



The Academy
of Integrated
Hypnotherapy



Certificate in Hypnotherapy for Chronic Pain

Chronic pain – defined as pain which last for more than three months – covers a range of conditions, including chronic back-ache, headaches, cancer related pain, fibromyalgia and arthritis, to name a few. Almost 50% of the UK population are affected at any one time and older people are especially likely to experience chronic pain conditions. With an ageing population, there is increasing demand for hypnotherapy as an alternative to the limited options provided by conventional medicine.

This course explores:

- What chronic pain is and how it differs from acute pain
- An overview of some commonly presenting chronic pain conditions
- The limitations of bio-medical approaches
- How to manage the initial consultation and client expectations
- Didactic work with chronic pain clients
- Signposting clients
- Working with GPs and other healthcare professionals
- Increasing client confidence and motivation
- Using solution focused approaches
- Using CBT
- Using anchors
- Using 'pain relief' techniques
- Improving the mind-body connection
- Releasing trauma related pain
- Using sub-modalities
- Self-hypnosis

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.