



# Prospectus

## **Professional Hypnotherapy Certification at Foundation or Diploma Level**

**GHSc**

**Foundation Level**

**VALIDATED TRAINING**

General Hypnotherapy Standards Council

**GHSc**

**Practitioner Level**

**VALIDATED TRAINING**

General Hypnotherapy Standards Council



The Clinical Hypnotherapy Foundation level and Diploma course's offered by the Mind Over Hypnotherapy Training has been Assessed and Validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Graduates from these course's are eligible for professional registration with The General Hypnotherapy Register (the GHSC's Registering Agency) **at Foundation Level for the Foundation course or at full Practitioner status for the Diploma course**, together with the acquisition of the industry based award The General Qualification in Hypnotherapy Practice (GQHP). The GQHP demonstrates a minimum standard has been reached by graduates

### **Our Training Venue**

Set in the picturesque village of Horbury, near Wakefield, West Yorkshire, with easy access to the M1 and M62

**Address: Horbury Business Complex**

Room 8, Old Town Hall, Westfield Road  
Horbury, Wakefield, West Yorkshire, WF4 6HR

Tel; +44 (0) 1924 849629

E Mail [trev@mindover-matter.co.uk](mailto:trev@mindover-matter.co.uk)

Website: [www.mindover-matter.co.uk](http://www.mindover-matter.co.uk)





## **Contents**

### **Introduction**

### **Course Overview and structure**

### **After Qualification**

### **Training Structure**

### **How you will learn**

### **Course Material**

### **Recommended Reading**

### **Who is the course suitable for**

### **Meet the trainers**

### **Fees**

### **Terms and conditions**



## **Introduction**

### **Welcome to Mind Over Matter School of Hypnotherapy & Stress Management.**

Our objective is to help you learn, develop and achieve the required skills in the remarkable field of hypnotherapy.

The courses are delivered in a practical style, with authentic demonstrations in each discipline. You will then have the opportunity to practise these on other members of the group. We believe the best way to learn is to practise the skills taught under supervision.

The course is appealing, instructive, practical and fun. We are confident that you will enjoy our exciting practised approach to training and will enjoy our relaxed learning experience.

Continual home study is required as per GHR requirements; Supervision for newly qualified therapists is available through the school in groups or individually.

Whether you are looking for a complete career change to a full time hypnotherapist or to work part-time as a hypnotherapist to boost your income, you will find our course pleasant and informative. A hands on approach is used in all of our courses.

The courses are run in small groups, which will enable you to have an adequate amount of individual attention.

You will receive a full set of course material, with a comprehensive set of notes and instructions and a CD containing inductions and scripts to help you get started on your own.

The course is accredited and validated by the GHSC [General Hypnotherapy Standards Council] and covers the core curriculum, learning outcomes and principles of good practise, which are mapped to the National Occupations Standards [NOS] for hypnotherapy



## **Course overview**

### **Professional Foundation Qualification in Hypnotherapy**

#### **On this accelerated training programme you will learn:**

- What is hypnosis & the history of hypnosis
- How to hypnotise (On the very first day of the course)
- You will experience group hypnosis for yourself and experience powerful therapeutic techniques throughout the course
- Effective Communication with the Conscious and Subconscious minds
- Rapport skills
- How to conduct a client session from start to finish
- Therapeutic interviewing and questioning skills, what, when and how to ask, assessing clients needs, goal setting and treatment review
- Hypnotherapy in conjunction with other alternative health care
- Using hypnotic language structures, sensory awareness language, the politicians lie
- Personalised time distortion
- Fractionation
- Language comparison ambiguity [binds]
- What, when and how to ask
- Hypnotic phenomena
- State management
- Use of the hypnotic voice – tone, pace of delivery, breathing and expression
- Preparing subjects for hypnosis
- Direct & indirect conversational hypnosis techniques
- Trance inductions & deepeners, including the Elman Variation standard induction
- Trance terminations, come back of choice
- Ego strengthening suggestions
- Screen work using NLP [Swish technique]
- Emotional Freedom Technique [EFT]
- Anchoring
- Milton model
- How to negotiate with the subconscious part[s]
- Directed regression therapy techniques, Parts, Ideo-Motor Responses [IMR]
- Hypnotic/NLP questioning protocols for weight control and smoking cessation
- Infrequent problems
- Dealing with difficult clients
- Principles of good practice and practice management
- Professional code of ethics and complaints
- Tips for success in hypnosis
- Practise/supervision/future training requirements/GHR registration
- Free course aftercare and advice on related subjects



