



Academy of the Inner Mind

GHR

CNHC

GHSC
General Hypnotherapy Standards Council
Accredited Training



**Diploma in Clinical Hypnotherapy
Course Prospectus
2020 - 2021**

In this prospectus

Table of contents

Welcome	3
Course provider	4
Continuing Professional Development (CPD)	5
Course Students	7
Accreditation	9
Bespoke training	11
Diploma in Hypnotherapy Business Administration (DHBA)	12
Course content	13
Supervision & Support	18
Assignments	19
Course fees	20

GHSC Accredited Hypnotherapy Training

**Course Principal
Claire Jack, Ph.D.**



“Undertaking a Diploma in Clinical Hypnotherapy is such an important commitment in terms of time, emotional & financial investment. Training as a hypnotherapist really is a life changer, not only in providing you with a new, financially rewarding career but in terms of self development. I hope you find everything you need in the prospectus to help you take those first steps to your new career but please don’t hesitate to contact us if you’d like more information.”

Claire Jack

For more information please call: 07876 809776

Course provider

The Academy of the Inner Mind (AIM) provides a range of courses developed and delivered by Dr. Claire Jack. In addition to running a thriving hypnotherapy practice, Claire has developed research programmes and lectured in Scotland's top universities, including the University of St. Andrews. She brings this strong research and teaching background to the Diploma in Clinical Hypnotherapy.

Claire has been involved in delivering training to medical staff at the Royal Hospital for Children in Glasgow and is an expert in field of hypnotherapy for health conditions including IBS, diabetes, heart conditions and menopause. She also specializes in working with children and has been featured in Psychologies Magazine. She regularly writes about hypnotherapy & other psycho-social subjects for the prestigious Psychology Today.

Bringing her experience as a practicing hypnotherapist to the fore, Claire places an emphasis on hands-on practice in order to ensure that you have a deep-rooted sense of confidence when you start working with clients. Once you have completed a course provided by the Academy of the Inner Mind, you will be an ethical, informed and confident practitioner, ready to continue in your professional development and respond to real life challenges as they emerge. Dr. Jack is a registered supervisor with the General Hypnotherapy Register and runs a GHR peer support group.

Email: info@hypnotherapy-diploma.co.uk

Continuing Professional Development (CPD)

After qualifying as a hypnotherapist, it's important to keep up your CPD. AIM provides a range of CPD courses which allow you to really stand out from the crowd, specialize in a field you're passionate about and attract clients based on your skills.



AIM provides a range of trademarked courses. Having a trademark means that you will be able to use the name, marketing materials and resources that are part of that trademark. AIM's trademarked CPD courses are internationally recognized and include: KidsMatters™, HypnoIBS™ and HypnoMenopause™. A discount of 30% on all CPD courses is available to AIM students.



There is a huge demand for children's hypnotherapy & not many therapists who have the specialized training required. KidsMatters™ provides you

with everything you need to work with kids and use the trademarked name and resources.



Hypnotherapy has a proven track record in helping menopausal symptoms & there is a high demand for complementary therapies due to concerns over HRT & a desire to manage this time of life naturally. The HypnoMenopause™ approach was featured in Psychologies Magazine & the journalist claims that following the treatment she chose not to have HRT.

