

Haven Hypnotherapy Academy Course Content.

What We Cover on our Training

What is hypnosis?

Common issues that hypnotherapy can help with.

Terminology used in hypnosis

Understanding the Conscious Mind, Subconscious Mind and Critical Faculty

Understanding the Fight, Flight or Freeze Response and what happens in the mind and body when this response is triggered.

Abreactions. What is an abreaction? How to deal with it as a Hypnotherapist.

Transference and Counter Transference. How to recognise this phenomena and what action to take should it occur.

The importance of tonality, use of voice and language

Steps required to achieve successful trance state in your client

Recognising signs of trance/hypnosis

How to help clients re-frame certain thought processes

How to help clients release negative thinking patterns and how to influence with positive suggestions.

Types of inductions and working with various presenting issues will be taught, demonstrated and practised in the group.

The initial consultation. Gathering information from your client and how to comply with data protection for storing confidential information regarding clients

Code of ethics for hypnotherapists.

Requirements for setting up your business i.e. Health and Safety, risk assessment in the workplace and necessary insurance. HHA diploma will entitle you to reduced insurance rates.

We also cover basic marketing techniques to get you started.

Scripts and sample forms are included in the manual you receive on the training.

Before attending the 5-day practical training it is a pre-requisite to study the "Introduction to Hypnotherapy" provided by HHA. This can be purchased for just £35 and downloaded from our website. Included in the package is my "Relax" MP3 for you to enjoy at leisure.

Purchase of the "Introduction to Hypnotherapy" does not in any way oblige you to attend the 5-day practical training.

However, it is essential that you study the "Introduction to Hypnotherapy" before you can be accepted on the 5-day training. "Introduction to Hypnotherapy" is a pre-requisite for the 5-day practical training.

Simply reading the "Introduction to Hypnotherapy" will not qualify you to practice as a hypnotherapist or entitle you to use the title in any way under the name of Haven Hypnotherapy Academy.

The purpose of the “Introduction to Hypnotherapy” is to give you an understanding of hypnosis, what can happen in a session and how best to recognise and deal with situations that may arise. The necessary steps to induce hypnosis and how to recognise signs of hypnosis in your client.

It will give you an understanding of the conscious mind, subconscious mind and critical faculty.

When working with a client in hypnosis we work with the subconscious mind, therefore we have to by-pass the critical faculty and move them from logical mind to imagination and creative mind.

Most of the issues you will be presented with in the therapy room are stored in the subconscious mind.

“An unconscious problem that you have no conscious control over”. This is a quote from Bob Burns and it rings a bell of truth to me.

Inductions are not covered in the Introduction to Hypnotherapy as these are taught over the 5-day practical work.

At Haven Hypnotherapy Academy we feel these should be learned and practised in a safe environment under supervision.

At the end of the 5-day practical work you will be competent and confident in your ability to induce hypnosis safely.

You will experience the state of hypnosis and be confident to induce hypnosis in others.

Working and practising with others in the group will give you the competence and confidence required to start your journey in the world of hypnotherapy.

After the 5 days you will be asked to do case studies and provide details to HHA. You will also be expected to do a video with the lead trainer at HHA to demonstrate your ability in the use of 1 of the inductions learned during training.

On successful completion of all assessments you will receive your

“Diploma in Hypnotherapy” from Haven Hypnotherapy Academy and be ready to start your journey as a qualified hypnotherapist.

3 months personal mentoring will then follow.

If you are interested in hypnosis the “Introduction to Hypnotherapy” will give you a basic understanding of how hypnosis works. It is not essential for you to then attend the 5-day practical training unless you wish to qualify as a Hypnotherapist.

However, it is essential that you study the “Introduction to Hypnotherapy” before you can be accepted on the 5-day training as it is an integral part of the training.