



ONLINE HYPNOTHERAPY TRAINING PROSPECTUS



YORKSHIRE HYPNOTHERAPY TRAINING 01977 678593

7 STEPS TO BECOMING A HYPNOTHERAPIST

A GUIDE FROM YHT

STEP 1

CHOICES

Decide what you want from your course - is it for general interest, to add to existing therapists' skills or to start a new career? When do you want to train - weekends or weekdays?



STEP 3

MAKE CONTACT

For each of your short-listed schools make personal contact with whoever will be your teacher and ask a few questions. Attend a taster day, if they are available, or at least speak on the phone.



STEP 5

THE COURSE

You might not have studied anything recently but you'll soon get back into the habit ... classes, practice hours, reading, videos and writing. We have a free ebook on relevant study skills.



STEP 7

YOU'RE OFF!

Now start looking to the future - make contacts, arrange a room, get insurance, advertising and paperwork in place, and look forward to meeting your first client.



STEP 2

RESEARCH

Learn about the voluntary regulations (we offer a free ebook to help you do that). Decide what accreditation will suit you and make a short-list of suitable schools.



STEP 4

ENROLMENT

Send in your form, and keep your fingers crossed!



STEP 6

GRADUATION

Yay! All your hard work is paying off!



WELCOME TO YHT

For those with no prior hypnotherapy training, Yorkshire Hypnotherapy Training offers three courses that give you an increasingly comprehensive knowledge of hypnotherapy and hypnosis.

1. Hypnotherapy Training Taster Courses: a fun, informative introduction available 100% free and online.

2. Foundation Level Training - an introductory course offering 200 hours of study. This is made up of 52 hours (8 days) of live training and some home study over approximately four months.

3. Practitioner Level Training - for those wishing to become professional hypnotherapists, this course offers 450 hours study, made up of the four Foundation modules plus six further Development modules. Altogether you complete 130 hours (20 days) of live training plus home study, and this generally takes about ten months to complete.

IMPORTANT NOTE: THIS PROSPECTUS IS FOR ONLINE TRAINING AS ARRANGEMENTS ARE SLIGHTLY DIFFERENT FOR THE IN-PERSON OPTION.

WHY MAKE HYPNOTHERAPY YOUR NEW CAREER?




Perhaps others already confide their problems to you and you want to know how to help them? You may be seeking a more satisfying and fulfilling career, wanting to control your working hours or to have a practical and transportable skill to help you become self-employed.

A hypnotherapist is, quite simply, someone who is trained to combine hypnosis and therapy to help those with personal problems. Hypnotherapists are not doctors or psychologists and do not work with serious mental illnesses. If you choose hypnotherapy as a career you'll be helping people with issues such as panic attacks, anxiety, stress, phobias, weight control and unwanted habits such as nail-biting or smoking.

Hypnotherapy is an effective, rapid and results-oriented therapy. In fact, research comparing many different studies of hypnotherapy has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone.

You'll find more about the effectiveness of hypnotherapy, and what life as a professional hypnotherapist is like on our website. Yorkshire Hypnotherapy Training offers a friendly, practical and professional practitioner course which gives you all you need to begin a career as a professional hypnotherapist.

FACEBOOK REVIEW, CHRISTINE HOWSON



**A FABULOUS COURSE
WITH OUTSTANDING
TEACHING AND
RESOURCES**

(C) YHT - [HTTPS://YORKSHIREHYPNOTHERAPYTRAINING.CO.UK](https://yorkshirehypnotherapytraining.co.uk)

WHO ARE OUR STUDENTS?

Our students are of all ages (at least, all ages over 21!) and come from a wide variety of backgrounds and experiences.

- Some want to take their lives in a different direction by investing in a challenging, rewarding and enjoyable new career.
- Some already work as complementary therapists or in the caring professions and want to add a new set of skills to their existing knowledge.
- Some want a part-time therapy practice to supplement their existing income, or to keep them active in retirement.
- Some simply wish to improve their communication skills, and their understanding of themselves and others.



ABOUT PRACTITIONER LEVEL TRAINING

The Practitioner Course includes all you will need to practice as a professional hypnotherapist.

It is completed in stages, four Foundation and six Development modules held over approximately a year, in a choice of attendance patterns to make learning as easy as possible. The monthly attendance option is held at weekends and allows you to learn whilst you continue in your present employment; the weekly half-day attendance option offers term time training within school hours and is especially convenient for those who need to fit their training around their family's needs.

