



Hypnotherapy Training

A U S T R A L I A

2019 Prospectus

A Professional Training Course
In Clinical Hypnotherapy



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Mission Statement

“It is the mission of Hypnotherapy Training Australia (HTA) to change the world, one heart at a time, by providing the highest standard of training in heart-based/client-centred therapists in the fields of Clinical Hypnotherapy, Transpersonal and Gestalt Therapies in a professional and caring environment. All students are supported to acknowledge, respect and accept themselves and others and to learn to relate with courage, clarity and compassion.”

“Through Knowledge, Understanding and Wisdom, HTA will provide students with the necessary tools to step into the service of humanity”.

TESTIMONIALS

Cath Edwards – HTA provided me with the next level up in skills in Clinical Hypnotherapy. This training was provided in a firm but supportive manner which caters to all learning styles. The use of metaphors has provided me with a hypnotherapy toolbox that has given my clients a new way to explore themselves and their world without feeling fearful. The trainers are professional and heart based which is really refreshing with regards to other schools that are primarily online and about building numbers over skills. I am now working within a Gestalt framework in the hypnotic field which allows my clients to grow in a way that they haven't experienced before with more traditional or medically aligned models. On a personal level, I have deep gratitude for the learning experience and learning environment. The only time I have looked back, is to be grateful for what I have been taught so I can support others.

Skye Hodgson November 13, 2016 · In a journey to help others I have found myself.... if you're ready to walk a path of healing and education. Then I recommend, beyond expectation hypnotherapy training Australia

Penny Brenton November 1, 2016 · I absolutely loved my training with HTA. I felt nurtured on so many levels as I learned new skills, made wonderful new friends and attained my Diploma. I am now a busy practicing Clinical Hypnotherapist with my own clinic, doing what I love. Thank you HTA.

Fiona Worrall November 1, 2016 · Training with HTA has been one of the most profoundly life changing experiences of my life. On a personal and professional level, you are nurtured and supported to become a better version of you. Learning the skills and tools associated with Hypnotherapy has not only enabled me to move into a new career path helping others to uncover their blocks and find freedom in their lives, but also to improve personal relationships through a deeper understanding of this human experience. The trainers are so supportive and teach with a deep love of sharing their knowledge. The new friendships created with the other trainees are amongst the deepest ever experienced. Absolutely loved it!

Debbie Cilia December 12, 2015 · Awesome place to train and discover the better you. Leave old habits behind and learn to help others. Excellent trainers and support is second to none! Loved it.

Hypnotherapy Training Australia - Faculty

At HTA, we pride ourselves in our ability to make your learning experience as enjoyable and enriching as possible. Our faculty of Hypnotherapy Trainers are highly qualified, personable and passionate about providing you with what you need to become a professional Hypnotherapist.



Marilyn Newman - Founder

Diploma Clinical Hypnotherapy, Member of the A.S.C.H. CM.AHA, Post Graduate Dip. in Clinical Hypnotherapy. Dip. Breath Therapy. Dip. Transpersonal Psychology. Gestalt Psychotherapist, Specialising in Dream Work

Marilyn had been practising hypnotherapy for almost 30 years. She trained on the Central Coast in 1985 and went on to train at the NSW school of Hypnotic Science in 1986 receiving her Diploma and postgraduate Diploma in Hypnotherapy in 1987. She was a fully registered member of the Australian Society of Clinical Hypnotherapists & Australian Hypnotherapists Association.

Marilyn was also trained in Gestalt therapy, Humanistic Psychology and Transpersonal Psychology. Together with Dr. Don Diespecker, Marilyn set up her own College in the 80's. Together they provided training in Gestalt therapy,

Humanistic Psychology and Transpersonal Psychology on the Central Coast. Marilyn developed an eclectic way of working with her clients; integrating Gestalt, dream-work and archetypal imagery into her hypnotherapy practice.

Marilyn was particularly interested in how these elements may illuminate our subconscious. Marilyn had worked with clients from 3 to ninety years old. However her heart was drawn to working with children over the years, and Marilyn was one of the best children's therapists available. She had created a collection of C.D's for children aimed at enhancing self-esteem, life skills and literacy skills. Her children's CD's are titled: 'Marilyn's Magic Monkey World' and are still available, .



Kaz Field Anderson

Director of Training, Hypnotherapy Trainer

Dip. C.H, Adv Dip. C.H, Cert. Jungian Dream Analysis, Cert. Dynamic Pain Control, Dip. Life Coach, Dip. Transpersonal Psychotherapy, Dip. Breath Therapy, Specialising in Cancer

Kaz & Marilyn trained together back in the 80's, first achieving their Diploma in Clinical Hypnotherapy, then going on to further studies.

After a terminal diagnosis of 4th stage cancer in 1990, and told to 'get her affairs in order', Kaz put her knowledge to the test, and had her surgery under self hypnosis to give her

body every chance without chemo or radiation. Daily hypnosis sessions Kaz believes, saved her life. Kaz then became a Cancer Specialist in her private practice.

The recent loss of her beloved Mother ~ Marilyn Newman, has seen her take up the challenge of Director of Training, one which is most heartfelt, as HTA was her Mother's life's work. Kaz is determined to make HTA one of the most respected schools in Australia, and deliver our program with love, compassion & the nurturing that her Mother so exhumed.



Jody Wood

Jody Wood – Hypnotherapist & Medical Trainer

Dip. C.H, Adv Dip. C.H, Cert III Teaching and Assessment, Member AHA & certified ASCH Supervisor

Jody comes from a large medical family that owns and operates private hospitals, manages and directs government hospital units and consults for the private sector.

She started her career working in aged care disability support and psychiatric care and progressed into a training role. Through her career she has worked for many not for profit organisations including Women's Refuges as well as starting her own grass roots organization to effect change in the governments Gambling legislations.

Jody's passion is in mental health and addiction. After training with Marilyn Newman, Jody stayed on at HTA and had the privilege of working with Marilyn and assisting in developing the curriculum.



Karen Booth - Gestalt Psychotherapy Trainer

Masters Gestalt Psychotherapy (GTS), Adv. Dip. Gestalt (TGI), Adv. Dip.

Applied Social Science and Counselling (ACAP), NLP Practitioner, Clinical member PACFA & GANZ



Gestalt Psychotherapist, Counsellor, NLP practitioner, Group Facilitator, Trainer and Registered Nurse, Phone Crisis Counsellor & Facilitator Quest for Life with Petrea King.

Karen currently has private practices on the Central Coast and in North Sydney offering individual, couples, and group therapy. Karen also offers online therapy and professional training sessions.

Karen also works as the Grief & Trauma Counsellor at 'The Glen' – a drug and alcohol recovery centre for men on the Central Coast, and works with clients at ACON in Newcastle. Karen has been a counsellor with Breast Screen NSW and as a counsellor and facilitator at QUEST for life programs.

Sara Clignett - Psychology Coordinator

Schema Therapy Trainer

B.A. Psych & Soc., Post Grad Dip. Psych & Family Counselling, Dip. Clinical Hypnotherapy



Sara Clignett attended Sydney University and obtained a Degree in Psychology and Sociology. She then went on to do her Post Graduate Diploma in Psychology and Family Therapy at Western Sydney University.

