Would you like to train to become a qualified, competent and confident therapist?

Are you searching for the one course that will provide lasting support, plenty of fun and qualifications to be proud of?

Do you value experienced tutors with drive, enthusiasm and empathy?

Have you always wanted to understand yourself and others and become the person that you truly want to be?

The Academy of Clinical & Medical Hypnosis has an unsurpassed record of delivering training in hypnotherapy, psychotherapy, NLP & stress management for over ten years. Run by Alan Cooper & Carole Wan, who have a combined total of 30+ years as therapists, this is a unique opportunity to train with one of the most successful companies in the UK. Read some of the testimonials yourself to hear what previous students say about the course and then give Alan or Carole a call on 01246 416544 to find out more. Please leave a message as the answerphone is on: both Directors still continue to work as therapists and may not be available.

“Students attend our course for many reasons. We promise that whatever drew you to this course, you will complete it as a different person-more insightful, knowledgeable and with a totally new outlook on life, yourself and other people. Each class we teach brings an often-diverse group of people together for a few short months that may change their lives in many ways. Lasting friendships are forged and students learn from each other as well as their tutors. Above all, we enjoy teaching and learning from you as much as you value our experience and knowledge. If we can answer any questions, just drop us e-mail on enquiries@acmhl.co.uk or call us on 01246416544.”

An outstanding course offering excellent opportunities for practical work, which has given me great confidence in delivering both hypnotherapy and coaching to clients. The best aspect of the course is the wonderful dynamic between the trainers, Carole and Alan, which enables them to deliver even the most complex material in a manner that is both digestible and highly entertaining. Also, the care and dedication of Yvette who has the patience of a saint and is totally dedicated to helping students achieve the very best they can with the written element of the course. I have loved every minute. Thank you!

In addition to the educational value of the course, I - like many other attendees - have had my own personal breakthrough by overcoming my presentation anxiety to the point where I have just accepted my first public speaking engagement!

AH, Berkshire
“When searching for hypnotherapy training I was looking for a professional yet friendly organisation with the experience and ability to teach the necessary skills. I found this and so much more with ACMHL. The course has exceeded my expectations; it has always been fascinating, often challenging, but always thoroughly enjoyable. The camaraderie amongst fellow students has been excellent and I look forward to further training with Carole & Alan”

RE.Rotherham

With the Academy you will receive

Excellent Training by Experienced Trainers, giving you

Xtra Qualifications
Xtra Quality
Xtra Discounts
Xtra Value
Xtra Choice

About the Academy

Carole has been a self-employed stress management consultant and therapist since 1992. In a previous life, Carole was a magistrate and worked in the finance industry, both of which enabled her to witness stress first hand! She was made the UK Training Officer for the Association of Stress Management in 1996, responsible for the development of course materials and course delivery, and was promoted to College Principal in 1998, with overall responsibility for the running of the College of Stress Management. She was Training Accreditation Director for the National Council for Hypnotherapy, from 2001 until 2005. Carole is also a qualified supervisor and EMDR therapist and is a Fellow of the National Council of Psychotherapy and Senior Practitioner with the General Hypnotherapy Register.

Alan became a partner in the company some years later. Since then, he has been instrumental in developing a range of CPD training aimed at therapists and those in the caring professions. Along with Carole, he has also written and delivered courses in Stress Management and Hypnotherapy, Psychotherapy & is an NLP trainer. Alan holds qualifications in Coaching, Hypnotherapy, Stress Management and NLP. He is also a fully qualified EMDR clinician with EMDR UK & Ireland.

After initially writing, developing and then delivering the course in Sheffield and London, Carole & Alan expanded their school, due to ever increasing demand, and now offer training in a number of centres throughout the UK. Their school was the first to incorporate awards in Hypnotherapy, Psychotherapy, NLP and Stress Management. The Academy of Clinical & Medical Hypnosis also offer a range of continual professional development courses, a ‘fast track’ hypnotherapy training course for suitably qualified professionals, validated training in stress management and a range of personal development training, both in Europe and the UK.
What makes our courses special?