Our small class size allows for plenty of personal attention.

Over the course of your time with us, you will develop a sound theoretical knowledge and strong practical skills. Each module will offer a range of topics by way of tutor demonstrations and presentations, class discussion, and practical exercises.

From time to time, we allow a small number of qualified hypnotherapists to attend our classes as part of their ongoing professional development. This gives you the opportunity to work with, chat to and learn from people already working in the field.

Our syllabus contains full details of the course content but, briefly, this includes

- The history of hypnosis
- Understanding what hypnosis really is, and debunking the myths
- Ethical issues in therapy practice
- Recognising when it's not advisable to use hypnosis
- The psychological theories underlying different therapeutic approaches
- Building a professional relationship: communication and basic counselling skills
- Suitable approaches for a wide variety of client problems
- A range of therapeutic techniques drawn from both hypnotherapy and NLP
- How to adapt and personalise these techniques to each individual client
- How to plan a realistic and effective therapy programme
- Creating a successful hypnotherapy practice after you qualify

In addition, we enrol practitioner level students on an externally validated specialist qualification which you receive in addition to your practitioner diploma. This is included in the fees you pay for the course.

FOUNDATION LEVEL TRAINING



The Foundation Certificate is a recognition of useful skills gained for personal development, or to add to another modality such as counselling or coaching.

You may join the General Hypnotherapy Register at the Affiliate level if you hold a Foundation Certificate, but not as a practitioner. Under the UK voluntary regulations for hypnotherapy, the course does not meet the criteria for you to practice as a hypnotherapist.

The Foundation course is held over approximately four months and offers a choice of attendance patterns to make learning as easy as possible.

The monthly attendance option is held at weekends and allows you to learn whilst you continue in your present employment. Online, you attend for two Saturdays per month and, in person, you attend for one full weekend (Saturday and Sunday per month)

The weekly half-day attendance option offers term time training within school hours and is especially convenient for those who need to fit their training around their family's needs. This is currently only available in person.

If you attend the Foundation course and later decide you want to upgrade to Practitioner level, you can do so immediately, with the same group, or within two years, subject to a place being available on one of our courses.

YHT SYLLABUS

For Foundation level, you complete the first four modules only

Module One – Introduction to hypnosis

The history of hypnosis, Elman and Erikson
Contraindications and ethical considerations
What is hypnosis and how does it work?
The evidence for hypnotherapy
Basic hypnotic inductions
Levels of trance and deepeners

Module Two – The therapeutic relationship

Building rapport: sensory preferences and non-verbal communication
Active listening and questioning skills
Developing your hypnotic skills

Module three – From hypnosis to hypnotherapy

Using hypnotic tests and convincers
Direct and indirect suggestion, metaphor
Developing a SMART therapy plan
Organising your sessions
Working with motivation

Module four – Applying your skills to stress and related issues

Stress and anxiety
Phobias and panic attacks
Dealing with abreactions and secondary gain
Basic skills assessment

Module five – Working with habits

Making audios and recordings
Rapid inductions
Neuroplasticity and how it affects behaviour
Unwanted behavioural habits
Smoking cessation

For practitioner level, you must complete all ten modules.

Module six – Self esteem / Weight control / Parts techniques

The development of the belief system
Working with confidence
Improving self-esteem
Parts techniques
Working with weight control
Comparing CBT and analytical approaches

Module seven – Analytical hypnotherapy

Age regression and exploring the past life experience
Ego defence mechanisms
Working with the inner child
Advanced skills assessment

Module eight – Health and wellness

Hypnotic pain control
Working with serious illnesses
Childbirth and fertility
Autogenic training

Module nine – Introduction to wider skills

Working with groups
Working with children
Gestalt and dream analysis
Final summation assessment and exam

Module ten – Business building

Record keeping and data protection
The professional body, CPD and supervision
Promoting your services, and the ASA guidelines
Self-care in self-employment
Graduation

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ON THE FENCE, MY ADVICE IS
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COURSE STRUCTURE



Hypnotherapy in the UK is classed as a "complementary" therapy. It is not as strictly regulated as other talking therapies such as counselling. There is a voluntary regulation agreement in place, and a Training Standard.

