



MindWorks
THERAPY TRAINING

Practitioner's Diploma in Hypnotherapy/Psychotherapy

Independently accredited by the

National Council of Psychotherapists (est. 1971)
(NCP)


MindWorks
THERAPY TRAINING
and

General Hypnotherapy Standards Council
(GHSC)



GHSc
VALIDATED TRAINING
General Hypnotherapy Standards Council

CRSST
Central Register of
Stop Smoking Therapists
AFFILIATED TRAINING SCHOOL

GHR
REGISTERED
General Hypnotherapy Register





MindWorks
THERAPY TRAINING

CONTENTS

Introduction and Overview / Student Feedback

Course Outline

Assessment and Examination

Accrediting Professional Bodies

Next Course Dates & Venue



Course Fees & Exclusive Early Bird Offer

Advanced Workshops

Application Process / Online Application

Contact Details

Why Choose MindWorks?

Application Form

INTRODUCTION

Hypnotherapy is a fascinating subject and can be extremely rewarding not only as a full-time profession but also alongside an existing career. At MindWorks, we want you to enjoy learning with us and be very successful.

MindWorks, has been providing affordable, quality training in Hypnotherapy/Psychotherapy for the last 16 years.

Our course is being constantly updated to reflect new developments in the therapy field. We pride ourselves on keeping our students occupied and interested, with every minute filled with practical experience or interesting and informative Powerpoint-based lectures, DVD presentations etc.

You will begin to learn how to use Hypnosis from the very first day, guided and assisted by working therapists, with small groups averaging between 6-8 students.

Our aim is to equip you with the skills and tools necessary to work with a variety of client issues including:-

Stopping Smoking - Fears and Phobias
Stress-related conditions - Building self esteem and confidence -
Weight control - and many other issues

You will practice your skills on the other students on the course, so please be prepared for change! You will not be the same person at the end of this course!

We believe that your time should be spent applying the practical aspects of what you are learning and all your reading should be done at home.

Exclusive Early Bird Offer for Spring 2012

**Pay course fees in full by 3rd February 2012
and receive £195.00 off total course fee**

COURSE DURATION

Total of 15 days

The course is based over a period of 9 months comprising various weekend dates .

Course dates are normally scheduled away from local school and public holidays.

Please see our full schedules of course dates which are listed in this prospectus.

COURSE MATERIALS

Professionally bound and printed course notes for each Module are provided and for those students who need to write things down, we also provide a notepad, and folder for your notes so there is no need to bring your own!

Our course notes are extremely comprehensive and easy to read – You will receive course notes for each module around one month in advance of each module – this gives you plenty of time to read through at your leisure in advance of each module. Past students have said they have found this extremely useful and excellent preparation for the forthcoming modules.

Once you have successfully completed your course; we offer full ongoing support by phone or email, during, and after the course – this is at no extra cost. We also can provide low-cost one-to-one and Group Supervision after course completion if required.

Also included in the price of the course are two books, two extra folders containing items of interest and a book of hypnotherapy scripts.

Your lunch and refreshments are provided at no extra cost

COURSE VENUE

Our next available course will be held at **Nottingham Natural Health Centre, Carrington,(near Sherwood), Nottingham.**

MindWorks Therapy Training courses are easily accessible from all areas of the country, being just 15 minutes' drive from Junction 26 of the M1 motorway and well-served by bus and train.

If required, there is a wide variety of accommodation only a short walk from the course venue.

COURSE TUTOR

Principal and Course Tutor; Jason Fletcher, has a long-standing background in the therapy field – experienced both as a practitioner, and as a qualified teacher/trainer, in the private and public sector.

In addition to running a successful Hypnotherapy/Psychotherapy practice, Jason is a qualified and accredited therapy supervisor, providing supervision to other practitioners, and also training experienced practitioners for the role of therapy supervisor.

Jason has been awarded the *Senior Qualification in Hypnotherapy Practice* through the General Hypnotherapy Standards Council and is a full member of the National Council of Psychotherapists.