Sara's experience varies from working with homeless youth at Kings Cross and homeless women with mental health issues to corporate psychology and pain management.

Sara is currently in private practice and is partner & Director at the Read Clinic. Sara is also the co-ordinator for the Intern Program for trainee psychologists. Sara treats a wide variety of issues such as Anxiety, Depression, Post Traumatic Stress Disorder, Relationship and Family Issues to name but a few. Her particular field of interest is working with sexual abuse.

Deborah Haynes - Psychology Trainer

Bachelor of Psychology (Hons), Adv. Dip. Gestalt Therapy, Dip. Gestalt Therapy (PACFA, GANZ), Cert. in Clinical Hypnotherapy, Certified Weight Loss Consultant, Dip. Mental Health.



Deb has an Honours degree in Psychology through the University of Newcastle. Her thesis work was titled "Feature Context Modulates the Happy Face Advantage"; which examined the cognitive, social and biological effects of happy expressions compared to angry expressions displayed on female, male and androgynous faces. Deb currently works as a Gestalt Therapist on the Central Coast while undertaking her Provisional registration as a Psychologist. Deb is experienced in Child protection working with FACS and has studied Casework development,

legal and interviewing techniques, child protection legislation and assessment and authorisation of Foster Carers. Deb has completed studies in working with Child Sexual Assault and Trauma as well as Effects of Domestic Violence on Children and Young People. After completing her studies in Gestalt, Deb was invited and highly recommended to join the faculty at the Terrigal Gestalt Institute and undertook the position of trainee trainer. She has completed a Certificate in Clinical Hypnotherapy through the NSW School of Hypnotic Sciences in 2003. Her passion is working with children, encouraging and nurturing children's natural development through awakening connections to themselves and their environment. She also has a deep interest in working with adults childhood trauma.

Maria Dolenc

Family Constellations Trainer





Clinical member of GANZ, PACFA, ISCA as well as an accredited PACFA Supervisor.

Maria is a qualified Gestalt Therapist, Family Constellation Facilitator and Addictions Counsellor working with individuals, couples, families and groups. I have been a lecturer in Holistic

Counselling at Nature Care College, and have worked in various capacities at South Pacific Private over a period of eleven years, including Clinical Supervisor. I was also co-director at Gestalt Therapy Sydney and now devote my time mainly to what I love doing, which is Constellations work. I have studied Family Constellations with many world leaders in the field and have been conducting workshops and practitioner training on this work both locally and overseas regularly over the last few years. I was a member of the organising committee for the inaugural Australian Pacific Constellation Intensive in January 2011 and 2013 conference. For the next twenty years I applied my direct experience and training, working initially with youth in refuges and supporting families in crisis as a family support counsellor. Since 1995 my focus has been on workshop facilitation, teaching and training along with providing supervision for other therapists and students.

Chris Davidson - Addictions Trainer

Member ACA (Clinical), AHA

BA Couns., Dip. Pro. Couns., Dip. Clin. Hyp., Cert. Master NLP, Cert. Life Coach.



Chris first became qualified in counselling in 1996 and since that time he has worked with young people, their parents and families in private practice and for various community organisations on the Central Coast.

In 1998 he studied Neuro-Linguistic Programming and became fascinated with the trance phenomenon and the unconscious mind. In 2000 he graduated from the NSW School of Hypnotic Sciences and from that time has trained with world renowned leaders in this field.

Specialising in addiction for the past 8 years, he is currently the manager of a gambling addiction treatment service funded by the NSW state government. In this role Chris has become a strong advocate and advisor in this field. He has addressed Federal Senate on Poker Machine Harm Minimisation, presented to NSW Office of Liquor Gaming & Racing and at the 2007 NSW Problem Gambling Forum.

He has also educated health and welfare organisations on gambling addiction. Recently he played a major role in negotiations with Gosford City Council, making it the first NSW local council ever to officially recognise problem gambling as a social issue.

His therapeutic style has developed into an eclection of Person Centered, Eriksonian and Existential approaches that also incorporate Gestalt and NLP methods. As a new 'recruit' to Acceptance and Commitment Therapy, he utilises this model within a Strength Based approach to his Life Coaching practice.

What is Hypnosis?

Hypnosis is an altered state of consciousness. Unlike what you see in stage shows, all hypnosis is self-hypnosis. The Hypnotherapist is the facilitator guiding the client with their vocal and professional skills into a relaxed altered state to enable the healing of past trauma, or issues so that personal growth can take place.

Hypnosis has been used in one form or another for thousands of years dating back to Ancient Greece and India. However, recent history begins with the Viennese doctor, Franz Anton Mesmer, in the late 1700's, who instigated the initial terminology of mesmerism for hypnosis. Mesmer found that simply passing his hand in front of people's eyes was enough to initiate a trance state. However the credibility of hypnosis in scientific and medical circles has grown since the remarkable contribution of men like Milton A. Erickson and John Hartland. These men, amongst others, brought respect to hypnotherapy and the understanding of the unconscious mind. Nowadays more professionals are integrating hypnotherapy into their practice to help their clients. Hypnotherapy has been found to be very beneficial in helping with stress, anxiety disorders, relationship issues, depression, grief, phobias, sexual problems, confidence and self-esteem issues. It is also regularly used with weight reduction and quitting smoking.



Course Structure & Requirements

Certificate, Diploma and Professional Diploma of Clinical Hypnotherapy

HTA is accredited with the Australian Society of Clinical Hypnotherapy, the Australian Hypnotherapy Association, Professional Hypnotherapists of Australia, and is a founding member of the Hypnotherapy Council of Australia.

The training programs are made up of the following components:

Certificate in Clinical Hypnotherapy

- 5 day intensive
- 5 hours of study group participation
- Required readings
- Theoretical & Practical Assessment

Diploma in Clinical Hypnotherapy (pre-requisite Certificate in Clinical Hypnotherapy)

- Counselling Unit
- Psychology Unit
- Addictions
- Family Constellations Unit
- Psychodrama Unit
- Gestalt Counselling Unit
- Medical Hypnotherapy Unit
- Advanced Hypnotic Strategies Unit
- Practicum Assessment
- Personal Therapy Hours

Students not applying for recognised prior learning must successfully complete all of the Units (a total of approx. 750 hours) in order to be awarded the Diploma in Clinical Hypnotherapy.

Required Personal Therapy

It is a requirement in the Diploma course that each student undergo at least 5 clinical consultations with a Hypnotherapy practitioner approved by the faculty of the HTA or a regulating body of Hypnosis, at an additional cost to students. A list of qualified therapists will be provided by HTA. Our Recommended Therapists fees are capped at \$100 for HTA students.

It may be deemed necessary by the Director of Training and Teaching Faculty for students to engage in extra therapy hours with a hypnotherapist, psychologist or psychotherapist, in order to further develop the relational competencies necessary to progress in their studies towards the Diploma in Clinical Hypnotherapy.

Please see 'Progression and Exclusion Policy' for further details.

