



**MindWorks**  
THERAPY TRAINING

# Practitioner's Diploma in Hypnotherapy/Psychotherapy

*Independently* accredited by the

National Council of Psychotherapists (est. 1971)

(NCP)

MindWorks  
THERAPY TRAINING

and the

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

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## 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.**

Since 1995 MindWorks, has been providing affordable, quality training in Hypnotherapy/Psychotherapy.

Our course is being constantly updated to reflect new developments in the therapy field. We pride ourselves on keeping our students occupied and interested, so that no one feels the need to clock-watch – in fact, if anything, time seems to go all too quickly, 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 of 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.

## **COURSE DURATION**

The training is based over a period of 9 months, comprising 6 Saturdays and 7 Sundays

**Total of 13 Practical training days**

## **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.

We haven't finished when you have 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.**

## **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 assessment and successful completion of the Final Examination. 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.



## 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 of Jason, Lorraine and Julie. I would not hesitate in recommending MindWorks. Thank you so much"*



**Leigh, Notts**

# COURSE OUTLINE

**Below is an outline of the main course content. At alternate months an additional practical revision day takes place to ensure plenty of additional practice of your new skills throughout the course.**

## MODULE 1

During Module one you will learn:

- The History of Hypnosis
- When not to use Hypnosis and Who not to Treat
- What Conditions respond best
- Signs of Hypnosis
- Character Types
- 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

During module two you will learn:

- 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
- The Lüscher Colour Test – Part One – Administering the Test

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

## **MODULE 3**

During module three you will learn:

- Setting treatment goals
- Record keeping
- The Lüscher Colour Test – Part Two – calculating the test
- Hypnoanalysis
- 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 administering the Colour test using each other as subjects

## **MODULE 4**

During module 4 you will learn about:

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

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

## **MODULE 5**

During Module 5 you will learn:

- Parts Therapy
- Six Step reframing
- 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 above techniques, one-to-one and in a group setting

## **MODULE 6**

During Module 6 you will learn:

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

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

## **MODULE 7**

During Module seven of the course, you will learn:

- Accessing previous trance states
- Teaching self-hypnosis
- Hypnosis in Sports/Business/Stage
- The Oedipus and Electra Complexes
- Specialist approaches for Weight Control
- Models of Therapy - finding the best fit for 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**

During Module 8 you will learn:

- Setting up in practice
- Business Management
- Marketing
- The Law
- Insurance
- Ethics
- Introduction to EFT
- 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 of the course content

Additional Information

Final questions and practice

Completion of the Final Examination

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

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## **ASSESSMENT AND EXAMINATION**

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, personal qualities are more important for this course than Academia.

For some people exams can be a scary prospect; don't worry, we are here to help because we want you to be very successful.

There is a theory exam 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 exam – Practical revision during the course will have you well-prepared for the exam.

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.



All students when successfully completed and joining the NCP 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

# HYPNOTHERAPY & PSYCHOTHERAPY PRACTITIONER'S DIPLOMA

*Course commencing*

**SUNDAY 7<sup>th</sup> November 2010**

And continues on the following days:-

### **2010**

SUNDAY 21<sup>st</sup> NOVEMBER

SUNDAY 19<sup>th</sup> DECEMBER

### **2011**

SUNDAY 16<sup>th</sup> JANUARY

SATURDAY 22<sup>nd</sup> JANUARY

SATURDAY 5<sup>th</sup> FEBRUARY

SATURDAY 5<sup>th</sup> MARCH

SUNDAY 13<sup>th</sup> MARCH

SATURDAY 2<sup>nd</sup> APRIL

SATURDAY 7<sup>th</sup> MAY

SUNDAY 15<sup>th</sup> MAY

SUNDAY 12<sup>th</sup> JUNE

SATURDAY 2<sup>nd</sup> JULY



**Please note: MAXIMUM of 8 Places available for each course**  
**If any of the above Modular dates clash with a prior commitment,**  
**please telephone us to discuss**

**COURSE VENUE – NOTTINGHAM NATURAL HEALTH CENTRE,**  
**354 MANSFIELD ROAD, CARRINGTON (near Sherwood), NOTTINGHAM NG5 2EF**

## COURSE FEES

The all-inclusive cost of the Hypnotherapy/Psychotherapy Diploma is **£1210.00**

A £150.00 deposit is required prior to course commencement to reserve your place.

