



*The*  
NORTHERN COLLEGE *of*  
CLINICAL HYPNOTHERAPY

THE NORTHERN COLLEGE OF CLINICAL HYPNOTHERAPY

*PROSPECTUS*

# INTRODUCTION

## AMANDA JOY & THE NCCH



Welcome to the Northern College of Clinical Hypnotherapy.

I am Amanda Joy the Director of Studies at the Northern College of Clinical Hypnotherapy I am delighted that you are considering becoming a Clinical Hypnotherapist at The NCCH.

At The NCCH we provide friendly, professional, Clinical Hypnotherapy training, Supervision, and Continuing Professional Development.

We not only help you to become an outstanding therapist. We aim to support you to unleash your potential, providing you with support and resources as well as career that gives you a whole new world of freedom, meaning, and abundance.

We are currently on the crest of a wave, where modern clinical hypnosis, once a mystical and magical power, is becoming more and more acceptable to our society, and with the current climate it's essential we have well-qualified therapists available to support the multitude of people with mental wellbeing challenges.

At the NCCH we offer a pay as you go payment scheme for training. We recognise that some of the best therapists have had many challenges in their lives including financial difficulties.

I love to chat with all new students, perhaps we can arrange to have a chat on the phone or via zoom.

You can call me on my mobile [07958578464](tel:07958578464), or you can book a call or zoom call here:

[CLICK TO BOOK A CALL](#)

# OUR CORE VALUES & BELIEFS

*Be a bright light in your community*



We believe that people are inherently capable, aspire to greatness and have the power, inner wisdom, and knowledge to find solutions to life's challenges.



We believe that Hypnotherapy is a powerful transformational tool, it deeply heals and removes limitations that may be preventing individuals from having a full and abundant life.



We believe that great Hypnotherapists guide their clients to unleash their passion, talent and move them towards their goals.



We are passionate about our training content; we continually update it as new information and research is published. We strive to be models of the principles we practise and teach.



We value each student respecting the whole person, our success comes only with the successes of our students.



We believe in creating altruistic businesses, collaboration, community, learning from and raising each other up.



We recognise the value and importance of supervision. All our students are offered one to one sessions of supervision while training with us and we continue to offer this support after graduation too.

# OUR TEAM

We have a fantastic team of Clinical Hypnotherapy Tutors at the NCCH.

Bright lights in their own communities, all have years of experience in successful private practice as well as having completed our tutor training qualification. Most have trained to advanced practitioner level and are all qualified supervisors of clinical hypnotherapy too.

As new research is published and our knowledge about the mind is growing Amanda Joy our Director of Studies keeps our resources and training programmes up to date.



**AMANDA JOY**

Director of Studies, South  
Tyneside Based Hybrid Tutor

[LEARN MORE >](#)



**PATTI HEMMINGS**

Hybrid & Yorkshire  
Based Tutor

[LEARN MORE >](#)



**IAN MCCLUMPHA**

Hybrid & Midlands  
Based Tutor

[LEARN MORE >](#)



**ALI DUFF**

Hybrid & Isle of Man  
Based Tutor

[LEARN MORE >](#)



**SARAH REDDAN**

Live Online & South  
Coast Tutor

[LEARN MORE >](#)



**JAY ARNOTT**

Hybrid & North East  
Based Tutor

[LEARN MORE >](#)



**LISA VICCARS**

Live Online & Teesside  
Based Tutor

[LEARN MORE >](#)



**EMMA LEWIS**

Hybrid Tutor

[LEARN MORE >](#)

# Amanda Joy

Director of Studies, South  
Tyneside Based Hybrid Tutor.



[Watch Amanda's Welcome Video](#)

For over 20 years now, I have worked as a therapist. I have had the opportunity to explore the magic, the power and potential of the human mind. Even to the extent that even now, I am amazed and even shocked at some of the wonderful changes I have witnessed in people.

Welcome to my passion; allow me to present you with a gift, a gift that no one can ever take away from you.

Expect nothing from me but passion, expect a life changing experience, expect fun. All I expect from you is an open mind, patience, a willingness to learn and a genuine desire to help others.

We are currently on the crest of a wave, where modern clinical hypnosis, once a mystical and magical power, is becoming more and more acceptable to our society. Mainly due to technological advancement within the medical industry, hypnosis has now been transformed from a mystical art to a scientific phenomenon.

Ask questions, question yourself, open your mind to new and exciting ideas and ways of life. But most of all unleash your own potential, open the barriers that restrict you, and take this opportunity to learn from my experiences and mistakes.

Don't be afraid to love another person that may be all s/he is lacking. Work from your heart and be forgiving, passionate and empathic.

Step into the wonderful world of clinical hypnotherapy, unleash your potential and be a beacon of light in your communities.



CONNECT WITH  
AMANDA



[BACK TO TEAM OVERVIEW](#)

# Patti Hemmings

Hybrid & Yorkshire Based Tutor



[▶ Watch Patti's Welcome Video](#)

Having initially embarked on training to be a Physiotherapist in 1991, I realised I had a great passion to help people improve their health and well-being.

