



CLINICAL HYPNOTHERAPY PRACTITIONER TRAINING

In-Person PROSPECTUS





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“Learning is a
treasure that will
follow its owner
everywhere”
Chinese Proverb

HYPNOTHERAPY TRAINING

Kent 2024

SUMMARY

Hypnotherapy training is offered at Introduction, Foundation and Diploma levels. The in-person sessions are currently run in Kent, UK. We offer a relaxed and collaborative teaching style.



WHO IS THIS COURSE FOR?

This course is open to anyone who is interested in learning more about Hypnotherapy and is willing to work with others and on themselves to aid learning. You can attend the training if you are completely new to therapeutic work, as well as if you are an existing practitioner from other disciplines.

YOUR INVESTMENT AND PAYMENT OPTIONS

Your investment for the full practitioner diploma course (Introduction, Foundation and Diploma) is £2,950. A deposit of £550 is required to secure your place, followed by 8 interest free instalments of £350 starting 1st March 2024. Full payment must be received before the end of the course. Your fee includes the Hypnotherapy Practice Diploma internal and external NCH/NCFE accreditation. Taken separately the Introduction course is from £25 and the Foundation course £1295.

ACCREDITATION



This complete course covers the syllabus and hours required to gain a Hypnotherapy Practice Diploma (HPD) through the National Council of Hypnotherapy (NCH). The NCH is the UK's leading not-for-profit hypnotherapy professional association, representing over 1800 professional hypnotherapists.



On successful completion of your HPD and full membership with the NCH you will be eligible to join the Complementary and Natural Healthcare Council (CNHC). The CNHC is the UK voluntary regulator for complementary healthcare practitioners that was set up in 2008 with government funding.



The HPD has been accredited by the NCFE as having measurable learning outcomes that have been benchmarked at Level 4 (using Ofqual's Qualification and Credit Framework (QCF) level descriptors).

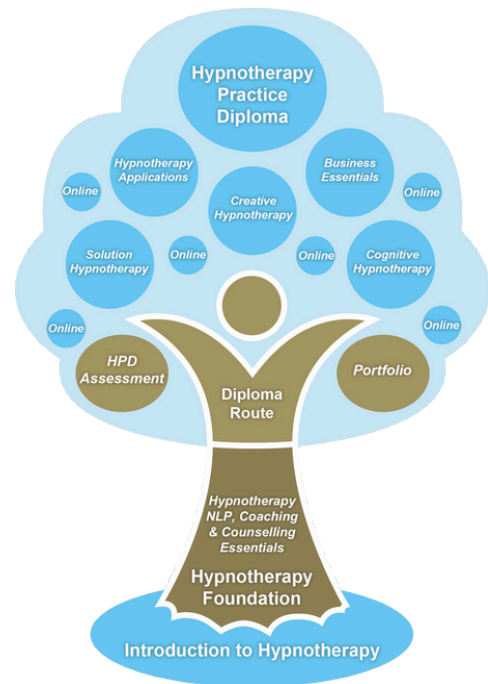


The Hypnotherapy Practice Diploma offered by Life Clinics Training has been assessed and accredited at Practitioner Level by the General Hypnotherapy Standards Council (UK). Graduates from the course are eligible for professional registration with the General Hypnotherapy Register (GHR), the GHSC's Registering Agency) at full Practitioner status, together with the industry-based award - the General Qualification in Hypnotherapy Practice (GQHP).

The Foundation course has been assessed and accredited at Foundation level by the General Hypnotherapy Standards Council (UK) and successful graduates are eligible to join the GHR at Affiliate status.

