



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*

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General Information

Our professional CPD courses – both certificate and masterclass – are for hypnotherapists, whether in training or in practice. Prices are inclusive of VAT. Receipts are normally issued following completion of the course. Dated certificates of attendance are given out at the end of the final day – please advise us if you have specific requests regarding name shown on the certificate.

All our courses include an extensive course manual, provided on CD, plus a wide selection of useful scripts & relevant handouts for client use.

Most courses run from 10.00am – 5.00pm, with a short break in the morning, lunch break, and a short break in the afternoon. Unless otherwise stated, lunch is not provided but our training venues offer a wide range of hot and cold snacks, and there are often sandwich shops and cafes nearby.

When booking on a CPD, we will provide you with details of the venue, together with directions.

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.

Existing hypnotherapists are also welcome to apply to attend any of our modules, offered as part of our eight-module Diploma course. Please ask if you would like a copy of our current prospectus.

Both the certificate in stress management, certificate in psychotherapy and the diploma in NLP & coaching are open to therapists, hypnotherapists and therapists in training and count as valid CPD. Delegates attending both the certificate in psychotherapy AND the Cognitive Therapy CPD will receive a Diploma in Psychotherapy.

We also offer regular competitively priced 'practice management & supervision' 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 venues in Milton Keynes & London. Please call or e-mail for our next dates.

Venues – these will be confirmed nearer the course commencement date

Milton Keynes – Jury's Inn <http://miltonkeyneshotels.jurysinns.com/>

Chesterfield – Casa Hotel www.casahotels.co.uk/

Chesterfield – Sandpiper Hotel <http://www.sandpiperhotel.co.uk/>

Sheffield – DoubleTree by Hilton Sheffield Park www.DoubleTree.com/

Fees and Discounts

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, any money paid can be refunded or held against another CPD. We reserve the right to change the venue/date in certain circumstances: 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.

You can also pay by bank transfer*:

Academy of Clinical & Medical Hypnosis Ltd
Sort Code: 40-19-51
Account No: 41480863

* Please ensure you add your surname and initials to your payment when paying by bank transfer and confirm date of payment by e-mail

Places cannot be reserved until payment is received

Discounts:

Current and previous students of ACMHL will qualify for 15% discount on all CPD's.

Early Bird Discount – full payments received No LATER than 2 months before the course start date will qualify - £20 per course

If you wish to attend a 2 day course this can be paid for in two instalments, a 3 day course can be paid in 3 instalments.

For courses over 3 days please contact us for payment information.

All courses must be paid for IN FULL no later than 2 weeks before the course date.

Delegates attending both the Diploma in Stress Management & the Advanced Diploma in Stress Management 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

Cognitive Therapy for Hypnotherapists

Cognitive Behavioural Therapy (CBT) is currently perhaps the most widely talked about and recommended form of therapy. This course is intended for hypnotherapists who would like to know more about CBT: its origins, methods and applications.

CONTENT

This two-day course includes:

- The theoretical development of CBT and its basic principles
- The distinctive features of CBT
- How to integrate CBT into your hypnotherapy practice
- EXTRA information on how to use a multimodal assessment process
- See how the masters of CBT/REBT work – course includes DVD's showing Meichenbaum and Beck at work plus footage Ellis explaining the principles and development of REBT
- Follow the journey of our fictitious client as he benefits from an integrative approach using hypnotherapy, counselling and CBT

AIMS AND OBJECTIVES

- Learn effective techniques drawn from both cognitive and rational-emotive therapies
- Learn how to use a multi modal assessment – the BASIC ID
- Learn how these techniques are useful for many issues, including anxiety, depression, low self esteem, coaching and relationship issues
- Put into practice these techniques when working with clients
- Students will receive plenty of client forms ready for copying
- Existing hypnotherapists will also qualify for the Diploma in Psychotherapy and Hypnotherapy – DipHPsych – if not already awarded.

This 2-day course will run on: 16/17 April 2012, at Chesterfield

Cost: £ 230

As always, great friendly atmosphere and interactive approach

BT, London, Cognitive Therapy for Hypnotherapists

Informative course. Anecdotal evidence from Carole and Alan really makes a difference

JL, Leeds, Cognitive Therapy for Hypnotherapists

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, Barnsley, CBT for Hypnotherapists

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

Training with ACMHL is so relevant because of the obvious real life and extensive experiences of the trainers and the many true examples used to support the theoretical learning

DB, Lincoln, Cognitive Therapy for Hypnotherapists

Certificate in Smoking Cessation

One of our most popular courses, this is intended for hypnotherapists who wish to gain the knowledge and skills to help clients who wish to stop smoking. Previous delegates confirm that the procedures taught, if followed, result in excellent results.