During the nineties my youngest daughter developed Asthma and for 4 years she was off school for prolonged periods. To help relieve Natasha's asthma symptoms I took her to see a TCM Acupuncturist (Natasha was 9 at the time) and to my amazement her asthma symptoms started to resolve. I was so impressed with the results of Natasha's treatments that I gave up my full-time job and started my journey as a Complementary therapist.

In December 1999 I set-up full time as a Complementary therapist in Bingley, West Yorkshire. In those early years I offered Aromatherapy massage and Reflexology treatments whilst I was training to be a Traditional Chinese Medicine Acupuncturist. After qualifying I became more and more aware of the impact of stress on my client's health. I found I was often treating the physical & psychological symptoms of anxiety and stress such as poor sleep, chronic muscle tension, chronic worrying, irritable bowel syndrome, low mood, pre-menstrual symptoms, headaches, fatigue this led me to develop a special interest in offering help to individuals that's mental health was suffering. Therefore, after many years of working with clients as a Complementary therapist I decided to train as a Clinical Hypnotherapist and more recently as a Counsellor.

I love how Hypnotherapy can support clients to feel and act differently, enjoy their lives more and be more confident, happier and have more meaningful relationships with others. I specialise in Anxiety and Stress Management and I would say that over 80 to 85 percent of my private practice clients come for support to help with anxiety or poor mental health.

I also do voluntary work at Harrogate district hospital's Sir Robert Ogden Macmillan centre offering Acupuncture to patients (I am hoping in the future to offer Hypnotherapy) that are experiencing side effects from Chemotherapy or Radiotherapy treatment.

I have been teaching since September 2005 and I love sharing my knowledge and experience with others offering support and encouragement.

I have a wealth of experience of teaching not only Hypnotherapy but Pilates, Yoga, First Aid Training courses to a wide audience. I have taught in a women's prison, for the NHS, for commercial & public organisations and community groups.

I bring enthusiasm and a caring supportive approach to my teaching and my therapy work.

I am mildly dyslexic so I understand that we all have different ways of learning, different strengths and weaknesses and my aim is to support each individual so they can enjoy the experience of learning and fulfilling their potential.

I have 2 beautiful grown up daughters (who live in London & Sydney) and an adorable cockapoo dog called Harley and I enjoy yoga, tennis, walking & dancing.



CONNECT WITH  
PATTI



[BACK TO TEAM OVERVIEW](#)

# Ian McClumpha

Hybrid & Midlands Based Tutor



 Watch Ian's Welcome Video

Hello I'm Ian, based near Leicester and I teach online and in-person at the NCCH.

I was a police officer for 26 years, having to retire due to a neck injury sustained on duty. That injury, over time, created chronic pain throughout my body leading to mild depression. Pretty much every day was a struggle for me.

I became a therapist by chance when one day I had an EMMETT Technique treatment (a light touch acupressure style therapy). This treatment was amazing and changed my life, reducing pain, stress and rebalancing my body.

Within a couple of years I had qualified in the EMMETT technique on horses, humans and dogs. As I became more and more fascinated with the power of alternative treatments on the body I added Scar Tissue Treatment, specialist EMMETT technique pelvic care, Lymphatic treatments, Emotional Freedom Technique and Zen Shiatsu to my skill set.

For me Clinical Hypnotherapy was now the missing piece of the jigsaw. I had come to recognise and truly appreciate the mind-body connection that seems to be lacking in many traditional Western style treatments. The mind controls everything we do; our behaviour, fears, phobias, habits, addictions and, of course, the pressure of modern life that reflects back in our physical body.

I further specialised in the use of the latest Clinical Virtual Reality therapy. This immersion in the virtual world is fantastic for relaxation or addressing fears and phobias, and is a great addition to the hypnotherapy side of my business.

I like to introduce people to the power of the mind and body; how it is capable of healing itself. We need to commit to removing the label attached to our specific issue and understand how we can improve when we have a balanced mind and body.



CONNECT WITH  
IAN



[BACK TO TEAM OVERVIEW](#)

# Ali Marie-Duff

Hybrid & Isle of Man Based  
Tutor



 Watch Ali's Welcome Video

My name is Ali Duff I teach in-person and online at the NCCH.

I am a fully qualified Clinical Hypnotherapist with over thirty years' experience working within the mental health field.

To give you some background about my experience I set up my own successful Hypnotherapy Practice on the Isle of Man some 13 years ago now having trained with Innervisions School of Clinical Hypnotherapy.

I began to offer sessions for a wide variety of conditions ranging from sleep issues, weight control, stress/anxiety, phobia's, smoking cessation, pain management, past life regression and many more issues also.

Over the years as my practice developed, I specialised in providing support for young people's mental health issues, ranging from anxiety issues right through to school phobia and eating issues.