Introduction Level (1 Day)

- ▶ What is Hypnosis & Hypnotherapy?
- ▶ The History of Hypnosis
- ▶ Hypnosis and the Brain
- ▶ 5 Steps to Self Hypnosis
- ▶ Conscious & Unconscious Processes
- ▶ The Stress Response
- ▶ Suggestibility Tests
- ▶ Signs of Hypnosis
- ▶ Control Place



Diploma Level (10 Additional Days)

Students must have completed the Introduction and Foundation levels, includes some online modules

- ▶ Solution Focussed Hypnotherapy
- ▶ Cognitive Hypnotherapy
- ▶ Script Writing
- ▶ Hypnotherapy Applications
- ▶ Rewind & Swish Techniques
- ▶ Introduction to Tapping
- ▶ Working with Children Introduction
- ▶ Pregnancy & Fertility Introduction
- ▶ Marketing your Practice
- ▶ Producing your Portfolio

Includes how to work with popular client issues

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|----------------|----------------------|----------------------------|
| ▶ Stop Smoking | ▶ Anxiety and Stress | ▶ Confidence & Self-esteem |
| ▶ Slimming | ▶ Phobias | ▶ Trauma |

Other additional courses available to purchase include:

- ▶ Hypnotic Regression Therapy
- ▶ Parts Therapy
- ▶ Positive Psychology Hypnotherapy (includes mindfulness)
- ▶ Hypno4Pregnancy Practitioner
- ▶ Hypno4Children Practitioner
- ▶ TFT (Tapping) Practitioner
- ▶ Past Life Regression
- ▶ Inner Child Masterclass
- ▶ NLP Masterclass
- ▶ Pain Management Masterclass
- ▶ Art Of Ericksonian Therapy Masterclass

Levels of Training

The Introduction level teaches you the bare basics of Hypnotherapy and on completion you will be able to use what you have learnt to practice self-hypnosis on yourself. The Foundation level teaches you Hypnotherapy essentials and includes important elements of NLP, Coaching and Counselling Skills. This will allow you to use Hypnotherapeutic techniques to help clients with minor issues like mild anxiety and stress. The Diploma level teaches you all that you need to set up practice as a Clinical Hypnotherapist and help clients with a wide range of issues



How do I gain my Qualification?

To complete the course and gain your Foundation in Hypnotherapy and/or the Hypnotherapy Practice Diploma qualification you will need to complete and submit all the required coursework, which comprises of written work, reading, case studies, supervision, and client practice logs. A minimum of 25 client practice hours is required to pass at foundation level, and 50 at diploma level (total practice hours 75). You need to aim for around 3 practice hours per week from the first full weekend of your course.

Additional costs (not needed for the introduction level)

- ▶ Books for the course – approx £50 to £150 (it may be possible to borrow some books from your local library)
- ▶ Student Insurance - approx £35



FAQS

01

How many hours per week do I need to commit to the full diploma course?

The complete course including attendance on the course and all your reading, research, practice, and coursework adds up to 450 hours. If you wanted to complete all your work by the end of the course, this is approximately 15 hours per week. You can also if needed have up to 6 months from the course end to finish your practice hours and course work.

02

How long does it take for me to receive my diploma certificate when I have finished the complete course?

It can take around 2 months from the time you submit your final work to the time you receive your diploma certificate, as your work needs to be assessed internally first then it has to be sent off to the NCH and then onto the NCFE for accreditation.

03

If I pay my deposit and then circumstances arise that mean I cannot attend the course do you offer a refund?

A refund of your deposit and any additional monies paid is available up to 60 days before the start of the course less a £100 administration fee. Alternatively you can put what you have paid towards the next available course.

04

How many hours per week do I need to commit to the full diploma course?

If for any reason the course is cancelled you will receive a full refund of any monies you have paid.

05

What happens if you cancel the course?

You don't need any prior qualifications to do the courses, but you do need a good grasp of the English language and have the ability to evidence your understanding of the learning outcomes required if you choose the HPD, and we will support you with this. This evidence is usually written but you also have the option of evidencing the learning outcomes through a professional discussion route (usually at an additional cost). You also need to be able to demonstrate to your tutors throughout the course that you will be an ethical and sound practitioner of Hypnotherapy

06

Do I need to be academic to attend the course?