An eclectic course which covers a wide range of therapeutic interventions and psychological approaches, qualifying you to practice as a PSYCHOTHERAPIST & CLINICAL HYPNOTHERAPIST, as well as an NLP PRACTITIONER, COACH & STRESS CONSULTANT.

- **FOUR** recognised qualifications including the ONLY externally validated Hypnotherapy Practitioner Diploma recognised as the ‘gold standard’ by the hypnotherapy profession, equivalent to NVQ4 - 1st year degree level.
- **Small classes** and two tutors allow us to focus on skill building in a supportive environment
- **Quality training** by experienced lecturers who both work as successful therapists
- **On-going supervision and support** with Carole (a qualified supervisor for over twelve years) and Yvette (see page 9), an experienced NVQ assessor who will be providing feedback with all your coursework both during and after course completion.
- An extensive range of CPD’s (please see page 11 for further details)
- A course that equips you to be a **competent** and **confident** therapist
- Suitable for people wanting a **career change** as well as those looking for **personal development**
- An opportunity to develop a full or part time business that will be both **financially secure** and **personally satisfying**

- **An escape** from the stress of being employed with no job satisfaction and little control over your life
- Ideally suited to someone who is a ‘people person’, a good listener and someone who has bags of empathy and **enthusiasm**
- Our courses are within **easy access of road & rail links**
- The **only course** offering a Stress Management Qualification alongside Diplomas in Hypnotherapy & Psychotherapy and NLP & Coaching.
- **Validated** by ALL THREE major hypnotherapy organisations, the National Council of Psychotherapy & the International Stress Management Association.
- **FREE** registration and tutoring towards the externally (NCFE) Hypnotherapy Practitioner Diploma - **NO EXAMS**!
- **Cutting-edge** training including a range of DVD’s for you to study featuring renowned psychotherapists and hypnotherapists such as Michael Yapko, Martin Seligman and Donald Meichenbaum
- **Two experienced trainers** at all times - Carole & Alan train all their courses
- You will graduate with a ‘therapists toolkit’ of the most effective techniques for change taken from proven disciplines, including medical hypnosis, neuro-linguistic programming, cognitive behaviour therapy, coaching, stress management, counselling, transactional analysis, & psychodynamic psychotherapy, plus our own techniques combining some of the above in a unique and exciting format guaranteed to help both you and your clients
### Course Content

#### Module One: Day One

**Introduction & overview:**
- What is Hypnosis? Dispelling myths
- Scientific Theories: Latest Research
- History of Hypnosis: Where it originated and where it’s going!
- Trance States: Exactly what is a trance?
- Wake up Techniques: Choosing the correct way of re-alerting your client

**Hypnotic Inductions - Introduction & Practical: Experience hypnosis**
- The Induction Process: What is actually happening

**Practical: Progressive Relaxation**
- Understanding the HPD

**Practical: Relaxing Scene Induction**
- Practical: Visualisation
- The ‘Hypnotic Sandwich’ (unique to us)

**Therapeutic relationship: Why it’s important and how to achieve it.**

---

#### Module One: Day Two

**More Trance Inductions: Permissive**
- Watts Tropical Island
- Transference & Counter-Transference
- Post-Hypnotic Suggestions

**Building Rapport: Mehanbrian Model for communication**
- Core Conditions for Therapeutic Change (unique to us)
- Person-Centred Therapy: Watch Rogers at work and understand the theories
- Carl Rogers & The Therapeutic Alliance

**Dealing with Abreactions: What they are and how to safely deal with them**
- Contraindications for Hypnosis: When hypnosis is not the best approach
- Resistance to Change: Why and how to work with it

**Can Hypnosis Fail?**
- Using self Hypnosis

---

#### Module Two: Day One

**The Therapeutic Environment: Specific considerations & setting boundaries**
- Client Timelines (unique to us)
- Overcoming low self esteem

**Cognitive model of low self-esteem & why it develops**
- Building Confidence

**Hypnotic Ego Strengthening**
- Sports Hypnosis: Strategies & Treatment Plans
- Performance Enhancement

**Script for Musical Enhancement**
- Relaxing in a Chaotic Environment
- Conversational Hypnosis

---

I was delighted to find a course combining hypnotherapy, Psychotherapy, NLP & stress management, which also had acclaimed national accreditation. I felt reassured by Alan & Carole’s experience, which supported their wealth of expertise. I thoroughly recommend this course. Alan & Carole make a helpful team. Thank you for the doors this course has opened.

