

NEW HORIZONS SCHOOL

Of

CLINICAL HYPNOTHERAPY



PROSPECTUS

For

Practitioner Level.

(Diploma Course.)

2010

Professional & Practical Training

www.newhorizonshypnotherapy.co.uk

GHSc

Practitioner Level

VALIDATED TRAINING

General Hypnotherapy Standards Council

Diploma Course.

This course has been designed to provide students who have successfully completed the 'Certificate/Foundation Course' with the opportunity to take their skills and knowledge to the next level and upon qualifying, register as a Clinical Hypnotherapy Practitioner.

The course, itself is a balanced combination of both theory and practical 'hands on' applications it is delivered in an informative, interesting and enjoyable style in a relaxed and conducive atmosphere.

We are confident that you will be even further motivated and stimulated by this learning experience and find it ideal for any self-development and progression onwards into private practice.

Continual home study will be required as per GHR requirements; suggested reading materials are documented later.

Supervision for newly qualified therapists is available through the school in groups or individually if preferred.

The completion of the Diploma course builds a sound knowledge, from which its students can go forward and confidently deal with a variety of issues presented by clients.

The Diploma course will be held over 16 days. (weekdays and/or weekends.) In addition to the above, each student will be required to undergo an additional day held for a theory and personal one-to-one assessment.

There will be ongoing supervision and assessments throughout the course, to help you and to evaluate your progress.

All supervision throughout the course is included in the investment fee.

On the successful completion of all supervisory assessment, together with 5 case studies, of at least two visits each, diplomas will be issued to students reaching the required standard.

Who can attend our training courses?

Our diploma course is designed as a follow on for successful students who have completed our certificate course or to others who have successfully attained a competent grade at a foundation level in clinical hypnotherapy with another school.

The grading must be obtained from a recognised school accredited by the GHSC.

At all times, we encourage respect for the individual and equality of training regardless of culture, racial origin, political belief, disability, religion etc.

If you are interested in taking your knowledge of Hypnosis, for your own use or to help others, to a higher level, then all we ask for is that you have some humility, patience, perseverance and common sense. We will be working closely with you throughout the course and you will be pleasantly surprised at what you can do and what you will achieve.

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

NB: The school reserves the right to refuse applications at our discretion and if necessary to terminate the training of any student where their conduct is deemed offensive or disruptive. As we continually review and update our material we reserve the right to alter the training syllabus, trainers and venue at our discretion and without prior notice.

Course Details.

| | <u>Hours Required.</u> | |
|-----------------------|------------------------|-------|
| Classroom/Supervision | Reading | Study |
| 120 | 160 | 170 |

The reading hours are given as guideline to students, however, the more reading achieved the better knowledge acquired. A suitable reading list is attached.

The study hours are to include all case studies and the necessary preparation that need to be completed.

Case Studies:

After the Diploma course, students are required to submit 5 case studies each having undergone at least TWO visits.

Preferably:

1 x Phobia, 1 x Stress/Anxiety, 1 x Weight loss/control,

3 x (free choice.)

Supervision and Revision Days.

Whilst supervision will be ongoing throughout the course, there will also be two set days for revision. One will be held after day 7 and the other will be held at the end of the course.

Diploma Course.

(Practitioner Level.)

Syllabus.

Day 1. Planning Ahead – Building our Future.

1. Introductions.
2. Overview of course.
3. Miscellaneous dissociations.
4. 1 and 2 part dissociations.
5. Dissociation using I.M.R.

Day 2. Managing Pain.

1. Re-cap of Day 1 and questions.
2. A sensory description of pain.
3. Strategies and techniques for managing pain.
4. Chronic pain syndrome
5. Migraines and headaches.
6. Symptom manipulation.
7. Glove anaesthesia.
8. Developing the immune system.

Day 3. Fears and Phobias.

1. Re-cap of Day 2 and questions.
2. What are fears and phobias.
3. Treatment of Phobias using desensitisation.
4. Panic Attacks.
5. Treatment of phobias using NLP.

Day 3. Fears and Phobias. (cont.)

6. Treatment of phobias using dissociation.
7. Relaxation techniques.

Day 4. Anxiety & Stress.

1. Re-cap of Day 3 and questions.
2. What is stress and how we can recognise it.
3. Stress Test.
4. How anxiety and stress affects our lives.
5. Panic attacks.
6. Coping strategies.
7. Stress in the workplace.
8. Golden Rules for Keeping Calm
9. 12 steps to a happier you.

Day 5. Dealing with Depression.

1. Re-cap of Day 4 and questions.
2. Recognising Depression.
3. What are the causes of Depression.
4. Thinking Styles.
5. Anti-depressive Skills.
6. Challenging Depression.
7. Problem solving.
8. Goal setting to a better health.
9. Motivation to a brighter Future.

Day 6. Use of Regression.

1. Re-cap of Day 5 and questions.
2. Healing the Past.
3. Letting go of grief.
4. Saying Goodbye – Moving On.
5. Regression and automatic writing.
6. Coping with abuse.
7. Abreactions.

Day 7. Psychology of our Inner Mind.

1. Re-cap of Day 6 and questions.
2. Using Inner Dialogue.
3. Mind and Body Response.
4. The Inner Child.
5. Working with the team within.
6. Empowering your energies.

Day 8. Using E.F.T. – Revision Day One.