## **Course overview**

### **Professional Diploma in Hypnotherapy**

- Briefly re-visit and consolidate some of the foundation course, therapeutic interviewing, inductions, parts, regression
- Rapid inductions
- Phobias, anxiety and panic attack
- Dealing with depressive symptoms
- Use of hypnosis for pain control and anxiety
- Advanced parts
- EMDR the breakthrough powerful eye movement therapy for overcoming Stress, Anxiety and Trauma.
- Dealing with trauma
- Polarity techniques
- Changing behaviour with anchors
- Pain and shock
- Physical healing
- The control room technique
- Dealing with addiction
- Secondary gains
- Learning styles, visual, auditory, kinaesthetic
- Self hypnosis
- Group therapies
- Leading group hypnosis sessions for weight, smoking cessation and stress
- Advanced anchoring techniques
- Stress management
- Self Hypnosis
- Hypnosis for psychosomatic conditions
- New beliefs and behaviours techniques
- Advanced NLP techniques to rapidly change behaviour
- Changing habit patterns
- Time location based dissociation [Time line]
- Advanced time based regression techniques, including past life regression and past life healing
- Audial swish
- Behavioural changes with anchors
- Changing eating dis-orders
- Marketing your practice and business development
- Tips for successful advertising
- ***You will learn all of the above and so much more***



## **After qualification**

You now have a vast array of skills and tools that gives you the knowledge to treat clients in many different areas. The following areas are just for suggestion but are by no means an exhaustive list.

Weight reduction, Overcome Obesity, Phobias, Irrational Fears, Anxiety & panic, Pain Management, Migraine & headaches, Stop Smoking, Allergies, Psychosomatic Disorders, Irritable Bowel Syndrome (IBS), PMT, Interview Nerves, Nerves, Unwanted Habits, Obsessive Compulsive Disorder (OCD), Stuttering, Surgery, Dental Surgery, Insomnia, Infertility Problems, Public Speaking, Examination Panic Attacks, Eradicating Fears, Alcohol Abuse, Enhanced Sport Performance, Depression.....

**Training Structure:** Our training is divided into 4 modules, each one covering a period of 3 days. Modules one and two cover the Foundation Level in Hypnotherapy, with modules three and four covering the Professional Diploma in Hypnotherapy. The training for the Foundation and Diploma Level's are carried out over two Consecutive weekends [Three days each] [Friday, Saturday and Sunday] with a two day [Sat, Sun] follow up shortly afterwards to consolidate your learning's. The flexibility is such that if for any reason you are unable to attend one of our modules you can choose to attend any of our training sessions, which take place throughout the year. Delegates can choose to spread their training over consecutive courses.

**How will you learn:** There is some theory in the course, which is necessary for you to become a competent hypnotherapist, but mainly the course is a practical course. There are many demonstrations for you to watch and then you will have the opportunity to go and practice the skills yourself? Our teaching style is very informal and extremely relaxed, which we believe creates a more comfortable atmosphere for learning. Practical skills training are a vital



part of our training programme and you will have the opportunity to put your skills into practice on numerous occasions throughout the course.

The best way to learn is to watch the demonstration and then learn the technique by doing it. There is no better way to learn than a “hands on approach”. We do ask for volunteers from within the group for demonstration purposes or student practice.