However, I also work with many adults for a wide range of issues, (and also offer psycho education and coaching sessions regards neuro-developmental issues such as Autism and ADHD).

I trained as a Hypnotherapy teacher with Innervisions in 2018 and have many years teaching experience within the NHS also. I'm excited about the opportunity to be instrumental in facilitating the development of the next few generations of clinical hypnotherapists via this course!

P.S Hypno is wonderful! And it will change your life for the better.



CONNECT WITH  
ALI



[BACK TO TEAM OVERVIEW](#)

# Sarah Reddan

Live Online & South Coast Tutor



 Watch Sarah's Welcome Video

Hello, I am Sarah Reddan, Therapeutic Coach and Trainer at The NCCH. I teach Online and In-Person.

From an early age I've been fascinated by people, the way we interact, the way we think and the reason we do the things we do. I've always been somebody that people seek out to speak to.

Even as a teenager working on a supermarket checkout, I'd have regular customers who would come and have an intimate chat when they did the weekly shop.

I have trained in various talking and body therapies, I love both the 'woo' and more traditional talking therapies and use a holistic approach in my work. I absolutely adore adding to my learning and using the knowledge, experience & information I've gathered over a lifetime to pass on skills and knowledge to other as I support them on their own journey.

I host Conversations with Sarah, a weekly wellness podcast sharing knowledge, stories of hope, inspiration, and awareness of therapies that support wellness & self-care. It allows me to have wonderful conversations & hopefully inspire others to be able to tap into services that will be of support to them.

What I love about hypnotherapy is that it flips the switch on ways of thinking we may not have even realised we have, it supports us in creating the changes we want in life. I have used it personally and with clients to overcome phobias, support a self-care journey and create a mindset that supports building an aligned business.

We all have an untapped possibility that Hypnotherapy can support us in accessing and excelling in whatever we choose to do.

I am so excited to be a part of The Northern College of Clinical Hypnotherapy and can't wait to work with you to support you in your learning and your journey to the practitioner you wish to be.



CONNECT WITH SARAH



[BACK TO TEAM OVERVIEW](#)

# Jay Arnott

Hybrid & North East Based  
Tutor



 Watch Jay's Welcome Video

Hello, I'm Jay, an experienced, qualified, clinical hypnotherapist, (ITA) certified NLP trainer and former outdoor sports coach offering unique mindset approaches to help eliminate anxiety and enhance their performance.

I have a serious interest in all forms of training and coaching, online, groupwork, and seminars. Having begun my careers as an outdoor development trainer in the 1990s working with youth at risk and it was in these contexts that I first attained a curiosity for Hypnosis after studying Neuro Linguistic Programming (NLP), I trained directly with the co-founder of NLP, John Grinder to become a licensed trainer and later got certified in other 'less common' protocols that help people remove their mindset blocks fast.

Hypnotherapy is at the very heart of my work and although I apply many different tools, the structure of my process is quite similar for most emotional, psychogoical challenges and mindset blocks and it matters not whether you are preparing for a public speech, a test, a performance, driving test, a flight abroad, overcoming social anxiety, or preparing to market or present yourself in a digital age

I'm really looking forward to helping you get the most from your course and hope that you too will be excited to learn from a professional not only has been there, burnt the t-shirt but, more importantly, has your best interests at heart.



CONNECT WITH  
JAY

[BACK TO TEAM OVERVIEW](#)

# Lisa Viccars

Live Online & Teesside Based  
Tutor



 Watch Lisa's Welcome Video

My name is Lisa Viccars and I am very proud to be part of the Northern College of Clinical Hypnotherapy. I am so looking forward to facilitating your learning on this journey to an amazing profession.

Hypnotherapy is an effective and fascinating therapy to overcome self-limiting beliefs, phobias and trauma. I love how it can also be used to enhance talent and discipline through sports performance and assisting with focus and motivation. The positives of hypnotherapy really are limitless.

A little bit about me...

I love caffeine and life. My attitude is gratitude. I have always searched out different ways to tackle the problems that life inevitably throws at us. I love to get out in nature. Sunset/sunrise walks at the beach and forest walks in summer are my perfect days.

Alternative therapies are something that have been a part of my tool kit for as long as I can remember. Healing and helping people is something I have always tried to do.

Fast forward a small amount of years and I am a hypnotherapist, EFT practitioner, meditation teacher, children's wellbeing teacher and mnemodynamic therapist who is committed to assisting people to reprogram their subconscious and achieve the very best of results for themselves.

I am an energy healer working with reiki, seichem and cartouche energies. I'm obsessed with crystals, essential oils and tea. I love to use EFT alongside hypnotherapy as I think it is an excellent tool, that the client can repeat at home, with immediate results.



CONNECT WITH  
LISA



[BACK TO TEAM OVERVIEW](#)

# Emma Lewis



Watch Emma's Welcome Video

My name is Emma and I'm the woman, driving force, dreamer behind body mind align hypnotherapy and a Hybrid Tutor in The North East.