I found the course to be really well run by Carole and Alan, extremely informative, interactive and very enjoyable; it has been a life changing experience. Carole and Alan have been an inspiration, with support being there when required. I have also made quite a few new friends who I can keep in contact with. The course has opened up a whole new world for me; Carole and Alan have provided me with tools and confidence to help others overcome their problems and given me knowledge to not only pursue a different career path, but also learn further about Hypnotherapy and associated therapies and not be scared to implement them. I would recommend the ACMHL to anyone wishing to study Hypnotherapy, Psychotherapy, NLP and Stress Management.
Hypnotic Susceptibility: Understanding your client
Stanford Susceptibility Scale
Deepening trance: Ten techniques
Testing Trance Depth: What to expect
Habits & How to Treat Them: Over 20 methods!
Understanding OCD
Trichotillomania
Bruxism: Causes & Risk Factors. Dental referrals
TV Technique for Deepening
Blackboard Induction
Direct Induction
Client assessment forms

Introducing NLP
VAKOG
Eye Accessing
Language: Deep Structure v Surface Structure
Predicates
Chunking
Meta Model 1
Matching & Mirroring & Pacing & Leading
Lead Systems
Four Levels of Rapport
Anchoring
Stein’s Clenched Fist
Collapse Anchor
Wheel of Life
Review your Day

Calibration: How to read minds!
Perceptual Positions as a coaching tool
Perceptual Positions Technique
SWISH: Changing negative triggers
Working with Submodalities
Understanding Coaching
Meta Model 2
Frames: Constraints & Perceptions
Values: Finding what you really want!
Reframing - Six Step

I would like to say a big thank you for your help and wonderful teaching! The course was brilliant, and I feel that you have changed my life in such a positive way. I miss traveling up to Chesterfield each month!!

I have really enjoyed the course. I originally qualified as a counsellor 8 years ago at postgraduate level and I consider your course to be equal...excellent quality. I have built up some amazing contacts, too. I really valued your support; you were approachable, good humoured and always professional. I now have several very valuable qualifications and I look forward to attending further training with you in the future.

I would like to take this opportunity to thank you for your teaching and sharing your experience and expertise. You are certainly the most inspiring therapists I have ever met.
Course Content
Module Four: Day One

Cycle of Change: Prochaska & diClemente
Smoking Cessation
Smoking Assessment
Weight Management
SlimSolutions ©
Weight Loss script
Smoking Cessation Script
Authoritarian Approach
Session Planning
Milton Erickson
Milton Model Language Patterns
Confusional Techniques

Course Content
Module Four: Day Two

Phobias & How to treat them
Joseph Wolpe
SUDS - Subjective Units of Distress
Constructing a Hierarchy
Using Scaling
Systematic Desensitisation
Anxiety Disorders
Panic Attacks
Agoraphobia
Cognitive Model of Panic
Diaphragmatic Breathing
Protective Shield
Therapeutic Metaphor
Story Telling
Metaphor Construction
Treatment Plan for Anxiety

Course Content
Module Five: Day One

Defining Stress
Causes of Stress
Physiology of Stress
Theories of Stress
Hans Selye: the Discovery of Stress
General Adaptation Syndrome
Lazarus: Cognitive Appraisal Model
Hassles & Uplifts
Psychophysiological Disorders
Stress & Immunity
Behavioural/Emotional/Social/Cognitive Changes
Stress Reduction
Learned Helplessness: Seligman
Seligman: DVD
Stress Management Vignettes