CONTENT

This one day masterclass course includes:

- History of smoking, worldwide statistics and variations
- What's in a cigarette?
- Why do we smoke?
- Cycle of Change
- Different forms of smoking cessation methods
- Is there one successful method?
- Smoking cessation techniques
- One to one sessions
- Group smoking cessation

AIMS AND OBJECTIVES

- Learn effective smoking cessation techniques
- Students will learn how work with groups as well as individual clients
- Students will receive plenty of scripts and advice

**This 1-day course will run on: 23 February 2012 at Chesterfield
3 April 2012 at Milton Keynes**

Cost: £ 120

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

Course content very good, plenty of handouts to take away and excellent course manual supplied

DH, Chesterfield, Certificate in Smoking Cessation

Fantastic course with multiple approaches. Very enlightening.

CT, Chesterfield, Certificate in Smoking Cessation

A very comprehensive and in-depth course, highly recommended

RE, Chesterfield, Certificate in Smoking Cessation

Very useful for extra information on specific subject

EW, Chesterfield, Certificate in Smoking Cessation

Excellent day, great resources

PW, Chesterfield, Certificate in Smoking Cessation

Certificate in Working with Children

Children respond incredibly well to hypnosis and often benefit from learning techniques to help them overcome fears, control pain and enhance learning.

This course has been developed by Carole, who has worked and taught at Great Ormond Street hospital, using hypnosis for children suffering from pain and phobias.

CONTENT

This two day course includes:

- Specific skills for working with children
- Children and suggestibility
- Common issues in children and young people including: school phobia, selective mutism, bedwetting, bereavement, separation anxiety, phobias, anxiety, sleep disorders, eating disorders, stuttering, dyslexia & dyspraxia, needle phobia
- Techniques for metaphors and story telling
- Understanding Fraser / Gillick guidelines & Confidentiality
- Attachment Theory & Child Development

AIMS AND OBJECTIVES

- Develop skills and confidence working with children of all ages
- Understanding of common issues and techniques to assist
- Understanding of how to teach children self-help techniques
- Special considerations when working with children

This 2 day course will run on: 18/19 April 2012 at Chesterfield

Cost: £ 230

Add this course to our safeguarding CPD: see page 31

Course content, training materials and trainers excellent. Informative but relaxed weekend

DH, Chesterfield, Certificate in Working with Children

One of the best things about the course is the use of real life examples from their considerable clinical experience

DB, Chesterfield, Certificate in Working with Children

This course is fantastic for any therapist that wants to expand their knowledge/skill base. Very interesting.

AM, Chesterfield, Certificate in Working with Children

My background was in counselling and coaching following a psychology degree. After completing a fast track hypnotherapy Diploma I searched for a professional experienced training course for CPD. I attended a 2 day CBT/Hypno course which was practical and memorable. I used the methods in my practice and found them effective. I have just now attended this course and again, this proved to be practical, memorable and built on my children's experience within my practice. I cannot recommend this organisation enough – for reasons of cost benefit, practicality, memorability, transferable skills. Thank you Carole and Alan

JH, London, Certificate in Working with Children

Masterclass in Anxiety, Panic and Phobias

Anxiety, panic and phobias form a large percentage of our work as hypnotherapists. This extremely comprehensive course is highly recommended for therapists who wish to increase their knowledge in this area.

CONTENT

This three day course includes:

- Effective and rapid treatments for anxiety, panic & phobias incorporating CBT, & hypnotherapy
- Are we conditioned to be phobic?
- Can our diet make us more anxious?
- Why anxiety may be good for us
- The anxious client
- Dealing with anxiety in children and why it is important
- What else can mimic anxiety
- Emetophobia, dental phobia, separation anxiety, generalised anxiety disorder, avoidant paruresis, adjustment disorders, childhood anxiety, social anxiety,
- Blood-injection-injury phobias and why they differ from other phobias
- Innovative & Effective Treatment options for Panic attacks, including challenging negative self talk, scaling and the AWARE technique
- Structured Problem Solving

AIMS AND OBJECTIVES

- Learn effective, safe and fast treatments using a variety of techniques
- Learn innovative and effective techniques for controlling panic attacks
- Recognise and develop a comprehensive understanding of the various anxiety difficulties and phobias

This 3 day course will run on: 24/25/26 July 2012 at Chesterfield

Cost: £ 300

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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

Carole and Alan have a vast amount of experience between them and are happy to answer any questions posed during the course. The course itself is extremely informative and is presented in an enjoyable, friendly and professional manner

CK, London, Anxiety, Panic and Phobias

An enjoyable course that was well presented

HE, London, Anxiety, Panic and Phobias

Found the course enjoyable, lots of information based on up-to-date research

BM, Sheffield, Anxiety, Panic and Phobias

As a qualified hypnotherapist this course was excellent in giving me even more 'tools' to help clients

SC, Sheffield, Anxiety, Panic and Phobias

Thank you so much for such an interesting 3 days. I have thoroughly enjoyed everything that has been taught. I will be using many of the techniques.

CS, Sheffield, Anxiety, Panic and Phobias

Excellent, in-depth training on what is a common issue in a therapist practice. Not often addressed by most courses

KN, Sheffield, Anxiety, Panic and Phobias

Very useful as a student to mix with practicing hypnotherapists to learn and gain different experiences.