My background started in holistic therapies back when I was 17. Treating the body as a whole and understanding everything has a deeper connection really blew my mind.

I loved it so much I went into teaching advanced aromatherapy & massage therapy!

Part of that was revisiting my favourite subject: anatomy & physiology. I got the bug and wanted to further in that field so went into sports physiology specialising in rehabilitation.

I could see most of the time when my clients were back to good physical health and full mobility there was still a blockage, it was the mental hurdle of getting back without fear of reinjury or a new low self esteem hurdle. Plus I'd naturally niched my massage clients to chronic pain management, pre and post op that I was seeing the same mental hurdles in.

I hit the pause button for a good few years career wise. I moved location, my whole life changed. I had my own hurdles to conquer and starting back up doing what I love was daunting to say the least, my self esteem was shot which showed up in many different ways (& I knew it!) - The body keeps score and what I was feeling or avoiding mentally was showing physically, that was time for me to look at fixing myself.

After ALOT of research I chose hypnotherapy to tackle the task. It actually got to the root cause and not just treated the symptoms!

It was amazing, it not only worked but I was actually motivated again to get back.

This was my light bulb moment when I knew Clinical Hypnotherapy was the key to all my previous clients hurdles too.

So with that, I made the decision to extend my knowledge base and added Clinical Hypnotherapy to be able to help the mind and body connection.



CONNECT WITH  
EMMA



[BACK TO TEAM OVERVIEW](#)

# SUPPORT, SUPERVISION & CPD

*For students, graduates and therapists.*

In addition to our trainers, we offer continuing professional development from the best. Enabling our graduates to excel in specialist areas or go onto complete advance training.

We offer a range of extracurricular support for your business including business coaching with Coach Clem.

Clem's vision of coaching is to provide guidance, support and structure. She will adapt and meet you where you are at, and help you get where you want to be.

Coaching provides a reflective supportive space so that you can get unstuck, overcome obstacles and get perspective in order to plan and achieve your goals.

It's ok to need help at some point!

Whether you are starting from scratch or have already started your business. They are major steps and huge changes in your life requiring time, energy, skills and motivation. Business Coaching is the best way we know to ensure your success.



**Hypno Geeks Episode 7**  
with Coach Clem



Check out our hypno Geeks  
podcast with Coach Clem



**Coach Clem**  
Welcome Video



Watch Now

[FIND ALL OUR CPD PROVIDERS & TRAINERS HERE](#)

## SPECIALIST TRAINING *and eLearning*

Our eLearning offers Graduates and other qualified Clinical Hypnotherapists the opportunity to add to their knowledge and gain the annual CPD requirements learning from the best.

Among our eLearning we have specialist training and master classes in a massive range of subjects, and we are honoured to offer Roy Hunters courses. You can complete Roy's one day training course in Spiritual Hypnosis, his Spirit Trek Protocol, his two-day Parts Therapy workshop and his two-day Regression Therapy workshop all online. We also have his 'A miracle on demand' course, a transcript of this historical session appears in his book, *The Art Of Hypnotherapy*. We have his Hypnotic inductions course and his class on 'The Benefits Approach' an approach that helps people with habit control and motivation.

You can access these courses and more via our eLearning store.

[VISIT THE ELEARNING STORE](#)

# THE SYLLABUS

## *The Foundation Course*

### Module One



This is an opportunity to dip your toe in the water to see if our training is right for you. On completion of this course, you will have achieved 14 hours of CPD and will gain a Foundation Certificate in Clinical Hypnotherapy.

This is an accredited Foundation in Clinical Hypnotherapy with The Complementary Medical Association and enables you to gain membership with them.

In addition, you can again Student membership with The International Hypnotherapy Association. Although just an introductory course you are able to gain insurance to practice, enabling supported practise sessions whilst training. This option is open to all who stay on to compete our Practitioner Level Diploma in Clinical Hypnotherapy.

On our Foundation course you'll complete 14 hours of synchronized learning and or classroom time, including 5 hours of supervised practice, 40 hours of self-directed-study and 1 hour of supervision.

On completion of the Foundation Course Students will have an understanding of:

- The history and principles of different approaches and their application in today's therapy practice. The Pioneers of hypnosis and their different approaches? Franz Mesmer, Richard Bandler, Ph. D, John Grinder, Ph.D. James Braid, James Esdaile, Emilee Coue, Sigmund Freud, Milton Erickson, the relationship between approaches and the development of hypnotherapy over time.
- The Contraindications of Hypnotherapy, who they can work with now who they can't work with until they have had further training and who they must never work with. Communication and collaboration with other health care professionals, referrals, and connection with General practitioners.
- Emile Coue's three laws of suggestion and direct and indirect suggestions. Milton Erickson's indirect suggestion and the illusion of control. The ways all human beings go into trance daily. The functions and characteristics of the unconscious and subconscious mind. The main functions of the conscious part of the mind. The ten basic presuppositions of Hypnotherapy and the 13 in NLP.
- The unique client, an introduction to working with individuals, working with analytical clients, authoritarian and pervasive clients.
- The difference between consent and assent, the importance of consent. The importance of good rapport and nonverbal cues. The hypnotherapist client relationship. How to gain and break rapport. How we know our clients are in trance signs of trance and suggestibility tests. Barriers to successful therapy.
- The use of formal and informal trance induction. VAK and ABS trance inductions, gazing inductions, self-hypnosis, and the installation of self-hypnosis as a part of the therapeutic intervention.
- How to deepen trance using the PMR and ABS theories. How to safely put someone into trance deepen their trance using PMR and Autogenic relaxation.
- An overview of Elman and the theories of deep state trance, trance depths, somnambulistic and sleep state trance. Confidence building suggestion therapy. How to waken or re-alert a client from trance state safely.
- How the diploma course works, audios, videos, resources, teaching weekends, self-study expectations and case studies. How to gain accreditation, insurance, professional practice codes of conduct and the Colleges code of conduct and ethics. How assessment works and the process of submission of assessed work.

# THE SYLLABUS

## *The Practitioner Diploma* Module Two



14 hours of synchronized learning including 7 hours of supervised practice and demonstration of 40 hours of self-study.

After completion of Module 2 students will have an understanding of:

- The brain waves involved with hypnosis, the entrainment principle and synchronicity, and the benefits of using music in the therapy room.
- Students review the VAK induction process and learn how to deepen trance to the level of sleep hypnosis. The Elman induction, rapid inductions and the seven main methodologies or ways to induce trance and multiple suggestibility tests.
- They'll be introduced to compassionate enquiry and motivational interviewing techniques learning how to take a consultation and client history. Students will have an awareness of the potential barriers to therapy.

- They'll learn how to communicate with the subconscious using Ideo Motor signaling (IMS), recognise subconscious responses and set up IMS.
- Students will have an introduction to dowsing. Learn how to set up a sanctuary space or use a special place technique. Will gain knowledge and have discussion on a variety of trance deepening techniques and metaphors. Students will discuss the use of convincers and arm levitation as an induction or deepener.
- We will address how to work with clients who have an abreaction and enable students to support clients through this if working in person face to face or if working online. Students will carry out supervised practice sessions and complete assessments.



# THE SYLLABUS

## *The Practitioner Diploma*

### Module Three

Students will attend 14 hours of synchronised learning including 7 hours of supervised practice and are required to evidence 40 hours of self-directed study.

On completion of module 3 students will have an understanding of:

- How to work with the unique client using suggestion therapy, students will learn how to deliver good suggestion therapy using multiple methods of suggestion formation. They will be able to formulate and use hypnotic suggestions, direct and indirect suggestions, contingent suggestions, embedded commands, post hypnotic suggestions.
- Students will gain further practice of hypnotic trance inductions and deepeners with a focus on rapid inductions.
- Students will learn how to anchor the trance state, how to incorporate anchoring in one-to-one sessions and in group sessions. How to access resourceful states, set and calibrate well for creating beneficial anchors with sound, touch, smell, movement, and sight.

- Setting helpful, positive anchors and collapsing non resourceful anchors, techniques to harvest positive emotions, and establishing strong resourceful states.
- The basic procedure for a first therapy session, reviewing the consultation process and discussions on how to select the appropriate tools and techniques to use.
- Special place or sanctuary space and the therapeutic benefits of having a sanctuary within the mind when working. How to use metaphor, examples of metaphor, embedded metaphor and visualisation techniques.
- An introduction to theories of memory and working memory. Students learn how to work using memory regression and revivification, hypermnesia, age regression, timeline regression, and are introduced to The Watkins effect bridge of time.
- Students learn about the benefits and drawbacks of experience retrieval and when it is not advised to be used. We discuss theories of false memories and how to work with regression, avoiding the creation of pseudomemories. Students will be introduced to the use of clean language and experience demonstrations and engage in supervised practice sessions.

- Students will be introduced to the concept of mindfulness and working in the now and how this can be incorporated into sessions and be useful aftercare.
- Students will discover how to use clearance techniques and its multiple benefits. They are required to complete case studies and assessments that demonstrate understanding.



# THE SYLLABUS

## *The Practitioner Diploma*

### Module Four

This module includes 14 hours of synchronized learning and includes 5 hours of supervised practice and 40 hours of self-directed-study time.

In this module we focus on the power of language. What normalisations are and how to use them in sentences, how to use predicates and how these relate to the sensory system.

We examine the practicalities and discuss how to create a therapeutic space, hold that space and break rapport when ending a session.

Students will gain a working knowledge of open eye hypnosis and how to choose the best language to communicate with the client and their subconscious mind throughout the session even when trance work is not appropriate.

In this module we look at how to envision their hypnotherapy business and we incorporate techniques to help create a vision, get a clear vision of their business. We look at rehearsal techniques and future pacing, confidence, and motivation building techniques and habit changing to empower clients and themselves in their lives or business.