The course is intensive but the commitment needed was well worth the effort!! Weekends were an excellent mix of tutorial and practical sessions. Although the course was pretty packed Carole and Alan ensured there was plenty of opportunity for discussion or questions to be raised. As tutors their individual styles were a perfect complement and we had as many laughs as we did serious discussion. Their demonstrations of particular techniques were inspiring as well as informative. Coursework was returned without delay and materials for the training weekends sent in good time. This is a demanding course but well worth the hard work. I have completed the course in the knowledge I have a sound theoretical basis as well as extensive practical experience on which to build a successful practice. I have already completed some CPDs with Alan and Carole and found these to be as high a standard as the main course. Although the course was an exciting professional journey the practical sessions brought real and unexpected personal benefit. I’d suffered insomnia, migraines and episodic depression for over 20 years and found over the period of the course I noticed an unexpected but astonishing and very welcome improvement in each area. And it is this personal experience that has really enhanced increased my commitment to hypnotherapy as a valuable technique. (MP)
### Module Five: Day Two
**The Nature of Stress: Human Function Curve (Yerkes & Dodson)**

ACMHL Composite Stress Model©

Cumulative Stress & Burnout

Stress & Personality

**Type A/B**

Coronary Prone: Glass

Stress Hardiness v Stress Vulnerable

Holes & Rahe Social Readjustment Scale

**Locus of Control - Rotter**

Principles of Stress Management

Teaching Relaxation

Time Management

Exercise & Activity

Diet

Sapolsky: DVD

### Module Six: Day One

Understanding Psychotherapy

Psychodynamic & Psychoanalytical Psychotherapy

Freud & the Human Personality

Defence Mechanisms: Why they are still relevant today

Humanistic Therapies

Peeling the Onion: Gestalt

Jung & Archetypes

Existentialism

Maslow: Hierarchy of Needs

### Module Six: Day Two

REBT - Rational Emotive Therapy

ABC Format

Albert Ellis – DVD

CBT - Cognitive Behaviour Therapy

Three stages of Cognitive Distortions

Working with Distorted Thinking

Transactional Analysis: Ego States

TA: Transactions

De Shazer’s Miracle Question

Integrated Psychotherapy

---

ACMHL is a professional and ethical training organisation that provides a really excellent training in hypnotherapy. The course was well thought out and the material provided was useful and interesting. Carole and Alan clearly have a wealth of experience in a variety of therapies and this experience, as well as their highly professional approach and attitude, made me feel confident about the training provided.

Carole & Alan are excellent therapists and provide a good basis for imparting their experience and knowledge with some sound theory and practical training that gives a firm basis for any therapist to commence their journey with the required amount of competence and confidence.
An amazing course from start to finish, it has changed my life and those close to me. It was my first time studying since I left school (27 years ago) so a little nerve racking to begin with but Carole and Alan were so welcoming and made everyone feel at ease. My hypno buddies, (fellow students) as we called one another, were all fabulous and I am so glad I had the opportunity to meet them all. I can honestly say that even though I work full-time throughout the week and attended the course on the designated weekends I never once didn’t look forward to it. I found the whole experience fascinating and I have learnt skills that I will carry with me for the rest of my life. So many people have already benefited from what I have learnt – from helping colleagues with eating disorders, nail biting and insomnia to curing my husband of Hay Fever symptoms – all using hypnosis! Self-hypnosis has been an important factor for me for many areas in my life and it has helped me tremendously. As a little experiment I decided to see if I could get myself to like football – as it is something I have loathed, with a passion, all my life. I am now the proud owner of a Sheffield Wednesday Season Ticket, absolutely love it, and can’t get enough! That to me demonstrates the power of hypnosis.
The Hypnotherapy Practitioner Diploma (HPD) is verified by the National Council for Hypnotherapy (NCH) and NCFE. The award is externally verified by the NCFE, which is essential practice specialising in stress management.

Most, if not all, hypnotherapy training schools award their own qualification/s and some will ‘pass’ any student who pays them a fee, however competent they may be, sometimes qualifying people that perhaps have not reached the levels required for developing a worthwhile career. And, of course, Hypnotherapy training courses vary in quality.

An externally verified award overcomes these potential problems, ensuring a certain standard of training is provided across training schools, a set number of hours is spent on classroom training and homework, and a measurable standard of learning is evident in all students. The award is a vocational qualification at Level 4 (i.e. NVQ Level 4 equivalent and is considered the ‘gold standard’ in hypnotherapy training.