CT, Chesterfield, Anxiety, Panic and Phobias

The CPDs are an invaluable tool to add to the normal hypnotherapy training. They are very in depth and have given me more confidence to deal with these situations.

EW, Chesterfield, Anxiety, Panic and Phobias

The CPDs are great to help with expanding our knowledge, but just as important are the nuggets of information/insight/advice we gain from not only the trainers but also the other therapists on the CPDs. This I believe is invaluable.

TM, Chesterfield, Anxiety, Panic and Phobias

Course content and training materials excellent. Plenty of practical involved. Great value.

DH, Chesterfield, Anxiety, Panic and Phobias

A very comprehensive course that covers in depth issues

RE, Chesterfield, Anxiety, Panic and Phobias

Excellent course, right balance of clinical information and discussion on application

CT, Chesterfield, Anxiety, Panic and Phobias

Certificate in Stress Management

This course is for those delegates requiring an insight into stress management, or those who also wish to take the Diploma for ISMA membership, our validated route to becoming a stress consultant. As this forms part of our 8 month course in Hypnotherapy and Psychotherapy, NLP and Stress Management, delegates are invited to join our students at a number of locations for the two day module. Please contact us for details.

CONTENT

- Investigating theories and developments into what stress actually is
- Stress and disease
- Physiology of stress
- Stress hormones
- Stressors
- Lifestyle and health promotion

AIMS AND OBJECTIVES

- Students will demonstrate an understanding of stress, and the physiology, psychology and behaviour
- Recognition of the cause of stress and it's impact on personality
- Develop an understanding of lifestyle and health promotion, including nutrition
- Learn the various stress-related illnesses, including substance abuse, sleep disorders and maladaptive coping mechanisms

This 2 day course will run on: 03/04 March 2012 at Chesterfield

02/03 June 2012 at Milton Keynes

Dates for Sheffield to be published shortly

Cost: £ 330 (includes marking homework)

Completing the Stress Management Certificate and 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

Diploma in Stress Management

Our popular Diploma in Stress Management enables students to use the title 'stress manager' and is open to the following applicants: anyone who has gained the certificate in stress management or a comparable award from another organisation, any individual working in the therapeutic or health-related sector, HR personnel, any individual working toward or having qualifications in psychology, nursing, counselling, alternative therapy, management, teaching. Please contact us if you would like to enrol on the course and do not fulfil any of the above criteria. The Diploma in Stress Management will enable you to work as a stress manager in both private and public sectors. This course is delivered in three modules, usually over two, three-day sections.

CONTENT

- Stress in the workplace as well as individual stress management, including organisational change, occupational stress, time management, and personal stress caused by financial, marital and family issues.
- Stress and the law
- Stress mapping, dealing with workplace bullying
- Elective management techniques
- Communication within the workplace
- Personality typing models
- Counselling for Stress Management

AIMS AND OBJECTIVES

- Students will learn a number of stress management interventions, such as yoga, relaxation, thought stopping and hypnosis.
- NLP techniques to take into work environments
- Learn valuable communication techniques and building self-esteem, body language and how to identify left and right brain dominance.
- Training in a variety of personality typing models, such as the Enneagram, Myers Briggs and Satir categories.
- Students will build a comprehensive course manual with lots of useful handouts, scripts and exercises.

This 6 day course will run on: 21/22/23 March 2012 at Chesterfield

23/24/25 May 2012 at Chesterfield

Cost: £ 650 (includes marking homework). PLEASE NOTE that the Certificate & Diploma together adhere to ISMA core content as will allow successful attendees to apply for membership of ISMA (International Stress Management Association). Please ask for our Stress Management Brochure for full details

Advanced Diploma in Stress Management

The Advanced Diploma, or 'trainer' award, enables graduates to train others to become stress managers as well as equipping existing stress managers and therapists with an effective toolbox of cutting-edge techniques. This award will also be useful for any individual working in the caring professions, management & HR, Coaching and Counselling and any area of education. The course runs over eight days, leading to the qualification Adv.Dip.SM. Entry requirements are: existing Diploma in Stress Management, awarded by the Academy of Clinical & Medical Hypnosis or similar, PLUS be working in education, health services, HR, management, complementary therapy or related fields. This course will be run as THREE modules over EIGHT days.

CONTENT

- All aspects of stress management and includes: cognitive therapy & stress, pharmacology, mediation, Post traumatic stress disorder and critical incident debriefing, stress inoculation therapy and coaching.
- Goal setting techniques, how to dispute distorted thought processes, how to hold effective meetings and a range of relaxation skills, such as autogenics, meditation, breathing techniques and biofeedback.
- Stress management courses, employee assistance programmes and researching stress.
- Special cases, such as postnatal depression & psychosis, heart disease, shift work & depression.
- Environmental stress, economic, political & circumstantial, as well as stress in education and teaching effective stress management and studying skills in schools.
- Up-to-date research and the mind/body connection, looking at the work of Dr Rossi.
- What to do with the 'stress generators' found in every workplace and how to access other helping agencies in the fight against stress. The cost

AIMS AND OBJECTIVES

- Students will gain a comprehensive understanding of stress, personal and in the workplace
- Students will learn how to write and deliver effective stress management courses in the workplace

**This 8 day course will run on: 22/23/24 October 2012 at Chesterfield
19/20/21 November 2012 at Chesterfield
06/07 December 2012 at Chesterfield**

Cost: £ 850 (includes marking homework)

Certificate in Working with IBS

One of our most popular courses, hypnosis has a proven record of helping clients suffering from this distressing condition. During this one day course students will learn how to deal with this distressing condition.