We discuss how to market their business, the route to marketing and things that work when marketing, incorporating what we know about NLP and communication with our clients.

We examine a business model of vision, architect, and build. We explore applications and technology that we can use to enhance our practice and our marketing. We look at the key characteristics of entrepreneurialship and how to be enterprising. How to use what others have done to inspire and create a mental mind map that can be created and techniques to help ourselves and our clients reach success.

We examine what it means to be a success and we apply our knowledge to these characteristics. How to develop an action plan, using SMART objectives and how these tools can be transferred and used with our clients to measure success in therapeutic interventions.

The route to marketing and different ways to make an abundant living whilst helping others. We look at how to create a financial forecast, how to be remarkable and stand out from the crowd when promoting a new business.

Students review how to install self-hypnosis and teach clients how to use it. we address and practice group hypnosis and how to create generic sessions that can be made into audios to reach multiple clients.

We revisit collapsing anchors, how to carry out this technique and its multiple applications. We look at using anchoring in group settings and ceremonial anchoring. Hypnotic phenomena associated with alterations in voluntary muscles.

We revisit eye catalepsy and further practice this technique. We examine how to use NLP techniques discuss submodalities and the multiple approaches and the many names and variations on techniques.

We discuss the effect and impact of stress on the mind and body, the 90/10 principle, and techniques to reduce and rid stress. How to use reframing techniques in combination with multiple therapeutic interventions and the global reframe.

Students compete case studies and assessments and in their supervision, sessions are given further guidance on developing a business plan for their therapeutic business.

# THE SYLLABUS

## *The Practitioner Diploma*

### Module Five

On completion of module 5 students will have an understanding of what autosuggestion is and how to use it effectively. Students will understand how autosuggestion relates to the idea of affirmations. Students learn how to override unhelpful programming, reprogramming clients who tell themselves non-resourceful stories, or have negative internal dialogue that may be limiting them or causing them to be afraid of future situations.

They will learn how to use auto suggestion and ego strengthening techniques to support clients to build self-reliance, belief, and esteem. They will learn how to anchor these resourceful states so that they become the new natural state or belief systems of the client.

They will discuss the use of language for successful delivery of autosuggestion.

They will have an introduction and overview of Emotional Freedom Technique (EFT) and will learn how to use this great tool to enable a rapid transformation from a negative to a positive/productive therapeutic state.

Students will learn how to use the power of language, finding out clients likes and dislikes as a potential support to a therapy session and as a block to therapeutic intervention.

They will be introduced to the concepts and multiple approaches to pseudo-orientation in time. The benefits and uses of future pacing other techniques that incorporate concepts of time. The 3 step rewind or cinema technique and adaptations of this classic tool, the mobile phone technique, step and rewind techniques, as well as scrambling techniques, and their application for fears and phobias.

Students will be able to understand the key differences between a fear and a phobia and gain a toolbox of techniques to work with either. Students will see a Watkins bridge or bridge of time technique and will have multiple supported practice sessions throughout the course module.

We discuss the global reframe and how to use other reframing techniques (matrix reframing, clearance, collapsing anchors and harvesting positive emotions for suggestion therapy).

Students are introduced to the concepts of pain examining what is happening within the brain and body and discuss pain management from the perspectives of dualistic and non-dualistic theories. The idea that physical and emotional pain impacts the mind in similar ways and the multiple hypnotherapeutic interventions we can use. We suggest a six-system framework for pain management, chronic fatigue and chronic pain conditions and incorporate learning multiple discomfort management methods.

We review the benefits of using Subjective Units of Discomfort (SUD). Students practice the control room technique, the inner pharmacy, arm levitation, glove anesthesia and NLP dial techniques for managing discomfort.

We look at combining tools and techniques and delivering them in groups, online and creating audios. Students then have and introduction to past life regression and discuss the difference between past life regression and therapy.

# THE SYLLABUS

## *The Practitioner Diploma*

### Module Six

Module 6 the First of our workshops and requires 14 hours of synchronized learning including 7 hours of supervised practice.

This modules focus is on Psychology, the Brain, Brain cells and structures, the theories on how different medications work with a focus on anti-depressant, anti-anxiety and pain reducing medications. Its also a workshop so it has a strong practice element with a focus on helping clients who have stress, anxiety, panic attacks and panic disorder, the many types of depression and PTSD.

Students will have a basic introduction to psychology, the different psychological perspectives, and the impact these perspectives have had on hypnotherapy. They'll understand the development and growth of psychology over the years have an understanding of the scientific method and some basic neuroscience.

The CNS, afferent and efferent neurons, neural pathways, action potentials, the structure of a neuron. Electrical and chemical communication of neurons, action potentials and neurotransmitters, how cells communicate and the types of transmitters and neurochemicals that are of particular interest to us.

We look at the different parts of the brain (basic anatomy of the brain) students will learn theories about what is happening in the different brain regions when in trance and the impact of hypnotic intervention.

