

## Clinical Hypnosis Practitioner - Foundation Training



### Learning Outcomes

- The fundamentals of how change happens
- Stage Hypnosis versus Clinical Hypnosis
- Role of Hypnosis for therapeutic purposes and for treating clinical problems
- The contribution of NLP for delivering effective and rapid therapy
- The power of the unconscious mind
- How to induce and deepen hypnotic trance and the five stages of hypnosis
- How to construct and deliver post hypnotic suggestions
- Introduction to therapeutic techniques
- How to work safely and ethically
- Delivering Ego Strengthening
- Introduction to modern 'permissive' (Ericksonian) approaches

### Requirements



No previous training is required. Live training will be delivered in eight days, spread over two or four months, at weekends. A free pre--study course book is included.

To ensure that your study satisfies the standards laid out by the General Hypnotherapy Standards Council, there are written and reading assignments, additional supervision requirements, plus an evaluation test for certification.

**Discounts for early registration - call now on 0845 1665445**  
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## Course content

Delivered over eight days. Certificates issued with accreditation by the GHSC, subject to satisfactory performance and an open-book exam.

- understand hypnosis & hypnotherapy
- what is NLP and its origins?
- fundamental assumptions
- introduction to Learning Theory
- personal power
- communication model
- mind-body & neurotransmitter
- unconscious & conscious mind
- structure of behaviour and change
- principles of success
- well-formedness conditions
- presuppositions of NLP
- prime directives of the unconscious mind
- keys to an achievable outcome
- state vs goal
- sensory acuity
- representational systems
- rapport
- origins of hypnosis
- clinical hypnosis vs. stage hypnosis
- theories of hypnosis
- hypnoidal states
- animal hypnosis
- five stages of hypnosis
- hypnotic induction
- awakening
- types of induction
- factors affecting induction
- self-hypnosis
- laws of suggestion
- preparation
- post-hypnotic suggestion
- managing a hypnosis session
- depth of trance
- types of suggestions
- introduction to therapeutic techniques using hypnosis
- trance phenomena
- ego strengthening
- introduction to Ericksonian approaches
- smoking cessation part 1
- eating control part 1

## Course length and certification

This Foundation Training in Hypnosis (with NLP) offered by abetterlife has been assessed and validated at Foundation Level by the General Hypnotherapy Standards Council (UK). The GHSC also specifies the following requirements, which are included:

- practice and demonstration of essential skills
- group interaction
- written and reading assignments
- written and practical examination

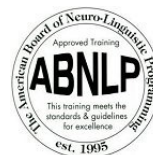
It is the first level towards achieving certification at Practitioner Level in Hypnotherapy, as validated by the GHSC. The next level is achieved by training in Waking Trance Approaches and Deep Trance Approaches.

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### Hertfordshire College of Hypnosis and NLP

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**GHSc**  
Foundation Level  
**VALIDATED TRAINING**  
General Hypnotherapy  
Standards Council