AIMS OF THE COURSE

To provide professional training in the field of Hypnotherapy and Psychotherapy including support, supervision and guidance in setting up and running a successful practice: also to enable those who do not intend to become therapists to achieve insights into and understanding of themselves and others.

WHO IS ELIGIBLE ?

There is no upper age limit, but students should normally be over the age of 21. However, we will consider applications from those aged between 18 and 21.

Academic qualifications are not as important as personality, commitment and integrity. A **Hypnotherapy/Psychotherapy Practitioner's Diploma** will be issued based on continual assessment and successful completion of the assessment portfolio. Students must agree to abide by the ethics of the National Council of Psychotherapists and undertake not to see clients without the appropriate professional indemnity insurance.

Be assured, this course is designed to help you achieve your aims but it should not be seen as a soft option. Students should be prepared to commit themselves to nine months of study and practical experience.

We recommend that undergoing personal therapy is a valuable process to enhance your training and future development as a therapist.



STUDENT FEEDBACK

"The class size is superb - I felt that whenever anyone needed a bit more individual attention, it was easily available"

"The supervision outside and after the course has also been fantastic - I never expected to be able to contact tutors outside the normal 'office hours' and be able to get not only a response of any kind but also useful feedback so quickly!"

"The only thing that remains is to say 'thank you' for being so supportive - I have already recommended the course to others"

Dawn, Derbyshire

"The course was excellent and gave an all round foundation for many areas as well as a good degree of practical experience during course days. The class size I felt was just right".

"I feel confident to start as a practitioner"

Maurice, Newark



"Jason is a highly knowledgeable, dynamic, passionate tutor who makes learning both interesting and fun, he is a considerate and clear communicator"

"The course content is ample, it covers both varied and essential topics, the content giving us the students opportunities for practise and applying the skills and knowledge we gained".

"I would have no hesitation in recommending the course"

Juliet, Notts

"The offer of ongoing or 'outside of class' support from the tutor during the course was excellent".

"The course manuals were thorough and well thought-through"

"I feel that that course has been extremely enjoyable and valuable".

Ron, Notts

"After many years of being away from a working and studying environment, I had lost a lot of confidence and felt my brain cells had deserted me. I needn't have worried. Jason, Lorraine and Julie offered a friendly and supportive environment in which to learn."

"I have wanted to study hypnotherapy for over twenty years and I am so glad that I chose MindWorks to achieve this ambition. Not only have I gained the knowledge and experience needed to become a hypnotherapy practitioner, but I have personally changed dramatically from the person I was back in October. This is due to the content of the course, the friendships I have made with my fellow student therapists and the support and guidance. I would not hesitate in recommending MindWorks. Thank you so much"



Leigh, Notts

"Any fears I may have had at the outset were soon dismissed by Jason's professionalism and enthusiasm for teaching the subject. I felt it was really useful to get straight into trance induction as this alone gave confidence that what we were going to learn was not only going to be effective but fun as well"

Noel, Leics

COURSE OUTLINE

Below is an outline of the main course content. In addition to our training days where there will be demonstration and practise, there will be several practical revision days to ensure plenty of additional practice of your new skills throughout the course.

MODULE 1

- The conscious and subconscious mind
- The history of Hypnosis
- When not to use Hypnosis and Who not to Treat
- What Conditions respond best
- Signs of hypnosis for therapist and client
- Direct and Indirect suggestion
- Trance Inductions

In addition, the student will gain practical experience of inducing hypnosis one-to-one and in a group setting



MODULE 2

- The methods of Milton Erickson, Bandler & Grinder and Dave Elman
- Direct and indirect inductions
- Rapid Trance Inductions
- The power of suggestion
- Transference
- Clean language – Time distortion
- Meeting the client – initial interview
- How to take a history – how to listen
- Colour Test for indicating stress – Part I – Administering the Test

In addition, the student will gain practical experience of inducing hypnosis one-to-one and in a group setting and administering the colour test using each other as subjects

