



THE DEVON SCHOOL OF
HYPNOTHERAPY

Prospectus: Diploma In Hypnotherapy

Study under Devon's leading Hypnotherapy Specialist

Gain a recognised Qualification in Hypnotherapy Practice

Understand the practicalities of setting up your own Practice

Course Details

The Diploma in Hypnotherapy course offers the opportunity to become a qualified hypnotherapist with a Diploma in Hypnotherapy Practice. The qualification is recognised and approved by the General Hypnotherapy Standards Council (GHSC). You also gain acceptance to the General Hypnotherapy Register (GHR) and the Complementary & National Healthcare Council (CNHC).

What To Expect

- Students will gain sound knowledge in both the theory and practice of hypnotherapy.
- Students will gain a comprehensive understanding of hypnotherapy and the law, their commitments as a therapist, how to run a successful practice, marketing and advice for further continuing their career as a hypnotherapist.
- Gain a high level of competency in tackling issues such as stress management, confidence building, smoking cessation, weight control, motivation, fears and phobias, and unwanted habits.

- **Course Duration**

The course will last a minimum of 450 hours, of which 170 hours are in-class training over a 20-day period.

- **Frequency**

One weekend per month for ten months

The remaining hours will consist of a combination of reading material*, research, and assignments.

*Reading list on page 9



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Requirements

- Students are required to be over 16 and over
- Good command of the English languages
- Students will be required to complete a core reading list*
- Out of Class practice is mandatory
- A Diary log of external course requirements
- Written assignments demonstrating the process of treatment planning

- Upon completion of weekend three students will be expected to practice their skills on friends and family.

- During the penultimate weekend students will work on a member of the public to demonstrate understanding.*

Upon Completion

Following successful completion of the course you will gain;

- A recognised and approved Diploma in Hypnotherapy Practice**
- Acceptance to the General Hypnotherapy Register (GHR)
- Acceptance to the Complementary and National Healthcare Council (CNHC)

Fees

The fee for the Diploma in Hypnotherapy is £2150.00

Fees can be paid in one lump sum or via a deposit followed by ten monthly payments***

*Session supervised by the tutor.

**Recognised and approved by General Hypnotherapy Standards Council (GHSC)

***Fees by standing order 10 months at 0% interest



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About The Tutor

"I began training in 2002 after a loved one became emotionally ill. I have always had a burning, almost evangelical desire to teach the art of hypnotherapy to others."

Chris Fleet



When I decided to focus on becoming a hypnotherapy trainer, I undertook teaching qualifications and began self-hypnosis training workshops.

Today, The Devon School of Hypnotherapy has progressed to Diploma courses. We are backed by the industry's largest governing body, the General Hypnotherapy Standards Council (GHSC).

Over my fourteen years in the art and science of hypnosis and hypnotherapy, I have gained a plethora of diplomas. In my private practice, I have treated thousands of clients and have gained national and international recognition. I work closely with several sports clubs nationwide offering sports motivation.

Qualifications

Diploma in Advanced Structured Hypnotherapy | Diploma in Hypnotherapy | General Qualification in Hypnotherapy Practice | NLP Practitioner | Certification in Traumatic Incident Reduction Certification in Mindfulness Cognitive Behavioural Therapy | Certification from The Academy of Hypnotic Arts

Chris Fleet is a member of

General Hypnotherapy Register (GHR) | National Council of Hypnotherapy (NCH)
Register of Evidence-Based Hypnotherapy & Psychotherapy (REBHP)
NHS Trusts Association (NHSTA) | International Stress Managers Association (ISMA)
Listed in the NHSTA Directory of Complementary and Alternative Practitioners

*"Being a Hypnotherapist is a job like no other.
Each day I have the opportunity to help people understand the workings of their mind."*

Chris Fleet



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Classroom Training

The classroom training comprises of ten weekends Spread over one weekend per month



Module One

Theory

History of hypnosis | Uses | Fears | Misconceptions | What is the subconscious mind? | Contra-indications
Induction techniques | Terminating trance

Practical

Progressive inductions | Eye fixation Induction | Elman induction | Snap induction | Simple deepener
Guided visualisation

You get to experience the hypnotic phenomena first hand and learn how to hypnotise from the first weekend. So from weekend one, you have a firm basis of understanding.



