

Prospectus 2020

World Federation of Hypnotherapists
Assoc. Society of Hypno-Analysis



Professional Hypnotherapy Diploma Course

2020 - 2021

About the World Federation of Hypnotherapists (WFH)

The WFH was founded in 1981 by David Canova who is now the life president.

Although the WFH is one of the oldest-established hypnotherapy training bodies, it has been successfully training hypnotherapists for over 30 years, and has kept pace with the latest research and developments in the profession. A disciplinary procedure is also in place and has been exercised in the past.

The WFH has a strict professional code of ethics and a Constitution which every graduate is expected to abide by, to ensure the safety and welfare of the general public.

WFH is a not-for-profit Hypnotherapy Training Body, run by an elected management committee.

David Adam	Fellow of the WFH CMH.C.Hyp Certificated self hypnosis trainer
Gwen Davis	Fellow of the WFH Certificate in Counselling Skills Certificate in Psychology and Modalities of Depression

Course Tutor: Sue Wain



Sue is a teaching Hypnotherapist based in Derbyshire UK.
See www.SueWain.com for details.

Hypnotherapy M.W.F.H M.S.H.A. (The World Federation of Hypnotherapists)
Tai Chi & Qi Gong Instructor (The Tai Chi Union For Great Britain)
Reiki Master Teacher Usui Shiki Ryoho (The Reiki Association)

The Philosophy of the WFH

Hypnosis has many different facets, each reflecting a different dimension of the phenomenon. By focusing on the clinical use of hypnotic principles and approaches we teach the essential skills of using words and gestures in particular ways to achieve particular therapeutic outcomes suitable for the Client. WFH offers CPD and mentoring for members.

The key purpose in the process of hypnotherapy is the outcome for the patient and this is always freedom. Freedom from whatever it is that is creating behaviour that impairs their freedom to live how they wish

People define hypnosis differently and it still remains a contentious issue:-

"...a communication of ideas and understandings to a patient in such a fashion that he will be most receptive to the presented ideas and thereby motivated to explore his own body potentials for the control of his psychological and physiological responses and behaviour" (Erickson & Rossi, 1980)

"Hypnosis is an altered state of awareness in which the individual withdraws his peripheral awareness and concentrates all attention on a focal goal... is related to the ability to concentrate in an attentive, responsive manner, even to the point of dissociation" (Spiegel, 1972).

Benefits of becoming a qualified hypnotherapist

There is a growing demand for qualified hypnotherapists, so if you are considering a career change or looking to supplement your present income, hypnotherapy is a good choice. You can run a hypnotherapy business from your own home if you choose to, with flexible working hours.

As you learn about and experience this fascinating therapy, you will achieve a new level of understanding about yourself, as well as the ability to help others overcome many emotionally-based issues, and achieve their goals.

Here are just some areas where a qualified hypnotherapist can offer effective help:

Smoking cessation	Stress management	Habits (nail biting, etc.)
Exam nerves	Confidence issues	Driving test nerves
Social phobias	Goal achievement	Weight control

The WFH training course will also show you how to recognise when a condition or situation is beyond your area of expertise.

In addition to hypnotherapy techniques, the course will introduce you to Neuro Linguistic Programming (NLP) and Emotional Freedom Technique (EFT).

Professional Hypnotherapy Diploma course

Standard Curriculum appropriate with the National Hypnotherapy Training Standards, with a core curriculum and learning outcomes to include the principles of good practice mapped to the National Occupational Standards.

GHSC

General Hypnotherapy Standards Council



This WFH Diploma course is officially approved and listed by the Hypnotherapy Association.

The course meets the minimum requirements in terms of face to face classroom training not less than 120 hours and home study of 330 hours. Total of 450 hours.

Face to face training weekends are spread over a period of months, allowing you time to reflect on what you have covered as part of the classroom tuition, and time to complete all the home study tasks. Home study tasks to include extensive reading, (see attached reading list) written assignments (various induction techniques), research (case studies) and the use of metaphors in a therapeutic setting. Study will bring about an increase in self awareness and personal growth. 8 Modules and training weekend will consist of a Saturday 10am – 6pm, Sunday 10am – 5pm. Coffee breaks (10mins) mid-morning and afternoon and 45 min lunch break.

Student numbers are strictly limited in order to ensure that you get the greatest possible benefit from intensive classroom tuition and practical activities.

Your progress will be continually assessed by written assignments, including therapeutic scripts and the production of an audio recording. You will be given a reading list to complement and support the course content, and at the end of the course you are required to take a written exam.

The Management Committee meets and interviews each student as training progresses and approves membership of the WFH

Course content and syllabus

- Introduction to and history of hypnosis
- Basic communication and listening skills
- The importance of rapport (Carl Rogers 3 core skills)
- The conscious and subconscious mind
- Self-hypnosis
- Techniques used for direct and indirect hypnotic inductions
- How to deepen trance
- Ericksonian techniques
- Introduction to EFT and NLP
- Trance phenomena

- The law of suggestibility
- Post-hypnotic suggestions
- Clinical applications of hypnosis and hypnotherapy
- Preparing and utilising a hypnotherapeutic script
- The structure of a session with a client
- Anxiety states
- Phobias
- Weight control
- Smoking cessation
- Addictions alcohol – substance abuse.
- Establishing your own practice
- When to treat and when not to treat
- Marketing yourself and your practice – professional insurance cover.
- WFH professional code of ethics and practice
- The importance of CPD and mentoring.