MODULE 3

- Setting treatment goals
- Record keeping
- Colour Test for indicating stress – Part II – calculating the test
- Hypnoanalysis/Analytical Hypnotherapy
- The Affect Bridge / Informed child technique
- What to expect during a session
- Regression – Abreaction
- Case Histories

In addition, the student will gain practical experience of calculating the Colour test and practising Suggestion Therapy with Inductions

MODULE 4

- Counselling Skills
- Constructing hypnotic suggestion
- Symptom Substitution
- Verbal and non-verbal pacing and leading
- How the client processes information
- Relaxation (Elman)
- Relaxation (Erickson)
- Guided Effective Imagery

MindWorks
THERAPY TRAINING

In addition, the student will gain practical experience of using inductions and conducting Guided Effective Imagery

MODULE 5

- Parts Therapy
- Reframing with Six Steps
- Beliefs and their origins
- Ideo-motor responses
- Role play
- Fears and Phobias
- Fast Phobia Technique

In addition, the student will gain practical experience of the practical techniques above, one-to-one and in a group setting

MODULE 6

- Anchoring
- New Behaviour Generator
- Future Pacing
- Visualisation
- Suggestion and Chevreul's Pendulum
- Specialist approaches for Stop Smoking Therapy
- Pain Management with Hypnosis

In addition, the student will gain practical experience of using the above practical techniques, one-to-one and in a group setting

MODULE 7

- Accessing previous trance states
- Teaching self-hypnosis
- Hypnosis in Sports/Business/Stage
- The Oedipus and Electra Complexes
- Character Types
- Specialist approaches for Weight Control
- Models of Therapy - finding the best 'fit' for the client
- Stress Management for self and the client
- Exploring the Mind-Body Connection

In addition, the student will gain practical experience of using the above techniques both one-to-one and in a group setting

MODULE 8

- Setting up in practice
- Business Management
- Marketing
- The Law
- Insurance
- Ethics
- Introduction to EFT
- Intro to Past Life regression

In addition, the student will gain more practical experience of the above techniques both one-to-one and in a group setting

MODULE 9

Module nine consists of the following elements:

- Revision/Recap of the course content
- Additional Information
- Final questions and practice
- Portfolio Completion and Practical Assessment
- Overviews of:-
 - Formal/informal supervision options
 - Continual Professional Development
 - Ongoing support

In addition, the student will gain more practical experience to recap any of the techniques from the course as required

oooooooooooooooo



ASSESSMENT AND PORTFOLIO

Ongoing practical assessment will take place during the course and monthly homework assignments will be given. This is not to test your memory or literary skills – it is based upon making sure you *understand* each of the Modules. Remember help is only an email or telephone call away.

As we have said, we believe personal qualities are more important for this course than Academic qualifications.

For some people assessments and 'homework' may appear to be a scary prospect; don't worry, we are here to help because we want you to be very successful.

There is a theory assessment paper that can be taken in the safety and comfort of your own home in your own time. Once again this is to ensure you have *understood* the theory and practice of each of the modules.

At module 9 you will take the practical assessment – Practical revision during the course will have you well-prepared for this assessment.

Upon successful course completion you will be awarded the **Practitioner's Diploma in Hypnotherapy/Psychotherapy** and eligible to gain practitioner insurance and begin practising.

ACCREDITING PROFESSIONAL BODIES

Upon successful completion of the Diploma you may use the designation **Dip. Hyp** after your name.

You will also be entitled to join either or both professional organisations who independently accredit this course; **The National Council of Psychotherapists (established 1971)** or **General Hypnotherapy Register** (through the General Hypnotherapy Standards Council).

These two organisations are among the largest and most respected in the field today.

Through the GHSC you will be awarded the **General Qualification in Hypnotherapy Practice** and therefore, eligible to add the designation **GQHP** after you name.

Our course is currently **the only course available in the Midlands which leads to membership of the National Council of Psychotherapists. (NCP)**

Under the **NCP** you will be eligible to add the letters **LNCP** after your name.

