

# 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.

*Emma +  
Amanda Joy*

# INTRODUCTION

Find out more about our Toolkit Retreat.

## DAY ONE

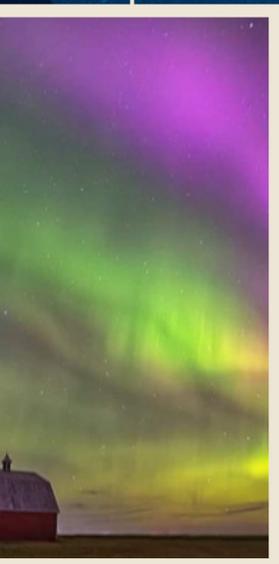
The 7 main types of induction, including rapid inductions and deepeners to somnambulistic and deep state trance.

## DAY TWO

Methods for communication with the Subconscious, including ideomotor signals and reverse metaphor. Submodalities and compassionate enquiry, EFT and open eye/ conversational hypnotherapy.

## DAY THREE

Autosuggestion and Suggestion therapy, line of time technique, age regression, Watkins bridge of time



## DAY FOUR

Clearance techniques, primal imaging, time distortion techniques including pseudoorientation in time and future pacing.

## DAY FIVE

Behavior modification and change techniques, new behaviour generator, fork in the road, the benefits approach and 3 step rewind.

## LOCATION

Find out about our retreat locations

## STAY WITH US

Limited spaces for the full retreat experience





*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 from a Certified Diploma to a fully Accredited Practitioner Diploma.

Each day offers immersive practice sessions from Modules One to 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 five intensive days, you will have acquired extensive experiential learning and feel confident to deliver hypnotherapy tools within your private practise.*

For those seeking Full Accreditation, perhaps those who desire to work in private medical clinics, alongside medical and/or dental professionals, or within an NHS setting, our fully multiple-accredited course is what you will require.

Our Tool Kit retreat is delivered over five days and will provide you with 50% of the required practice hours to go from Certified to Accredited.

Accommodation is available, or you can attend each day in person or via zoom. If you attend the full week, you will participate in 40 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 five modules of our diploma course.

# Day One

Day one will guide you to find the perfect hypnotic induction technique for your client:

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

Its 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 ONE

time	Learning Objectives
10	VAK/ABS
11	Mental Confusion
12	Mental Misdirection
2	Eriksonian Rapid inductions
3	Elman Rapid Inductions
4	Deepeners
5	Deep state Trance

# Day two

Methods for communication with the subconscious.

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.

Reverse metaphor is a technique that allows the subconscious to reveal its secrets and perspectives to the conscious mind through storytelling.

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

Emotional freedom technique practice session to end the day.



# DAY TWO

time	Learning Objectives
10	IMS
11	Subconscious Communication
11.30	Special Place technique
2	Reverse metaphor
3.30	Compassionate inquiry submodalities
4	Submodalities and somatics
5	EFT

# Day Three

The passage of time is not a new concept Aristotle was the first to speak of a stream of time. William James spoke of linear storage of memories in the 1970's and in 1985 Tad James saw how this could be applied as a therapeutic concept. However, with the enhancement in knowledge of working memory and neuroscience we present a modern version of this classic technique our line of time technique can help you to harvest positive emotions, let go of negative emotions, let go of limiting beliefs, enhance the seeing of the benefits of change and create a desired future.



Some memories are long forgotten but still have an impact on our client's perception of their world and how they interact with it. Watkins bridge is a tool that can take us back to source or the root store of memories. We can then work with the origin of the problematic emotional pattern and or dissolve its power.

Autosuggestion is the power of mind over matter, it helps client to re-write their unhelpful thoughts, feelings, behaviours, or stories with better more positive, productive powerful ones. We look at how we can effectively incorporate this into the therapy room and how to create a range of different suggestions using suggestion techniques to help alleviate distressing symptoms and reach desired objectives.

