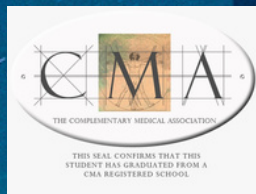


Tool Kit Retreat & Schedule





WELCOME

To the multi award-winning Northern College of Clinical Hypnotherapy (NCCH). Our courses are recognised in the UK, Europe, Asia and internationally. We provide a range of professional hypnotherapy courses and CPD. These courses are delivered in the classroom as well as online.

Amanda Joy

INTRODUCTION

Find out more about our Toolkit Retreat.

DAY ONE

Day one will guide you to find the perfect hypnotic induction technique for your clients.

We examine the seven main types of inductions, including rapid inductions from an Eriksonian perspective and an Elman perspective.

We will review the basics of hypnotic language and the power of suggestion therapy in creating confidence and calm-enhancing sessions.

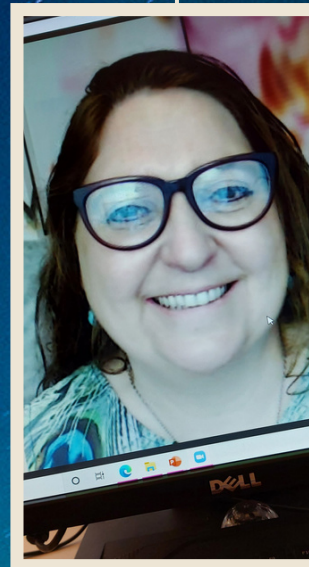
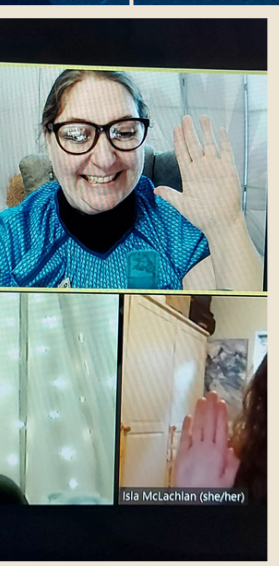
DAY TWO

Day two of the training programme shifts focus to bypassing the critical faculty and establishing communication with the subconscious, along with techniques for deepening trance levels.

Ideomotor Responses, Utilising finger movements or postural sways to communicate directly with the subconscious, facilitating exploration of underlying challenges and receptiveness to new behaviours.

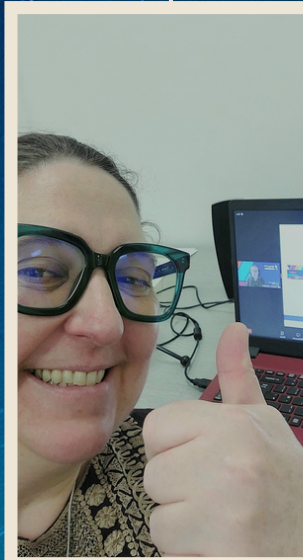
Inner Sanctuary Visualisation, Guiding clients to discover their inner sanctuary or safe place, particularly beneficial for addressing fears, phobias, anxiety, and PTSD, and conducive to group therapy settings.

Deepeners, Techniques to transition clients from light trance to deeper states, including numerical, natural phenomena, visual engagement, dissociative, and triggered or conditioned deepeners. The objective is to build confidence in guiding clients to somnambulistic and sleep state trance depths.



DAY THREE

Day 3 focuses on advanced techniques for subconscious communication. Compassionate inquiry, a somatic approach, aids clients in understanding their inner world and guides therapists in selecting appropriate therapy methods. It involves using submodalities and perspective shifts to connect with and modify the client's inner experiences. Additionally, it serves as both a consultation tool and an open-eye technique. The Arm Levitation Induction, a classic hypnosis method, involves the client's arm lifting seemingly by itself, deepening the hypnotic state. Psychiatrist Milton Erickson refined this approach into a utilisation method, emphasising indirect hypnotic skills. This approach, based on Erickson's methods, and includes practicing indirect inductions and deepening techniques.



