



THE ACADEMY OF CLINICAL & MEDICAL HYPNOSIS LTD ACCREDITED STRESS MANAGEMENT TRAINING

About the Academy

With over 18 years experience in delivering stress management training, The Academy of Clinical & Medical Hypnosis Ltd can offer you a range of professional stress management courses leading to a qualification that will enable you to become a fully accredited stress manager, delivering stress management training in both the private and public sectors. Your stress management training consists of three components; each one can be taken as a 'stand alone' qualification.

Our Certificate in Stress Management and Diploma in Stress Management together form part of a recommended training which complies with the standards of ISMAuk 'Comprehensive Knowledge for Stress Management Practitioners' as published by the International Stress Management Association UK. Our training and course content has undergone a rigorous assessment and is documented in the ISMA guide to Stress Management Training. Graduation from our Certificate and Diploma will qualify applicants to apply for 'Member Grade' admission into ISMA. Suitable applicants already holding the Diploma may also apply to study for the Advanced Diploma in Stress Management with the Academy, qualifying graduates to deliver stress management training themselves.

An understanding of stress – what it is, how it affects us and how it can be measured – is an integral feature of therapy in the twenty-first century. Many clients present with stress, either as a primary concern (redundancy, relationship issues, bullying in the workplace are all examples) or as a secondary concern, triggered by depression, anxiety or bereavement. Students of the Academy will gain a unique insight into this profitable and worthwhile career path, working in the corporate sector and with opportunities to take their studies further should they wish.

Training to the Standards of ISMA comprehensive core knowledge and Recommended by the International Stress Management Association



About Your Trainers

Directors of The Academy & Principal Trainers, Alan Cooper & Carole Wan



Carole and Alan have trained extensively since they initially qualified in hypnotherapy, stress management and NLP, in a wide variety of subjects, with some of the most respected figures in therapy today including: Michael Yapko (well known for his work on the use of hypnosis with depression and pain management), Rubin Battino (author of several books on Ericksonian language and imagery techniques), and Dr. Jeffrey Zeig (founder of the Milton Erickson Foundation). Carole has worked at Great Ormond Street Hospital, helping children with pain management and needle phobia and as an antenatal teacher for the National Childbirth Trust. Both Alan and Carole have lectured at Sheffield Hallam University in stress management, and have presented at schools, companies and conferences throughout the UK on issues surrounding stress.

They have provided therapy in Sheffield and Harley Street, London since 1992. Following a number of years training in hypnotherapy, NLP and Stress Management, Alan and Carole formed The Academy of Clinical & Medical Hypnosis Ltd, offering externally validated training in hypnosis, NLP and stress management. The Academy has grown to the successful company it is today, offering quality training at venues throughout the UK. Additionally, the Academy offers a diverse range of Continual Professional Development, covering such topics as anxiety and phobias, therapy for children, depression and 'BirthSolutions': full details of these and ALL our CPD's can be found on our main training site:

www.ukhypnotherapy.org

WHAT PREVIOUS STUDENTS SAY ABOUT OUR TRAINING

"I have learned a great deal about myself as well and still miss the fun and laughter we had on the course" (TW)

Training with ACMHL is so relevant because of the obvious real-life, extensive experience of the trainers and the many examples used to support the theoretical learning" (DB)

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)

"The course far exceeded my expectations. The teaching materials were excellent. The tutors were very supportive throughout the course. I highly recommend it" DH

Course Information

With over 18 years experience in delivering stress management training, The Academy of Clinical & Medical Hypnosis Ltd can offer you a range of professional stress management courses leading to a qualification that will enable you to become a fully accredited stress manager, delivering stress management training in both the private and public sectors. Your stress management training consists of three components; each one can be taken as a 'stand alone' qualification. Please note that, if you wish to apply for ISMAUK membership following completion of the Diploma, you must take the certificate as a 'live' option. All our qualifications in stress management are awarded by the Academy of Clinical & Medical Hypnosis Ltd, and follow the recommended core curriculum for stress management training. We were established in 1992 and have trained many people in stress management who have gone on to pursue successful careers in the growth area of stress management. We also run in-house and bespoke stress management training. Please contact us for further details. PLEASE NOTE THAT ALL PRICES QUOTED ARE INCLUSIVE OF VAT

Certificate in Stress Management

This award now forms an integral part of our Diploma in Hypnotherapy & Psychotherapy, Certificate in Stress Management, Diploma in NLP & Coaching, Hypnotherapy Practitioner Diploma course.

