



The Academy of Integrated Hypnotherapy



Certificate in CBT-Hypnotherapy

Cognitive Behavioural Therapy (CBT) has a proven track record as a highly effective way of working with people to create positive change and challenge and reframe unhelpful ways of thinking. When combined with hypnotherapy, CBT allows people to imagine and experience change at a deep and meaningful level and the two approaches complement each other beautifully. As a CBT-Hypnotherapy practitioner you will soon see the results of working in this directive, structured way with your clients.

This course explores:

- What is CBT?
- How and why did CBT develop?
- A CBT perspective on why people have issues
- Link between feelings, behaviours and thoughts
- Working with cognitive distortions
- Working with behavioural change
- Combining CBT with solution focused approach to establish goals and hope
- Developing a protocol/ structured way of working with clients
- Using the magic ABC questioning technique
- Combining anchors with CBT
- Challenging client resistance
- Reframing beliefs
- Setting 'homework'
- Reframing mind-body experience
- Using sub-modalities

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.