You don't need any prior qualifications to do the courses, but you do need a good grasp of the English language and have the ability to evidence your understanding of the learning outcomes required if you choose the HPD, and we will support you with this. This evidence is usually written but you also have the option of evidencing the learning outcomes through a professional discussion route (usually at an additional cost). You also need to be able to demonstrate to your tutors throughout the course that you will be an ethical and sound practitioner of Hypnotherapy.

07

I have a disability; will this prevent me from attending?

We believe in equal opportunities and will do our best to help you in any way we can to allow you to attend our course. Please let us know if you have a disability on your application and we can explore further how we can support you.

08

What happens if I can't attend any of the course dates?

A. You need to attend a minimum of 80% of the course to pass. We encourage you to have study buddy and if you miss any of the modules to contact them and ask them to collect any handouts and arrange a time with them to discuss and practice anything you have missed. You will also need to send in a summary of at least 500 words to show your understanding of what you have missed. 1-2-1 training is also available through your tutors to cover any work you have missed at an additional cost.

09

Is there anyone who can't attend the courses?

You need to be someone who is willing to work as a team with your other course attendees and tutors. Like counselling training you are expected to work on yourself and participate in practicing new skills with the other course attendees. This course is not suitable for anyone who has criminal convictions or sanctions or with any serious mental health issues or history (including psychosis or psychotic symptoms), which indicates unsuitability to becoming a therapist. You need to have a mature and sound outlook on life and we wouldn't usually accept anyone on the course who is under the age of 21 years old. If you are unsure about your suitability please contact us to discuss further.

10

How do I apply?

You need to complete and submit our application form. For the foundation and diploma course we require two references, so on your application form you will need to provide details of two referees. If your application is successful we will ask you to attend an informal interview and if you are suitable to attend the course we will offer you a place. Paying your deposit will then secure your place.

TESTIMONIALS

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“Marcia led me on a course of discovery within clear professional guidelines using quality course materials and her own creative flair. I found the studying to be achievable alongside my other work commitments because the course was well planned and presented in an accessible way. I thoroughly enjoyed studying Hypnotherapy with Marcia. I finished the Diploma course with fantastic feedback from the NCFE assessor and I was able to apply for professional membership with the NCH straight away, having had the opportunity to complete some clinical client hours during course times. Thank you Marcia for your professional, pragmatic and supportive approach throughout.”

● **Ellie Kemp**

MBACP(Accred), Dip
Hypnotherapy (NCFE), MNCH(Reg)

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“The Hypnotherapy course has been incredibly well structured, timed and delivered, enabling myself as the student to gain new skills and understanding of therapeutic work. As a professional development tool it has provided me with robust techniques that are gentle and yet powerful in their implementation.”

● **Charlotte Darby**



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“This training has been of a high standard and one that I would happily recommend. Set in a holistic clinic, this was a lovely learning environment. The tutor, Marcia, and her colleagues are all very knowledgeable and supportive and made the whole process, particularly with regards to coursework and learning outcomes very straight forward indeed. The course has been very well thought through and has been extremely valuable. The training materials are of a very high standard, clear and form an excellent reference manual both for the duration of the course and afterwards. The recommended reading for the course is both current and relevant. Having the ability to access all documents via Dropbox has also been an excellent resource, with many additional resources being made available. The coursework schedule and deadlines were clear giving a robust framework and because of this I was able to complete and submit my coursework within the time frame anticipated. I am pleased to have passed the Diploma with excellent feedback about my portfolio, which is testament to the way the course has been written. Marcia has actively sought feedback for the course from the trainees and willingly listens to suggestions and has implemented where appropriate.

Good luck Marcia for your future courses.”

● **Teresa Davey**

Counselling Services

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“I have just completed the training to be a hypnotherapist and also completed other training with Life Clinics. It's the best thing I have ever done. Marcia and all the tutors are professional, knowledgeable and wonderful!”

● **Sarah Money**

Kent





“Cannot recommend training with Life Clinics enough; Marcia is fantastic at what she does and all her courses (of which I’ve completed three so far) are incredibly well planned and executed with lots of resources available. Thank you Life Clinics, the Hypnotherapy Diploma has literally changed my life’s path and I am so glad I did it.”