The Training Standard, strictly speaking, only applies to in-person training, but we feel that all our students deserve the same high-quality training.

Our online courses, therefore, meet the same requirements regarding training hours, learning targets, and assessment as our in-person courses.

We believe this gives you peace of mind that our training will enable you to register with a professional body, get insurance and practice as a hypnotherapist.

Whichever course you choose, you will be able to see clients online or in-person.

Our course covers a total of 450 hours of study including at least 120 hours of live training and 165 hours of directed learning (homework). The rest is personal study and each month you will be given information to guide you on this.

YHT offers a choice of attendance patterns. Whichever you decide on, the practitioner course is made up of ten, two-day modules, each of which takes roughly a month to complete.

- Monthly attendance: twenty weekend training days (two Saturdays per month).
- Midweek attendance: one full day followed by thirty-eight half-days held once a week during term time. The midweek option may be a blended course (online and in-person students learning together).

Foundation-level students attend just the first four modules in either attendance format.

ASSESSMENT

As said above, we elect to use the guidelines in the Training Standard for our online courses.

This says that you need to be evaluated on both your practical skills and your theoretical knowledge and that although some of this can be carried out by observation and feedback, it must also include case studies and exams.

At YHT we assess you on both homework and what you do in the class. Your tutor is primarily responsible for marking your work and monitoring your progress, but some of your written work and some of your practical work in the classroom will also be reviewed by a suitably qualified person who has not otherwise been involved in your training. This 'second opinion' acts as a kind of quality control for both you and your tutor, and you can meet our most regular independent assessors on the 'tutors' page of the website.

In our experience, being assessed in any way can be a worrying thought, especially if you haven't taken any kind of test for some time. But imagine you were going to see a therapist; you would certainly want to know that they had proved that they had reached a good standard of skill and knowledge before being given a professional qualification. Your clients will be just the same.

This course aims to produce confident and effective therapists, so it will cover everything you need to know to pass, gradually building up your skills as your knowledge and experience grow.



Time can be spent looking at study skills for anyone who feels they are a bit 'rusty' and we have a free ebook giving study tips which you can request through the website.

Your tutor will be there throughout to help and support you and can be contacted between classes if you feel you need additional guidance.

If you have any concerns or questions about this, please get in touch.

DO YOU HAVE WHAT IT TAKES?



- Attendance: there is a 90% attendance requirement. Catch-up/deferral procedures are available for those falling behind, although it may delay you in passing the course. If you miss a classroom assessment you can join another class for free, if there is a place available. If we need to arrange a time specifically for you, there may be a charge for the assessor's time.
- Independent study: you will need to work through the study sheets each month, and complete the assignments set, on time and to a satisfactory standard. Extensions are granted only for exceptional circumstances.
- You will be encouraged to meet up with other students -in person or online - between classes for peer support, discussion and practice as part of your independent study.
- You will be asked to assume the role of 'client' for other students in some live training exercises, so you need to be willing to share personal information. Confidentiality rules apply to whatever information you share in the classroom, and if there are specific issues you prefer not to discuss this will be respected.
- You will be required to log at least 25 hours of therapy practice outside the classroom as part of your independent study. Volunteers are invited (via our website) to contact the school, but we cannot guarantee that anyone suitable for you to work with will actually do so. These hours therefore usually have to be completed with other students, family and friends.
- You will not be allowed to charge for hypnotherapy sessions while you are still a student.

SUPPORT DURING AND AFTER YOUR COURSE

We offer plenty of support during your course, and afterwards.