CONTENT

- What IBS actually is
- Physical, mental and emotional factors
- Symptoms of IBS
- Research into IBS treatments

AIMS AND OBJECTIVES

- Learn how to plan and develop effective strategies for clients
- Effective pain management skills
- Nutrition and lifestyle and how this impacts on IBS
- Students will receive plenty of scripts based on our own successful work with IBS and other gastrointestinal disorders

Attendees can apply to the IBS Register for membership. The process of joining is simple and can be found on the site at www.ibsregister.com. The choices are basic entry or enhanced. The latter effectively gives members their own page on the site. It is listed in the Family Doctor book, which is a series of books written in association with the BMA.

This 1-day course will run on: 2 April 2012 at Milton Keynes

22nd February 2012 at Chesterfield

Cost: £ 120

Good content and handouts

PK, London, Certificate in Working with IBS

Lots of good content - not a rehash of other courses. Thank you, I enjoyed the course. Very good value for money.

LC, London, Certificate in Working with IBS

Informative, friendly, professional – highly recommended

CK, London, Certificate in Working with IBS

A very informative course with great handouts and a planned 6 session programme

LA, London, Certificate in Working with IBS

Very well run and organised training that has provided me with invaluable information and advice to use with clients

GS, London, Certificate in Working with IBS

Course content was excellent, very informative. An excellent balance between medical information and practical assistance

JA, Chesterfield, Certificate in Working with IBS

Thank you for a thoroughly professional training course. I got exactly what I wanted from the course, and more, which was a structured approach to dealing with IBS and all the necessary information

CG, London, Certificate in Working with IBS

As a hypnotherapist and IBS therapist for whom at least 50 percent of my clients are IBS sufferers, this CPD was an extremely useful and worthwhile addition to my existing knowledge and practices

NW, Chesterfield, Certificate in Working with IBS

An excellent, informative course with plenty of practical work in small group setting with a variety of useful handouts

FS, Chesterfield, Certificate in Working with IBS

Very informative, nice and friendly, plenty of information and resources

WC, Chesterfield, Certificate in Working with IBS

Great opportunity to discuss with like minded individuals at different levels of experience

AD, Chesterfield, Certificate in Working with IBS

Masterclass in Depressive Disorders

This course 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 three day course is comprehensive and detailed.

CONTENT

- What is depression
- NICE guidelines and various treatment options
- Special considerations
- Stress and depression
- Anxiety and depression
- Trauma and PTSD
- Significance of upbringing
- Depression in childhood

AIMS AND OBJECTIVES

- Students will learn about the various forms of depression and how this impacts on people's lives
- Effective cognitive and hypnotic interventions to use with clients
- An in-depth understanding of how to treat depression in adults and also in children
- Students will receive plenty of scripts and advice for work with clients

**This 3 day course will run on: 31 October 2012 at Chesterfield
01/02 November 2012 at Chesterfield**

Cost: £ 300

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

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 thought the course was excellent. Very informative and extremely well structured – the manual and handouts made things very clear. I found the exercises that we did really helpful and insightful. I also felt that you both gave us such a variety of strategies to work with that adapting to each client's individual needs will be very much easier. I also must say that I found the whole atmosphere very friendly, relaxed, supportive and totally absorbing – a lovely group of people. I've come away not only with masses of notes, but a greatly increased confidence in my future ability to deal with depression. Many, many sincere thanks to you both.

CB, London, Masterclass in Depressive Disorders

A very comprehensive course with an in depth explanation of what depression is and how to use effective techniques as therapists to help clients to improve their quality of life

RE, Chesterfield, Masterclass in Depressive Disorders

An in depth coverage of all aspects of depression in all age groups. Vital for those treating such clients

MO, Chesterfield, Masterclass in Depressive Disorders

The course once again has been wonderful. So much information is given, so many tools are given

CS, Chesterfield, Masterclass in Depressive Disorders

Good course, very comprehensive. I feel that I have a good working knowledge of depression

JL, Masterclass in Depressive Disorders

Excellent course, very thorough coverage of all aspects of depressive disorders.

Excellent materials and research topics. Knowledgeable and personable trainers

SH, Masterclass in Depressive Disorders

SlimSolutions™

This course enables students to run their own 'SlimSolutions' business. This course encompasses the best of coaching, cognitive behaviour therapy, hypnosis, transactional analysis and motivational techniques and 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. The course provides you with everything you need to become a SlimSolutions™ therapist. EFT training is desirable, or please combine with our own one-day course in energy psychology.