DAY FOUR

Day four equips us with tools to address fears and trauma. Given clients may have experienced multiple traumas, a generic clearance technique proves beneficial, also my preferred stress relief clearance technique, the balloon job. We explore and practise age regression finding and harnessing resourceful states and age progression, guiding clients forward in time to resourceful knowledge. As in trance there is no perception of time, we look at techniques to speed up and slow down the experience of time.

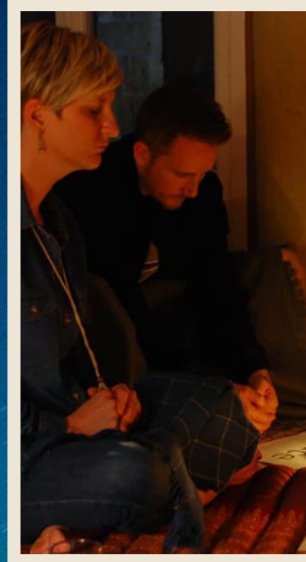
DAY FIVE

Day five focuses on behaviour modification. The New Behaviour Generator facilitates behaviour adaptation or change through targeted questioning and submodalities. It's a versatile strategy for eliciting desired states or behaviours in clients. The Fork in the Road technique combines aversion therapy with benefit selling to align the subconscious with change. By selling motivation to the inner mind and child, the Benefits Approach leverages imagination and emotion to connect with desired outcomes. The 3-Step Rewind is a brief yet effective intervention for relieving the impact of traumatic experiences, benefiting clients dealing with PTSD, phobias, fears, and negative experiences.



DAY SIX

Day six Participants will delve into advanced hypnotherapy techniques, exploring anchoring methods to regulate emotional states. Diverse state change techniques will be covered, facilitating profound transformations through altered consciousness. Emphasis will be placed on metaphor creation as a powerful tool for subconscious communication, fostering personalised shifts in perception and behavior. The day will also focus on managing other hypnotic phenomena for a safe therapeutic environment. Additional techniques like the Scrambling technique for behaviour change and the 3-step rewind for eliminating fears and phobias will be practiced, enriching your ability to facilitate positive change effectively.



DAY SEVEN

This dedicated day of pain management mastery hypnosis immerses participants in techniques for addressing emotional and physical pain. The SYSTEM protocol is reviewed for effective pain management consultations and objective setting. The Control Room Technique aids in managing emotional discomfort by accessing internal resources. The Inner Pharmacy technique utilises the body's natural pain-relieving mechanisms. The Arrow Technique guides in identifying and releasing sources of pain through visualisation. Lastly, the STEPS approach integrates physical and emotional aspects of pain management. You'll gain a deeper understanding of pain management and holistic healing, learning metaphors for emotional and physical discomfort relief.



DAY EIGHT

Day eight delves deeper into behaviour change techniques, focusing on connecting with different aspects of the self, particularly employing ideas of the higher self and the wisdom within the subconscious, where solutions reside. The six-step reframe is explored alongside techniques for life balance. The polarity exercise challenges unhelpful beliefs while promoting harmony and balance in daily life.

LOCATION

To be confirmed



The
NORTHERN COLLEGE *of*
CLINICAL HYPNOTHERAPY

INTRODUCTION

This course offers current students and graduates the opportunity to re-visit, refresh or raise their knowledge of the basic tools we use every day in the therapy room.

It's also an opportunity for our eLearning students to take the first step to upgrade their Practitioner Diploma to a CNHC and BSCH Accredited Practitioner Diploma.

Each day offers immersive practice sessions from the Foundation Module to Module Five of our Diploma in Clinical Hypnotherapy. This retreat is for all students and graduates wishing to enhance their practice skills.

By the end of the eight intensive days, you will have acquired extensive experiential learning and feel more confident to deliver hypnotherapy tools within your private clinical practise.

For those seeking CNHC and BSCH membership, perhaps those who desire to work in private medical clinics, alongside medical and/or dental professionals, or within an NHS setting, our retreats will provide all you require.

Our Tool Kit retreat is delivered over eight days and will provide you with 50% of the required practice hours to gain the memberships for medical and dental clinical practise.