TRAINING DATES 2019

Unit 1 Certificate of Hypnotherapy – Introduction to Hypnotherapy – only 1 is required	
Intensive Certificate in Clinical Hypnotherapy (5 days)	January 23 rd -27 th inclusive 2019
Intensive Certificate in Clinical Hypnotherapy (5 days)	April 10 th – 14 th inclusive 2019
Intensive Certificate in Clinical Hypnotherapy (5 days)	July 24-28th inclusive 2019
Intensive Certificate in Clinical Hypnotherapy (5 days)	October 24 th - 28 th inclusive 2019
Diploma in Clinical Hypnotherapy	



Unit 1 Part 2	
<u>Hypnotic Strategies</u> 7 Weekends	Feb 9 th & 10 th March 23 rd & 24 th May 25 th & 26 th , June 29 th & 30 th August 17 th & 18 th , Sept 7 th & 8 th
<u>Unit 2: Psychology</u>	Feb 2 nd & 3 rd
<u>Unit 3: Emotional Freedom Technique (EFT – Tapping)</u> 1 weekend	March 9 th , 10 th , 16 th & 17 th
<u>Unit 4: Addictions</u>	April 27 th & 28 th
<u>Unit 5: Family Constellations Certificate</u> 4 weekends	<u>TBA</u>
<u>Unit 6: NLP</u>	August 10 th & 11 th
<u>Unit 7: Gestalt Year 1</u> 6 weekends (<i>includes 2 Friday night's 6-9pm</i>) FOR THOSE PARTICIPATING IN DIPLOMA OF GESTALT PSYCHOTHERAPY, YEAR 2 COMMENCES AUGUST 3rd	April 19 th , 20 th , 21 st May 4 th , 5 th , 18 th & 19 th June 1 st , 2 nd , 15 th & 16 th July 19 th , 20 th & 21 st
<u>Unit 8 – Medical Hypnosis</u> 2 Weekends	June 22 nd & 23 rd July 13 th & 14 th
<u>Unit 9: ADVANCED HYPNOTIC STRATEGIES</u> <u>Upgrading Your Therapists Toolbox V2.0</u> Weekend 1: Working with the Power of Your Clients Dreams Pain Control	2 Weekend Intensive October 12 th & 13 th
<u>Advanced Hypnotic Strategies</u> Weekend 2: Advanced Hypnosis/False Memory Syndrome/3 Canvases	November 2 nd & 3 rd
<u>Unit 10: Personal Therapy</u> <i>Please note: Five (5) personal therapy sessions are required within The Diploma program. The cost of personal therapy is not included in the cost of this course. Fees are capped at \$100 per session for students when using a therapist from the HTA recommended therapist list.</i>	To be arranged by the student with a therapist of their choice from the HTA recommended list

Enrolment Process & Payment

Who May Apply

While professional training in Clinical Hypnotherapy is recommended to those with qualifications in the helping professions, applications are also open to those with relative life experience that can demonstrate a capacity to fulfill the course requirements.

Applying to Enrol

All applicants are required to complete and submit an application form together with their references and a deposit of \$1350.00. The deposit will be held until the individual interview with HTA's Enrolment Officer has been conducted. It is required upon acceptance into the Certificate and Diploma courses that a study contract be signed. If the interview is unsuccessful the deposit will be refunded in full.



Payments

All fees for the enrolled course must be paid in full prior to the commencement of the course, unless a payment plan has been arranged. Payment plans are available for students upon request, however they must be negotiated with the Enrolment Officer or Director of Training prior to the commencement of the course

Early bird discounts are available for both Certificate and Diploma courses please see HTA Fee Schedule for details.

Professional Hypnotherapists choosing specific modules for professional development, please check the HTA Professional Development Fee Schedule for details.

Policy of fees & deposit refund

Withdrawal from enrolment prior to course commencement will incur an administration fee of \$300 and deposit is non-refundable. Tuition fees will be forfeited if student drops out of training after course commencement or has enrolment terminated due to misconduct. If a student takes advantage of our early bird discount and decides not to continue after entering into the training, tuition fees will be refunded on a pro rata basis to a maximum of 25% of course fees after course commencement.

Venue & Course Times

Training Days:

10.00 am to 4:30 pm Hypnotherapy Units
10.00am to 4.30 pm all other Units, except with Gestalt, includes
Friday evenings 6-9pm

Venue:

HTA - Suite 17 Ebbside Mall
155- 163 The Entrance Rd
The Entrance 2261 NSW

Recognised Prior Learning

Students wishing to apply for RPL for any of the modules must submit their relevant qualifications and academic transcripts (originals must be cited) to the enrolment officer during their interview for enrolment. The application for RPL will go before the Faculty of the HTA for assessment and approval. Students will be notified in writing within 14 days of the interview whether their application for RPL has been granted.

Graduates of psychology, psychotherapy and counselling are encouraged to apply for RPL for the relative Diploma modules. Students who have been granted RPL by HTA based on existing qualifications in psychology, psychotherapy and/or counseling, after successfully completing all other required assessments and examinations set down by the HTA, will receive a full Diploma in Clinical Hypnotherapy.

HTA Fee Schedule 2018

Certificate in Clinical Hypnotherapy ONLY (<i>please not you may not practice as a hypnotherapist until you complete the diploma</i>)	Full Price	Early Bird*
Unit 1 - 5 day Certificate in Clinical Hypnotherapy	\$1350.00	\$1250.00
Diploma in Clinical Hypnotherapy Year One (Includes the Certificate)	Full Price	Early Bird*
Counselling Unit		
Psychology Unit		
Family Constellations		
Healing Addictions & NLP		
Gestalt Unit - Equivalent to 1 st year Gestalt		
Introduction to Medical Hypnosis Unit		
Additions for Your Therapist Toolbox		
Advanced Hypnotic Strategies		
Hypnotic Approach to Dream Work (see additions for therapist toolbox)		
Art Therapy - Analysing Tree Drawings with Children & Adult Clients (see additions for therapist toolbox)		



Personal Therapy (* note below)		
TOTAL		
Diploma & Certificate Total if paid in full PRIOR to commencement = \$9,000.00 otherwise total fees \$10,737.00	\$10,737	\$9,000
<i>Note: Five (5) personal therapy sessions are required within the Diploma program. The cost of personal therapy is not included in the cost of this course. Fees vary and are determined by the selected therapist's fee schedule.</i>		
Advanced Practitioner Diploma in Clinical Hypnotherapy Year 2 (Advanced Diploma is not compulsory)		
Additions: Patterns, & Transgenerational influence/ Retrieving Forgotten Dreams A Transpersonal Approach To Grief Working with PTSD Day 1 Working with Children & Adolescents Day 2 Pornography ~ A Modern Day Dilemma Family Systemic Constellations Dynamic Pain Control Day 1/ Transpersonal Approach to Trauma Day Sleep Disorders	Full Price	Early bird
Total Fees: Year Two Early bird - full payment one month prior to commencement		
	\$4950.00	\$4500.00

Certificate in Clinical Hypnotherapy

Unit 1 - Introduction to Clinical Hypnotherapy 5 day intensive

- 5 days of face to face training
- 5 hours of study group participation
- Required readings
- Theoretical & Practical Assessment

Learning Objectives: Certificate of Clinical Hypnotherapy

Upon completion of this course students will:

