: ACMHL.

Existing hypnotherapists are also welcome to apply to attend any of our modules, offered as part of our nine-month diploma. For example, you may wish to attend our psychotherapy or NLP modules. The cost per day (10 until 6) in this case is £90 (£150 per weekend). Please register your interest by e-mail. Places are very limited so this offer is in a first-come, first-served basis.

**Discounts** Current and previous students of ACMHL will qualify for 15% discount on all CPD's. Payment of the outstanding balance should be made as follows: If more than two days are attended (i.e. any 3 day CPD or multiple bookings amounting to more than 3 days) delegates may pay in THREE monthly payments if preferred - there is no extra charge. If more than six days are booked, delegates may pay over SIX months. again there is no charge. Payments must be by direct debit and all payments made in full before attending each course; details will be forwarded on registration.\*\* Delegates attending both the Diploma in Stress Management & the Advanced Diploma in Stress Management (to run in early 2011) will qualify for a generous discount of £130 if both courses are booked together. Once your deposit has been paid we guarantee that NO PRICE INCREASE will be applied.

\* unless booked through GHR/NCH

TITLE	DATE	VENUE/S	COST	DETAILS
<b>Masterclass in Anxiety, Panic &amp; Phobias</b>	11/12/13 November 2010	Premier Travel Inn, Euston Rd, London (close to Kings' Cross, St Pancras & Euston stations)	£255	Anxiety, panic & phobias form a large percentage of our work as hypnotherapists. Learn how to offer safe, effective and rapid treatment, using both hypnotherapy & CBT. Covers emetophobia, dental phobia, separation anxiety, generalised anxiety disorder, avoidant paruresis, adjustment disorders and childhood anxiety, PLUS some innovative & effective techniques for controlling panic attacks An extremely comprehensive course
<b>SlimSolutions™</b>	14/15 September 2010	Beauchief Hotel, Sheffield	£350	A unique opportunity to run your own 'SlimSolutions' business. This course encompasses the best of coaching, cognitive behaviour therapy, hypnosis, & EFT into a six-week course suitable for groups/individuals serious about losing weight and gaining confidence. We are actively seeking highly motivated, charismatic hypnotherapists/trainee hypnotherapists to join us in delivering this proven method - please contact us if interested. EFT training desirable or please combine with our own one-day course in energy psychology
<b>Certificate in working with IBS</b>	26th June 2010 OR 28th June 2010  9th November 2010	Twin Oaks Hotel J29, M1  Premier Travel Inn, Euston Rd, London (close to Kings' Cross, St Pancras & Euston stations)	£105	NEW FOR 2010! Hypnosis has a proven record of helping clients suffering from this distressing condition. Learn how to plan and deliver effective strategies for helping clients overcome Irritable Bowel Syndrome. Plenty of scripts provided, based on our own successful work with IBS and other gastrointestinal disorders

<b>Certificate in Smoking Cessation</b>	27th June 2010  8th November 2010	Twin Oaks Hotel J29, M1  Premier Travel Inn, Euston Rd, London (close to Kings' Cross, St Pancras & Euston stations)	£105	One-day masterclass course packed full of step-by-step guidelines for effective smoking cessation. Includes plenty of scripts & advice and information on working with groups as well as individual clients. This is one of our most popular CPD's; feedback from previous delegates confirms that the procedures taught, if followed, result in excellent results. Please book early for this course as we are often oversubscribed
<b>Masterclass in Depressive Disorders</b>	3/4/5 August 2010	Twin Oaks Hotel J29, M1	£255	This masterclass is designed for hypnotherapists who wish to increase their skill base with the use of depressive disorders. Rates of depression are increasing annually and yet, according to Michael Yapko, in his book Hand-Me-Down Blues it is one of the most treatable disorders. Medication alone can never be an entirely adequate form of treatment. However the use of psychotherapy and hypnotherapy has been shown to be an effective intervention, whether used alongside traditional medication or as a stand-alone therapy. This popular three-day course covers stress & depression, anxiety & depression, Trauma & PTSD, the significance of upbringing, both cognitive & hypnotic interventions and depression in childhood. Recommended!
<b>Cognitive Therapy for Hypnotherapist</b>	10/11 August 2010  23/24 August 2010	Beauchief Hotel, Sheffield  Premier Travel Inn, Euston Rd, London (close to Kings' Cross, St Pancras & Euston stations)	£215	Two-day course that teaches effective techniques drawn from both cognitive & rational-emotive therapies, useful for many of your existing clients presenting with issues surrounding anxiety, depression and low self esteem, also for coaching & relationship issues. Comes with plenty of client forms ready for copying. Existing graduates from ACMHL will also qualify for the Diploma in Psychotherapy & Hypnotherapy - DipHPsych