You will also be eligible to register with the **Complementary and Natural Healthcare Council (CNHC)** - recognised by the Department of Health.

All students when successfully completed and joining the NCP and/or the GHR will also be placed on the **National Regulatory Register for Hypnotherapy**.

All UK hypnotherapists on the register are entitled to advertise as "Accredited by the National Regulatory Register for Hypnotherapy". In order to provide further clarity to the public, such therapists are entitled to the designation **NRH** (i.e. Nationally Registered Hypnotherapist).

For overseas students, successful completion of this course enables you to join the **International Council of Psychotherapists (ICP)**

This is the international arm of the NCP.

In addition to our independent accreditation, MindWorks is an **Affiliated Training School of the Central Register of Stop Smoking Therapists (CRSST)**



NEXT COURSE DATES & VENUE



Course commencing
Sunday 22nd April 2012

and continues on the following days:-

Sunday 13th May

Saturday 23rd June

Saturday 7th July / Sunday 8th July

Saturday 8th / Sunday 9th September

Saturday 29th / Sunday 30th September

Saturday 6th October

Saturday 10th / Sunday 11th November

Saturday 1st / Sunday 2nd December

Saturday 8th December

Please note: courses run with small numbers averaging 6-8 delegates with a

STRICT MAXIMUM of 10 Places available for each course

If any of the above dates clash with a prior commitment, please telephone us to discuss how we can help

Course Venue:-

Nottingham Natural Health Centre,
354 Mansfield Road,
Carrington (near Sherwood),
Nottingham NG5 2EF



MindWorks
THERAPY TRAINING

COURSE FEES – COURSE COMMENCING Sun 22nd April 2012

The all-inclusive cost of the Hypnotherapy/Psychotherapy Dip. course commencing in Spring 2012 is **£1295.00**

As we run our courses with small numbers (maximum of 10), **either** full fee of £1295.00, **or** a £195.00 deposit is required prior to course commencement to reserve your place.

If paying an initial deposit with application, the balance of £1100.00 is due no later than Monday 9th April 2012 to confirm and secure your place.

INSTALMENT OPTIONS

There are 2 options available to pay via instalments if preferred:-

£195.00 Deposit to secure place followed by **either**:-

2 Monthly payments :-

- £580.00 due *no later than* Monday 9th April 2012
- £580.00 due by end May 2012

or

3 monthly payments:-

- £410.00 due *no later than* Monday 9th April 2012
- £410.00 due by end May 2012
- £410.00 due by end June 2012

All examination fees are included

There are no hidden costs - other than the recommended text books, everything you will need for the course will be provided.

Exclusive Early Bird Offer for Spring 2012

**Pay course fees in full by 3rd February 2012
and receive £195.00 off total course fee**

APPLICATION PROCESS

An Application Form can be found at the end of the Prospectus for you to complete.

Apply Online

Click [here](#) to complete your application online - or visit;
www.mindworkstherapy.com

To reserve your place, please return completed Application Form, enclosing either full fee of £1295.00, or, a deposit of £195.00. **Please make Cheques/Postal orders payable to 'Mindworks'**. Alternatively, you can make your deposit via PayPal to jflet100@yahoo.com. Please visit www.paypal.co.uk to make payment, and If paying your deposit via PayPal, please also send a separate email or telephone us to confirm the payment has been made.

Available spaces for the course are allocated on a 'first come, first served' basis following receipt of the Application Form with full fee, or deposit

We would welcome you to meet with us for an informal chat at the course venue - or would just like to talk to us in more detail about the course first – please telephone **01773 761459** to arrange a suitable time.

We hope we have answered any questions you may have. If you do have any further questions please contact us:-

CONTACT DETAILS

MindWorks Therapy Training

Nottingham Natural Health Centre,
354 Mansfield Road,
Nottingham NG5 2EF

Phone: 01773 761459

Email: info@mindworkstherapy.com

Website: www.mindworkstherapy.co.uk



WHY CHOOSE MINDWORKS?