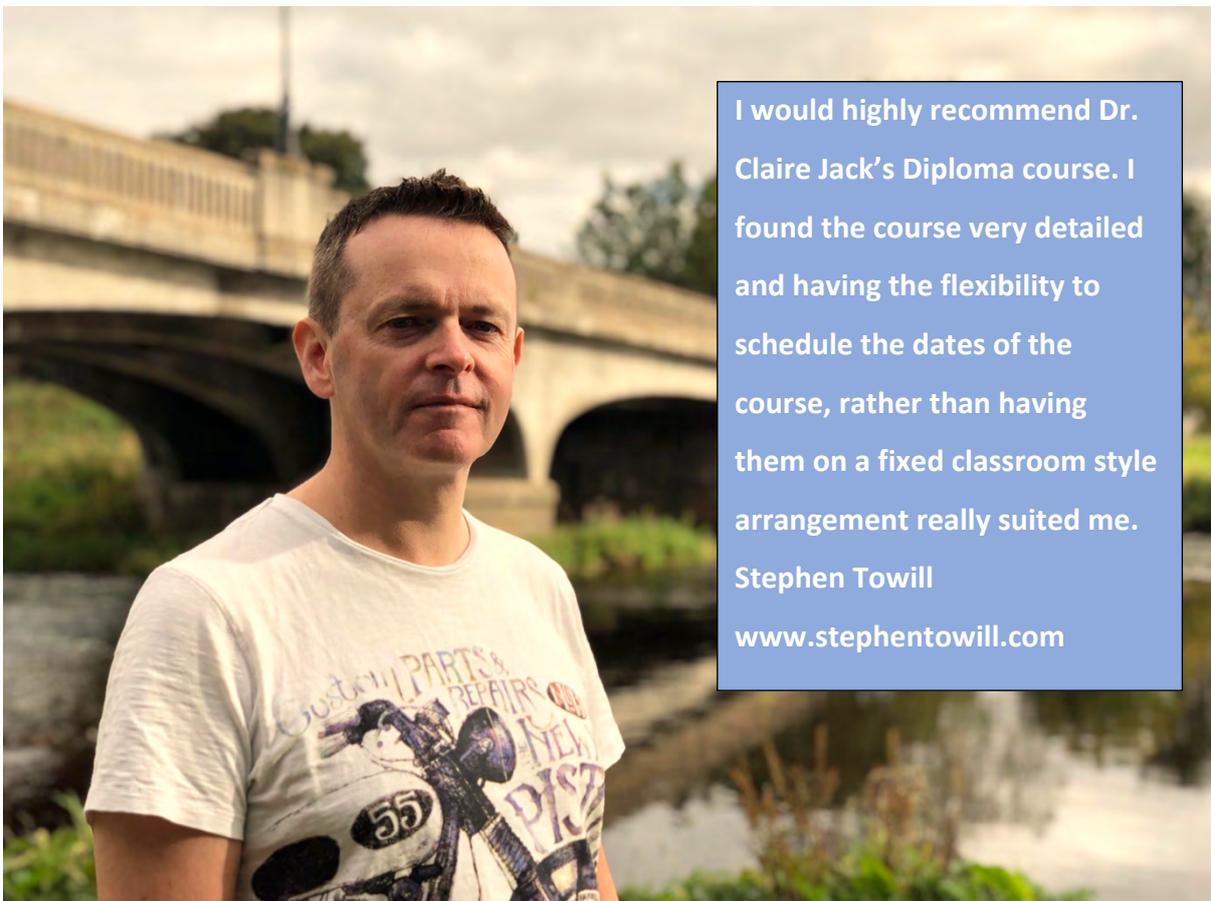


Research has demonstrated the effectiveness of hypnotherapy as a treatment for IBS. It is recommended as a treatment by the National Institute for Health & Care Excellence (NICE) in the UK. On completion of the course, you can call yourself a HypnoIBS™ practitioner & access all resources.

For more information please call: 07876 809776

Course students

The Diploma in Clinical Hypnotherapy attracts students from all walks of life. All you need is a passion for hypnotherapy. Typical classes include people who have experienced hypnotherapy for themselves which has sparked their desire to help others and counsellors & psychologists who want to add hypnotherapy to their skill set.



I would highly recommend Dr. Claire Jack's Diploma course. I found the course very detailed and having the flexibility to schedule the dates of the course, rather than having them on a fixed classroom style arrangement really suited me.
Stephen Towill
www.stephentowill.com

Email: info@hypnotherapy-diploma.co.uk



I have recently (sadly!) finished my final taught session with Claire on the Diploma course. I cannot recommend both Claire and her course highly enough! Taught on a flexible one-to-one basis this extremely detailed course was brought to life with all of Claire's practical therapeutic experiences. The course was delivered at my pace in a very logical format. Knowing that I can contact Claire at any time for help and advice is very welcoming. If you are considering taking the course with Claire.....do it! You won't regret it. Thank you so much Claire for sharing all of your expertise with me and helping me make my much need career change!

Cheryl McLardy

<https://www.facebook.com/FyneMinds/>

I was fortunate enough to train with Claire Jack. The training was excellent and Claire promotes quality, professionalism and empathy with the client at the heart of everything. She is a first class trainer and I would definitely recommend her.