During her time with the Academy Yvette has helped students with their monthly homework and compilation of the HPD Portfolio. Many students struggle with the HPD, the correct layout and learning outcomes and she is always happy to help. Every month students send their homework to Yvette, who offers feedback and assistance to ensure that your finished portfolio will be of a very high standard. Yvette also offers 1:1 tuition for students who feel they would benefit from this.

For those students who are undertaking our Fast Track course Yvette offers completion of the HPD through the Professional Discussion route, and she will be happy to speak to you about this if you are interested.

Yvette is also a qualified NVQ Assessor, which makes her a great asset to our team. She works closely with the NCH to ensure that standards are consistent throughout all training schools.
What is Hypnotherapy?

Hypnotherapy, explained simply, is a process of using hypnosis to treat a variety of medical and psychological problems. When carried out by a highly trained and qualified hypnotherapist, the benefits of this approach can be effective and long-lasting and, in many cases, permanent. It is natural ability that most of us possess and safe, with no harmful side effects.

It has been seen to effectively treat a number of conditions, including:

- Unwanted habits and addictions
- Anxiety-related problems, including panic attacks and phobias,
- Medical conditions including IBS (Irritable Bowel Syndrome), skin disorders, headaches and allergies
- As an effective treatment for many pain disorders, including phantom limb pain and in dentistry
- To aid childbirth, invasive medical procedures, disorders such as tinnitus & insomnia and most sexual problems
- Psychological & emotional problems including compulsions, inhibitions, guilt jealousy, worry
- The use of Self-Hypnosis to lower blood pressure and reduce stress
- To increase self esteem and enhance performance in sport and the arts
- As a successful treatment to help with weight loss and eating disorders
- In paediatrics and oncology

What is Psychotherapy?

Psychotherapy is, essentially, a ‘talking treatment’. Although there are a number of approaches to hypnotherapy, such as cognitive hypnotherapy and hypno-analysis, we believe that an eclectic/integrative approach is better than any treatment that is too rigid. This is why we cover all models of hypnotherapy.

There are several ‘systems’ of psychotherapy that we cover on the course. We believe that there are some valuable lessons to be learned from each and will show you how to integrate different psychological approaches within a treatment plan. The National Occupational Standards for Hypnotherapy require that qualified hypnotherapists have an understanding of the main psychological approaches although many schools choose to skim over this important area, whilst others stick to just one model.

To address just three approaches for example, a Cognitive method is often aligned with hypnotherapy, as cognitive distortions can easily be identified and resolved using hypnotic techniques such as ego strengthening, whereas an existential emphasis is on the choices to be made in the present and future. This approach, of course, fits in well with our coaching module. We also cover psychodynamic approaches, as popularised by Freud. Of particular interest are his (and later his daughter, Anna’s) categorisation of the defence mechanisms, which are often apparent in the therapy room.

Graduates of this course will automatically qualify to apply for membership of the National Council of Psychotherapists (see page 14).

What is Stress Management?

We believe that we were the first and, as far as we know, the only training school to incorporate validated stress management training as part of our course. 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. Alongside increased legislation and litigation, there is now a growing demand for trained Stress Managers, whether working in a therapeutic setting or within industry. Students of the Academy will gain a unique insight into this profitable and worthwhile career path, with opportunities to take their studies further should they wish.

Stress Management is concerned with identifying the causes of stress and teaching effective coping mechanisms whilst, at the same time, eliminating unhelpful stress responses and helping individuals to understand the cause of their stress.

Our Certificate in Stress Management and Diploma in Stress Management together form part of a recommended training, which complies with the standards ‘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.
What is NLP?

NLP: Neuro-Linguistic Programming evolved in the early seventies out of the work of two people: John Grinder and Richard Bandler. Much of early NLP was based on their study of: Virginia Satir, a family therapist, Fritz Perls, founder of Gestalt therapy, and Milton Erickson, hypnotist.

Unlike some other schools of psychotherapeutic thought, which concentrate on how problems arise, NLP started from studying people who are exceptionally good at what they do, and finding out how they do it so that anyone can get similar results by doing the same things.