### **Course material**

A comprehensive set of course notes and instructions

A folder complete with protective sleeves for notes

A clipboard with pen, pencil and highlighter

A compilation of Hypnotherapy scripts on a CD. These will be very useful for conducting your own sessions

A marketing template for your own business

Suggestions for creating your own hypnotic CDs

**Free** business cards. We explain how and where you get these

Access to post course help (Telephone)

Tea/Coffee provided on arrival and at intervals during the day

Please note lunch is provided only where specified. Lunch is not provided during the Hypnotherapy Foundation or Diploma course training

**On successful** completion of our course, you will receive the relevant Diplomas/Certificates for the course

### **Recommended Reading**



- Hypnotherapy Dave Elman
- NLP Workbook Joseph O Conner
- The Wizard Within A. M. Crasner
- Getting Well Again O. Carl Simmonton
- Trance work Michael Yapko PhD
- Beliefs Robert Dilts
- EMDR Francine Shapiro PhD & Margot Silk Forrest

There is no requirement to read any of these before you commence your training.

### **Who is the course suitable for?**

Our courses are designed to appeal to a wide sector of people, including already qualified therapists. We work closely with you throughout the course giving supervision and advice as necessary. Academic qualifications are not a prerequisite for entry. If you are interested in Hypnosis for your own use or to help others, then the Foundation or Diploma course is for you.

**We abide by the GHSC code of ethics and the complaints procedure of the GHSC.**

**NB:** Although it's unlikely, we reserve the right to alter the training venue, trainers and syllabus at our discretion and without prior notice.

**All of our courses are focused on the transfer of skills and practical competence and light on theory. The best way to learn is a “hands on approach” so the focus is on watching demonstrations and then practising in pairs or groups so that you can practice and observe. Assessment is by continual observation of activity and development throughout the duration of the training programme.**



**Trainer...Trev Ramshaw** SQHP, D.HYP Dip.SMC

With a background in senior management, I hold formal management qualifications and have dealt with people at all levels for many years, both in groups and on a one to one basis.

I first became involved in hypnosis after seeing a hypnotherapist myself for some issues caused when I served in the Falklands War, in the Royal Navy back in 1982. The sessions really helped me put things in perspective and allowed me to move on from the events of 1982.

I was determined to become a hypnotherapist so that I could help other people deal with similar issues and to make a difference to people in their general everyday life.

My aim now is to pass on those skills through training others to provide much needed hypnotherapists throughout the UK and abroad.

I was trained by Patrick Farnsworth, a well know London based Hypnotherapist and master practitioner of NLP, who is registered with the British Society of Clinical Hypnosis. He has trained with some of the leading authorities in the field of clinical hypnosis, NLP and psychology in Europe and the USA.

I qualified as a hypnotherapist in 2005 gaining the General Qualification in Hypnotherapy (GQHP). Later that same year I studied for the Diploma qualification (D.Hyp). In 2010 I succesfully gained my Senior Qualification in Hypnotherapy (SQHP).

To keep up to date with the latest developments in hypnotherapy, I have since invested a considerable amount of time on my professional development, attending many advanced training courses



## **Fees and Terms and conditions**

<b>Course Title</b>	<b>Amount</b>
Foundation Level & Professional Diploma	£1895.00 - Deposit £195.00 Then 1 x £1700
Foundation Level	£995.00 - Deposit £195.00 Then 1 x £800
Professional Diploma	£995.00 - Deposit £195 Then 1 X £800

**Payment options: Cash, Cheque or Credit Card via PayPal on our website**

**Foundation Level and Diploma Qualification in Hypnotherapy**

Deposit of £195 then balance of £1700 two weeks before the course starts

**Foundation Level Qualification in Hypnotherapy**

Deposit of £195 then balance of £800 two weeks before the course starts

**Diploma in Hypnotherapy**

Deposit of £195 then balance of £800 two weeks before the course starts

**Cancellation Policy: It is our policy to refund delegates in full where sufficient notice has been given, i.e. two weeks or more before the course start date, but please give as much notice as possible. You can move your deposit to another course without penalty.**

**Deposits and payments can be made by PayPal via our web site.**

Reservations couldn't be easier, simply click on the link below and email the following details

Title: Ms; Miss; Mrs; Mr; Dr or Other

Full Name

Address including post code

Telephone number daytime including dialling code

E-mail address

Occupation

[Trev@mindover-matter.co.uk](mailto:Trev@mindover-matter.co.uk)