Irene Irving

www.thistlehypnotherapy.com



I completed the full Hypnotherapy Diploma training course with Claire last year and can't recommend her highly enough. She was professional whilst being supportive and empathic which was needed during some of my wobbly days! The content was thorough and I very much enjoyed a training style which let me maximise the opportunities to ask lots of questions. I have now set up my own business and Claire has been a fantastic support throughout and still is and this personal touch is what gave me the extra confidence to become self employed for the first time in my life. Thank you Claire!

Deborah Craig

<https://www.facebook.com/Deborah.Craig2019>

www.hypnotherapy-diploma.co.uk

Accreditation

The Diploma in Clinical Hypnotherapy meets the Regulated Qualifications Framework across the UK at the following levels (which are required for CNHC registration) – Level 4 (England & Wales), Level 6 (Northern Ireland), Level 7 (Scotland).



The Diploma in Clinical Hypnotherapy is accredited by the GHSC and meets their detailed learning outcomes. Completing a course which is GHSC accredited will allow you to sign up to professional membership of the General Hypnotherapy Register (GHR) and the Complementary and Natural Healthcare Council (CNHC).

For more information please call: 07876 809776

The GHR is one of the UK's largest registering bodies for professional hypnotherapists, and is overseen by the GHSC.

The CNHC is a government funded organization, and is the first port of call for GPs and others working in the NHS to look for complementary therapists. Becoming a member of the GHR and/ or CNHC provides you with support, ethical guidelines and assures your clients that they are receiving a high level of professional conduct from you.

With GHR/ CNHC membership, you are also eligible for insurance provision from insurers who may turn down therapists with lesser qualifications, and for room hire from reputable therapy room providers who will require evidence of your professional membership.

You will also be able to advertise on reputable and ethical practitioner directories, which will require evidence of your qualifications and professional membership. The (CNHC) which is an Accredited Voluntary Register approved by the Professional Standards Authority for Health and Social Care.

Recent changes, which came into place in March 2019, require that courses which previously met CNHC requirements were updated to include external assessment and with some adjustments to course material. Our courses have incorporated these changes and you are eligible for registration with the CNHC.

Email: info@hypnotherapy-diploma.co.uk

Bespoke training

In addition to our group courses, AIM also offers bespoke, 1-2-1 training. Some students find it impossible to make course dates and we have other students who travel a considerable distance, often from abroad, to undertake training at a rate which suits them. The bespoke courses are GHSC accredited in exactly the same way as the group courses.

Some students on the bespoke courses already have qualifications in counselling or psychology which allows them to complete the course at a quicker rate by taking into account their existing skills and knowledge.

Bespoke courses are completely tailored to your individual needs and style of learning. All bespoke courses take place in Prestwick on the west coast of Scotland. Prestwick is well served by public transport including a regular bus and train link to Glasgow which is just over half an hour away.

Many students complete the bespoke course on a weekly basis and others study more intensively – sometimes having a holiday by the sea!

Diploma in Hypnotherapy Business Administration

If you want to establish a successful hypnotherapy practice which provides you with a comfortable lifestyle, you need to understand the business side of things as well as the therapy side.

Our Diploma in Hypnotherapy Business Administration (DHPA) covers everything you need to know about setting up a thriving practice. You'll learn about marketing, writing business plans, book-keeping and creating a business which is competitive in today's marketplace.



You'll be able to display the DHPA logo on your website and marketing materials as a sign of the additional training you have undertaken. This course is completely free to AIM students and can be completed online either during the Diploma in Clinical Hypnotherapy or up to six months after you have completed the Diploma.

For more information please call: 07876 809776

Course content

The Diploma in Clinical Hypnotherapy meets the strict GHSC guidelines with regards to hours of study and assignments which means you are eligible for membership of the GHR or CNHC on completion.

130 hours of classroom teaching are supported by additional reading and case studies with friends and family. Pre-course and additional reading throughout the course amounts to 120 hours. Case studies and written work amount to 250 hours.

Assessment is continual throughout the training and comprises discussions to ensure depth of understanding, practical demonstrations to display understanding and written assignments following the course.

Formal assignments include:

4 case studies working with volunteers, one of which must be recorded for observation

Business plan

Written essay

Open book exam

Assignments are submitted to an external examiner for validation.