We examine theories of how anti-anxiety, anti-depressant medications, and pain reliving medications work (SRI'S & opioids) how these drugs increase the availability of specific neurotransmitters, the effects and the side effects.

Students gain an understanding of how to support a client who is using medications and how to communicate with other medical and health practitioners.

Students learn about panic attacks and learn the main hypnotic interventions for panic attacks, panic disorder and how to support someone with depression and/or anxiety.

We discuss case studies using hypnotic interventions for anxiety, stress, panic disorders, depression and PTSD.

There are additional self-study master classes and reading on the impact on the vagus nerve, how to calm the nervous system and gain more vagal tone reducing the impact of stress, anxiety and PTSD using lifestyle changes and Hypnotic intervention, in addition to The DSM 5 and further information about medications.

As this is a workshop course there are multiple demonstrations and practice sessions to review the tools and techniques for alleviating stress, anxiety, panic attacks, support those who experience panic disorder and reduce the impact of depression and PTSD.



# THE SYLLABUS

## *The Practitioner Diploma*

### Module Seven

This is the second of our workshops and it requires 14 hours or synchronized leaning including 5 hours of supervised practice and 40 hours of self-directed study.

On completion of Module 7 students will have an understanding of how to successfully support a client who has a poor relationship with food, either under-eating or over-eating. We discuss and learn how to use multiple techniques to gain a healthy connection with healthy foods and eating habits. Students learn where negative habits and relationships with food are formed and how to resolve underlying/root causes as well as manage cravings, eat less or more. We look at what interventions are used and when and how to create bespoke session alongside a recommended structure of intervention delivery. We look at how to deliver a successful hypnotic gastric band intervention safely. We provide an up to eight session guide that can be delivered one to one, online or in a group therapy settings.

As good quality sleep is so vital for good physical and mental wellbeing students also discuss and learn hypnotherapeutic interventions for insomnia. Students learn how to advise on sleep hygiene looking at physical, environmental and psychological changes that can be made to enable better quality of sleep. Students gain and understanding of the sleep cycles and how we can use hypnotherapeutic interventions to bring back natural rhythms for good sleep.

Students also learn about how to work with people who are misusing substances. We address theories of addiction, the Law, street names for substances who we can work with who not to work with, status quo clients and how to work alongside with other medical and health practitioners.

We discuss a case study of an imaginary heroin user and what interventions could be made; we present a film mad by a heroin user about the reality of living with addiction.

We discuss hypnotherapeutic interventions for the psychological and physical symptoms with withdrawal from opiates and how we can support clients during withdrawal safely and alongside other services and interventions.

We discuss the number and frequency of sessions and future sessions. Students observe and are introduced to Parts Therapy and carry out a practice session in the class to map out the different ego parts.

We discuss the hypnotic addiction maps, the secondary gain of substances, and how to create a program using a trance framework. How we support clients by providing a set of tools that provide deep healing at the root of the unhelpful drives and incorporate bringing about a sense of achievement, connection, breathing space and self-discovery.

We discuss the benefits of guiding clients to let go of happiness as a method of overcoming substance misuse and watch a presentation by Gabor Mate on pain and addiction.

We discuss mortality rates, case studies and look at what could be a part of a generic session plan using multiple hypnotic interventions.



# THE SYLLABUS

## *The Practitioner Diploma*

### Module Eight

**To complete module eight, you must attend 14 hours of synchronized learning including 5 hours of supervised practice and evidence 40 hours self-directed study.**

Module eight is the third of our workshops and there is a strong practical element. On completion students will have an understanding of how to work with clients struggling with loss, this includes loss of employment, home, lifestyle and loved ones. Students learn what grief is, and factors that contribute to loss. Students discuss the many hypnotic interventions that can be used and discuss a fictitious client who has experienced the loss of a loved one. Students are also given clear guidance on when to work in collaboration with other talking therapists or medical practitioners and when it is the appropriate time to work with a bereaved client.

Students learn how to support a client who wishes to stop smoking. Our smoking cessation workshop includes information about, the health benefits of stopping smoking and the importance of a strong commitment to the recovery process. How to deal with the addiction, anchors, tools and interventions to help with cravings. We discuss the use of the Fagerstrom test, and how it can help us decide how much support a client needs.

Students learn about the common habits and rituals around smoking, the challenge of secondary gains and how to ensure we can help clients address the rituals with good smoking cessation advice, new routines, and techniques to reinforce and overcome the rituals.

We look at techniques that assist clients to see smoking for what it truly is and the impact it has in their life. We revisit motivational interviewing and discuss how we can ensure our client is ready to become smoke free.

We discuss empowering our clients to make healthy choices, relax more and boost their energy naturally. The statistics on smoking and useful resources for ongoing training and further reading and research are made available.

We discuss smoking when pregnant and when clients have mental health conditions and the contraindications of intervention.

Students will be able to offer additional support including referrals to GP's.

Students learn how nicotine works on a neurological level and how this information can guide our choice in interventions. How to support and provide smoking cessation services and good behavioral support.