The entire toolkit retreat is 60 hours of practice session time. The days will consist of a review of the theory and delivery, lots of practice sessions, and an intense focus on working with the techniques you have learned in the first six modules of our diploma course.

Day One

Day one of the training programme focuses on helping you discover the ideal hypnotic induction technique for your client. The session covers the seven main types of inductions, including insights into rapid inductions from both Ericsonian and Elman perspectives. Alongside, it delves into the fundamentals of hypnotic language and the potency of suggestion therapy in fostering confidence and facilitating serene sessions. Here's a concise overview of the inductions practised on the day.

Gazing Induction (James Braid)

Fractional Relaxation/Progressive Muscle Relaxation (PMR)

Mental Confusion

Mental Misdirection

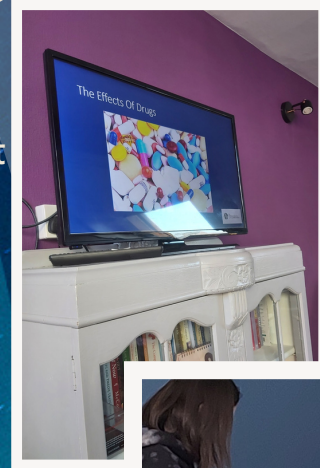
Loss of Equilibrium

Rapid Inductions

Suggestion-Induced Induction (Dave Elman inspired Methods)

VAK and ABS

Inductions suitable for neurodiverse clients
inductions for stressed clients



DAY ONE

time	Learning Objectives
10	VAK/ABS
11	Mental Confusion
12	Mental Misdirection
2	Eriksonian Rapid inductions
3	Elman Rapid Inductions
4	Inductions for Neurodiverse clients
5	Autogenic relaxation

Day two

On day two our focus will be on bypassing the critical faculty and methods for communication with the subconscious in addition to deepening trance levels.

Ideomotor responses enable us to communicate directly with the subconscious mind.

Traditionally we use finger movement we can also use a postural sway. This enables you to get to the root of the client's challenges and find out if the subconscious is willing to put any new behaviours into place.

Guiding your clients to find their inner sanctuary, their special place, can be life-changing. Vital when working with fears, phobias, anxiety, and PTSD and is fantastic in group therapy sessions.

It's the deepeners' job to take someone from being in a light trance to a deeper trance depth.

We will look at numerical deepeners, natural phenomena deepeners, visual engagement deepeners, dissociative deepeners, and triggered or conditioned deepeners with the objective being to become confident in guiding our clients to somnambulistic and sleep state trance depths.



DAY TWO

time	Learning Objectives
10	IMS
11	Subconscious Communication
1	Special Place technique
2	Deepeners
3	Heavy Arm Deepener...and other convincers
4	Imagination Overt test and Esdaile
5	fractionation & relaxed body and mind

Day Three

Compassionate inquiry is a somatic-based approach that can guide the client to understand their inner world, and the therapist to select the best approach to therapy. The therapist uses submodalities and perspective change techniques to connect with, understand, and modify the client's inner world.

This is a fantastic consultation tool as well as an open-eye technique.