# DAY THREE

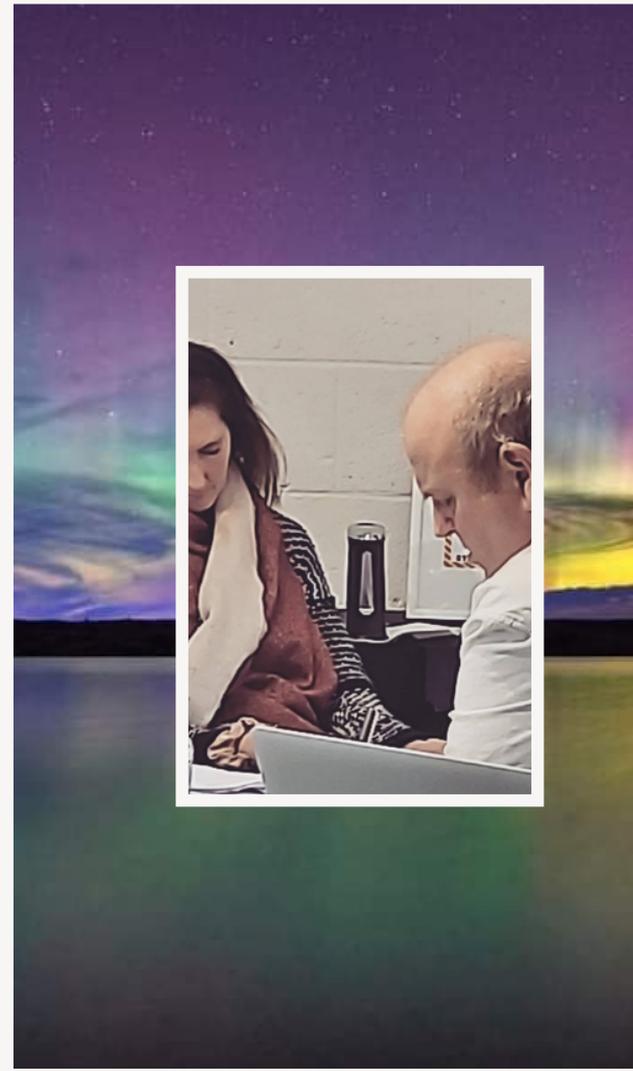
<b>time</b>	<b>Learning Objectives</b>
10	Auto suggestion
11	Suggestion Therapy
12	Line of Time
2	Line of Time
3.30	Watkins Bridge
4.30	Watkins Bridge

# Day Four

Being able to guide clients to release what is no longer serving them is a wonderful tool. Clearance techniques enables clients to clear fears, unhelpful feelings, and unhelpful responses as a result of past experiences. A wonderful tool for cravings, overthinking, stress management, anxiety reduction and healing.

Primal imaging uses the mind-body connection to instruct the body to change. A great technique to bring about homeostasis and healing. It can also be used to bring information from the subconscious to the conscious.

When in trance the client's awareness of time becomes hazy. We can utilize this to facilitate change, lengthen time or shorten it. Great if the client needs to enhance rest time or speed up unpleasant experiences.



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

<b>time</b>	<b>Learning Objectives</b>
10	Clearance techniques
11.30	Primal Imaging
2	Time Distortion
3.30	Future Pacing
5	Pseudo orientation in time



# 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
11.30	Fork in the Road
2	The Benefits Approach
3.30	3 Step Rewind
5	3 Step Rewind



# Location

Our Retreats are held in multiple locations around the UK.

You can just come for the day, or stay over and get the full retreat experience. You can find out more about each retreats location by connecting with Amanda Joy or Emma Lewis.

Unable to get away?

You can attend each day via zoom.



# Stay with us

Arrive on Monday at 9 am and check into your room grab a cuppa and get settled into the relaxing atmosphere of our retreat location.

Training finishes between 6 pm and 7 pm each day.

Refreshments are provided, a continental-style breakfast, a range of healthy soups and light bites for lunch, and a wonderful healthy vegetarian meal will be provided each evening. A full menu will be provided prior to the retreat do let us know if you have any dietary requirements.

We have a resident therapist qualified in massage, reflexology, and reiki as well as a hot tub to enhance your learning retreat experience.

A full list of therapies will be provided before the retreat so you can book and pay for any sessions you desire.

We conclude our retreat at 6 pm on Friday Checkout is by 8 pm on Friday evening longer stay can be booked for an additional fee.

Full Board including food £450

Total Retreat price £950