We discuss relapse and the impact that has on positive outcomes we look at triggers (negative anchors) and how to use collapsing anchors. Suggested back up scripts for audios are given as well as a range of other interventions.

We revisit Parts therapy and students have the opportunity to practice this silent therapy with the objective being that students will be able to learn how to negotiate with deviant ego parts.

We look at hypnotic interventions for sports therapy. How to unleash the real champion within how to work with injured athletes, how to increase motivation. How to make the most of imagery and simulation and how to incorporate imagery into a training programme. We look at how to improve technique and get the right focus and flow. We discuss how to achieve flow and the Zen approach to training in martial arts and energy-based practices. We look at the benefits of mood control and the various interventions and how distraction techniques and confusion techniques can be implemented to break negative or non-resourceful states.

How to cope with distractions and avoid burn out or help someone who is experiencing burnout, all these techniques are applicable in other areas and we discuss the other applications.

We read about a fictitious boxing client and walk through example sessions.

# THE SYLLABUS

## *The Practitioner Diploma*

### Module Nine

For module nine students attend 14 hours of classroom or synchronized learning, including 8 hours of supervised practice, experiential learning and 40 hours self-directed study.

Module nine is the fourth of our workshop's students will have an experiential learning and understanding of the multiple theories around past life regression and therapy learn how to use the reverse metaphor technique.

Students will be given guidance on how to prepare for sessions when working with Spiritual Hypnosis. They'll learn what is involved with a regression session, consultation and how to set clear objectives, how to manage when a client loses their regression experience. Students will be aware of clean language already, but we will revisit it and review the impact of using suggestion therapy. Pathworking and affect bridge techniques will be taught within the context of past life therapy as well as the application of parts therapy.

Students will have an immersive experience of inner child work based on the work of John Bradshaw. They'll learn about original pain work how to set boundaries for inner child work when delivering it as a group therapy workshop.

They get an overview of the different stages of development; we focus on 4 critical stages.

0-9 months, 9-18 months, 3 to 5 years, and 5 years to puberty. The different child types, parenting and reparenting.

We look at how to carry out inner child assessments to assess if this work is going to be beneficial. Students are guided through a wounded child assessments for each stage of critical development.

Students will participate in some letter writing and learn how best to use letter writing in the sessions is presented.

The need to play and dissociate alongside deep pain work is incorporated along with ideas for play therapy that is appropriate for each stage of development. The students experience hypnotic sessions and example scripts for each stage of development. Confidence building and is concluded with a fun picture analysis.



# THE SYLLABUS

## *The Practitioner Diploma*

### Module Ten

The final Module of our practitioner level diploma in clinical hypnotherapy is also the fifth workshop. In this workshop we address the therapeutic relationship, transference and counter transference a what they are and how to use them as a tool to bring about awareness and self-reflection.

Students will be introduced to NLP eye accessing cues to add to their array of body language and calibration skills. We discuss the benefits of acknowledgement, acceptance, forgiveness and love and how to incorporate these into the therapeutic process.

We look at the most commonly used tools and review the benefits, uses and different interventions. We discuss our legal responsibilities, confidentiality and when we must co-operate with authorities.

We look at confidentiality forms that we can use with new clients we look at the different acts that clarify when confidentiality must be broken. We discuss setting up a private practice, getting insurance and becoming a member of a professional organization.

We look at CPD and supervision and how important it is to have regular supervision.

We discuss the children's act and safeguarding procedures that therapists should have in place including DBS and other documents advisable to have in place.

We complete some basic safeguarding training and discuss the different types of abuse, how to recognize them and what to do if you come across signs of abuse. We look at common sites for natural injury and the differences in comparison with non-accidental injury.

We refer all new therapists to full child protection training and recommend they familiarize themselves with their own local safeguarding teams and policies.

We prepare our students to be able to work with Children. The considerations we need to make and child protection. How to carry out consultations with children types of hypnotic inductions and metaphors for children.

We include multiple scripts and examples of inductions for children. We cover common childhood complaints, including enuresis, ADHD, concentration skills, confidence and self esteeme, motivation, stuttering, separation anxiety and discuss the many interventions we can make using hypnosis.

Students then carryout their final assessment in the class which is 50 questions and aims to assess the knowledge gained throughout the course. Student also submit a project that addresses working with their chosen client group providing multiple solutions and supporting case studies.



# ADDITIONAL INFORMATION

## *GET STARTED*

We hope you have enjoyed looking over our prospects and the courses we offer.

We're currently on the crest of a wave, where modern clinical hypnosis, once considered a mystical power, is becoming more accepted in modern society. Mainly due to technological advancements within the medical industry, hypnosis has now been transformed from a mysterious art to a scientific phenomenon.

We would love to chat with you and answer any questions you may have about training with us, Continuing Professional Development or Supervision.

[CLICK TO BOOK A CALL](#)



*The*  
NORTHERN COLLEGE *of*  
CLINICAL HYPNOTHERAPY