Emma

The Happy Life Project



“Thoroughly enjoyable professional yet relaxed course which covers the subject in depth, fully equipping me to start a practice with confidence.”



Carmen Winch

Brighton www.headhealth.co.uk



“A superb balance of theory and ‘hands? on’ practical with lots of support. The highest quality training course I have ever undertaken.”



Gareth Craddock

Ramsgate



“Marcia took us on a wonderful journey to learn the models and techniques of Hypnotherapy, to help clients make positive changes in their lives. A brilliant learning experience which has helped me grow personally and equip me to help others.”



Yasmin Khan

Gillingham www.pure-calm.co.uk



“After careful consideration I chose Life Clinics Training. Marcia is utterly brilliant, professional and supportive. A really thorough approach to the Hypnotherapy Practitioner Diploma in a small setting, supportive and inspiring. Marcia has built an amazing highly regarded clinic and training school.”

 **Natalie Pennicotte-Collier**
Petts Wood



“Marcia, Julie, Teresa and the guest lecturers have made the course brilliant. It was hard work but very worthwhile training. I felt I grew as a person myself and it is lovely to now be trained to help others.”

 **Frances Chandler**
Kent Footcare & Holistic Therapies



An incredibly practical and easily usable course delivered by knowledgeable and supportive tutors. I'm amazed how I've managed to acquire all this knowledge and these new skills in a relatively short period of time. I know this is down to a combination of the teaching styles used and the ongoing tutor support.

 **Rebecca**
Kent.



Dedicated, knowledgeable, highly qualified tutors. Very personalised learning and support. I feel very equipped to embark on my new career as a hypnotherapist. A truly life changing course, thank you.

 **Female**
Kent

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“The course was spectacular – I learnt so much about how the mind works, how hypnotherapy is a quick and easy way to change people’s lives for the better, and I learnt so much about myself.”

● **Suzanne Noel**

Kent

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“I highly recommend Life Clinics for your hypnotherapy diploma practitioner and TFT (Tapping) training. Here you will find informative, enjoyable and literally life changing courses. Marcia’s passion and expertise shine through in the study materials and delivery of what can only be described as an outstanding learning experience. Marcia and her amazing team of tutors are devoted to supporting their students learning. The resources provided for the courses are second to none.”