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Module Two

Theory

Rapport building | Receiving enquiries | Setting up a practice | Initial consultation | Hypnotherapy and the law | Advertising Standards Authority | Assessing the needs of the client | Testing for hypnosis | Different deepeners | Abreactions – dealing with; Direct suggestion | Indirect suggestion | metaphors

Practical

Deep trance | Becoming Eon | Ego strengthening | Circle of confidence | Timeline | work Scriptwriting

The most important part of this weekend is ‘testing for hypnosis’ so you can be certain your client is in a hypnotic state before you continue treatment. This is the key to becoming a successful hypnotherapist. On weekend two, you also learn how to write your own scripts and deepen trances; this weekend gives you an understanding of how to work with a client when they are in hypnosis to create change from within.

Module Three

Theory

Resistant client or inflexible practitioner? | Knowing your limits | Client centred hypnotherapy | Treating the client | How many sessions? | Writing a plan | Keeping you safe | Forms and what to do with them | SUD scales | Conversational hypnosis | Listening to your client – re-framing

Practical

Conversational hypnosis | Body language | Confidence building | Recognising language patterns
Recognising thinking errors | Fork in the path | Coping to mastery

This weekend you learn that the client is always right, here we teach you how to be adaptable to each client to suit them best by being able to read their needs and understanding their viewpoint. This is a key factor in building a successful practice.



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Module Four

Theory

What is stress? | What causes stress? | Physiology of stress | Anxiety reduction | Mindfulness of breathing
Mindfulness of sound | Noisy environments – keep it internal | Types of motivation forward to or away
from Recognising what motivates a client | Verbal swish

Practical

Mindfulness | Mindful inductions | Swish | Verbal swish | Healing lake | Healing waterfall

When you are in practice, one of the biggest things you will come across as a practitioner is stress and anxiety-related issues. This weekend is key to starting you off in the right direction for understanding how stress and anxiety can be treated through successful hypnotherapy sessions.

Module Five

Theory

Scriptwriting | When to pass a client on | Aftercare | Educating the client to adopt self-care procedures
Smoking cessation | Parts therapy | symbolism

Practical

Parts therapy | Symbolism

Learn the secrets of parts therapy by talking to the subconscious mind; a technique used when scripts alone just aren't enough. Parts therapy is an advanced technique that accesses different parts of a client's personality, a very powerful method of creating successful change for your client.



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Module Six

Theory

Thinking errors and how to recognise them | ABC model of CBT | Cognitive behavioural Hypnotherapy (CBH) | The Downward arrow | Socratic questioning

Practical

Recording CD's | Introduction to CBT

Learn the power of combining CBT with hypnotherapy to create your successful practice

Module Seven

Theory

Regression | Age regression | Past life regression – is it or isn't it genuine? | Dangers | Ab-reactions
How to incorporate parts | When to use | When NOT to use

Practical

Using different styles learnt so far | Orange liquid | Q&A Session

Learn about the key factors of regression, keeping you and your client safe and knowing when to use it and when not to use it. This increases your practice's skillset.



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Module Eight

Theory

Smoking cessation; Smoking the ASA & you | Reasons to quit | Smoke filled room | Fork in the path
Testing carbon monoxide levels

Weight Loss

Fork in the path | Emotional eating | Boredom eating | The buffet table | When to go further

Practical

Learning the styles appropriate to the client | Being present | Learning your style of therapy

This weekend focuses on the most commercial aspects of hypnotherapy treatment, the bread and butter of your practice. This is an intense weekend giving you a sound grounding in the treatment of two of the biggest health issues in the country/world.

Module Nine

Theory

Recapping everything covered so far, in particular, | Stress | Anxiety | Weight | Smoking
CBT techniques

Practical

Working 'live' with volunteers from the general public (supervised) | Training practice for final assessment

Gain critical insight into your hypnotherapy techniques by practising your new skills on a volunteer



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Module Ten

Theory

Insurance | Keeping the books in order | Data protection – record keeping | GHR membership
NCH membership | Advice on setting up in practice | Marketing

Practical

Preparation for final assessment | Final assessment

All you need to know about setting up in practice for yourself, getting clients and pitfalls to avoid. And your final assessment.

Recommended reading list



1. Hartland's Medical & Dental Hypnosis, Heap & Aravind
2. Scripts & Strategies in hypnotherapy, Roger P Allen
3. Hypnosis for inner conflict resolution, Roy Hunter
4. The Art of hypnotherapy, Roy Hunter
5. Cognitive hypnotherapy, Alladin
6. Change your thinking, Dr Sarah Edelman

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