Includes course manual, six modular training sessions, flyers and food diaries, hypnotherapy scripts and power point presentations for use with groups or individuals

This course will run on 15/16 May 2012 at Chesterfield

Cost: £ 320 without EFT

£ 380 with EFT *

*Students will need to be qualified in EFT in order to meet the requirements as a SlimSolutions therapist.

Diploma in NLP and Coaching

This is a useful additional for those students who are not qualified in NLP. As this forms part of our 8 month course in Hypnotherapy and Psychotherapy, NLP and Stress Management, delegates are invited to join our students at a number of locations for the three day course. Please contact us for details.

CONTENT

- Introduction to NLP
- Representational systems
- Calibration
- Resource Anchoring and Advanced anchoring techniques
- LifeSolutions Circle of Excellence for Peak Performance ®
- Submodalities
- Sensory acuity
- Pacing and leading
- Matching and mirroring
- Swish
- Perceptual positions
- Affirmations
- Values
- Goal setting
- Chunking
- TOTE
- Eye Accessing
- Meta Model
- Stein's Clenched Fist Technique
- Parts Integration
- Timeline techniques
- As if
- Backtrack
- Fast Phobia and VAK Rewind
- Reframing and 6 step reframe

AIMS AND OBJECTIVES

- Students will develop an understanding of what NLP and Coaching is, and the various NLP and coaching techniques
- Students will be able to practice and refine these techniques, and there are plenty of scripts and handouts for work with clients

This 3 day course will run on: 14/15 January 2012 and 14 April 2012 at Chesterfield

31 March, 01 April and 07 July 2012 at Milton Keynes

Cost: £ 330

More dates coming soon!

Certificate in Energy Psychology

This exciting therapy uses a simple technique, which involves tapping on specific points on the face, hand and body. Although meridian-based psychotherapy may challenge our beliefs concerning psychological dysfunction and therapeutic change, long-standing, persistent problems can be overcome in just minutes! On completion of the course, you will be qualified to either add this skill to your own practice or simply use this technique for your own health and well-being.

This technique is particularly useful for phobias, panic, addictions and trauma

This one-day workshop provides both a theoretical base and plenty of opportunities to practice! Although we will be spending most of our time practicing EFT (Emotional Freedom Technique) we will also cover TFT (Thought Field Therapy) and Kinesiology. You will be issued with a detailed course manual, power point notes, handouts for your clients, and a certificate of course attendance, equal to 5 hours training.

(Course runs from 10.30 until 4.30)

CONTENT

- What is energy psychology
- Issues where energy psychology is effective, such as addictions, emotional issues, blocking beliefs, pain and fear
- Techniques for using this therapy

AIMS AND OBJECTIVES

- Delegates will learn about energy psychology, its origins and how it is recognised as a safe, effective treatment
- Delegates will have plenty of practice with this technique and learn about the issues it is especially useful for

'I was amazed what a positive effect this had when practising with fellow students, I will definitely incorporate it into my 'toolbox' RB, Leeds

'Lots of practical, a useful addition to hypnotherapy' JM, Grimsby

'Enjoyed the day, especially the practical, look forward to using it with clients' DD, Notts

This 1 day course will run on: 14 May 2012 at Chesterfield

Cost: £ 120

Fast Track

We are now offering an intensive 5-day course suitable for applicants with appropriate prior knowledge & training. Our five-day course is conveniently separated into two separate, stand-alone modules, meaning that you will be fully qualified within approximately six weeks. You will also be eligible for appropriate insurance, should you wish to go into private practice as a hypnotherapist.

This course is fully accredited by the National Council of Psychotherapists and the General Hypnotherapy Register.

The Diploma course is structured over 5 days, totalling 45 hours. Each day runs from 9.00 am until 7.00 p.m, with appropriate breaks and time for lunch.

Each 5-day course is broken down into three modules, as follows:

Module 1: Introduction to Hypnotherapy (1 day)

Module 2: Advanced Hypnotherapy (2 days)

Module 3: Medical Hypnosis (2 days)

Please note that this is a highly practical course. An extensive course manual and PowerPoint notes are provided on disc and you will also be issued with a portfolio of scripts for client use. Students may register to study for the externally validated HPD at an additional cost.

Course Costs

Deposit	£300
Modules One and Two	£500
Module Three	£395
Total Cost	£1195

ALL OUR PRICES ARE INCLUSIVE OF VAT

There is no exam. Students will be continually assessed on practical work. Those students who intend studying for the Hypnotherapy Practitioner Diploma – the HPD – will be encouraged to also begin working on their portfolio.

This course is open to applicants with a suitable knowledge base, usually from the following disciplines: psychology, psychotherapy, medicine, counselling, nursing and midwifery, social care, occupational health, although we will consider other relevant backgrounds.

The next Fast Track dates are Scarborough April 29/30 & May 1, 2, 3 2012

Please contact us for further information and to receive a copy of our Fast Track Prospectus.

