

## Hypnotherapy Training Accreditation

### Q & A

#### **Q: Do I need to be accredited to practice as a hypnotherapist?**

A: No. Hypnotherapy is an unregulated profession. You can legally call yourself a hypnotherapist and establish your business without doing an accredited course and many people do so.

#### **Q: What are the benefits of accreditation?**

A: There is only one type of accreditation which carries any weight in the UK (and if training providers tell you otherwise, they are misleading you). The accreditation which matters is provided by the General Hypnotherapy Standards Council (GHSC). The GHSC regulates the standard of hypnotherapy training courses which allow you to register with recognised regulatory bodies including the General Hypnotherapy Register, the Complementary and Natural Healthcare Council and the National Council for Hypnotherapy. The GHSC is the umbrella body and any course providers offering courses which allow FULL REGISTRATION with the GHR, NCH, CNHC or equivalent are required to meet the GHSC standards. Being fully accredited in this way demonstrates that you have trained to the highest possible level and allows you to become a full member of the above bodies.

#### **Q: Is your online Diploma in Professional Hypnotherapy accredited in the same way as your Diploma in Clinical Hypnotherapy?**

A: Our Diploma in Clinical Hypnotherapy meets the strict guidelines of the GHSC and is fully accredited at the highest level. The GHSC does not provide this level (the only level which carries any weight in the UK) of accreditation **to any online hypnotherapy training courses**. This is to protect clients and those students who have invested in the region of £2500 - £3000 for a full training course. Some online training providers suggest that you will have a similar level of accreditation but this is impossible given the current structure of GHSC accreditation. You may be able to sign up with one of the lesser registering bodies such as the National Hypnotherapy Society on some level. We offer our fully accredited Diploma in

Clinical Hypnotherapy and, given that the other levels of accreditation have little meaning, we have chosen not to try and fool you by offering a lesser level of accreditation.

**Q: What benchmark of quality do I get then?**

A: Dr. Claire Jack, Course Principal, has lectured and researched at some of Scotland's top universities including the University of St. Andrews and the University of Glasgow. Claire has an international reputation and works regularly with the NHS in Scotland in addition to being a regular expert/ blogger with Psychology Today. Dr. Jack will only put her name to projects she believes in. You are assured a course of the highest quality. Claire and her colleagues have established the "Professional Hypnosis Group" to offer external accreditation for online training providers.

**Q: How do my clients know any of that?**

A: We will list you as a practitioner on our website (this feature will be added shortly) and your clients can see that you have undertaken training with a training provider of the highest quality. There are very few (if any) hypnotherapy training providers in the UK which have a principal with a background in education, and Ph.D., which clearly displays the level of training course you can expect.

**Q: What is the Professional Hypnosis Group**

A: The Professional Hypnosis Group draws on Dr. Jack's 25 years of experience in education and provides accreditation for training providers who specialise in online training. We welcome applications from any training providers.

**Q: Can I get insurance after an online course?**

A: Yes you can. Towergate Insurance recognises our courses and can fully cover you in your practice.

**Q: I'm still confused...**

A: The world of hypnotherapy accreditation is confusing! The bottom line is, if you want to undertake a hypnotherapy course which is fully accredited and offers a recognised accreditation which will allow you register at a FULL LEVEL with one of the UK's respected

bodies, you need to do a full Diploma, in person course. In addition to our group courses, we offer bespoke options. Currently, we are offering these via Zoom because of changes in training provisions during Coronavirus. We're offering a discount from our usual £3000 to £2100 (or seven payments of £300). If you're interested in our Diploma in Clinical Hypnotherapy bespoke course, please contact us for details.

If you do an online course with us, or anyone else, you are not going to achieve that type of accreditation. Without the many months of face-to-face (in person or via Zoom) practice, you're also not undertaking a course of the same level. Not everyone has the time and finances to invest in a fully accredited Diploma course. The online training options offers a fantastic alternative.

Many students successfully set up business after undertaking our online course and choose to focus their efforts on those aspects of hypnotherapy they are confident in – leaving the 'deeper' issues of mental illness and severe chronic health conditions for those who have undertaken a full Diploma in Clinical Hypnotherapy.

Some students choose our online course as their first step. We offer a VIP online/ blended option which allows you to support your learning with personalised tutorials and which also allows you to work with case studies and create a portfolio of your practical work, which is then reviewed and marked.

Some students then choose to take their learning even further and use their existing course credits towards our Diploma in Clinical Hypnotherapy. In these cases, we refund the previous online course fee.

We hope you have found the above information informative and look forward to welcoming you to the Academy of the Inner Mind!

Juan Rodriguez recently undertook our online Diploma in Professional Hypnotherapy to add to his existing therapeutic portfolio. Here's what he thought:

“Before starting <https://www.facebook.com/Hypnotherapy-Bioenergy-Massage-103533184650787>, I worked for 16 years as a highly successful recreational and technical dive instructor, imparting my skills, knowledge and expertise to international guests. With the help of Claire Jack and The Academy Of Inner Mind, I have now the opportunity to help and coach my customers to lead a healthy lifestyle with the use of a portfolio full of tools, including Hypnotherapy (Stop Smoking, Lose Weight, Anxiety, Depression, Self Esteem and as a Personal Coach. I would hardly recommend Claire’s courses and knowledge to everyone interested in the art of Hypnotherapy and helping the once in need! Not only you can learn the basics but also grate continued education with a grate instructor, Claire Jack. Thank you for your help and support during my courses!! With Kind regards, Juan”