The balance of £1060.00 is due no later than 2 working weeks prior to course commencement. (by Friday 22<sup>nd</sup> October 2010)

## INSTALMENT OPTIONS

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

£150 Deposit followed by:-

### 2 Monthly payments :-

- £560.00 due no later than 2 working weeks prior to course commencement. (By Friday 22<sup>nd</sup> October 2010)
- £560.00 due by end November 2010

  
MindWorks  
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or

### 3 monthly payments:-

- £393.00 due no later than 2 working weeks prior to course commencement. (By Friday 22<sup>nd</sup> October 2010)
- £393.00 due by end November 2010
- £393.00 due by end December 2010

## 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.

## **APPLICATION PROCESS**

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

To reserve your place, please return completed Application Form enclosing your deposit of £150. Please make **Cheques/Postal orders payable to 'MindWorks'**. Alternatively, you can make your deposit via PayPal to [jflet100@yahoo.com](mailto:jflet100@yahoo.com). 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 always reserved on a 'first come, first served' basis following receipt of deposit and Application Form.**

If you would like to meet for an informal chat at the course venue prior to committing to a place - or would just like to talk to us in more detail about the course first – please telephone **01773 761459** or **07739 466318** 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**

PO Box 7219

Heanor, Derbyshire DE75 9AG

Phone/Fax: [01773 761459](tel:01773761459)

Email: [info@hypnotherapyinnottingham.co.uk](mailto:info@hypnotherapyinnottingham.co.uk)

Website: [www.mindworkstherapy.co.uk](http://www.mindworkstherapy.co.uk)



## WHY CHOOSE MINDWORKS?

- MindWorks is a well-established training school and has been providing professional training in Hypnotherapy/Psychotherapy since 1995.
- Our course is independently accredited by two prestigious organisations:- *National Council of Psychotherapists (established 1971)* and *General Hypnotherapy Standards Council (General Hypnotherapy Register)*.
- We are an Affiliated Training School of the Central Register of Stop Smoking Therapists.
- 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.
- Ongoing tutorial support is provided for as long as necessary during and after the course by email or telephone.
- Our course tutors are accredited, qualified therapy supervisors and are therefore, well equipped to offer both formal and informal supervision following course completion.
- Our time-honoured course provides an eclectic 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.
- To maintain quality of tuition our course is run with small groups of between 6-8 students. The tutor/student ratio is not greater than 1 tutor to every 4 students.
- Our course fee is highly competitive and we believe offers excellent value for money. The fee is a total price and includes all your training, ongoing tutorial support during and after the course, exam fees, lunch, stationery and all course materials as stated below.
- 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.
- 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.
- We are one of very few Hypnotherapy courses that include training in administering and calculating the Lüscher Colour Test – an amazing tool for measuring levels of stress and sources of stress within the client
- There is plenty of time to practice your developing skills on the course. In addition, there are several 'Practical Revision' days incorporated within the course which allow you to practice in a realistic clinical setting – invaluable preparation for future practice.

## **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 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 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.



## APPLICATION FORM - COURSE COMMENCING 7<sup>th</sup> NOV 2010

Title/Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Contact Tel No's: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation: \_\_\_\_\_

Previous \_\_\_\_\_

Occupations: \_\_\_\_\_

\_\_\_\_\_

How did you hear about MindWorks ? \_\_\_\_\_

Please provide Name and Address of a Referee who can provide a reference if requested:-

\_\_\_\_\_

\_\_\_\_\_

Have you any history of mental illness? If 'yes' please give details

\_\_\_\_\_

Have you ever received a conviction for a criminal offence? If 'yes' please give details

\_\_\_\_\_

Can you confirm that you are a Citizen of the UK or EU?

Yes                      No  
(please circle as appropriate)

*I enclose a cheque/Postal order deposit for £150.00 payable to J FLETCHER. I understand the deposit is non-refundable unless the course is full or in the unlikely event the course is cancelled, or I am not accepted on the course this time*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*We reserve the right not to admit to the course any person who, in the opinion of the tutor, would not be suitable for Hypnotherapy training at this time*

Please return your completed Application Form and £150.00 cheque/PO deposit payable to 'J. Fletcher' to the address below and we will contact you shortly after receipt:-

**MindWorks Therapy Training, PO Box 7219,Heanor, Derbyshire DE75 9AG**

If you would prefer to pay your deposit via Paypal please make payment to **jflet100@yahoo.com** or telephone **01773 761459 / 07739 466318** for further details

If paying deposit via Paypal please email the required information from the Application Form to **info@hypnotherapyinnottingham.co.uk**

**WE ALWAYS RESPOND TO EVERY APPLICATION - PLEASE TELEPHONE IF YOU HAVE NOT HEARD FROM US WITHIN 7 DAYS OF SENDING YOUR APPLICATION**