● **Suzanne Parsons**

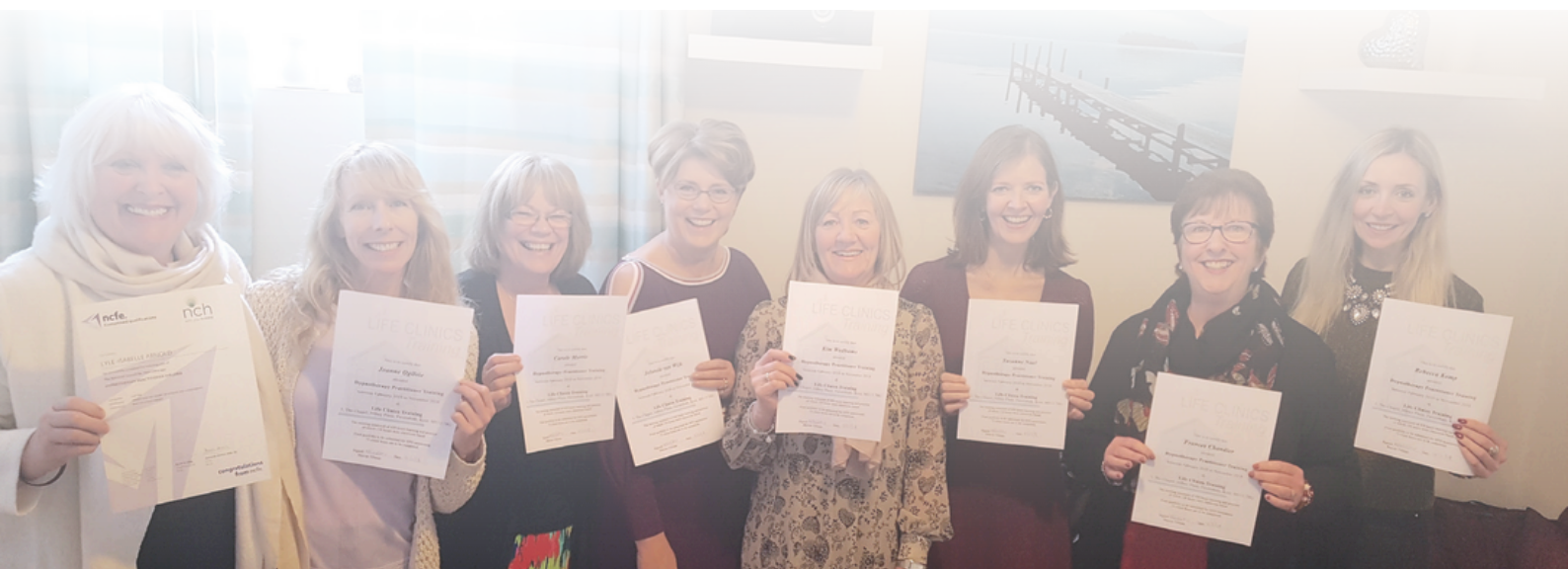
Kent

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“First class training, delivered in a collaborative and highly supportive environment. I couldn't recommend Life Clinics highly enough and there are only 5 stars! The quality of the training and materials are at such a high level and the immediate response to any out of class needs are super quick, brilliant overall.”

● **Samantha Payne**

Hopes Hypnotherapy



OUR TEAM



MARCIA EDEN

(Tillman) HPD

Head of School and one of your tutors is Marcia Eden. Marcia has a BSc (Hons) in counselling and is an experienced Hypnotherapist, supervisor and trainer. Marcia has ran a busy private practice for over 20 years. Now she focuses her attention on training future hypnotherapists to gain their qualifications and on offering support and supervision to trainee and qualified Hypnotherapists.



JULIE TAYLOR

HPD

Julie is one of our course tutors and our internal assessor. She has a real passion for Hypnotherapy and NLP which shine out in her work both inside and outside of the training room . Julie has over 14 years experience working with clients and runs a busy private practice. Julie is an experienced and much respected trainer at LCHT.



PAULA EMMENS

HPD

Paula is a student champion and tutor assistant. A previous LCHT graduate she brings with her a wealth of knowledge and enthusiasm from her own busy private practice as a Hypnotherapist and NLP practitioner. Paula is a big advocate if NLP!



JAN WILLIAMS

HPD

Jan is one of our course tutors and our coursework marker. She has a real enthusiasm for Hypnotherapy and CBT and as such generously shares her knowledge with a natural positive energy. Jan has over 9 years experience working with clients. She loves Hypno - CBT and is very knowledgeable about working with clients that have Autism. Jan is an experienced and much loved trainer at LCHT.



REBECCA KEMP

HPD

Rebecca is our student champion and tutor assistant. A previous LCHT graduate, you will meet her on some of your modules where she brings her fantastic positive energy as well as her experience as a busy Hypnotherapist a few years into private practice.



JULIA MILES

Admin

Julia helps us at LCHT with admin support, helping to keep things at LCHT running smoothly. She also helps to keep our training school at Abbey Place Clinic sparkling after our training days!

CONTACT

Please contact our team for further information or to apply

 info@lifeclinics.com

or

 01227 490 489



+10 DAYS **HYPNOTHERAPY DIPLOMA**
Learn all you need to be a Clinical Hypnotherapist

+6 DAYS **HYPNOTHERAPY FOUNDATION**
Learn to help clients

1 DAY **HYPNOTHERAPY INTRODUCTION**
Learn the basics

OUR HYPNOTHERAPY COURSES

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