Certificate in Psychotherapy

This is a useful additional for those students who are not qualified in Psychotherapy. As this forms part of our 8-module course in Hypnotherapy and Psychotherapy, NLP and Stress Management, delegates are invited to join our students at a number of locations for the two-day course.

CONTENT

- Psychodynamic Psychotherapy
- Freud
- Defence Mechanisms
- Jung
- Archetypes
- Dream Analysis
- Psychotherapy
- The Miracle Question
- Brief Solutions Focused Therapy- Insoo Kim Berg
- DVD - Existentialism
- CBT - Cognitive Behaviour
- Therapy
- REBT - Rational Emotive
- Cognitive Distortions
- Existentialism
- Humanistic Approaches
- Transactional Analysis
- Maslow - Hierarchy of Needs
- Integrative Approaches
- Michenbaum – CBT Techniques
- Positive Psychology- Seligman

AIMS AND OBJECTIVES

- Students will develop an understanding of what Psychotherapy is, and the various techniques used in Psychotherapy
- Students will practice and refine these techniques

*** This can be upgraded to a Diploma in Psychotherapy with an additional training in CBT (see page 5)**

This 2 day course will run on: 24/25 March 2012 at Chesterfield

23/24 June 2012 at Milton Keynes

Cost: £ 230

Past Life Regression

Regression work is becoming increasingly recognised as a powerful and therapeutic tool. As interest in past lives has grown over recent years, so too has the realisation that imagery and transpersonal perception is valid as a healing resource.

Although much regression work is performed simply for its curiosity value, therapeutically it can be a valuable technique for modifying past-life influences on current life patterns. This seminar aims to inform the delegates of the power of these influences and learn new skills and to gain confidence and competence at using the appropriate techniques with their clients. There are many ways in which regression hypnosis can benefit a patient particularly when 'tailored' to meet the needs of the individual.

CONTENT

- Principles
- History of Regression Therapy and Journeys of the Soul
- Why people want to be regressed
- Preparation for Past Life Work
- Symptoms – typical problems helped by regression
- Source of memories
- Repressed memories
- False Memory Syndrome
- Confabulations
- Leading questions
- Past-life Situations – people may have been blind, deaf, different sex and ethnic origin; rich, poor or homeless, etc.

AIMS AND OBJECTIVES

- Students will learn techniques to empower clients change their Past Life situation. Allowing them to lift the negative influence of their present life, giving the person a sense of controlling their own life again.

This 1 day course will run on: 30 July 2012 at Chesterfield

Cost: £ 120

Transactional Analysis for Hypnotherapists

Transactional Analysis (TA) is a powerful model of personality which can be used to explain and enable resolution of unhelpful patterns of behaviour within relationships of all kinds. This course is intended for hypnotherapists who would like to know more about TA: its concepts and models and their use within therapy.

CONTENT

This two-day course includes:

- Ego states: description, identification and role in communication and relationships
- Strokes: why any attention is better than none and how this impacts upon behaviour
- Games and rackets: description, identification and stopping them.
- the Drama Triangle: identifying the changing roles
- Drivers and Injunctions: descriptions and how these drive personality and behaviour
- The Life Script: how all the TA concepts fit together and drive patterns of behaviour.

AIMS AND OBJECTIVES

- Learn effective techniques drawn from Transactional Analysis
- Learn how these techniques are useful for many issues, including relationship problems at home and/or at work, low self-esteem, and self-sabotage
- Put into practice these techniques when working with clients
- Students will receive plenty of client forms ready for copying.

**This 2 day course will run on: 12 and 13th March 2012 at Milton Keynes
20th and 21st June 2012 at Chesterfield**

Cost: £ 240

Ann Finnemore MA Ed, PGCE BSc (Hons) DipHPsch PNLP

Ann is a clinical hypnotherapist and a certified NLP practitioner. She is also trained in cognitive behavioural therapy, life coaching, stress management, and Transactional Analysis and draws on her knowledge and skills in these areas when working with her clients in Leicestershire.

Ann has extensive experience as a senior manager in the public sector, delivering programmes at national level. Her early career was in scientific (medical) research. She is also a qualified teacher and have taught and trained young people and adults. Ann was trained in Transactional Analysis by two of the leading lights in that field -- Ian Stewart and Adrienne Lee at The Berne Institute.

You can learn more about Ann's work from her website at: www.gettingyouthere.co.uk.

Motivational Interviewing

Motivational interviewing is a counselling style, and is used as a strategy to elicit client's motivation to change. It is also a useful style to guide clients into the right stage of motivation to achieve the results they want. In hypnotherapy it will be a useful assessment tool and technique for any change behaviour, especially smoking and weight loss. Together with the Smoking Masterclass, Motivational Interviewing would be an excellent tool.

