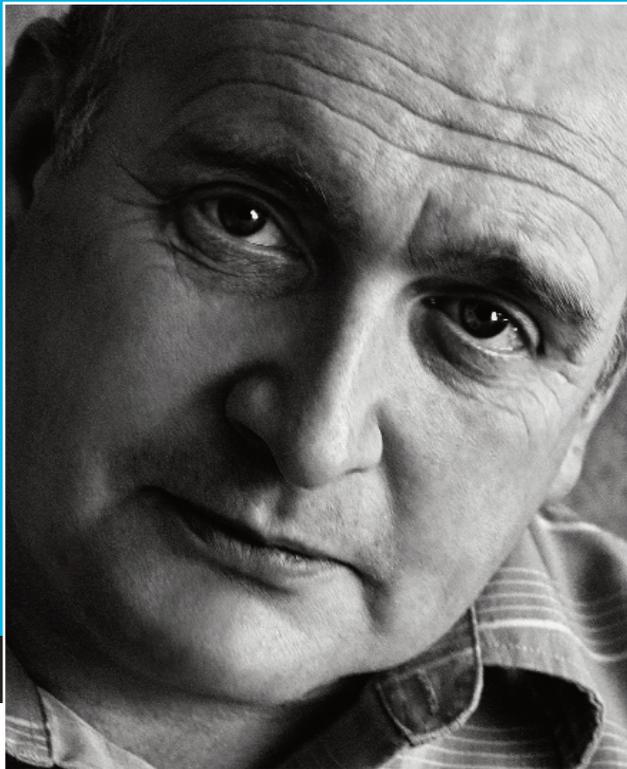


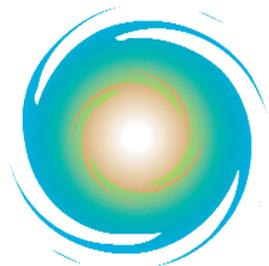
Study under Devon's leading Hypnotherapy Specialist

Diploma in Hypnotherapy Practice

This is a Diploma level course in Hypnotherapy offering the opportunity to become a qualified hypnotherapist with a Diploma in Hypnotherapy Practice recognised and approved by the General Hypnotherapy Standards Council (GHSC) and acceptance to the General Hypnotherapy Register (GHR) and also the Complementary & National Healthcare Council (CNHC) on successful completion of the course.



Course Prospectus 2014 / 15

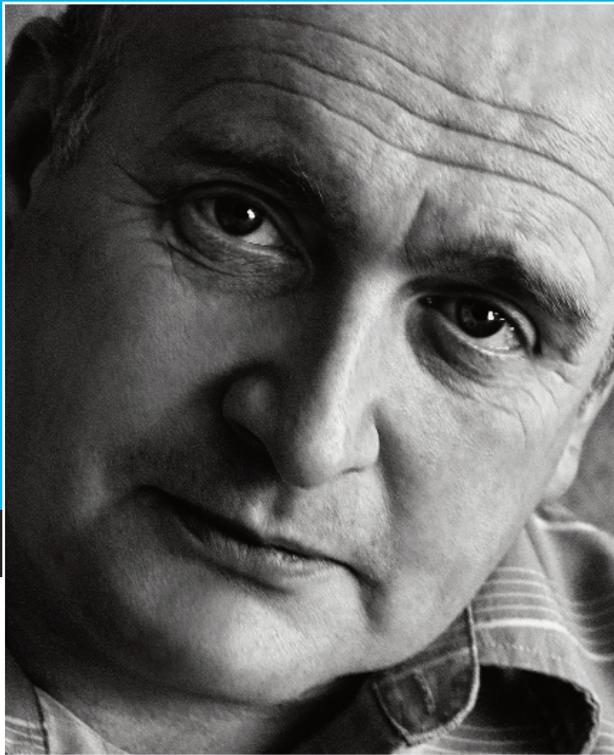


Fleet Hypnosis Training

Chris Fleet, Hypnotherapist
Dip Hyp, Adv Dip Hyp, HPD, GQHP

Why study with Chris, Devon's leading Hypnotherapy Specialist?

Chris Fleet runs a successful practice on the English Riviera, during the past ten years he has treated hundreds of clients and changed their mindset for the better. Chris is also a mindfulness and self-hypnosis trainer as well as being an expert in stress management and Trauma Incident Reduction. His combined knowledge and wealth of experience is a great asset as a teacher and you can learn more on Chris' course on hypnotherapy practice than you could normally expect at this level.



