

CHOOSING A HYPNOTHERAPY COURSE

Choosing a Hypnotherapy course that's right for you can seem difficult. There are many types of courses and perhaps hundreds of training organisations. I hope the information here will help you make a more informed decision.

Obviously I would like you to train with HypnoFocus training but I believe that by supplying you with some simple facts, this will enable you to choose a training program that's right for you. I have researched many websites for training information. It is frequently quite difficult to gain clear precise information. I have as far as possible designed my website to be free of deletions, distortions and generalisations. My intention is to make it clear, simple and easy to navigate. Please suggest any changes that you feel will be helpful.

<http://www.hypnotherapytrainingcourses.org>

1) How long should the training be?

You will be able to find training that lasts for 3 or 4 days. Perhaps the key question you could ask yourself is "Would I like myself or a member of my family treated by someone who has had 3 or 4 days training?" Would you employ a builder or heating engineer who had been trained for 3 or 4 days? Usually the answer would be NO! Personally I think that's the correct answer.

Some training is done via distance learning. This is where the student receives a training book and a few weeks later a question paper. The student fills in the question paper and sends the paper back for marking. Unsurprisingly the pass rate is usually 100%. Some training companies then ask their students to attend a 1-day face-to-face training to supplement the reading they have done. This is obviously a better system but still rather brief and lacking in face-to-face contact.

This type of training is popular because it's quicker and the student does not have to travel and find accommodation if the training is held some distance from where they live. Therefore it's often a much cheaper option. Often students who undertake this level of training do so for self-development and I believe in this situation it is an excellent option.

Sometimes the student uses this option as a taster to see if clinical practice appeals to them. Again this is an excellent option. Unfortunately many students who take this option as a route into clinical practice fail to make the transition.

Over the last few years much work has been done to establish a Core Curriculum for the training of Hypnotherapists. **The Core Curriculum for Hypnotherapy Training Schools agreed by the Hypnotherapy Regulatory Forum (HRF) February 2011.** The Complementary and Natural Healthcare Council (www.cnhc.org.uk) has been instrumental in this process. The CNHC is the only organisation for complementary therapists that are government sponsored and

endorsed. The medical profession is actively encouraged to refer to it to confirm a hypnotherapist's professional training and if you are not listed they will certainly look for someone who is.

You can only get this registration if your training organisation teaches the recognised Core Curriculum. It is therefore important for your future security to ascertain that the course you intend to study will allow you to register with the CNHC. As a guide your training must have been a minimum of 450 hours 120 of which must be attendance based. Many now see this as the gold standard for training organisations.

2) Is the course correctly accredited?

Almost all hypnotherapy-training organisations carry accreditation from various professional bodies. Unfortunately if you spend some time investigating some of these "professional bodies" you may notice that they are controlled or set up by the very people whose course they accredit. Surprisingly this is not illegal but it does raise the question as to why this is a good idea. It would be wrong to imply that all these organisations are acting incorrectly. The establishment of any regulatory process and professional accreditation must be initiated by someone willing to undertake such a difficult and onerous task. The profession owes a great debt of thanks to those who have taken steps to formalise the adoption of good practice in the use of Clinical Hypnotherapy. There are accreditation organisations that act with the highest intentions and do a superb job of regulation.

In the United Kingdom at the moment hypnotherapy is surprisingly unregulated but it is expected that in the near future steps will be taken to tighten up some of the regulatory anomalies and to introduce a more professional structure to training courses (please see CNHC above) *Copies of the Core Curriculum and learning outcomes can be downloaded here.* <http://www.ghsc.co.uk/Training%20Standards.htm>

3) What training and clinical experience should your lecturers have?

This is again a very contentious issue. Surprisingly there are no formal qualifications necessary to set up a hypnotherapy training school and often you will need to be very inquisitive to uncover exactly what relevant experience your trainer holds. Sometimes you will find that they have superb qualifications and real clinical experience gained in a regulated profession but unfortunately this is quite rare. If the information supplied by your prospective training organisation is lacking clarity then give them a call. Everyone correctly trained and experienced is always pleased to share that information.

4) Once your course is completed can you get professional insurance?

This is vitally important. No therapist should work without professional indemnity insurance and all reputable training providers will insist that you have this type of cover. All reputable complimentary therapy clinics will insist you have this level of cover too.

5) Is there support after training is completed?

Check with your training company that they provide ongoing clinical supervision especially in the early months of independent practice. Continuing Professional Development (CPD) and Clinical Supervision is essential if you are to be seen as a worthy and professional practitioner. Many professional bodies now insist this form part of your ongoing training and make it mandatory for continued registration. It is often advisable to also attend courses not run by your initial training company, as this will afford a breadth and variety to your training experience.

6) Is your course good value for money?

Is to too cheap or too expensive? Hypnotherapy training can vary in price but surprisingly even when you compare like with like the difference can be many hundreds or even thousands of pounds. Check the full cost of training as some training organisations charge extra for taking exams, marking exam papers or for providing telephone support. Often these hidden payments can make a significant difference to the final cost. Obviously cheap will not always mean good value.

7) Is there opportunity to “upgrade” your training?

Some training organisations that provide online or distance learning courses are not equipped to upgrade your training to meet expected changes in legislation. This could leave you out in the cold if the expected and widely welcomed tightening of training requirements is introduced. This can also apply to face-to-face training so again ask before you decide.

8) Questions you can ask the training provider?

It may be worthwhile asking your potential training provider a few simple questions that may help you decide.

- A) How long have they been a training organisation?
- B) What clinical experience do they have?

- C) How many courses have they run?
- D) Does the trainer have a core profession?
- E) Does your trainer continue to see private clients?

Most professional bodies do not allow un-attributable endorsements or testimonials to be shown on websites or promotional material, as these are impossible to verify and easy to falsify.