HOWEVER, we can also offer this certificate as a STAND ALONE or DISTANCE LEARNING option for anyone interested in stress & the effects of stress. This course is suitable for most learners and will be particularly helpful for those individuals working, or considering employment in, the following areas: psychology, human resources, teaching, counselling, alternative & complementary therapy, health service. Students will, on completion of the module, be able to demonstrate an understanding of stress: physiology, psychology & behaviour, in addition to recognising the causes of stress and its impact on personality. Additional learning will cover lifestyle & health promotion, including nutrition, as well as stress-related illness, maladaptive coping mechanisms, sleep disorders, substance abuse and the effect of physical activity on stress levels. The course is reproduced on a downloadable disc, together with a range of handouts ready for you to photocopy for client use. There will be a short question paper provided, which will be personally marked by the tutors with appropriate feedback. On satisfactory completion of all homework, you will be awarded a Certificate in Stress Management, and may use the initials Cert.SM after your name. The cost of the course is £330 and is run over one weekend at a number of locations throughout the UK.

PLEASE NOTE that this module must be taken 'live' in addition to the Diploma in order to qualify for ISMA membership

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 or public sectors. You will learn all about 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. Delegates will learn a number of stress management interventions, such as yoga, relaxation, thought stopping and hypnosis. Strategies for workplace stress will include stress mapping, dealing with workplace bullying, and effective management techniques. We will also study communication within the workplace and learn some effective NLP techniques to take into work environments. Individual stress management skills will concentrate on valuable communication techniques and building self-esteem. Students will learn all about body language and how to identify left and right brain dominance. You will also receive information and training in a variety of personality typing models, such as the Enneagram, Myers Briggs & Satir Categories. This course is delivered in three modules, usually over two, three-day sections, building into a comprehensive course manual, with loads of useful handouts, scripts and exercises. As with the certificate, certification will be awarded on successful completion of the between-course homework. This course is normally available as 'live' training only. Your facilitators for this award are the course Directors, Alan Cooper & Carole Wan. The cost of this course is £650, payable as follows: deposit £50 plus two instalments of £300.00. This six-day training will qualify you as a stress manager, allowing you to use the award Dip.SM after your name. You will receive the Diploma course on disc plus additional handouts on each module. Completion of the Diploma will qualify you for membership of ISMA. Please contact us for next available dates & location

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 over 3 months, 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 is a revolutionary training course which covers 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. Students will learn some great 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. Delegates will receive training on how to write and deliver stress management courses, employee assistance programmes and researching stress. We will also look at special cases, such as postnatal depression & psychosis, heart disease, shift work & depression. An important part of this course will look at environmental stress - economic, political & circumstantial, as well as stress in education and teaching effective stress management and studying skills in schools. We will provide you with up-to-date research and discuss the mind/body connection, looking at the work of Dr Rossi. Finally, we will learn 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 of the course is £850, which consists of £100 deposit, plus FOUR instalments of £187.50. You will receive the advanced diploma on disc plus receive additional course handouts whilst training. There is a reduction of £130 for delegates booking both Diploma & Advanced Diploma together. Please contact us for 2012 dates.

Course Content – Certificate in Stress Management

MODULE ONE	MODULE TWO	MODULE THREE
<p>Course overview</p> <p>What is Stress? – Investigating both past and current theories</p> <p>Stress & Disease</p> <p>The physiology of Stress: Flight/Fight/Freeze</p> <p>Why we need Fear</p> <p>The Stress Hormones</p> <p>Psychoneuroimmunology</p> <p>Human function curve</p> <p>Hans Selye: General Adaptation Syndrome</p> <p>Holmes and Rahe Social Readjustment Scale</p> <p>Measuring Psychological Stress</p>	<p>Recognition and causes of stress</p> <p>The positive role of stress</p> <p>Stress in and out of work</p> <p>Stressors</p> <p>Physical/Behavioural/Emotional/Psychological indicators</p> <p>Lifestyle and health promotion: Nutrition</p> <p>Physical activity</p> <p>Substance abuse</p> <p>Sleep</p>	<p>Psychotherapeutic Approaches</p> <p>Stress Related Illness</p> <p>Psychosomatic Disease</p> <p>The philosophy of stress - modernisation, social variants and the perception of control</p> <p>Personality and Stress</p> <p>Type A/B personality</p> <p>Adaptive and maladaptive coping mechanisms</p> <p>Locus of Control</p> <p>Homework</p>

Course Content – Diploma in Stress Management

MODULE ONE	MODULE TWO	MODULE THREE
<p>Workplace Stress</p> <p>Cary Cooper: organisational change</p> <p>The Seven Dynamics of Change</p> <p>The role of a Stress Manager</p> <p>Occupational Stressors</p> <p>Stress mapping</p> <p>Communication within the workplace</p> <p>Ishikawa Fishbone</p> <p>Mental Rehearsal & Positive Internal Dialogue</p>	<p>Management techniques and Styles</p> <p>Anger/Aggressiveness/Bullying</p> <p>Body Language</p> <p>Left/Right brain</p> <p>NLP in Stress Management</p> <p>TEA Model of Communication</p> <p>Teaching Self Esteem</p> <p>Communication Skills</p> <p>Wilbur's Quadrants</p>	<p>Relaxation Techniques</p> <p>Progressive relaxation</p> <p>Yoga</p> <p>Hypnosis</p> <p>Guided Imagery</p> <p>Thought Stopping</p> <p>Time Management</p> <p>In Time/Through Time</p> <p>Personal Stress: Financial/Marital/Family</p> <p>Heartmath Technique</p>