<b>Certificate in Energy Psychology</b>	12th August 2010  10th November 2010	Beauchief Hotel, Sheffield  Premier Travel Inn, Euston Rd, London (close to Kings' Cross, St Pancras & Euston stations)	£105	Tap your way to health! Alongside a comprehensive course manual, delegates will have plenty of time for practising this fun, safe & effective therapy, useful for therapists and clients alike, adults and children. Great with addictions, emotional issues, blocking beliefs, panic and fear. <b>SUITABLE FOR NON-HYPNOTHERAPISTS TOO</b>
<b>Diploma in Stress Management</b>	17/18/19 August 2010  AND  22/23/24 November 2010	Beauchief Hotel, Sheffield	£650	As Associate University Lecturers in this subject, Alan and Carole are the ideal people to qualify you as Stress Managers. The course runs over six days, and covers communication skills, workplace bullying, personality profiling, stress & the law, organisational change, occupation stress, time management and much more. Graduates will, on course completion and homework submission, qualify to apply for associate membership of the International Stress Management Association (ISMAUK). The Advanced Diploma will run in early 2011.
<b>Advanced Diploma in Stress Management</b>	TBC - Eight days Over Two Months, Fri-Sun January, Fri- Sun February, Sat- Sun March 2011	Beauchief Hotel, Sheffield	£800	Trainer award. Covers CBT, pharmacology, mediation, PTSD. Coaching, Goal Setting, Autogenics, Bio-feedback, Postnatal depression & psychosis, shift work, heart disease, environmental stress, working with difficult people, employee assistance programmes, NLP communication models, stress & education, Disney model, implosion & flooding, Bernice McCarthy 4-mat system....PLEASE REQUEST OUR STRESS MANAGEMENT PROSPECTUS FOR FURTHER DETAILS

***Testimonials - The following comments are taken from some of the many e-mails and feedback forms received by us***

I thought the course was excellent. Very informative and extremely well-structured - the course manual, handouts and powerpoint notes made things very clear. I found the exercises we did really helpful and insightful, particularly the vignettes. You clarified certain issues I was unsure about, and the group interaction was also of great value

*CB, Sheffield, Masterclass in Depressive Disorders*

The best training course I have been on for years! Extremely warm atmosphere, highly motivational, incredible amount of practical client-based examples. Obvious opportunities to improve effectiveness of therapy sessions. The experience has led me to book further CPD courses and also register for regular supervision

*JH, Sheffield, CBT for Hypnotherapists*

Since attending the course, I have had 100% success with all my smokers and have received lots of referrals, I really appreciate you both sharing your experience and providing effective methods that have boosted my confidence in dealing with clients

*KB, Edinburgh, Certificate in Smoking Cessation*

Completing the Stress Management Diploma has added another dimension to my private practice and increased my income as I have now been offered work by two city-based investment companies. I really enjoyed the course and made some excellent contacts, I look forward to attending the Advanced Diploma.

*DM, London, Diploma in Stress Management*

You gave such a variety of strategies to work with that adapting to each client's individual needs will be very much easier. The atmosphere, too, was very friendly, relaxed, supportive and totally absorbing - a lovely group of people. I have a greatly increased confidence in my ability to deal with depression. I hope to attend more of your CPD's soon!

*LR, London, Masterclass in Depressive Disorders*

I found the anxiety CPD incredibly worthwhile. The structure and content was great, very informative. I particularly enjoyed the case studies and CBT content

*ML, London, Masterclass in Anxiety, Panic & Phobias*

An excellent two day's training by experienced, patient trainers with plenty of relevant, useful and practical handouts. A lively and interactive course giving plenty of insight and stimulating thought for on-going work

*JW, Norfolk, CBT for Hypnotherapists*