1. Re-cap of Day 7 and questions.
2. Introduction to E.F.T.
3. The E.F.T. 'programme.'
4. Applications of E.F.T.
5. The course so far.
6. Review of Case studies to-date.
7. Self Assessments

Day 9. N.L.P.

1. Re-cap of Day 8 and questions.
2. What is NLP.
3. 'The map is not the territory.'
4. Reframing.
5. Working with anchors.
6. Eye accessing cues.
7. Chunking.

Day 10. Eating Disorders.

1. Re-cap of Day 9 and questions.
2. List of eating disorders.
3. Anorexia.
4. Bulimia Nervosa.
5. Questions for people with eating disorders.
6. Use of Dissociation and Regression for eating disorders.

Day 11. Public Speaking – Presentations.

1. Re-cap of Day 10 and questions.
2. Public Speaking – stage fright.
3. Presentation – communication skills.
4. Building rapport with the audience.
5. Speech / voice styles.
6. Confidence and self belief in public presentations.
7. Voice training and production.

Day 12. Goal Setting – Sport Enhancement & Personal Success

1. Re-cap of Day 11 and questions.
2. Sports Performance.
3. Overcoming perceived Limitations.
4. Sport enhancement goals.
5. Pre-setting goals for success.
6. Achieving our dreams.
7. Building a pathway to success.
8. Dealing with success.

Day 13. Working with Children.

1. Re-cap of Day 12 and questions.
2. CRB checks. What are they? Who needs them.
3. Adapting inductions and suggestions.
4. Areas of application.
5. School phobias.
6. Exam Tips.
7. Enuresis. (Bedwetting.)
8. Nail Biting.
9. The effect of Family History.

Day 14. Past Life Regression.

1. Re-cap of Day 13 and questions.
2. What is Past Life Regression.
3. Methods of accessing past lives.
4. False memory syndrome.
5. Healing a past life.
6. Useful phrases and questions.
7. Recording the session.

Day 15. National Occupational Standards.

1. Re-cap of Day 14 and questions.
2. Assessing the needs of the client.
3. Treating the client.
4. Teaching the client to adopt self-care procedures.

Day 16. Marketing your Practice.

1. Re-cap of Day 15 and questions.
2. How to start up your own business.
3. Marketing for best results.
4. Professional memberships and applications.
5. The need for insurance.
6. Code of Ethics.

Day 16. Marketing your Practice. (cont.)

7. Complaints and Procedures.
8. Recording of sessions.
9. Keeping files
10. The need for C.P.D.

Day 17. Revision day Two.

Individual Assessments.
Practical Assessments.
Review of course.

Five case studies, of at least two visits will be required to be completed and submitted for assessment.

Further Information.

Course material (Supplied.)

A comprehensive set of notes and instructions.

A variety of hypnotic scripts and handouts.

A ring binder complete with protective sleeves for notes.

A clipboard complete with pen

Tea and Coffee will be provided

Packed Lunches will be required (not supplied)

The course will be run with a maximum of 12 students, to ensure closer personal training and tuition.

Students will be able to repeat any day/module if wished at a cost of £30.

Should students miss a day/module, they will be able to take it at a later date.

New Horizons School Of Clinical Hypnotherapy

Diploma / Practitioner Course.

Tamworth 2010

Venue: To be Confirmed.

Dates: To be Confirmed.

Times of course: 9.30 – 4.30

Cost of Investment:- £1150.

A non refundable deposit of £100 is required to secure your place.

The balance of the payment can either be made with cash, cheque, or by using our easy payment plan.

This should be in the form of six monthly post dated cheques for £175. which will be presented as they fall due.

These cheques should be submitted before or on day 1 of the course.

Please complete and return the form together with your deposit to:-

Richard Pearshouse

New Horizons School of Clinical Hypnotherapy.

11, Montley, Wilnecote, Tamworth, Staffs. B77 4JF.

Tel: 07890 166 219

e-mail; richard@newhorizonshypnotherapy.co.uk

or hypnotherapy1@live.co.uk

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New Horizons School of Clinical Hypnotherapy.

Diploma / Practitioner Course.

Name:-

Address:-

Tel:-

Occupation:-

Deposit sent:- £

Payment method. (Please indicate your preferred method.)

Full Amount £1050

or

Payment Plan –

6 x monthly (post dated) cheques of £175 (total £1050)

Signed:-

Please make cheques payable to: ' New Horizons Hypnotherapy.'

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Your Tutor:

Richard Pearshouse. D. Hyp. D.Smc. NLP. MHA. GHR.

Richard is a professionally qualified Clinical Hypnotherapist and NLP practitioner.

He gained his qualifications with the South West School of Clinical Hypnotherapy, whilst living in Cornwall and running his own private practise. He relocated to Tamworth in 2008 and is now runs his private practice from there. He is the founder of the New Horizons School of Clinical Hypnotherapy.

Richard has spent all of his working life dealing with members of the public both with the Police force and Retail sectors before re-training in hypnosis. Whilst working in the Police and the Retail sector he spent many years as a trainer at all levels.

He is a member of the General Hypnotherapy; The Hypnotherapy Association: UKCHO registered and a member of the NHS list of Alternative and Complementary Therapists.

New Horizons School of Clinical Hypnotherapy.

Prop: Richard Pearshouse. D. Hyp. D. Smc. NLP (MASC).
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