9) Does the training provider offer additional training?

Organisations that can complement their hypnotherapy training by the provision of associated training can be a real bonus. If they do provide additional training check again that it meets all the above criteria

10) What would you ask?

If after reading through these questions you feel there is anything else that should be included please contact me by email. My intention here is to highlight areas where the potential student could be confused or find it difficult to decide. There are some excellent training providers operating within the United Kingdom and I hope this will encourage you to take time and choose a provider that meets your needs.

My advice is when in doubt you should ask your intended provider these questions. All reputable and confident providers will be delighted to spend time answering your concerns.

<http://www.hypnotherapytrainingcourses.org>

The Questions Answered:

HypnoFocus Training

<http://www.hypnofocus.org.uk>

I believe the questions above should be asked of every provider.

I have personally taken many years to develop my hypnotherapy-training organisation and over twenty-five years gaining the clinical experience that I believe is necessary before training others in the field of Clinical Hypnosis.

As you would expect HypnoFocus meets or exceeds these requirements in every respect. You can find the answer to all these questions by visiting my training site or my therapy site. Below you will find simple straightforward answers to all the questions listed above. If there is anything that is unclear then please call and ask. You will always be given accurate clear information in a polite and professional manner.

1 How long should the training be?

I currently believe that the preferred training route should be through the Core Curriculum route as discussed above. This requires a minimum of 450 hours training. 120 hours should be face-to-face practical experience and lectures. This is currently under review and may change in the future. *HypnoFocus training meets all these criteria.*

2 Is the course correctly accredited?

The General Hypnotherapy Standards Council currently accredits the HypnoFocus training course. The **Hypnotherapy Practitioner Diploma Course** has been **Assessed and Validated at Practitioner level** by the **G.H.S.C. (UK)**. Graduates from this course are eligible for Professional Registration with the **General Hypnotherapy Register** together with the acquisition of the industry based award **The General Qualification in Hypnotherapy Practice (GQHP)**.

Delegates who successfully complete training and show competence will also be awarded an **NLP Diploma** based on the NLP content included in the course and certificates as a **Certified Smoking Cessation Specialist** and **Weight Management Specialist**. They will therefore be allowed to display the designation **D.Hyp, GQHP NLP.Dip**.

3 What training and clinical experience should your lecturer have?

This is a question that I am unable to answer. This is something you need to answer for yourself. Once you have met your trainer you will also need to consider the level of rapport between you as this is also of importance. There are some fantastically qualified and experienced trainers working in the

Hypnotherapy field. It's a good idea to ask exactly what training they have received themselves and can it be evidenced. I set out my experience below.

RGN. Registered General Nurse

RMN. Registered Psychiatric Nurse

CPN. Community Psychiatric Nurse. Working with clients where drug and alcohol were contributing factors

Examiner for General Nursing Council for England and Wales (Practical Register)

Associate of British Pharmaceutical Industries (Distinction)

CRA. Clinical Research Associate

NLP Practitioner (SNLP) & (JSA)

NLP Master Practitioner (JSA)

NLP Trainer (7 Years)(JSA)

ANLP Registered NLP Trainer

Guild of NLP Qualified Trainer

Associate Trainer at J.S.A. (Previously held) John Seymour Associates
(One of the most highly respected trainers of NLP in the UK.) <http://www.jsnlp.co.uk>

Co-Trainer at Inner Game. NLP Training Company
<http://www.innergame.co.uk/nlp-training-dates-2012.html>

MAC. Full Member of The Association of Coaching.

Full Member of British Society of Clinical Hypnosis

Certificate in Clinical Hypnotherapy

Diploma in Clinical Hypnotherapy

Advanced Diploma in Clinical Hypnotherapy

R.E.B.T. Primary Practum The Albert Ellis Institute

Past Lecturer at major Hypnotherapy training organisation

Past Tutor for major Hypnotherapy training organisation

Clinical Supervisor

Full time Clinical Hypnotherapist for 10 Years

Clinical Hypnotherapy Trainer at HypnoFocus (5 Years)

Course Director and Trainer at Skills24 (life skills training)

4) Once your course is completed can you get Professional Insurance?

Yes.

Through your eligibility to join the General Hypnotherapy Register.

5) Is there support after training is complete?

Yes.

I provide six months free clinical supervision on completion of training. I will also provide additional CPD training for which there will be a charge but this is optional

6) Is the course good value for money?

I believe HypnoFocus training offer exceptional value for money. Some courses that offer similar training qualifications are often twice the price. Staged payments are also available.

7) Is there opportunity to upgrade your training?

I am in the process of offering a distance-learning package in response to student enquiries. You will be able to upgrade this qualification to the Core Curriculum by attending the required face-to-face training.

8) Questions you can ask your training provider?

- A) Total of 6 years
- B) Please see brief C.V. above
- C) A total of 8 training with each training lasting 8 months.
- D) Details of core profession outlined above
- E) I continue to see private clients on a regular basis.

9) Does the training provider offer additional trainings?

Yes.

NLP Practitioner training through Inner Game Training.

Diploma in NLP for Hypnotherapists through HypnoFocus Training.

NLP in Business Diploma.

Anger Management.

EMDR Training.

Analytical Hypnotherapy Training. Various Regression Techniques.

Six Step Reframing.

Well-formed outcomes for Patients and Therapists

Master class in treating Anxiety, Panic and Phobias.

Working with Children.

Pain Management.

Advanced Weight Management

R.E.B.T. Rational Emotive Behaviour Therapy for Therapists.

10) What would you ask?

If you have a question then please call and ask

Tel: 01889 808065

Email: info@hypnofocus.co.uk

Web: <http://www.hypnofocus.org.uk>