- Have knowledge of the history of Hypnosis
- Have an understanding of what Hypnosis is
- Have an understanding of the use of various induction & deepening techniques
- Have an understanding of the ethics, dangers and responsibilities of the Hypnotherapist and when to refer



- Have an understanding of the therapeutic benefits of hypnosis in weight control, quit smoking, & memory training
- Demonstrate basic skills in Hypnotherapy
- Have an understanding of the duty of care when working with children presenting with enuresis and various children's disorders
- Have an awareness of the process of abreaction during hypnosis
- Be able to determine suitability of client for hypnotic services
- Have developed skills in using hypnotic techniques in a safe and proficient manner
- Have an understanding of the dangers, responsibility and ethics involved in hypnosis
- Have a basic knowledge of regression and re-patterning
- Understand the importance of building a rapport in a therapeutic relationship

Lecture 1: Day One

Trainers: Kaz Field Anderson & Jody Wood

Session 1

- History of Hypnotic approaches
- What is hypnosis
- Myths and Misconceptions of Hypnosis
- The Context of Hypnosis

Session 2

- The Importance of Rapport in a therapeutic relationship
- Depth Techniques
- Assessment of Hypnotisability
- Susceptibility and depth scales
- Post Hypnotic Suggestions

Session 3

- Induction Techniques (Including open eye induction and closed eye induction)
- Demonstration in class
- Hypnotic Terminology
- Setting up of peer study and practice groups (to continue over the period of this Certificate/Diploma course) 5 hours peer study required plus 10 hours of required reading in the certificate.

Lecture Two: Day Two

Teacher: Kaz Field Anderson & Jody Wood

Session 4

Revision of Day One

Session 5

- Theoretical Aspects
- Definitions of Hypnosis
- Indicators of Hypnosis
- Spontaneous Trance-states
- Therapeutic Implications of the Hypnotic State
- Contra-Indications for Hypnosis
- Susceptibility Tests (and their relevance)



Session 6

- Practical Aspects
- Orient client to hypnosis
- Inductions, with practice sessions
- Deepeners, with practice sessions
- Response Expectancy, with practice sessions
- Assess Depth of Trance
- Practice, Practice, Practice

Lecture Three: Day Three

Trainer: Chris Davidson – Timeline Therapy (NLP)

Session 7

- Revision

Session 8

- Theoretical Aspects o The Nature of Suggestions o Positive vs Negative Suggestions o Direct vs Indirect o Authoritarian vs Permissive o Process vs Content o Post Hypnotic Suggestions (PHS) o Ideomotor Techniques (IMR)

Lecture Four: Day Four

Trainer: Kaz Field Anderson & Jody Wood

Session 10

- Revision
- Working with Children including: enuresis; bullying; night terrors; and most childhood disorders
- Children's induction techniques

Session 11

- Introduction to regression & re-patterning
- Psychodynamics of Hypnosis
- Specific theories for hypnotic phenomena
- The phenomena of hypnosis
- The importance of structuring suggestions
- Human suggestibility
- Relaxation and methods of diversion of attention

Lecture Five: Day Five

Trainer: Kaz Field Anderson & Jody Wood

Session 12

- Theoretical Aspects
- Knowing when to refer a client on (referral lists will be provided by HTA)
- Ethics of the Hypnotherapist
- The Importance of history taking & keeping files



- Legal & professional responsibilities of the Hypnotherapist
- Sleep Management
- Stress Management
- Practical Aspects
 - o Inductions, with practice sessions
 - o Deepeners, with practice sessions
- Response Expectancy, with practice sessions
- Assess Depth of Trance
- Suggestion Processes, with practice sessions
- Post Hypnotic Suggestions (PHS), with practice sessions
- Deduction
 - o Review and Debrief

Revision and Final Assessment

Final Assessments:

Revision

Theoretical & practical examinations will be conducted on day 5 of the intensive program. A Certificate in Clinical Hypnotherapy will be issued to students that successfully complete all the assessment tasks.

Acceptance into the Diploma in Clinical Hypnotherapy is by *invitation*. Students that have sufficiently demonstrated the professional, personal and interpersonal competencies in the intensive Certificate program, and have satisfactorily met the progression requirements of the HTA will be *invited to continue*. Please see 'Progression and Exclusion Policy' for more details. Invitations to proceed onto the Diploma in Clinical Hypnotherapy program will be extended to successful students by the Director of Training at the progression interview.

Suggested reading for the Certificate of Hypnosis:

Certificate: Essentials of Hypnosis: Trancework 4th Edition– by Michael Yapko

Required reading for the Diploma in Clinical Hypnosis:

Diploma: Trancework 4th edition by Michael Yapko, Hartland's Medical and Dental Hypnosis with Michael Heap and Kottiyattil K. Aravind, Basic Counselling for Professionals

Diploma in Clinical Hypnotherapy

Unit 2: Basic Counselling Skills

Basic Counselling Skills: Weekend 1

Trainer – Tracy Lynch

The aim of this topic is to provide you with the basic skills required to work as a counsellor and hypnotherapist:

- CHCCSL501A Work within a structured counseling and hypnosis framework
 - o Use a structured approach to counseling
 - o Establish the nature of the helping relationship
 - o Confirm the appropriateness of the helping relationship
- CHCCSL502A Apply specialist interpersonal and counseling interview skills
 - o Communicate effectively in counselling practice
 - o Use specialist communication skills in counselling interviews

Learning Objectives:

At the completion of the workshop, you will be able to:

- Understand the process of a counselling/ therapy session.
- Understand how micro-skills provide a foundation for Unfolding the therapeutic process.



- Have a basic understanding of counselling micro-skills.
- Describe the essential elements of each micro-skill.
- Have an understanding of how micro-skills allow effective understanding of client issues.
- Have a better understanding of how to build a therapeutic relationship with your clients using micro-skills.
- Apply the micro-skills to your therapeutic practice with clients & in general communication with others.

Basic Counselling Skills: Weekend 1

Saturday

- Introduction to Counselling
- Therapeutic Session Outline
- The Counselling Relationship
- Micro-skills History & Intro
- Micro-skills - Joining / Attending skills
 - - Paraphrasing
 - - Reflection of Feeling
 - - Summarising
- Demonstration of micro-skills
- Participant Practice
- Observation Skills
- Values & Beliefs
- Debrief & Reflection

Sunday

- Further Counselling skills
- Advanced Empathy
- Using Questions
- Demonstration & Practice
- Feedback & Discussion
- Reframing
- Normalising
- Confronting / Challenging
- Self Disclosure
- Advice Giving / Interpretation
- Demonstration & Practice
- Final Debrief & Discussion

Basic Counselling Skills: Weekend 2

The aim of this workshop is to

- Facilitate the counselling relationship
 - o Enable clients to identify concerns
 - o Enable clients to work through concerns
 - o Monitor the counselling process
 - o Bring the counselling process to an end
- Apply counselling therapies to address a range of client issues
 - o Use techniques from a range of *counselling therapies*
 - o Confirm suitability of counselling techniques in specific situations
 - o Apply counselling techniques to address specific client issues and/or needs

Learning Objectives:

At the completion of the workshop, you will be able to:

- Apply counselling therapies to address a range of client issues



- Enable clients to identify concerns
- Enable clients to work through concerns
- Monitor the counselling process
- Bring the counselling process to an end

Weekend 2 Content

- Review of previous weekend learning

Saturday

- Acceptance Commitment Theory integrated with hypnotherapy
- Self-reflection utilization of the above skills
- Demonstration and Practice

Sunday

- Transaction Analysis integrated with hypnotherapy
- Self-reflection utilization of the above skills
- Students to practice these methods as a tool for therapy
- Demonstration & Practice
- Final Debrief & Discussion

Unit 3: Introduction to Psychology

Trainer: Deb Haynes

The aim of this unit is to provide an introduction and understanding of basic concepts in psychology

- Learning and behavior theories
 - o Apply behaviorism in counselling practice
 - o Analyze *environmental modeling influences* in counselling practice
 - o Analyze possible behavioral outcomes of different modeling and reinforcement influences
 - o Formulate a *program for change* in a counselling context
- Personality and developmental theories
 - o Apply theories of personality and human development in therapy
 - o Use concepts from theories of personality and human development to analyze and understand human behavior
- Apply Theories in Therapy

Learning Objectives:

At the completion of the workshop, you will be able to:

- Apply counselling therapies to address a range of client issues
- Support clients in decision-making processes
- Apply learning theories in counselling
- Apply personality and development theories
- Recognise and respond to individuals at risk

Learning & Behavioural Theories

- The science of psychology
- Learning and behavioral theories
- Apply learning theories in therapy to a range of client issues
- Support clients in decision-making processes

Personality & Lifespan Development



- What is Personality
- What is Lifespan Development
- Apply personality and developmental theories to a range of client issues

Introduction to Psychology:

The aim of this unit is to provide an introduction and understanding of abnormal psychology, mood and anxiety disorders, personality disorders, and risk assessments

Learning Objectives:

At the completion of the workshop, you will be able to:

- Apply counselling therapies to address a range of client issues
- Support clients in decision-making processes
- Determine suitability of client for counselling services
- Apply legal and ethical responsibilities in counselling practice
- Recognise and respond to individuals at risk

Abnormal Psychology

- What is Abnormal Behavior
- Current Paradigms in Psychopathology and Therapy
- Psychology and neuroscience
- Personality Disorders
- Anxiety Disorders
- Abnormal Psychology
- Classification and Assessment

Classification and Assessment Content

- Introduction: Historical and Scientific Considerations
- Suicide Assessment
- DSM-IV Classification and Diagnosis (NB: Diagnosis only Qualified Psychologists are permitted to diagnosis this is only for Hypnotherapist to have a clear understanding when to refer on.)
- Clinical Assessment Procedures

Suggested reading for the Introduction to Psychology

Text Book: Psychology 3rd Edition by Martin, U Carlson External Assignment

Schema Approach to CBT – (This Unit will return in 2018)

Teacher: Sara Clignett

Learning Objectives:

At the completion of the workshop, you will be able to:

- Apply counselling therapies to address a range of client issues
- Support clients in decision-making processes
- Integrate Schema and C.B.T into their Practice
- Using the tool of Schema Therapy and CBT with hypnosis for Stress Management
- Students will gain assessment insights with Depression
- Will learn when to refer on if client is at risk

Day 1:

Schema Approach to Cognitive Behavioural Therapy



- Stress Management
- Phobias
- Assessment

Day 2:

Treating Depression in Adults

- The Valuable tool of Hypnosis and CBT with the Treatment of Depression
- Nature of Depression
- Assessment of Depression
- Treatment of Depression
- Assessment

Unit 4: Family Constellations

Trainer – Maria Dolenc

OVERVIEW

Despite their greatest efforts many people struggle to live their lives to the fullest and to relate well in their closest family relationships. Some describe the experience as if there are powerful forces that seem to thwart them in their lives, and feel entangled within the dynamics of their family as if in a spider's web. These dynamics are like the wind. The wind is not visible but its presence is felt from the disturbance it leaves in its wake and its impact on our body and senses. Entanglements in family dynamics can result in relationship difficulties between partners, between parents and children, between siblings, and other important relationships. They can also contribute to other difficulties such as addictions, illnesses and negative repetitive patterns in our lives. When we think psychologically, we normally attribute these problems to negative attitudes or our upbringing.

Entanglements in family dynamics can result in relationship difficulties between partners, between parents and children, and between siblings. They can also contribute to other difficulties such as addictions, illnesses and negative repetitive patterns in our lives.

When we think psychologically we normally attribute these problems to negative attitudes or our upbringing. Twenty five years ago Bert Hellinger developed a method using constellations, to reveal hidden dynamics within the family, which he called "The Orders of Love". When the natural order becomes distorted by external forces such as an early death, the negative entanglements can persist for several generations.

Constellation work is a process by which systemic influences on a person are made visible. In setting up a constellation, a participant selects people to represent his or her family members and moves them around the room until their relative positions reflect the participant's experience of his or her family. When this movement is done silently and with respect, the representatives report experiences similar to those of the original family members. The dynamics of the family relationship can be observed. The facilitator works in a highly respectful manner to bring to awareness blocks that prevent love from flowing to all members of the system.

Bert Hellinger

Unit 5: Psychodrama (Psychotherapy)

Trainer – Penny Brenton

Learning Objectives:

Psychodrama is an active and creative therapeutic approach that uses guided drama and role playing to work through problems. Developed by Dr. Jacob Moreno, psychodrama can be effective individually or in a group (sociodrama), and is sometimes offered in mental health programs, schools and businesses.



During each psychodrama session, participants re-enact specific scenes and experiences with guidance from a therapist. These scenes may include past situations, dreams and preparations for future events. In a group setting, other participants play the roles of significant others or the audience, offering support and bringing to the surface underlying beliefs and issues.

AIM: The goals of psychodrama are to gain new insights, resolve problems, and practice new life skills and behaviours.

Unit 6: Introduction to Gestalt Therapy

Trainer: Tamika Dwight-Scott

Day 1

Introduction & Course Overview

- Topic: Phenomenology & Existentialism

Aim: The aim of this subject is to provide knowledge and practical experience in: the phenomenological method as a core principle in Gestalt Therapy, as well as; the relevance of existentialism in the ownership of experience as practiced in Gestalt Therapy.

Objectives:

This topic will enable students to:

- Examine the three zones of Awareness; Inner, Outer & Middle and the 'here and now' principle.
- Understand awareness of and by itself promotes change and growth in the individual. □ Examine the Gestalt Principle of Figure/Ground and the total field of perception.
- To understand how these principles encourage differentiation between 'fantasy' and 'the actual'.
- To examine the principles of existentialism, being the philosophical foundation for individual responsibility and authenticity as practiced in Gestalt Therapy.

Readings:

- Book of Readings, Reading 2: Gestalt Therapy (Simkin & Yontef)
- Book of Readings, Reading 3: Awareness (Joyce & Sills)
- Book of Readings, Reading 4: Roots & Assumptions (Zinker)
- Training Manual: Unit A, pp. 1-11

Day 2

- Topic: Contact

Aim: The aim of this subject is to develop an understanding of the various elements of Contact in Gestalt Therapy (i.e. the contact boundary, the contact cycle of experience, and contact functions).