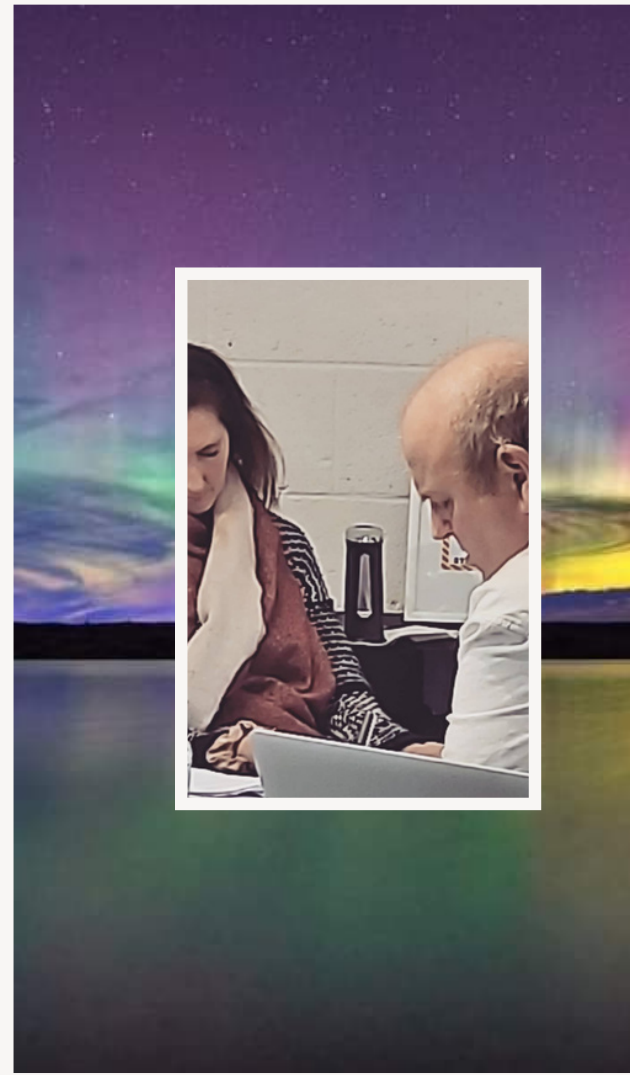
One of the most classic hypnosis inductions is the Arm Levitation Induction. This class of induction has been used by most hypnotherapists over time and the idea is that as the client's arm raises into the air (seemingly by itself) the client goes deeper into hypnosis. American psychiatrist Milton Erickson refined the technique by applying his "indirect" hypnotic skills and developed it into a utilisation approach, and it is Erickson's approach that I have been teaching for the past 25 years. We will be practicing indirect inductions and deepeners

DAY THREE

time	Learning Objectives
10	Compassionate enquiry
11	Taking a consultation
12	Indirect inductions
1	Indirect deepeners
2	Arm levitation
3	Elman-Turner Induction/Deepening Technique
4	Ideo motor signals
5	Surprise Cataleptic Induction

Day Four

Day four equips us with tools to address fears and trauma, providing essential tools for navigating complex client histories. With multiple traumas often present, a versatile clearance technique, including the effective "balloon job," proves invaluable for stress relief. We dive deeper into age regression, skilfully uncovering and leveraging resourceful states. Exploring age progression, guiding clients toward future states of wisdom and resilience. Given the timeless nature of trance, we also examine techniques to manipulate the perception of time, enabling us to accelerate or decelerate the therapeutic journey and distort real time when needed.



Pseudo orientation in time and future pacing helps your client imagine a more positive future. Clients stuck in a particular unhelpful mindset or physical state may struggle to imagine a life free of that difficulty. Using this technique we get clarification on objectives, open the door of unlimited possibilities and harvest positive emotions. It's also useful to clarify change that has occurred as a result of therapeutic intervention.

DAY FOUR

time	Learning Objectives
10	Clearance techniques
11	Balloon Job
12	Time Distortion
2	Future Pacing
3	Pseudo orientation in time
4	Timeline regression
5	Timeline progression



DAY FIVE

The New behavior generator is based on the power of Parts. It's a strategy that brings about adaption, modification, or behavior change. We use specific questioning and submodalities to find the desired resourceful state or behavior and then move our client toward that new behavior. A multi-use tool for establishing change.

Fork in the road technique incorporates the use of aversion therapy in combination with selling the benefits the leap between the two polar experiences causes the subconscious to align with the desired change.

The benefits approach sells motivation to the inner mind and the inner child, often the part of us that resists change. It incorporates imagination and strong emotions connecting with desires and dreams of the benefits and the outcomes of changes made.

The 3 step rewind is a breif intervention that relieves the impact of a traumatic experience. Useful for PTSD, phobias, fears and known about negative expeinces.

DAY FIVE

time	Learning Objectives
10	New Behaviour Generator
11	Fork in the Road
12	The Benefits Approach
2	3 Step Rewind
3	3 Step Rewind
4	The Watkins effect bridge.
5	The Watkins effect bridge.