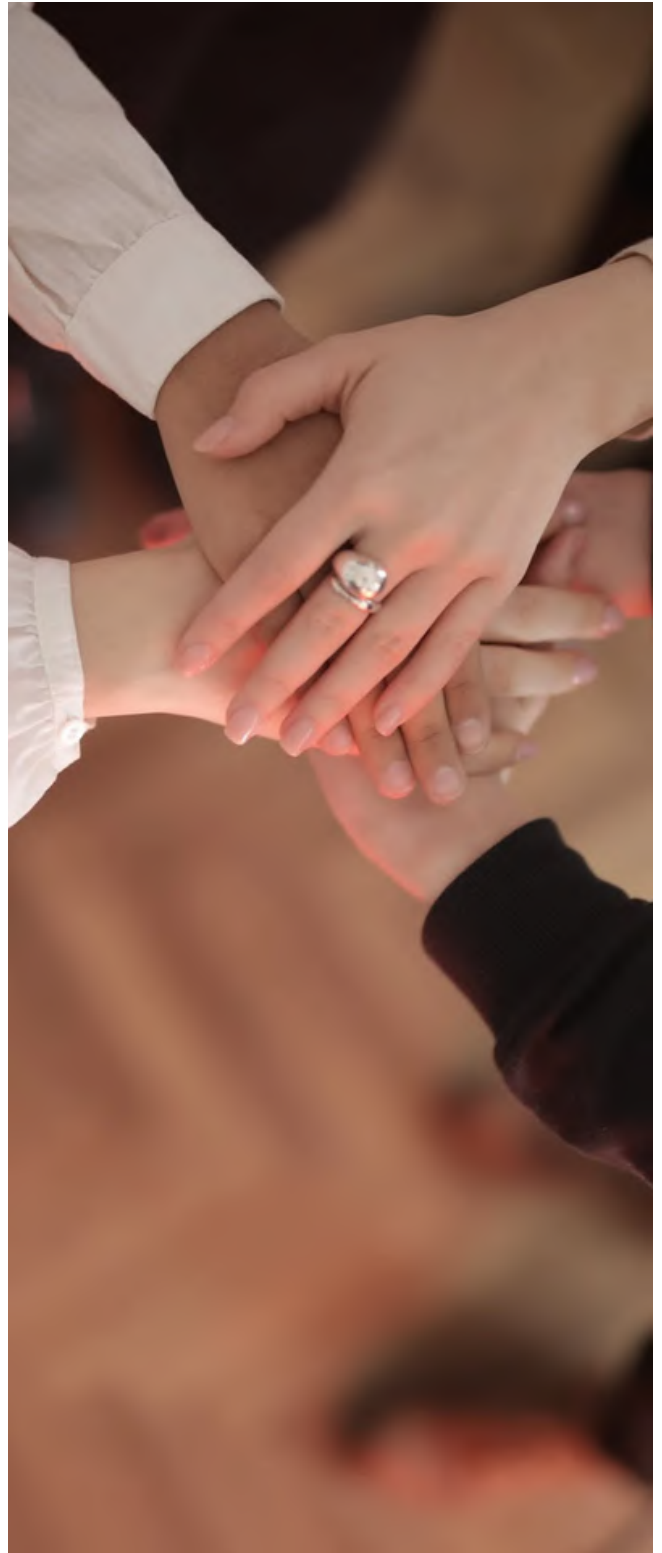
Time is set aside in every module for discussion of what you have learned so far, the practice you have been doing since the last class, and any other questions you might have.

You are free to phone or email your tutor for advice at any time between classes or to arrange a one-to-one tutorial.

We have a LinkedIn group and quarterly supervision meetings which both students and graduates are welcome to join.

Our Facebook page features articles, offers, courses and other items of interest to students and is also useful for those promoting a practice.

Our support is ongoing after you finish your course. You can contact your tutor at any time in addition to any other supervision arrangements you might make.



**NOT ONLY WAS THE CONTENT
SPOT ON, THE PACE PERFECT,
THE ASSIGNMENTS
CHALLENGING BUT
ACHIEVABLE, THE THING I
VALUE MOST IS THE SUPPORT
RECEIVED DURING AND AFTER
THE COURSE.**



ACCREDITATION & QUALIFICATIONS



COMPASSION & HUMILITY



The Hypnotherapy Practitioners' course offered by Yorkshire Hypnotherapy Training has been assessed and validated at the Practitioner Level by the General Hypnotherapy Standards Council (UK). Our training is also recognised by the International Certification Board of Clinical Hypnotherapists and others. Please check the website for up-to-date accreditations.

Students can join any of the relevant accrediting bodies at the practitioner level once they graduate.

When you pass the Foundation level modules you will be given the interim award, the YHT Foundation Certificate in Hypnotherapy.

When you have also successfully completed the development section of the course, you will receive:

- The YHT Diploma in Professional Hypnotherapy (DipPH)
- The YHT Certificate of NLP skills (CertNLPS)

If you register as a practitioner with the GHR, you will also receive their Award, the GQHP.

In addition, you will receive a certificate for the externally validated course you have undertaken as part of your independent study.