Course consists of 8 modules.

Module 1 (free module)

- Understanding hypnosis and the nature of the mind.
- The uses of hypnotherapy and self hypnosis
- Understanding how and why this works
- Progressive relaxation (variety of inductions eye fixation, confusion, metaphoric)
- Use of language to deepen the hypnotic state and make positive suggestions
- Contra-indications and signs of hypnosis

Module 2

- Preparing the client, including building rapport (demonstrate rapport Carl Rogers 3 core conditions)
- Role and standards of the hypnotherapist (proper use of voice, tonality, pacing)
- Types of client and appropriate hypnotic inductions (trance deepening explain depths of trance)
- Meta Model, Milton model and the correct use of language
- Ego strengthening

Module 3

- The science of the mind (conscious and subconscious)
- Psychological theories (metaphor use and power of suggestion)
- The autonomous nervous system
- Childhood trauma and behaviour (how to gather information from Client, confidentiality and its exceptions)

Module 4

- Regression techniques
- Hidden gain
- Past Life Regression
- Abreaction
- False memories

Module 5

- NLP
- Parts Therapy
- Inner Child Therapy
- Aversion Therapy
- Working with children

Module 6

- Lack of confidence
- Anxiety and stress
- Agoraphobia
- Phobias
- Anger Issues
- Weight issues
- OCD
- Addictions

Module 7

- More specialist treatments
- Childbirth
- Depression
- IBS
- Skin problems
- Sports performance
- Pain management

Module 8

- Client management
- Counseling skills
- Therapy relationship (evaluating reviewing and effectiveness of treatment)
- Recordings
- Marketing
- Legislation (Trading standards, the Children's Act, code of ethics)

Home study -research - assignments.
(330 hours over a period of 8 month)

The Listening cure?

Who was Emile Couee

Carl Rogers 3 core conditions.

Basic Psychology and physiology.

Conscious and Subconscious

Various inductions and deepeners

1-1 practice of inductions.

Use of Metaphors and suggestion

Taking notes of Clients medical and emotional history

Assessing Clients needs.

Monitoring Clients' progress

Preparation of a suitable script and therapy for 3 cases.

Practicing voice, phrasing and tonality

Producing an audio CD

Setting up in Business Insurance etc

Trades descriptions Act and the Childrens Act.
 When not to treat and to refer elsewhere.
 How to ensure your own well being – CPD _- Supervision.

Qualifications

Upon successful completion of the course you will be eligible to set up and practise as a professional hypnotherapist. You will be invited to become a Member of the World Federation of Hypnotherapists, and will be entitled to use Dip. C. Hyp. MWFH MSHA after your name while maintaining membership of the WFH.

You will be issued with a Diploma as evidence that you have acquired the skill and knowledge required to practice as a hypnotherapist.

The WFH will list your practice on its website, and you will also be eligible to apply for membership of the GHSC

Books: Available as downloads or hardbacks.

(WFH has a library of books and CDs available each training weekend.)

Ericksonian Approaches (A comprehensive manual) ISBN 1904424910 9781904424918

Handbook of Hypnotic Inductions G Gafner & Sonia Benson ISBN13
 9780393703245

Hypnosis for Inner Conflict and resolution parts therapy Roy Hunter ISBN
 9781904424604

Theory and Practice Counselling and Psychotherapy G Corey ISBN 0495102083
 9780495102083

Handbook of Hypnotic Suggestions and Metaphors D Corydon Hammond PhD
 ISBN13 978 0393-700954

Beyond the Intensive Professional Hypnotherapy course

Once you have completed the course, the WFH team will provide you with support and guidance while you are setting up your hypnotherapy practice, as well as once your business is up and running.

Continuous Professional Development

In order to ensure that clients receive the very best treatment, practising hypnotherapists must keep abreast of changes in the profession - for example, new techniques and research. As part of the WFH Code of Ethics, Members of the WFH are required to commit themselves to attending an adequate number of workshops or seminars each year. Currently this is a minimum of two 'units', one unit being a workshop or seminar relevant to professional hypnotherapy or another acceptable complimentary practice.

Course Fees

- The total cost is £1400
- Payable by installments
- Fees are payable via cheque, bank transfer, credit card or Paypal.
- Discount of £200 for full payment in advance (during first workshop).

Each applicant is assessed for suitability. The WFH has the absolute right to refuse anyone deemed to be unsuitable for training.

Course Dates to commence Winter 2020/2021.

Training venue will be in Derbyshire/Nottinghamshire. See www.w-fh.co.uk for updates course dates.

Enquiries by email or telephone to

Sue Wain:	07973527233	enquiries@suewain.com
or		
WFH Secretary Gwen Davis:	01207 528544	gwen2105@btinternet.com

World Federation of Hypnotherapists Application Form

Please send us a copy of this form completed by yourself to register your interest in the next Diploma course.

Name:

DOB:

Address:

Contact details

Tel:

Email:

Two referees (to be contacted upon acceptance for the course)
Name address and contact number

1)

2)

Your current occupation:

Are you currently or have a history of undergoing treatment for a psychiatric condition or illness: yes/no

If yes – please give more details:

Signed :

Date:

I declare that the information provided above is correct at the time of signing.

All information provided will be in strictest confidence.