CONTENT

- Motivation Interviewing history, origins and purpose
- Definitions and uses
- Procheska and DiClemente the cycle of change
- Key concepts of MI
- Techniques for eliciting motivation
- Special reflections/developing discrepancy
- The menu of strategies

LEARNING OUTCOMES

- Delegates will understand the purpose, principles and spirit of MI
- Gain an understanding of the uses and limitations of MI
- Have a practical understanding of the concepts, techniques and tools of MI
- Be competent to use the aspects of MI in the therapy room with clients
- Delegates will leave with handouts to accompany their learning

This one day course will run on:

4th April 2012 at Milton Keynes

24th February 2012 at Chesterfield

Cost: £120

Safeguarding Children for Hypnotherapists

Safeguarding Children issues are currently the subject of much confusion amongst many professionals and the public. This course is intended for hypnotherapists who would like to understand more about the legal processes of Child Protection Law and Guidance, including the rights and duties of Hypnotherapists. The course is based on the premise that all children should be able to grow up in circumstances where they are safe and supported, so that they can achieve their optimal outcomes in childhood, their teenage years and into adulthood. To achieve this, agencies and practitioners should work together to promote children's welfare and to prevent them from suffering harm.

CONTENT

- An awareness of child protection and the procedures to follow when child abuse is suspected.
- To be able to act decisively and appropriately when child abuse is suspected.
- To understand the legislation concerning Information Sharing about a child and their family.
- To understand how to make a decision about Information Sharing, who to share it with and how to do it.

AIMS AND OBJECTIVES

By the end of the course, participants should be able to:

- Contribute and take appropriate and proportionate actions to safeguard children.
- Understand and respond to concerns about a child in need.
- Appreciate your own role and the role of others.
- Communicate and act appropriately within national and local guidance to safeguard children.
- Be familiar with services and sources of advice for supporting families and safeguarding children.
- Understand Government strategy and initiatives and the legal and other principles which underpin Safeguarding procedures.
- Recognise the signs in a child that they may be experiencing harm through abuse or neglect.
- Understand the options open to Children's Social Care when abuse is suspected.

This 1 day course will run on 20 April 2012, at Chesterfield

Cost: £ 120

Julie Leigh

Julie has worked as a Youth worker, Social Worker, Probation Officer, Family Court Welfare Officer and Manager (in both the Probation Service and Prison Service) over the last 27 years. As such she has worked with both the victims and perpetrators of sexual, emotional and physical abuse of children and adults, in various roles during the whole of this period. Julie has recently become self-employed, has retrained as a Hypnotherapist and also works as a consultant and trainer.

Masterclass - BirthSolutions

Carole is a former NCT ante-natal teacher who had taught midwives and nurses in the effective use of language during birth and can therefore combine an expert knowledge in childbirth with the effective interventions she has successfully used on many clients.

CONTENT

- IVF
- Pregnancy
- Common problems of pregnancy
- Issues around adoption
- Breastfeeding
- Postpartum depression and psychosis
- Hyperemesis
- Birth trauma

AIMS AND OBJECTIVES

- Students will gain an understanding of various issues regarding parenthood, which includes not just childbirth itself but other circumstances such as problems becoming pregnant and adoption
- Gain an understanding of different hypnotic interventions and how can these be utilised during the various stages of pregnancy, birth and/or parenting

This one days course includes a comprehensive handbook with an overview of the birth process plus hypnotic interventions.

Attendees have a chance to register as a "BirthSolutions' therapist on our website.

This 3 day course will run on 25/26/27 June 2012 at Chesterfield

Cost: £330

Working with Cancer

This one day course is designed for hypnotherapists in practice, who will gain a fuller awareness of the condition, helping those considering entering this rewarding field.

CONTENT

- Students will gain an introduction to the disease and treatment options
- The use of hypnotherapy in this area
- Students will learn what cancer is, cause of cancer, benign and malignant tumours, metastasis, staging and tumour classifications, treatments, the cancer journey, surgery, radiotherapy, side effects, chemotherapy, other treatment options, mitigation of causes, patient experience, survivorship, end of life issues
- An understanding of the immune system, recognising spirituality, psychological impact, understanding bad news and its impact, nutrition, lifestyle factors, integrating complimentary therapy and clinical governance, basic terminology and case studies

AIMS AND OBJECTIVES

- Attendees will leave this workshop with a better understanding of cancer and its impact on their loved ones
- Knowledge of the benefits and uses of hypnotherapy in this area

It was the most simple, yet effective explanation and overview of cancer we have come across

Two GP's comments after attending this course

This one-day course runs on 29th May at Chesterfield.