DAY SIX

Throughout the day, participants will engage in a comprehensive exploration of advanced hypnotherapy techniques. Anchoring methods will be examined, enabling practitioners to elicit and regulate specific emotional states in clients. State change techniques will encompass diverse approaches for inducing altered consciousness, facilitating profound levels of transformation.

Metaphor creation will be emphasized as a potent tool for subconscious communication, allowing practitioners to address client needs through evocative storytelling. Attendees will learn to craft personalized metaphors tailored to individual clients, fostering significant shifts in perception and behavior.

Moreover, the day will encompass the art of managing abreaction and other hypnotic phenomena, ensuring a safe therapeutic environment for clients. Additional techniques such as the Scrambling technique for behavior change and the 3-step rewind for eliminating fears and phobias will be introduced, further enhancing participants' skill set in facilitating positive change.

DAY SIX

time	Learning Objectives
10	Anchoring & Collapsing Anchors
11	Scrambling Technique
12	Setting Anchors in trance
2	Metaphors
3	More metaphors
4	Mobile phone Technique
5	Mobile phone Technique



DAY SEVEN

This dedicated day of pain management mastery hypnosis offers participants an immersive experience in learning techniques that address both emotional and physical pain. We will review the SYSTEM protocol for effective pain management consultations and objective setting.

The Control Room Technique, insight into managing emotional discomfort by accessing internal resources. The Inner Pharmacy technique introduces methods for utilizing the body's natural pain-relieving mechanisms to alleviate physical discomfort. The Arrow Technique guides participants in identifying and releasing sources of pain through visualization and intention. Finally, the STEPS approach provides a comprehensive framework for addressing pain, integrating both physical and emotional aspects. By the end of the day, participants will have a deeper understanding of how to effectively manage pain and promote holistic healing in themselves and their clients and have learned a range of metaphors for deep emotional and physical discomfort relief.

DAY SEVEN

time	Learning Objectives
10	SYSTEM protocol
11	Control Room Technique
12	Inner Pharmacy
2	The Arrow Technique
3	Glove anaesthesia
4	STEPS & NUMB
5	Disassociation & Out of body techniques

DAY EIGHT



Day eight of our immersive learning journey delves even further into the intricate world of behaviour change techniques, placing a profound emphasis on forging connections with the multifaceted aspects of the self. Participants are encouraged to explore the realms of the higher self and the vast reservoir of wisdom housed within the subconscious mind, where transformative solutions quietly await discovery.

Throughout the day, the six-step reframe technique is meticulously dissected, offering you a comprehensive understanding of its application in reframing perspectives and catalysing positive behavioural shifts. In addition to this, you will practise techniques aimed at fostering life balance and harmony.

You'll use the polarity exercise, a dynamic tool designed to challenge deeply ingrained and often limiting beliefs. Techniques that pave the way for a more harmonious and balanced existence in their daily lives.

By immersing ourselves in these advanced techniques and insights, we not only expand our therapeutic toolkit but also deepen our understanding of the transformative potential inherent within each of us.

DAY EIGHT

time	Learning Objectives
10	Body Talk and Primal imaging
11	Swish Pattern
12	The special meeting
2	Meet the higher self
3	Six step reframe
4	Apposition of opposites
5	Polarity exercise



Location

Step into a world where learning transcends the digital realm and embraces the beauty of face-to-face interaction.

Our learning retreats offer a unique opportunity to immerse yourself fully in the practice of hypnotherapy techniques amidst stunning natural settings.

Unlike our online options, our retreats bring a tangible sense of retreat, carefully curated in gorgeous locations.

Picture yourself nestled amidst serene landscapes, where the gentle rustle of leaves and the soft caress of the breeze become your backdrop for learning.

We choose breathtaking locations, each retreat promises a genuine retreat experience, fostering deeper connections with both the practice and fellow participants.

Come, join us, and embark on a transformative journey where learning meets tranquility, and growth blossoms in harmony with nature.