Chris Fleet, Hypnotherapist
Dip Hyp, Adv Dip Hyp, HPD, GQHP

Chris Fleet has trained under:

Donald Robertson of The UK College of Hypnosis and Hypnotherapy
Henry Whitfield of Mindfulness Training Ltd
Jonathon Chase of Academy of Hypnotic Arts
Dr John Butler of the Hypnotherapy Training Institute
Nicholas Evans of INLPTA
Valerie Austin of Austin Training Institute.

Chris' Hypnotherapy Qualifications:

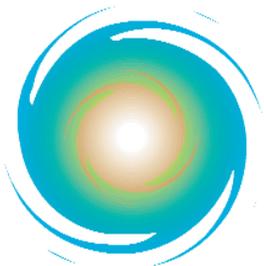
Diploma in Advanced Structured Hypnotherapy
Diploma in Hypnotherapy
General Qualification in Hypnotherapy Practice
NLP Practitioner
Certification in Traumatic Incident Reduction
Certification in Mindfulness Cognitive Behavioural Therapy
Certification from The Academy of Hypnotic Arts

Chris is a member of:

General Hypnotherapy Register (GHR)
National Council of Hypnotherapy (NCH)
Register of Evidence Based Hypnotherapy & Psychotherapy (REBHP)
International Stress Managers Association (ISMA)
NHS Trusts Association (NHSTA)
Listed in the NHSTA Directory of Complementary and Alternative Practitioners

Chris is well known on local radio and has appeared on BBC Breakfast

**“It's exciting being a hypnotherapist...
It's fascinating to see how minds work, helping people is
satisfying, and the more experience you gain the wider your
case load can be - and the more interesting it all becomes.”**



What's so good about our course?

With over 10 years successful hypnotherapy provision plus the services of a modern, busy clinic, there is no better environment in which to study, learn and become a therapist.

Your training comprises two vital features spread over 10 months

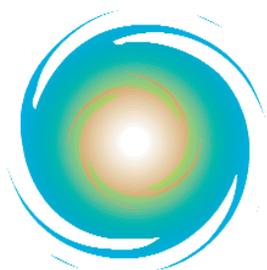
- **Hypnosis**
- **Hypnotherapy**

Without the hypnosis skills, hypnotherapy may become ineffective. As a result your future practice will struggle. This course ensures you have the professional skills to develop a successful practice and service. The tuition gives you a sound knowledge in both the theory and practice of hypnotherapy. As a competent hypnotherapist you will be able to tackle issues such as stress management, ego strengthening, confidence building, weight control, smoking cessation, dealing with phobias and unwanted habits.

The training also provides commercial aspects including marketing, the law and the Advertising Authority rules. It is a comprehensive course enabling students to change careers and to be a successful hypnotherapist.

Over the 10 months you will undertake research and assignments plus some practical sessions under strict supervision.

It all builds to achieving the Diploma in Hypnotherapy Practice recognised and approved by the General Hypnotherapy Standards Council (GHSC) and acceptance to the General Hypnotherapy Register (GHR) and also the Complementary & National Healthcare Council (CNHC)



Fleet Hypnosis Training

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Study under Devon's leading Hypnotherapy Specialist
Gain a recognised Qualification in Hypnotherapy Practice
Understand the practicalities of setting up your own practice

Our Syllabus

The course will last a minimum of 450 hours of which 170 hours are in-class training over a 20 day period

FREQUENCY:

One weekend per month for 10 months

The remaining hours will consist of a combination of reading material*, research and assignments.

WEEKEND 1

THEORY

- History of hypnosis
- Uses
- Fears
- Misconceptions
- Contra-indications
- Induction techniques
- Terminating trance

PRACTICAL

- Progressive inductions
- Eye fixation Induction
- Elman induction
- Snap induction
- Simple deepener
- Guided visualisation

You will experience the hypnotic phenomena first hand and learn how to hypnotise from this weekend. You also gain a firm basis of understanding hypnotherapy.

WEEKEND 2

THEORY

- Rapport building
- Receiving enquiries
- Setting up a practice
- Initial consultation
- Hypnotherapy and the law
- Advertising Standards Authority
- Assessing the needs of the client
- Testing for hypnosis
- Different deepeners
- Abreactions – dealing with
- Direct suggestion
- Indirect suggestion
- metaphors

PRACTICAL

- Deep trance
- Becoming Eon
- Ego strengthening
- Circle of confidence
- Time line work
- Script writing

This important weekend teaches you 'testing for hypnosis'. You learn how to be certain a client is in a hypnotic state, before continuing treatment. This is an essential key to becoming a successful hypnotherapist. You also learn how to write your own scripts and deepen trances. The weekend teaches you how to work with a client when they are in hypnosis, to create change from within.

