

NEW HORIZONS SCHOOL

Of

CLINICAL HYPNOTHERAPY



PROSPECTUS

For

FOUNDATION COURSE.

(Certification Course.)

2010

Professional & Practical Training

www.newhorizonshypnotherapy.co.uk

GHsc

VALIDATED TRAINING
General Hypnotherapy Standards Council

Certificate Foundation Course.

This course has been designed to provide students with the theory and practical 'hands-on' experience to carry out and explore the many aspects of hypnosis and other allied holistic therapies it is informative, interesting, practical and enjoyable.

The training is delivered in a relaxed practical style, during which you will have the opportunity to try out the skills on other members of the group. (There is no better way of learning than actually practising.)

We are confident that you will be motivated and stimulated by this learning experience and find it ideal for any self-development and personal knowledge

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

The Certificate course will provide you with the necessary knowledge and acquired skills to use hypnosis as a mean to improve:

Confidence and Self Esteem.

Manage and control weight related issues.

Break habits, such as smoking and nail biting.

The completion of the Certificate course builds a sound base of knowledge, from which its students can progress to the Diploma Course

The Certificate course will be held over 7 days.(weekdays and/or weekends.)

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

In addition to the above, each student will be required to undergo a personal one-to-one assessment.

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

On the successful completion of all supervisory assessment, together with 4 case studies, certificates will be issued to students reaching the required standard.

This *Certificate Foundation Course in Clinical Hypnosis*, offered by the New Horizons School has been Assessed and Validated at Foundation Level by The General Hypnotherapy Standards Council (UK).

Successful graduates are eligible for registration with The General Hypnotherapy Register (the GHSC's Registering Agency) at Affiliate Status.

A recommended reading list to enhance and assist with your studies will be supplied to each student.

Certificate Course.

Syllabus.

Day 1. Introduction to Hypnosis.

1. A History of Hypnosis.
2. What is Hypnosis – What it isn't.
3. The power of the mind.
4. Structure of basic hypnotic inductions.
5. Simple inductions – deepeners and awakening.
6. How to recognise when someone is in trance.
7. Trance states, the different levels of hypnotic trance.
8. Post-hypnotic suggestions & contra-indications.
9. Ethical standards for hypnotherapists.

Day 2. Hypnosis for making Positive Changes.

1. Re-cap from day 1 & questions.
2. Self hypnosis & progressive relaxation.
3. The hypnotic voice and voice training.
4. Eye fixation and tactile induction, re-cap.
5. Memory enhancement.
6. The importance of establishing rapport.
7. Mirroring – pacing – leading.
8. Laws of suggestion.
9. Confidence and ego strengthening.
10. Hypnotic script writing.

Day 3. Weight Management & Accessing information.

1. Re-cap from day 2 and questions.
2. The importance of positive thinking and confidence.
3. How to help change negative habits into positive behaviours.
4. Tactile induction.
5. Abreactions.
6. Creating and removing ideo-motor responses. (IMR)
7. The use of pinpointing forms to access information.
8. Weight control and its management.
9. Affirmations.

Day 4. Stop Smoking.

1. Re-cap from day 3 and questions.
2. Planning for stopping smoking and habit breaking.
3. Stop smoking scripts.
4. Direct suggestion.
5. Symptom substitution & symptom intensification.
6. Hypnotic phenomena – overview.

Day 5. Ericksonian Approach to Hypnosis.

1. Re-cap from day 4 and questions.
2. Communication & Listening skills.
3. Introduction to N.L.P.
4. Mirroring, pacing and leading.
5. Modality and style of induction.
6. Sleep Patterns
7. Insomnia
8. Case histories.

Day 6. Supervision and Revision.

1. Re-cap from day 5 and questions.
2. Review of all techniques learnt.
3. Assess, Treat and Educate the client as covered by N.O.S.
4. The work of the G.H.R.
5. The work of the Hypnotherapy Association.

Day 7. Assessment Day.

1. Individual assessments.
2. Practical assessments.
3. Review of course.
4. Certification awards.

Four case studies will be required to be completed and submitted for assessment and analysis before progressing onto the diploma course.

Course Details.

	<u>Hours Required.</u>	
Classroom/Supervision	Reading	Study
52	75	75

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 Certificate course, students are required to submit 4 case studies, preferably:

1 x Stop Smoking, 1 x Confidence, 1 x Weight loss/control,
1 x (free choice.)

Supervision and Revision Days.

This will be up to 6 hours and will be held at the end of the course.

Further Information.

Course material (Supplied.)

A comprehensive set of notes and instructions.

A ring binder complete with protective sleeves for notes.

A set of note dividers

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.

Who can attend our training courses?

Our courses are designed to appeal to a wide sector of people and from all walks of life. If you are planning to be involved in any situation where effective communication is involved you will find our courses invaluable.

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

Academic qualifications are not a prerequisite for entry.

If you are interested in Hypnosis for your own use or to help others, 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.

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
Certificate / Foundation Course.

Tamworth 2010

Venue: To be Confirmed.

Dates: To be Confirmed.

Times of course: 9.30 – 4.30

Cost of Investment:- £595.

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

The balance of the payment will be required before or on day 1 of the course.

Please complete and return the form below 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

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New Horizons School of Clinical Hypnotherapy.

Name:-

Address:-

Tel:-

Occupation:- Deposit sent:- £

Signed:-

Please make cheques payable to: ' New Horizons Hypnotherapy

New Horizons School of Clinical Hypnotherapy.

Prop: Richard Pearshouse. D. Hyp. D. Smc. NLP (MASC).
GHR. MHA. UKCHO reg.

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