



The Academy  
of Integrated  
Hypnotherapy



## **Masterclass in Hypnotherapy for Anxiety**

Anxiety is a debilitating condition which affects the lives of so many people, both physically and mentally. Hypnotherapy can help anxiety sufferers so much by focusing on the mind-body connection, as well as the thoughts and triggers which can increase anxiety. This course provides a session-by-session protocol for working with anxiety clients.

### **This course explores:**

- What anxiety is and how to distinguish different types of anxiety
- How to manage the initial consultation and client expectations
- Signposting clients
- Working with GPs and other healthcare professionals
- Didactic work with anxiety clients
- Increasing client confidence and motivation
- Using solution focused approaches
- Using CBT
- Using anchors
- Using mindfulness
- Improving the mind-body connection
- Using clean language and metaphors
- Using sub-modalities
- Self-hypnosis
- Developing an anxiety protocol and session by session approach

## **This course is supported by:**

- 1 hour-long Zoom tutorial
- Scripts
- Assignment marking
- Client handouts and forms
- Certificate on completion of assignments
- Badge of certification



With every Academy of Integrated Hypnotherapy course you are assured the quality which comes from Dr. Claire Jack's extensive teaching and research experience, as well as her considerable experience as a hypnotherapy practitioner.