WEEKEND 3

THEORY

- Resistant client or inflexible practitioner?
- Knowing your limits
- Client centred hypnotherapy
- Treating the client
- How many sessions
- Writing a plan
- Keeping you safe
- Forms and what to do with them
- SUD scales
- Conversational hypnosis
- Listening to your client – re-framing

PRACTICAL

- Conversational hypnosis
- Body language
- Confidence building
- Recognising language patterns
- Recognising thinking errors
- Fork in the path
- Coping to mastery

This weekend you learn that the client is always right, here we teach you how to be adaptable to each client to suit them best by being able to read their needs and understanding their viewpoint. This is a key factor in building a successful practice

WEEKEND 4

THEORY

- What is stress?
- What causes stress?
- Physiology of stress
- Anxiety reduction
- Mindfulness of breathing
- Mindfulness of sound
- Noisy environments – keep it internal
- Types of motivation forward to or away from
- Recognising what motivates a client
- Verbal swish

PRACTICAL

- Mindfulness
- Mindful inductions
- Swish
- Verbal swish
- Healing lake
- Healing waterfall

When you are in practice one of the biggest things you will come across as a practitioner is stress and anxiety related issues. This weekend is key to starting you off in the right direction for understanding how stress and anxiety can be treated through successful hypnotherapy sessions.

WEEKEND 5

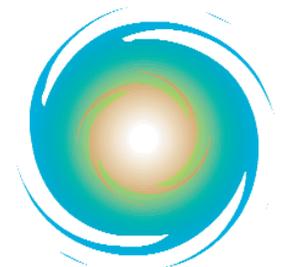
THEORY

- Script writing
- When to pass a client on
- Aftercare
- Educating the client to adopt self-care procedures
- Smoking cessation
- Parts therapy
- Symbolism

PRACTICAL

- Parts therapy
- Symbolism

Learn the secrets of parts therapy by talking to the subconscious mind, a technique used when scripts alone just aren't enough. Parts therapy is an advanced technique that accesses different parts of a client's personality, a very powerful method of creating successful change for your client.



Our Syllabus continued....

WEEKEND 6

THEORY

- Thinking errors and how to recognise them
- ABC model of CBT
- Cognitive Behavioural Hypnotherapy (CBH)
- The Downward arrow
- Socratic questioning

PRACTICAL

- Recording CD's
- Introduction to CBT

Learn the power of combining CBT with hypnotherapy to create your successful practice.

WEEKEND 7

THEORY

- Regression
- Age regression
- Past life regression – is it or isn't it genuine?
- Dangers
- Ab-reactions
- How to incorporate parts
- When to use
- When NOT to use

PRACTICAL

- Using different styles learnt so far
- Orange liquid
- Q&A

Learn about the key factors of regression, keeping you and your client safe and knowing when to use it and when not to use it. This increases your practice's skillset.

WEEKEND 8

THEORY

- Smoking cessation
- Smoking the ASA & you
- Reasons to quit
- Smoke filled room
- Fork in the path
- Testing carbon monoxide levels
- Weight Loss
- Fork in the path
- Emotional eating
- Boredom eating
- The buffet table
- When to go further

PRACTICAL

- Learning the styles to best suit the client.
- 'Being Present'.
- 'Learning your style of therapy.'

This weekend focuses on the most commercial aspects of hypnotherapy treatment, the bread and butter of your practice. This is an intense weekend giving you sound grounding in the treatment of two of the biggest health issues in the country/world.

WEEKEND 9

THEORY

- Recapping everything covered so far, in particular
- Stress
- Anxiety
- Weight
- Smoking
- CBT techniques

PRACTICAL

- Working 'live' with volunteers from the general public (supervised).
- Training practice for final assessment

Gain critical insight into your hypnotherapy techniques by practising your new skills on a volunteer

WEEKEND 10

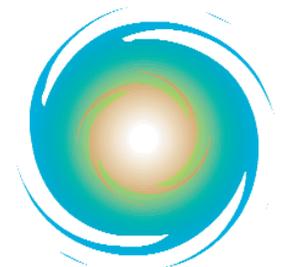
THEORY

- Insurance
- Keeping the books in order
- Data protection – record keeping
- GHR membership
- NCH membership
- Advice on setting up in practice
- Marketing

PRACTICAL

- Preparation for final assessment
- Final assessment

All you need to know about setting up in practice for yourself, getting clients and pitfalls to avoid. And your final assessment.



What you will need...