Objectives:

This subject will enable participants:

- To explore theoretically and experientially the 'I' boundary as the point at which one experiences what is "me" in relationship to what is not "me", promoting a fuller experience of both.
- To examine the various stages in the Contact Cycle of Experience from sensation to withdrawal in healthy functioning.
- To explore contact functions as the ways in which contact is established with the environment (i.e. through talking, touching, looking, listening, smelling and moving).

Readings:

- Prescribed Text, Fritz Perls: pp.48-58 (Clarkson & Mackewn)
Training Manual, Unit A: pp.12-16.



Day 3

- Topic: Field Theory & Holism

Aim: The aim of this subject is to introduce students to Field Theory as one of the core principles of Gestalt Therapy and to provide an introduction to the history and the fundamental principles of this holistic approach.

Objectives:

- This subject will enable students:
- To identify Field Theory as one of the core principles in Gestalt Therapy
- To examine the theoretical evolution of Field Theory in Gestalt Therapy that was inspired by works of Gestalt psychologists', Lewin & Wertheimer, and further developed by Perls, Hefferline & Goodman to become a Holistic Field Theory.
- To understand that fundamentally Field Theory is holistic in orientation, advocating that an individual can only be understood in relationship to their environment/field.
- To examine Malcolm Parlett's: Five Principles of Field Theory.

Readings:

- Book of Readings, Reading 6 Reflections on Field Theory (Parlett)
- Book of Readings, Reading 7: Introduction to Field Theory (Yontef)
- Training Manual: Unit B, pp. 22-32

Day 4

- Topic: Interruptions to Contact

Aim: The aim of this subject is to develop knowledge in the ways that contact is interrupted and the relationship between these interruptions and the unfinished situation.

Objectives

This subject will provide students with the opportunity to:

- Examine the various ways in which contact is interrupted in reference to the contact cycle of experience, and how these interruptions are approached in Gestalt therapy.
- Examine the concept of self-regulation and the innate drive for completion and equilibrium.
- Examine how the creation of interruptions to contact are initially developed by the individual as a method of coping with the environment, and how they have become 'fixed gestalts', otherwise referred to as 'unfinished business'.

Readings:

- Book of Readings, Reading 8: Dysfunctions & Disturbances in the Cycle (Clarkson)
Reading 9: Modifications to Contact (Joyce & Sills)
- Training Manual: Unit C, pp. 35-54

Day 5

- Topic: Support

Aim: The aim of this topic is develop knowledge on the concept of support and the maturation process in Gestalt Therapy.

Objectives:

This subject will provide students with the opportunity to:

- Examine the qualities of environmental support and self-support.
- Explore the concept of healthy support being a position of interdependence, where the person is self-supporting but also able to access environmental support when it is required.



- Explore the importance of environmental support in the maturation process.

Readings:

- Prescribed Text: pp. 62-63 (Concepts of Self-Support and Self-Sufficiency) □ Training Manual: Unit F, pp. 104-107

Day 6

- Topic: Responsibility

Aim: This subject will familiarise students with the concept of responsibility in Gestalt Therapy and the language of responsibility.

Objectives:

This subject will enable students to:

- Examine the definition of responsibility in Gestalt Therapy as the 'ability to respond'
- Explore the concept of 'ownership of experience'; the stance of responsibility for one's own actions and choices.
- Explore the ways in which language structures our thinking, attitude and ultimately our 'responsibility' in contacting ourselves and others.

Readings:

- Prescribed Text: pp. 60-61 (Fritz Perls: The Active Self and the Role of Responsibility, Language of Responsibility)
- Training Manual: Unit D, pp. 55-71

Day 7

- Topic: Dialogue: A relational approach to the therapeutic relationship

Aim: The aim of this subject is to develop an understanding of the relational emphasis between therapist and client as practiced in Gestalt therapy (dialogical relationship), whilst exploring the origins and philosophy from which it was developed.

Objectives:

This subject will enable students to:

- Examine Martin Buber's 'I-Thou'
- Explore how Buber's philosophy has been translated into Gestalt therapeutic practice known as the 'dialogical relationship'.
- Define the fundamental qualities in a dialogical relationship, i.e. presence, inclusion and commitment to dialogue.

Readings:

- Martin Buber's I & Thou (handout)
- Gestalt Therapy: A Dialogic Method
- Skills in Counselling & Psychotherapy, pp.44-56 (handout)

Day 8

- Topic: Paradoxical Theory of Change

Aim: The aim of this topic is to develop an understanding of the Paradoxical Theory of Change as promoting awareness and growth through the acceptance of 'what is' opposed to what 'should be'.

Objectives:



This topic will allow students the opportunity to:

- Examine the paradoxical nature of this change theory, in which change occurs through the acceptance of 'who you are, here and now'.
- Explore the correlation between the self-regulation process and the paradoxical theory of change.

Readings:

Book of Readings, Reading 11: Paradoxical Theory of Change

Training Manual: Unit F, pp.102-103

Aim: To develop knowledge on polarities as splits within the self, integrated primarily in Gestalt therapy through empty chair work.

Day 9

- Topic: Multi-cultural & gender issues: a Gestalt approach

Aim: The aim of this topic is to examine the complexities of the cross-cultural relationship and to explore the principles and methods applied to enhance effective relating.

Objectives:

This topic will enable students to:

- Define 'culture'
- Explore the relevance of cultural difference, historical background & social perspectives in the therapeutic relationship
- Discuss the crucial elements of cross cultural communication: examining the individual field (field theory); bracketing beliefs; appreciating difference; sending and receiving verbal and non-verbal communication accurately; checking out assumptions & clarifying meaning.

Day 10:

- Topic: Gender Issues in the Therapeutic Relationship

Aim: The aim of this topic is to explore the issues that may arise in the therapeutic relationship associated with gender, as well as gender specific considerations.

Objectives:

This topic will enable students to:

- Define gender
- Discuss gender specific therapeutic considerations
- Explore gender differences from both a socio-cultural and a relational perspective

Days 11 & 12 Group Process and Peer Evaluation

Unit 7: Medical Aspects of Hypnosis

Trainer: Jody Wood

This course is conducted over two weekends.

Topics:

- Contraindications of hypnosis



- Working with weight management
- The nervous system
- Pain management
- Gathering Client History
- Stress
- Smoking cessation

Study groups, required reading and an external assignment are part of the course structure. Assessment: Multiple choice exam and to be able to demonstrate proficiency in the practice of hypnosis via live supervision.

Weekend 1: Medical Aspects of Hypnosis

Aim: The aim of this unit is for students to gain valuable tools to work in preventive medicine, with patients pain management, and gain an understanding of the secondary gain factor.