Course Content – Advanced Diploma in Stress Management

MODULE ONE	MODULE TWO	MODULE THREE	MODULE FOUR
<p>The mind/body connection</p> <p>Ernest Rossi: Ultradian Dynamics</p> <p>Post traumatic Stress Disorder and Critical Incident Debriefing</p> <p>ACMHL Circle of Excellence for Peak Performance</p> <p>Stress Inoculation Therapy</p> <p>Relaxation & Imagery Techniques: Autogenics</p> <p>Implosion & Flooding</p> <p>Breathing techniques & Meditation</p> <p>Research: ways of testing stress</p>	<p>Environmental Stress: Economic/Social/Political/Circumstantial</p> <p>Working in Education: Stress in Teaching & Studying Skills</p> <p>Legal aspects of Stress</p> <p>Relaxation Techniques Bio-feedback</p> <p>Stress Prevention :</p> <p>Coaching</p> <p>Disney Model</p> <p>Chunking</p> <p>Goal Setting</p> <p>Key HSE Information</p> <p>Other helping agencies</p>	<p>Cognitive approaches to stress:</p> <p>Cognitive Therapy</p> <p>Multi-modal approaches</p> <p>Distorted thinking processes</p> <p>NLP Communication Models</p> <p>Thought records</p> <p>Core Beliefs</p> <p>Pharmacological Approaches to Stress</p> <p>DSM criteria</p> <p>Bernice McCarthy – 4-mat system of communication</p> <p>Special cases: Post natal depression/psychosis</p> <p>Depression</p> <p>Heart Disease</p> <p>Shift Work</p>	<p>Strategies for coping with difficult people ('stress generators')</p> <p>Writing and delivering Stress management Courses</p> <p>Rationale for stress management in the workplace</p> <p>Workplace Models of Stress</p> <p>Employee Assistance Programmes</p> <p>Change management: How we react to change</p> <p>Perceptual Positioning</p> <p>Effective Meetings</p> <p>Mediation</p> <p>Stephen Covey Exercise</p>

Terms and conditions. This agreement is made on the understanding that each individual trainee takes full responsibility for his or her own behaviour in relation to applying these skills. ALL students must take out appropriate insurance before practising these skills in any circumstances other than a training environment. The authors and trainers of the course disclaim any liability, loss or injury as a consequence of use or misuse, either directly or indirectly, of any information presented in either the course manual or whilst training.

ACMHL and its trainers reserve the right to refuse entry to the course or to disqualify trainees at any stage. Certification will be awarded on full satisfactory completion of the course, and submission of all homework. This decision will be at the discretion of the Course Directors. Full certification will only be approved and awarded when all outstanding payments have been settled. Please note that attendance of all modules is essential in all but exceptional circumstances. Students who habitually arrive late, or leave early, may have this time deducted from their attendance record. We reserve the right to change to course content but guarantee that this will always reflect recommended core conditions for stress management as recommended by the International Stress Management Association UK.

Course Dates: We reserve the right to change dates/venues in exceptional circumstances. If, due to circumstances beyond the control of ACMHL or its trainers, a course is cancelled, candidates will be offered a place at the nearest alternative venue or, if preferred, a full refund of all fees paid for remaining modules.

Please note that we reserve the right to change the content of these courses in order to reflect current trends and research.

Attendance: Students should give a minimum of ONE WEEKS notice, wherever possible, if unable to attend any day.

Payments: Course fees must be received in advance unless previously agreed. Receipts will normally be issued following completion of the course. Please ensure that cheques are received NO LATER than 28 DAYS before the course start date. The deposit is non-refundable unless the course is cancelled.

Refunds: Refunds can be made at the discretion of ACMHL if a trainee is unable to continue the course. The refunded amount will be the proportion of the fee unused, if paid in advance, excluding the deposit. Each day is priced as an equal percentage of the course.

Homework: Homework is an integral part of the course and should be completed before certification

Copyright: The rights of The Academy of Clinical & Medical Hypnosis Ltd, Carole Wan and Alan Cooper are established as authors and owners of the course, training manual, and all handouts and visual aids and as such, this has been asserted by them in accordance with the Copyright, Designs and Patents Act, 1988.

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Please submit your application form with your deposit – you may scan and e-mail your completed application form to: acmhl@btconnect.com if paying your deposit by direct bank transfer

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Title:

First Name:

Surname:

Address:

Postcode:

Tel (home):

Tel (work):

Mob:

Email:

Date of birth:

Relevant Qualifications, including date of qualification

I wish to apply for the following course/s

I enclose my deposit of

by cheque payable to 'ACMHL' I have read the terms & conditions

Signed.....Date.....