Cost: £155

Michael Mahoney

Michael Mahoney is a Clinical Hypnotherapist in professional practice since 1986. Widely known for his work in the gastrointestinal field he also has extensive experience working with cancer patients, with particular interest in breast cancer and emotional recovery. He has research and patient piloting experience working with breast cancer patients. He is the author of the widely acclaimed CD 'An aid to Emotional Recovery after Breast Cancer' for which he received an Innovation and Research Award in 2005. This CD is used or recommended as an additional treatment option in over 110 English NHS Hospitals, with information included in discharge packs from many breast cancer departments. Michael received his certificate in working with people with cancer from National Cancer 'Czar' Professor Mike Richards in 2005 accredited by the University of West England. Michael holds membership of several primary care societies, and is a BUPA service provider, amongst others. His services are used by GP's / NHS & Private Hospital Consultants throughout the North West of England, and beyond. He has Medical Research Project Experience funded and audited by the Medical Profession. He is a trained Trainer of NHS HoNoS. He presents to Medical Forums on both Hypnosis and Stress Management which have been PGEA (GP Training) Accredited. He has worked as a consultant at a local hospital working alongside psychiatrists and other medical personnel. He also holds membership of several international education and research groups. In July 2011, he attended the Queens garden party at Buckingham Palace in recognition for his innovative health solutions, through his award winning audio programs. Michaels' Practice -TimeLine Services: Administrators of the IBS Register & established service providers to Regional NHS Occupational Health Departments, Corporate Organisations and local government. Providing care services to the carers such as Counselling, Hypnotherapy, Stress Management Workshops, outplacement services and more.

NEW for 2012!

Solution Focused Brief Hypnotherapy

Steve de Shazer and Insoo Kim Berg developed Solution Focused Brief Therapy approximately 30 years ago. This approach was, at the time, unique inasmuch as it focused on solutions, not problems. Although the techniques were drawn on offering a person-centred, non-judgemental approach, finding solutions was considered more important than offering explanations or looking at past problems.

Although de Shazer and Berg generally worked with couples and families, using psychotherapy, the techniques lend themselves perfectly to hypnotherapy; hardly surprising as the great Milton Erickson was an inspiration to many of the first Solution Focused psychotherapists.

As we firmly believe that an integrative approach is the ideal stance for today's hypnotherapist, let's look at what are the crucial components of our approach to Brief Solutions Focused Hypnotherapy and what you will be learning on this two-day course:

1. The Miracle Question – we encourage ALL students to use this. Understand the variations of this important question, such as how to expand its use, how to use with children and adolescents, and how to overcome resistance.
2. Scaling – how to effectively scale emotions and how to validate beliefs and goals
3. 'What's Changed?' – Dealing with resistance to this enquiry, identifying change and setting in-between session tasks
4. Externalising – Learn how the effective use of language helps with depression and anxiety and integrate these patterns into your hypnosis session
5. Understanding signature strengths
6. Exceptions – Helping your client to understand how they can control the severity of their problem
7. Identifying resources by using curiosity
8. Dealing with life, not the 'problem'
9. Solutions for children & couples
10. Using a brief approach to stress management

Alongside the usual course manual and notes, students will get chance to study the masters of Brief Therapy at work using DVDs and practice the techniques in class.

This 2 day course will run on 29/30 November 2012 at Chesterfield

Cost: £240

Terms & Conditions
Academy of Clinical & Medical Hypnosis
Continual Professional Development

Our CPD programme is correct at the time of printing. However it may be necessary for us to make changes to the content, dates or the venue. If the course is cancelled then a full refund of fees will be made but ACMHL will not be liable for any additional expenses incurred by students. Should the course dates be changed from those advertised applicants will be notified and they may apply for a refund of fees (see below).

Once your place on a course has been confirmed you will be liable for the full course payment unless we receive written notification of cancellation. Once your place on the course has been confirmed, any deposit paid is non-refundable unless the course is cancelled. Should you be unable to attend any course for which you have paid a deposit, and provided notification is received more than four weeks prior to the CPD date, the deposit may be carried forward and used as part payment of any CPD within the next twelve months. If bookings are cancelled less than 28 days prior to the start of the course no refund will be made except in exceptional circumstances and at the discretion of the course director.

Your Right to Cancel

Our cancellation policy meets the conditions of the Consumer Protection (Distance Selling) Regulations 2000. You have a right to cancel the course within 7 working days of reserving a place without giving a reason. This is to be notified to us in writing.

Cancelling your place

If you notify us in writing (via letter or email) up to 28 days before the start date of a course, you will receive a full refund less an administration fee of 20% (plus VAT). If you withdraw for whatever reason within the 28 day period, the full fee will remain payable unless you nominate a substitute attendee. Details of substitutions should be received by us at least 48 hours prior to the course start date.

Payments

Please make your payments by bank transfer as requested on your booking form. If you prefer to pay by cheque, please make this payable to 'ACMHL' and post to us with details of your booking

CPD Booking Form

CPD Booking Form 2012 – PLEASE PRINT

PREFERRED NAME (This will be used for your certificate)

ADDRESS

Contact Tel. No

E-mail

I wish to book for the following CPD/S. I confirm that I have read and accept the terms and conditions, as given above:

I have completed a bank transfer for: £ on

CPD1

CPD2

CPD3

Signed

Date

Please POST or scan and e-mail your completed booking form to: ACMHL, 9 Kings Road, Wombwell, Barnsley, S73 0DW

PAYMENTS should be made (preferably) by bank transfer to:

Academy of Clinical & Medical Hypnosis Ltd, HSBC, Account 41480863: Sort Code 40-19-51

Please make sure to enter your name as payee, so that we can confirm that the payment has been received safely.

You will be issued with an invoice plus full receipt (if requested) and certificate of attendance on course completion