



- Course Title:** Hypnotherapy Practitioner Diploma (HPD)
- Time commitment:** 16 Day modules of 7.5 hours each, plus self-directed reading and time for completion of assignments, case studies and practical work. Your full time commitment will add up to 450 hours of supervised and independent learning, reading and practice, some of which can be completed after your module session are finished.
- Dates:** Courses intakes commence in Spring, Summer and Autumn terms
- Venues:** Canterbury, Maidstone and Bromley
- Course tutors:** Marcia Tillman and Betty George
- Entry Requirement:** No formal entry requirements apply, however applicants must be over 21 years of age with an appropriate level of maturity and life experience and have a good standard of spoken and written English
- Application:** By application form. You may be invited to an informal face to face interview following on from telephone interview
- Qualification:** We are in the process of gaining accredited school status with The National Council for Hypnotherapy (NCH). The NCH holds one of the largest registers of independent Hypnotherapists in the United Kingdom and strives to maintain the highest standards among its members. As an accredited school we will offer the Hypnotherapy Practitioner Diploma. The Hypnotherapy Practitioner Diploma (HPD) is a qualification established in June 2002 and is accredited jointly by the NCH and externally validated by the NCFE, a recognised national awarding body. The NCH has been approved as an NCFE centre.
- The HPD has been accredited by NCFE to guarantee that it is of a high standard and the course content meets the rigorous requirements of a national awarding organisation. The HPD also meets all the 'Learning Outcomes' of the "Complementary and Alternative Healthcare – Hypnotherapy": National Occupational Standards.
- The Hypnotherapy Practitioner Diploma has 45 academic credits from the Open University at Undergraduate level 1 (FHEQ Level 4) which count towards a relevant degree.
- Professional Memberships:** As a BSAP HPD student you will automatically be eligible for free student membership to the NCH and will be enrolled automatically when you begin your hypnotherapy training. Once qualified you will be eligible to upgrade your membership and use the appropriate membership grade letters after your name. As a BSAP student you will also receive your first year's membership to The British Association of Applied Psychology (BAAP) when your training begins.



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The BSAP Diploma in Clinical Hypnotherapy and Counselling Skills core model of 'Client Led' Hypnotherapy is based on the assumption that the client is their own expert on their life & presenting issues. This model works on the premise that therapy which is focused on the client's own beliefs and expectations will bring about rapid and effective effect required.

The BSAP Client Led model is based on the humanistic methodology where unconditional positive regard is essential. The model is an eclectic and comprehensive model which includes all of the traditional and expected methods of hypnotherapy plus the modern day here and now methods like CBT et al.

Students will be supported in developing their own working philosophy as an effective practitioner and various areas of specialism will be considered throughout your training. Within each module you will develop the theoretical knowledge and skills of the therapist and then go on to practice them both within and following each classroom session.

Skills: Students will have structured opportunities to practice and develop their hypnotherapy and counselling skills. This will include observation and feedback both from peers, client and tutor. Your skill progression will be monitored in this way and support given in areas of challenge if required. Emphasis is placed on practical application of skills and BSAP uniquely includes a significant element of supervised client work within the learning hours. This leads to greater understanding and learning than fully independent student practice.

Professional Development: Students will work closely within ethical framework of the National Council for Hypnotherapy (NCH) for Good Practice in Hypnotherapy. Through theory, group discussion and independent learning you will have opportunities to reflect and understand the ethical framework for the hypnotherapist. We will help you to integrate this learning and understanding into your practice to support you in becoming resilient and ethical hypnotherapists.

Teaching Methods BSAP learning environments are experiential and interactive - providing practical experience for better understanding and employing accelerated learning methods so that you will learn fast and retain learning with great accuracy. These learning methods will allow you to implement new skills immediately. Whilst your skills will be comprehensive, particular focus will be given to specialisation and how your learning will be turned into a successful hypnotherapy practice.

Assessment will be through on-going course work assignments, professional logs, case histories and observation of methodologies and practical skills by your peers and tutors.

Curriculum

Continuing on you will introduce the counselling model that is the core BSAP Client Led model of hypnotherapy together with the principles and skills of counselling as pertaining to the hypnotherapist. You will learn safe and best practice for you and your client, ethics and responsibilities, when to refer on and what hypnotherapy can and can't treat. You will develop your counselling skills throughout the course, through practical work, assignments and your own practice client hours.



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Students will explore common presenting issues in hypnotherapy and how they might be resolved. These include smoking cessation, weight management, phobias, unwanted habits and fears, anxiety, stress, confidence and performance. At the same time you will explore more advanced hypnotherapy and other related techniques such as hypnoanalysis, NLP in hypnosis, regression, parts therapy, TFT et al.

- Module 1: Introduction, history, ethics, the law. Hypnosis skills 1 demonstration and practice
- Module 2: Hypnosis skills continued – demonstration and practice
- Module 3: Counselling skills 1
- Module 4: Counselling skills 2
- Module 5: The hypnotherapy Session Protocol, hypnosis skills continued (workshop)
- Module 6: The Hypnotherapeutic model, hypnosis skills continued (workshop)
- Module 7: NLP 1 – Introduction, popular NLP models used in hypnosis practical (workshop)
- Module 8: NLP 2 – Further NLP models, CBT, using the time line reframe, integrating NLP into your hypnotherapy practice.
- Module 9: Introduction to hypnoanalysis – analytical vs symptomatic hypnotherapy, Introduction to regression in hypnosis.
- Module 10: Regression continued, Parts therapy, practical applications (workshop)
- Module 11: Anxiety Stress and depression. TFT, self-hypnosis. Open clinic (Supervised practical work with live clients)
- Module 12: Weight management. Open clinic (Supervised practical work with live clients)
- Module 13: Smoking and habits. Open clinic (Supervised practical work with live clients)
- Module 14: Fears and Phobias. Open clinic (Supervised practical work with live clients)
- Module 15: Pain and chronic Conditions. Open clinic (Supervised practical work with live clients)
- Module 16: Setting up your hypnotherapy practice, progression, CPD. Open clinic (Supervised Practical work with live clients)

The BSAP Client led model will develop our students' ability to create unscripted hypnotherapy sessions; you will explore how to construct a hypnotherapy session and how to integrate and adapt the skills and principles of specific treatment models to enable you to focus and accurately treat any presenting issue.

In preparation for qualification and professional practice BSAP students will be encouraged to explore and develop their skills into practice, either working independently or as part of a larger team. Marketing, costs, charges, advertising, branding and selling in the talk therapy sector will run as a common theme throughout the course.

For more information and to apply please contact us info@bsap.co or apply now by following this link <http://www.britischoolofappliedpsychology.com/apply-now>