Bandler and Grinder identified many of the underlying patterns of behaviour and communication that made these therapists so effective in assisting people in changing their lives for the better. They used what they found to create a set of models of human skills and capabilities that we call NLP.

Our approach to NLP looks at the therapeutic application of these techniques, as part of an integrated approach to treatment. We believe that a competent therapist will possess a ‘toolbox’ of effective strategies that he or she can use with a wide variety of clients. At the Academy, we show you how to use NLP for a diverse range of presenting issues, including phobias, motivational work, coaching, addictive behaviour, public speaking and performance enhancement. In addition, a knowledge and understanding of NLP will enhance rapport skills, both in and outside of the therapy room and is an effective coaching and management tool.

Carole and Alan are both qualified NLP Trainers and Certified Professional Coaches.

What is Coaching?

Counselling and Coaching may sometimes be confused. Generally speaking, counselling looks at experiences that may be blocking progress, whereas coaching is essentially a process that facilitates change and self-awareness. Many clients, once they have solved past and current issues, may seek coaching as a way of achieving their goals. As coaching is also an integral part of stress management, we feel that learning coaching and goal-setting skills, whether in NLP, CBT or as a management tool, is an effective and valuable addition to your ‘therapeutic toolkit’.

Continual Professional Development

We offer a wide range of CPD – Continual Professional Development. You can request our current prospectus from our administrator, Yvette, or download from our website. Here is just a small selection of what we offer. All CPD courses are validated by major hypnotherapy/psychotherapy organisations. PLEASE NOTE: most of these will be available ON-LINE from 2016

Diploma in Stress Management

The course runs over six days (2 x 3 day modules), and together with our two-day certificate (available on weekends throughout the year), forms an ISMA-validated award. It covers workplace stress, time management, bullying, personality profiling, a variety of relaxation techniques and much more

Masterclass in Anxiety, Panic & Phobias

Anxiety, panic & phobias form a large percentage of our work as hypnotherapists. Learn how to offer safe, effective and rapid treatment, using 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

Masterclass in Working with Children

Develop skills and confidence working with children of all ages. 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.

This three-day course includes specific skills for working with children 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, eating disorders in children and chronic illness.
Validations

The high level of accreditation you receive will provide confidence in your clients (and yourself!) that you have received quality training, enabling you to be a competent, confident and ethical practitioner.

Our training course is validated with the above organisations.

On successful completion of the course, students may join any of these organisations and qualify from reduced rate corporate advertising, in addition to the many benefits afforded by being a member of these organisations. As we offer the HPD, all students will also benefit from FREE student membership of the NCH for the duration of their training. Our course also fulfils UKCHO (the United Kingdom Confederation of Hypnotherapy Organisations) criteria, being “a minimum of 120 hours face to face teaching and a minimum of 450 hours study;” as well as being based upon the National Occupational Standards (NOS) for Hypnotherapy published in 2002 by Skills for Health, the Government's Sector Skills Council for the UK health industry.

We are an accredited school with the National Council for Hypnotherapy (NCH). The NCH is the only professional body to provide the Hypnotherapy Practitioner Diploma (HPD), which is jointly validated by them and the NCFE, a government recognised national awarding body, at National Vocational Qualification Level 4 equivalent.

The CNHC are a Regulatory body recognised for the hypnotherapy profession by the Department of Health. They suggest that GPs and Chief Nursing Officers recommend to patients that request hypnotherapy to look for hypnotherapists who are registered with the CNHC.

For further information, please visit:

www.thehypnotherapyassociation.co.uk
www.GHSC.co.uk
http://thencp.org/
http://www.hypnotherapists.org.uk/
Course costs from May 1st, 2015: £2,200.00. Please see below

There are two payment options as below. This covers all tuition fees PLUS registration and guidance for the externally verified **Hypnotherapy Practitioner Diploma** for the following THREE awards PLUS your Induction Day (where applicable). There are no extra costs. Our current costs are as follows:

**Diploma in Hypnotherapy & Psychotherapy Diploma in NLP & Coaching, Certificate in Stress Management**

**Option One**
A non-refundable deposit of £340.00. Seven monthly instalments of £280, paid on or before modules one (or your induction day) to seven. Total payment Due £2300.00

**Option Two**
A non-refundable deposit of £400.00. One instalment of £1800.00 (before module one) or two instalments of £900.00 (before modules one and five). Total payment £2200.00

If opting to pay in one or two instalments, your first payment is due no later than two weeks before your first weekend and, where applicable, two weeks before weekend five. All monthly payments are due either two weeks before each module or, if paying by cash, must be paid by 9.30 am Saturday morning of each module, excluding your final module. Payment is normally by cash, cheque or direct bank transfer. Our bank details will be issued on request.