COSTS AND FEES

Online training

£1950 for Practitioner level (ten modules: Foundation and Development modules)

If you sign up for the Foundation level only, (four modules) you will pay £840

A deposit of £100 is payable to reserve your place, and the balance can be paid by whatever method suits you best:

- spread the cost with ten monthly payments
- save 5% by paying in advance (practitioner only)

Monthly instalments represent a proportion of the course fees, not a cost per module, and are therefore payable even if you are unable to attend any of the training days.

Fees include classroom tuition, telephone or email support between modules, handouts, marking, assessments, and certificates. It includes one of the recommended textbooks but you may need to purchase others. You might also decide to take out student insurance, which in the UK is likely to be around £20-25 for the year. We'll talk about the pros and cons of this in module one.

An additional fee may be payable if you miss a classroom assessment carried out by an independent assessor, to cover the assessor's time.

Once you are qualified, there will be costs involved in setting up your practice. Please bear this in mind when planning your future business.

HEAD TUTOR

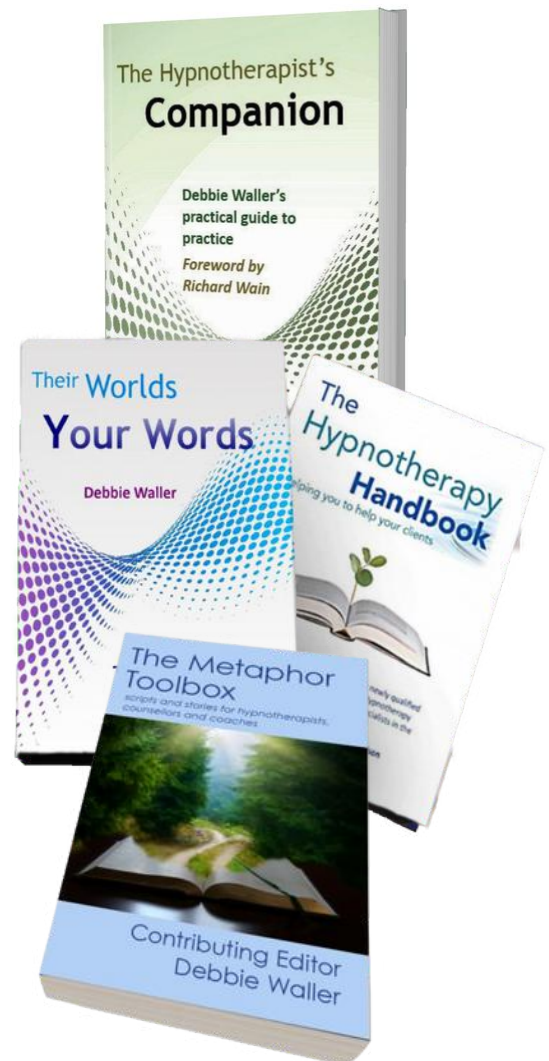
DEBBIE WALLER

My name is Debbie Waller. I had 15 years of experience as a voluntary advisor/counsellor for a national charity and was awarded a First Class degree from Leeds Metropolitan University before becoming qualified as a Hypnotherapist, Stress Management Coach and EMDR/BLAST practitioner.

As well as running a successful therapy practice and Yorkshire Hypnotherapy Training

- I am a registered hypnotherapy supervisor and run several peer support groups as well as working one to one
- I spoke at the UK Hypnosis Conference in London in November 2018 and I hope to return soon.
- I am the author of 'The Metaphor Toolbox', 'Their Worlds, Your Words' and 'The Hypnotherapist's Companion', and a co-author of the 'Hypnotherapy Handbook', all available on Amazon in paperback and Kindle format.
- I am a former editor of the Hypnotherapy Journal.
- I am the editor of and primary contributor to the online journal Hypnotherapy Training & Practitioner.

You can find out more about my qualifications and professional affiliations in therapy and in training on the website.



TAKE THE NEXT STEP TO YOUR NEW CAREER



How do I enrol?

When you're ready to enrol on the course you can do so online. Just visit our website.

[Click here to sign up](#)

I still have questions

If you still have questions,

[CLICK FOR OUR FREE ONLINE TASTER COURSE](#)

Or get in touch:

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ACKNOWLEDGEMENTS AND LEGALITIES

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