- Evidence based Hypnosis
- Preventive medicine
- Pain Management
- Smoking and contraindications of cessation of nicotine
- Psychosomatic Doors including the secondary gain factory
- Addictive pathways in the brain

Learning Objectives

- Students will have an understanding of the importance of preventive medicine, particularly with clients that have suffered cardiovascular problems, and the importance the mind plays in avoiding further problems.
- Students will also gain an understanding of the psychodynamic factor of the role secondary gain plays in recovery, particularly those on compensation or welfare benefits.
- Students will also learn the delicate and important role in helping people with chronic pain, and how to help them manage pain, with the utilisation of Hypnosis, Mindfulness, and meditation.
- The importance of history taking with smoking cessation and contraindications of quitting smoking for clients on medication.

Weekend 2: Saturday

Approach to Panic Attacks and Anxiety Disorders

Hypnotic approach to working with Panic attacks and Anxiety Disorders

Aim: Gaining tools to explore the subconscious and bring to the surface the clients' deep-seated fears that are the underlying factor of panic attacks and anxiety disorders and the understanding of psychosomatic medicine

Weekend 2: Sunday

Approach to Psychosomatic Therapy

Teachers: Jody Wood

- Psychosomatic Therapy
- Obesity
- Stress, the Mind and the Body
- Recognizing physical symptoms



- Understanding the triggers and linked issues of panic attacks □ Removal of symptoms & facilitating awareness of the cause

Learning Objectives:

- Students will gain the knowledge and tools to work with: clients suffering from anxiety disorders and; clients or patient's in stressful situations or positions that cause them to internalize stress hence causing the body to breakdown resulting in burnout.
- Students will gain the skills to give clients valuable tools that will help the client realise that the mind controls the body, and how they can regain the power of the mind hence turning negative stress into positive stress.

Weekend 3: Saturday

Hypnotherapy: Application to Trauma & Grief

Aim: The aim of this topic is to: explore the many causal factors of trauma and; examine the implications and treatment of trauma with hypnotherapy as well as its' often intrinsic relationship to grief.

Objectives:

To enable students to:

- Discuss the various definitions, types & causes of Trauma
- Identify the symptoms of Post Traumatic Stress Disorder
- Understand the relationship between Trauma & grief
- Understand the common effects of Trauma: Medical and psychological issues
- Work therapeutically with the effects of trauma
- Identify the importance of desensitising the individual from the traumatic experience
- Explore methods in desensitisation
- Obtain skills in reframing

Recommended reading:

Hartland's Medical and Dental Hypnosis, Hypnotic Suggestions & Metaphors. Dr. D. Corydon Hammond. N.B. Dr. Coleman does a lot of research & presents his findings in handout and slides.

Unit 8: Upgrading your therapist toolbox

Trainers – Jody Wood & Kaz Field Anderson

Learning objectives:

- Have an understanding of the benefits of practical tools that can be used with clients during a therapeutic session
- Have an understanding when practical tools are appropriate to implement in a therapeutic session

Day 1:

Working with complimentary modalities

Day 2:

Working with Love languages

AIM: The aim is to provide knowledge practical skills for students that can be used during therapeutic sessions with a client. With the purpose of facilitating client self-awareness.



Unit 9 Neuro-Linguistic Programming (NLP)

Trainer: Chris Davidson

Learning Outcome

To gain an understanding of the fundamental theory, principles and basic techniques of Neuro-Linguistic Programming and how they can be applied within a Clinical Hypnotherapy practice.

Day 1

Session 1	What is NLP A Brief History
Session 2	Presuppositions Representational Systems
Session 3	Meta Programs Language Patterns
Session 4	Sensory Acuity Rapport

Day 2

Session 1	Strategies Anchoring
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Unit 10: Advanced Hypnotic Strategies

Teachers: Kaz Anderson and Jody Wood

This course is conducted over two weekends

Study groups, required reading and an external assignment are part of the course structure. Assessment: Multiple choice exam and to be able to demonstrate proficiency in the practice of hypnosis via live supervision.

Learning objectives:

- Have an understanding of the benefits and dangers of regression and re-patterning
- Be able to conduct a hypnotherapy consultation in a professional manner
- Have an understanding of the benefits of Gestalt dream work in hypnosis
- Have an awareness and gain tools to prevent False Memory Syndrome

Weekend 1: Advanced Hypnotic Strategies

Day 1

Teacher: Jody Wood

- False Memories Syndrome
- Regression and Re-patterning
- Class Participation

Day 2

Teacher: Jody Wood & Kaz Field Anderson

- Gestalt Dream Work with Hypnosis
- Class participation

Learning Outcomes

- Students will have an understanding of the strategies to help prevent the false memory syndrome
- Students will gain an understanding of the responsibility of the Hypnotherapist and regression



- Students will gain an insight into the valuable tool of Dreamwork into their practice

Weekend 2: Gestalt-Hypnosis and Preparation for Assessment

Day 1: A Gestalt Approach to Hypnosis

Trainer: TBA

Topics: The Cycle of Experience: Locating the original need

- A Comparative study of Gestalt and Hypnosis
- Integrating Gestalt principles into Hypnotherapy

Aim: The aim of this subject is to provide students with an introductory knowledge of Gestalt therapy and its' possible applications to the practice of hypnosis.

Objectives:

- Experimentation and phenomenology.
- To examine the cycle of experience exploring how this cycle can become interrupted by past conditioning.
- Explore ways to support clients to identify and meet their original needs.
- To explore the similarities and differences between Gestalt therapy and hypnosis i.e. conscious processes (Gestalt) and subconscious processes (Hypnosis), and how both modalities can support clients to meet their deepest needs.
- To explore some of the ways Gestalt principles can be integrated into the practice of Hypnosis and regression work.

Day 2

Preparation Day for Practicum Assessment day

Monday & Tuesday

Assessment Day: Your assessment will be conducted with two (2) clients in a supervised setting. Each client will present with a problem. You will be required to conduct a 1 hour initial consultation and treatment using hypnotherapy and counselling strategies. Following the session you will be debriefed.

Unit 11: Personal Therapy

Five (5) personal therapy sessions are required within the Diploma program. The cost of personal therapy is not included in the cost of this course. Fees vary and are determined by the selected therapist's fee schedule.

Advanced Practitioner Diploma of Clinical Hypnotherapy

Prerequisite: Certificate and Diploma of Clinical Hypnotherapy

Aim: The aim of this qualification is to give you training in specialty areas. Each unit is available as a stand-alone Ongoing Professional Development (OPD) workshop, or as part of the Advanced Practitioner Diploma of Clinical Hypnotherapy.

To qualify for the **Advanced Practitioner Diploma of Clinical Hypnotherapy**, you must:

- Hold a HTA Certificate and Diploma of Clinical Hypnotherapy (or apply for RPL of the same)



- Completion of 8 (8) out of eight (8) of the Advanced Practitioner Units / Ongoing Professional Development Units
- Completion of 20 hours practice and 10 hours of Clinical Supervision (at your own expenses)
- Written Assessment: Submit a 3,000 essay, written in the form of a journal article

Note 2: Twenty (20) hours of clinical practice and ten (10) hours of clinical supervision are required within this qualification. The cost of clinical supervision is not included in the cost of this course. Fees for clinical supervision may vary and are determined by the approved HTA clinical supervisor selected by the practitioner.