For more information please call: 07876 809776

Module 1

- Introduction to hypnosis and hypnotherapy.
- Your motivation for becoming a hypnotherapist
- History of hypnotherapy
- Exploration of anatomy and physiology relevant to hypnotherapy

Module 2

- Inductions - overview and experience of different methods of trance inductions including direct and indirect styles, physical and confusion
- Deepening trance state and selection of appropriate deepener
- Testing trance state
- Termination of trance state using various techniques
- Measurement of trance states

Module 3

- Establishing and maintaining client rapport
- Establishing effective communication through the use of utilisation
- Listening skills
- Acceptance, empathy and congruence
- Pre-session contact
- Initial contact forms
- Confidentiality
- Client and therapist boundaries
- Goal setting
- Transference and counter-transference
- Implied and informed consent
- Contraindications
- Recognising when treatment may be unsuitable and working with other healthcare professionals

- Physical surroundings
- Explaining process of hypnotherapy to client
- Evaluation methods
- Explaining fee structure, session structure and number of sessions to client
- Online hypnotherapy
- Legal considerations

Module 4

- Session structure - first and subsequent sessions
- Client history to inform treatment
- Goal setting
- SUDS
- Scaling system - solution focused questions and scaling
- Testing for susceptibility - formal and informal
- Diagnostic trance
- Post hypnotic suggestions
- First session
- Subsequent sessions - feeding back on what has occurred since previous session
- Responding to developments from previous session
- Feedback forms and meta communication

Module 5

- Person centred framework
- Parts therapy

Module 6

- CBT
- Psychodynamic
- Developing a pluralistic and congruent approach

Email: info@hypnotherapy-diploma.co.uk

Module 7

- Matching different approaches to different clients, e.g: authoritarian or permissive
- Indirect approaches
- Ericksonian
- Metaphor

Module 8

Direct suggestion

Mechanistic approach

Self help

Self hypnosis

Module 9

NLP

Anchoring

Sub modalities

Future pacing

Module 10

Regression

Visualisation

Clean language

Metaphor

Mindfulness

Module 11

Weight loss and gastric band

Email: info@hypnotherapy-diploma.co.uk

Module 12

Smoking cessation

Phobias

Module 13

Anxiety and stress management

Module 14

Pain management

Module 15

Working with addictions

Module 16

Unique Selling Point (USP)

Packaging your business

Insurance and public liability

Fee structure

Where to run your business - from home, mobile or office based

Hypnotherapy directories

Social media

Advertising on radio, television and local outlets

Proactive targeting - specialist groups and seasonal campaigns

Presentations and guest lectures

Group work & referrals

Website design, management and income stream

Other sources of income including CDs and diversification

Supervision and Continuing Professional Development

Supervision & support



It is important to receive supervision during your work with clients. Client work is confidential and you may be dealing with some complicated and difficult issues. Having an experienced supervisor provides you with the support you need. It is also a requirement for GHR membership that you undertake regular supervision in the first two years after you qualify.

Dr. Claire Jack is a recognised supervisor with the GHR and runs a supervision support group in Ayr. Free, individual supervision is offered for up to six months following the completion of your course and ongoing supervision is available for a reduced fee.

For more information please call: 07876 809776

Assignments

Case studies

You are required to complete four case studies. Case studies should be conducted with people known to you who are preferably 'one step removed' (e.g., a friend of a friend rather than someone who has a close personal relationship with you). One of the case studies should be a one-session case study, and the other case studies must cover two or more sessions. You will be asked to record one of your case studies using Skype and this recording will be submitted for observation by Claire and an external examiner.

Reflexive essay

My reasons for wishing to become a hypnotherapist, with a focus on my skills and qualities and those areas I need to work on.

Business plan

You will be asked to draw up a mock business plan which helps you clarify your projected income and expenditure and which helps you conduct research into your potential market.

Open book exam

You will be asked to complete an 'open book' exam, which means that you will be given the questions and can consult resources including books and the internet whilst completing the exam.

Course fees

Group course

Course fee £2700

Deposit £400

The course can be paid in full or in instalments and all major credit cards are acceptable.

Please ask for details

Bespoke course

Course fee £3000

Deposit £500

The course can be paid in full or in instalments and all major credit cards are acceptable.

Please ask for details

Email: info@hypnotherapy-diploma.co.uk