- Students will need a reasonable command of the English language.
- You must be over the age of 16 years.
- A core reading list is opposite for complete reading outside the training sessions.
- You will be expected to practice on volunteers such as family or friends
- You will keep a diary and submit it to the course tutor outlining the out-of-class hours worked.
- Written assignments will outline and demonstrate the thought processes in compiling a treatment plan for hypothetical clients, presenting symptoms such as anxiety, weight loss, smoking cessation, and arachnophobia.
- Students will show the skills learnt from weekend 3, by working with friends and family.
- On the penultimate weekend (weekend 9) you will work on a member of the public in full supervised sessions.

READING LIST

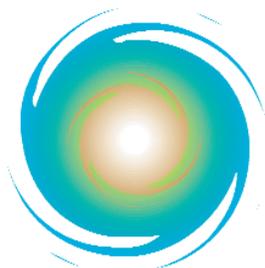
- Hartland's Medical & Dental Hypnosis – Heap & Aravind
- Scripts & strategies in hypnotherapy – Roger P Allen
- Hypnosis for inner conflict resolution – Roy Hunter
- The art of hypnotherapy – Roy Hunter
- Cognitive hypnotherapy – Alladin
- Change your thinking – Dr Sarah Edelman

ACCREDITATION

This is a Diploma level course in Hypnotherapy offering the opportunity to become a qualified hypnotherapist with a Diploma in Hypnotherapy Practice.

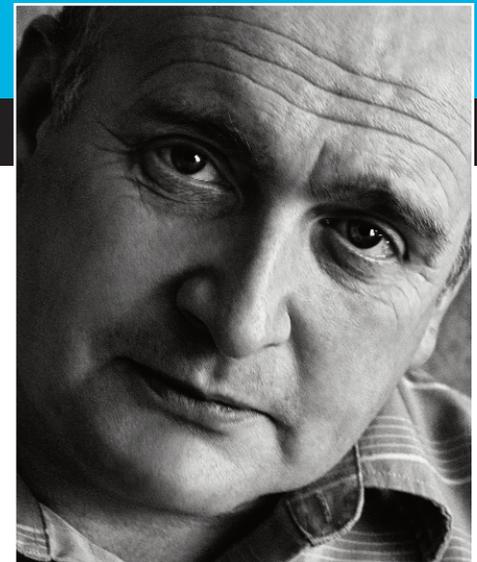
SUBJECT TO SUCCESSFUL COMPLETION YOU WILL BE -

- Recognised and approved by General Hypnotherapy Standards Council (GHSC)
- Accepted to the General Hypnotherapy Register (GHR)
- Accepted to the Complementary & National Healthcare Council (CNHC)



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What's the cost?

We are offering the accredited diploma for £1850 spread over the length of your course. £400 to be paid when booking followed by 10 monthly payments of £145.

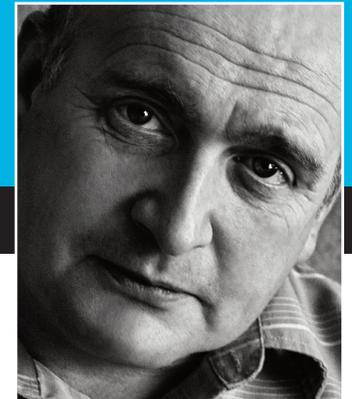
Alternatively, we are offering a £100 discount on fees for those who want to pay in full prior to starting the course. One payment of £1750.

On successful completion of the course you will be ready and qualified to set up your own Hypnotherapy Practice where you will be able to charge upwards of £50 per hour.

What are the benefits?

- **Study under Devon's leading Hypnotherapy Specialist**
- **Gain a recognised Qualification in Hypnotherapy Practice**
- **Understand the practicalities of setting up your own practice**
- **Change of career and lifestyle**
- **Work your own hours**
- **Emotionally and financially rewarding**

“ I got into hypnotherapy through curiosity, and found it wasn't what I thought it was. I became fascinated by it, especially with helping others. ”



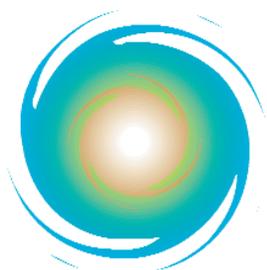
For more information and to book your place...

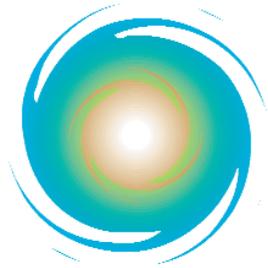
Enrol as a student with Chris today...

Chris Fleet, Hypnotherapist

Fleet Hypnosis, 55, Hyde Road, Paignton, Devon, TQ4 5BP.

Tel: 01803 500 300, chris@fleethypnosis.com www.fleethypnosis.co.uk





Fleet Hypnosis Training

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