- **MindWorks is a well-established training school** and has been providing professional training in Hypnotherapy/Psychotherapy for over 16 years. Our course draws on a wealth of information and experience, with frequent course updates to reflect current developments.
- **To maintain quality of tuition our course is run with small groups** averaging between 6-8 delegates on each course (strict maximum of 10 places per course) We feel this is essential for effective learning of a practical subject such as Hypnotherapy.
- **Our course is independently accredited by two prestigious organisations:-** *National Council of Psychotherapists (established 1971)* and *General Hypnotherapy Standards Council (General Hypnotherapy Register)*.
- Our course is the **only course of its kind in the Midlands which leads to membership of the National Council of Psychotherapists (est. 1971)**.
- **High standards of tuition in a friendly learning environment.** Our course tutors are highly experienced therapists, and **qualified, experienced teachers** with backgrounds including teaching/training within the therapy field both in Further Education and the private sector - Carefully planned training sessions include a variety of teaching/learning methods from practical demonstration and practise sessions.
- **We are one of very few Hypnotherapy courses that include training in administering and calculating a unique colour test** – which is an amazing tool for indicating levels of stress and sources of stress within a client.
- There is **plenty of time to practise** your developing skills on the course. Furthermore, there are several 'Practical Revision' days incorporated within the course which allow you to gain additional practice of your new skills in a realistic clinical setting – invaluable preparation for future practice.
- **Ongoing tutorial support** is provided for as long as necessary during and after the course by email or telephone.
- **Our course is ideal for self/personal development.** Plenty of interesting and fun techniques/exercises throughout the course are incorporated to encourage personal development.
- **Our course fee is highly competitive** and we believe offers excellent value. The fee is a total price and includes all your training, ongoing tutorial support during and after the course, exam fees, lunches, stationery and all course materials as stated below.
- **Our course tutors are accredited, qualified therapy supervisors** and are therefore, well equipped to offer both formal and informal supervision following course completion.
- **Our course provides an 'holistic' approach and you will learn both practically and theoretically a wide-range of methods and techniques that can be used with a variety of therapy clients** including issues such Stopping Smoking, Weight Control, Phobias and many more.
- **A professionally bound and printed (not photocopied) book of course notes are provided for each Module.** You will also receive a wealth of additional information including (but not exclusive to) 2 books, CDs and a book of Hypnotherapy Scripts. We also offer an extensive library of books and CDs which are loaned to our students past and present.

MINDWORKS LIBRARY

MindWorks provide a comprehensive library of over 80 books and 50 CDs which students can borrow during and after the course.

BOOK LIST

We recommend that obtaining the following books will be helpful for your course and future practice.

The Hypnotic World of Paul McKenna
Paul McKenna

The Art of Hypnotherapy
C. Roy Hunter

The Magic of Mindpower
Duncan McColl



Principles of NLP
Joseph O'Connor & Ian McDermott

Analytical Hypnotherapy Vol1
Jacquelyne Morison

Analytical Hypnotherapy Vol 2
Jacquelyne Morison

These are the basic books which you will be required to read. Advice will be given (if requested) on other useful books during the course.

Some of the above books are available from your local bookshop or on the Internet bookshop sites. However, you will probably need to purchase **The Magic of Mindpower** and **Analytical Hypnotherapy** from:-

The Anglo American Book Company, Crown Buildings, Bancyfelin, Carmarthen, SA33 5ND. Telephone 01267 211880, Fax 01267 211882 or E-mail: books@anglo-american.co.uk

ADVANCED WORKSHOPS

Throughout the year, MindWorks will be advising students of advanced workshops that are being run by ourselves and also by the National Council of Psychotherapists. Although these are open to all students and former students, we usually advise newcomers to Hypnotherapy and Psychotherapy to first consolidate what they have learned before embarking upon advanced therapeutic techniques.

Workshops and seminars are offered by several different groups and organisations giving you access to many new techniques at affordable prices.



