



The Academy
of Integrated
Hypnotherapy



Masterclass in Hypnotherapy

for Depression

Experiencing depression can impact almost every area of a person's life, and has a huge affect on their physical as well as mental health.

Hypnotherapy can help people identify and reframe negative thought loops, improve their relationship with their body, heal from past trauma and work towards a brighter future.

This course explores:

- What depression is and how to distinguish between different types of depression.
- How to conduct your initial consultation including contraindications
- Didactic work with depressed clients
- Signposting clients
- Using solution focused approaches
- Using CBT
- Using anchors
- When and how to use mindfulness
- Improving the mind-body connection
- Using sub-modalities
- Ego-strengthening tor depression
- Self-hypnosis
- Practicalities of working with depressed clients

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.