Progression and Exclusion Policy

Progression from one module to the next is determined by a student's performance in the course. Students are required to fulfill all the course requirements of each module in order to progress, including:

- Academic Requirements
- Attendance Requirements
- Personal Qualities
- Practice Skills
- Financial Obligations

Students at Risk

Students who are at risk of failing to progress in the academic, practical or relational components of the course, as indicated by participation in the group; competencies in practice work; skills; essays; and mid-year interviews, will be requested formally in writing to attend a progression interview with the Primary Trainer and Director of Training. The purpose of this interview is to identify those areas of the student's performance that may require additional support and devise an action plan to meet them.

It is the role of the Director and Trainer to work together with the student to identify the underlying problem/s and develop achievable strategies to overcome the issue/s. For example: academic assistance, extra therapy or supervision sessions, etc., may be required in order to assist the student to achieve the best possible outcomes. These requirements are to be fulfilled as a financial responsibility of the student.

At the end of the Certificate course students will be invited at the discretion of the faculty to continue into the Diploma program based on competencies demonstrated in the practical and theoretical assessments in the intensive program. The Director of Training will hold progression interviews with students on conclusion of the Certificate course.

Exclusion Policy

There are clear indicators and boundaries for exclusion of students within HTA.

Students that have been interviewed as a result of being 'at risk' during the assessments, and have not demonstrated adequate improvement or commitment by the end of the subsequent assessments, and are considered by the Primary Trainer and Director of Training as not satisfying the requirements of HTA for continuation, will be notified in writing that their enrolment has been terminated. A follow-up interview with the Director of Training and/or Enrolment Officer will be scheduled within 14 days of notification of 'Termination of Enrolment'.



Exclusion

HTA acknowledges that not all students, despite their efforts, will be suitable to progress in this training program. In order to become a Hypnotherapist it is essential that students can demonstrate a capacity to facilitate clients in a relational and therapeutic way.

This capacity is measured by the student's demonstration of personal qualities within the training context; group processes, exercises, personal work and interpersonal contact.

There are circumstances where HTA may terminate a student's enrolment immediately:

1. When a student's behavior is threatening, abusive or unlawful towards teachers, staff or fellow students
2. When a student is repeatedly demonstrating irresponsible behaviour (blaming, projecting and disrespecting boundaries) towards teachers, staff or fellow students.
3. When a student's behavior is considered to be in breach of the ethical guidelines.

Students will be formally notified by the Director of Training (in writing) in any case of termination, including the grounds upon which the decision to terminate their enrolment was made.

Students are advised they have the right to appeal any decision that they consider to be unjust and are provided with a pathway by HTA for their grievance to be assessed (please see HTA grievance policy).

HTA Grievance Policy

Should the student not meet the educational standards of HTA and/or is deemed not yet competent to receive any of the Certificates or Diploma in the courses offered by the HTA, there is a right of reply that must be exercised within 7 days in writing;

- If the student is not satisfied, firstly, they may take their grievance to the trainer.
- If the grievance is unresolved they may appeal to the Director of Training.
- If the student still remains unsatisfied they may present their claim to the Grievance Committee.

Supervision

Upon commencement of practice, it is a requirement of HTA and the governing bodies of Hypnotherapy in Australia that practitioners engage in supervision with an accredited Supervisor. An accredited Supervisor can be sourced through HTA, the ASCH or the AHA.

Accreditation

Hypnotherapy Training Australia ~ The Marilyn Newman Method, is fully accredited with the A.S.C.H (Australian Society of Clinical Hypnotherapists) & the A.H.A (Australian Hypnotherapy Association) & the Professional Clinical Hypnotherapists of Australia & N.H.R.A. After successful completion of the Certificate of Clinical Hypnotherapy, students may apply to join the A.S.C.H. or the A.H.A. or PCHA as a student member free of charge and without entrance exams.



The course structure may change to comply with the accreditation standards set by the governing bodies of Hypnotherapy, or at the discretion of HTA's teaching faculty for improvement purposes.

NEW – Starting July 2017

Diploma in Family Constellations - Systemic Family Constellation Training

An experiential, educational and theoretical background of Systemic Constellation work grounded in the principles and practice of Gestalt therapy.

Trainer

Maria Dolenc is a qualified Gestalt Therapist, Family Constellation Facilitator and Addictions Counsellor working with individuals, couples, families and groups. She has lectured on Holistic Counselling at Nature Care College and has worked in various capacities at South Pacific Private including Clinical Supervisor. Maria was co-director at Gestalt Therapy Sydney and now devotes her time mainly to what she loves doing, which is Constellation work. Maria has studied Family Constellation work with leaders in the field both locally and overseas and has been conducting workshops and practitioner training on this work in the Blue Mountains and Sydney regularly over the last few years.

Course Overview

Systemic Constellation is a method which, if we are attentive and sensitive, opens the door to the depths of the soul.

The course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy.



Course Aim

To generate an educational experience whereby you can develop a good theoretical and practical basis for introducing systemic constellation work into your own work practices.

We aim to cover the most important core areas of the systemic constellation work as well as attending as much as possible to special interests and needs of the individuals in the course.

Learning Processes

- Lecture, reflections and discussions
- Experiential exercises
- Feedback
- Small group self-directed learning between training sessions
- Self-awareness
- Evolving personal style and creativity

Pre-Requisites for Students

To be already working in a field in which you can readily apply constellation work e.g.: therapist, organisational consultant, health professional, teacher, counsellor, social worker.

Dates

July 1st & 2nd

July 15th & 16th

August 5th & 6th

September 2nd & 3rd

September 16th & 17th

September 30th & 1st Oct

November 11th & 12th

December 16th & 17th

Coming in 2018!!

Diploma in Resource Therapy (more info October 2017)

Resource Therapy Foundation Diploma Training

Powerful – Effective - Lasting



Trainer: Tamika Dwight-Scott

Gestalt Psychotherapist, Counsellor, Hypnotherapist, Resource Therapist, Supervisor and Trainer/facilitator

If you work with people experiencing **Anxiety, Depression, PTSD, OCD, Eating Disorders, Addictions, Internal conflict, Phobias, Panic Attacks, Anger, Personality or Relationship issues** *this training is for you*. Resource Therapy will provide you with advanced tools and techniques to quickly and effectively help your clients resolve their issues.

“Resource Therapists accept that the personality is composed of parts. Clients come to therapists because they are unhappy with their behaviour or their feelings. Most non-RT therapists attempt to work with the complaining



personality part. RT therapists work directly with the personality part that behaves or feels in a way that is upsetting to the client, to ensure that the cause is directly addressed". Dr Gordon Emmerson Ph.D.

What you will learn:

1. How to target the client's outcomes by specifically working with their unwanted feelings behaviours and inner conflicts
2. How to empower your clients with their preferred Resources making sure they are available to them.
3. Straightforward ways to diagnose each presenting issue, allowing you to understand the best therapeutic direction to take.
4. Treatment systems that provides easily followed therapy regimens for each diagnosis.

COST: \$500.00. Includes Morning tea, Handout pack & Resource Therapy Primer book.

VENUE:

Diploma in Foundation Resource therapy attained.

For further information and to register call:

HTA: 0466043611 or email: training@hypnotherapytraining.net.au

Limited to 10 spaces, early registration advised.

\$100.00 deposit required to hold your place.