**CREDIT CARD PAYMENTS.**

We now accept credit card payments via our paypal account (ACMHL). There will be an additional 2% charge for this service. If you wish to take advantage of this facility, please contact us for clarification of payments required, stating your preferred option and whether you also wish to pay your deposit by credit card.

**DISCOUNTS**

As per our web site, discounts may be available for those travelling longer distances. If this applies to you, please call us for further information.
What is included in the cost?

➢ Comprehensive course manual, provided on PDF
➢ Binder for all your scripts and handouts, which are also issued as a PDF.
➢ A student handbook, which includes a guide to preparing and presenting your HPD portfolio. Supplied as PDF
➢ All tuition fees & certification fees
➢ FREE Registration for the Hypnotherapy Practitioner Diploma, accompanying tutoring and on-going support.
➢ Guidance & mentoring to assist you in setting up a professional therapy practice
➢ Experienced (over 30 years experience) trainers who are highly qualified in all the skills they teach
➢ Refreshments/Hot & Cold Drinks
➢ Occasional supervised practice & mentoring days from our own consulting rooms, where students have the opportunity to practice recording sessions of hypnosis onto CD. For trainee and recently qualified students only, competitively priced at £40 each. Maximum of four attendees.
➢ FREE supervision whilst training, plus competitively priced supervision fees from Carole once qualified.
➢ Professional indemnity Insurance through our black insurance scheme with Balens (details on request)

Time Commitment & Eligibility

Our training weekends usually run from 9.30 am until 6.00 p.m. There will be one or two short breaks per day, and a minimum of one hour for lunch. The estimated home study commitment is 7 hours per week. This consists of practical work, research, monthly assignments and HPD work. You will also be expected to read recommended texts from our core books and practice hypnosis, under supervision. We encourage students to keep in contact, both during training and on graduation, in order to engage in practice sessions and, later, group supervision. Homework is sent and marked electronically and students are encouraged to forward all homework on a monthly basis.

Eligibility

We believe that life experience can be just as valid as academic acumen. We therefore have no policy for academic achievement but will look at each individual application on its merits. We reserve the right to refuse any applicant we feel is unsuitable but we will ALWAYS spend as much time as you require answering your questions in order that you can feel confident that you have chosen the right course. You are welcome to meet us, usually whilst conducting a training session, so that you can also meet and talk to our current students. We are committed to equal opportunities (our policy is available on request)

Career Change or Self-Development?

Our students come from a wide range of backgrounds. Many students attend our courses hoping to add to existing skills, such as counselling and nursing, whilst others simply wish to complete the course as a means of self-development.

A high percentage of our students have also made a dramatic career change, and are now working as a hypnotherapist, either full or part time. Although income varies considerably, most hypnotherapists charge £60+ per hour (higher in London). Advice on practice management, including the setting up of your own business, will be given on module eight.

We will not promise you incomes exceeding an average living wage, total control over others or training that is the best in the World!

What we will guarantee is that you will be inspired, motivated and excited by what you learn. Hypnosis has far-reaching effects, from enhancing sports performance to overcoming phobias. If you choose to become a hypnotherapist, you may be dealing with (in one day!) a child with nightmares, a young man with life-limiting IBS and a woman experiencing acute anxiety. You may choose to specialize in one area of interest, such as childbirth or habit change or enjoy the challenge of the many facets of human personality that appear in your consulting room. In fact, you will soon learn that no two clients are the same and two clients with the same condition will be totally different. If you have always been fascinated with what makes us tick, if you love the idea of self-employment and if you are searching for a career that really makes a difference, this may well be the first step in achieving those goals!