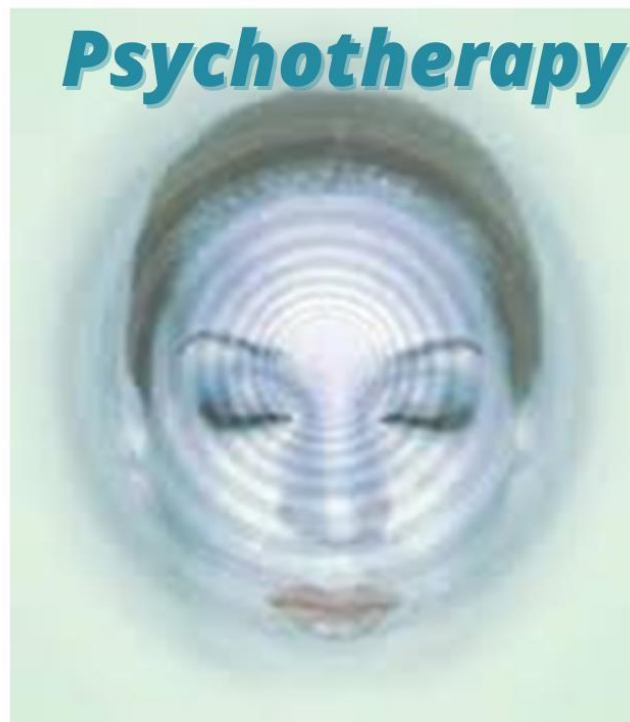




Australian Hypnotherapy College

**Recognised
Excellence
in
Hypnotherapy
Training**

Diploma Clinical Hypnotherapy and Psychotherapy



Prospectus and Application Form

21 Silkstone Cct, Catherine Hill Bay NSW 2281

Email: admin@ahypno.com.au

**Facilitators: Karen Phillip (Ma.F.S;Ma.C;DCH;Cert4 W.T)
Wayne Phillip (DipEd; DCH)**

Diploma of Hypnotherapy and Psychotherapy

The course provides graduates with the knowledge and skills to achieve a Diploma of Hypnotherapy and Psychotherapy plus a Level 1 Certificate of EFT. This Diploma is recognised by the Australian Hypnotherapy Association and the International Association of Counselling Hypnotherapists.

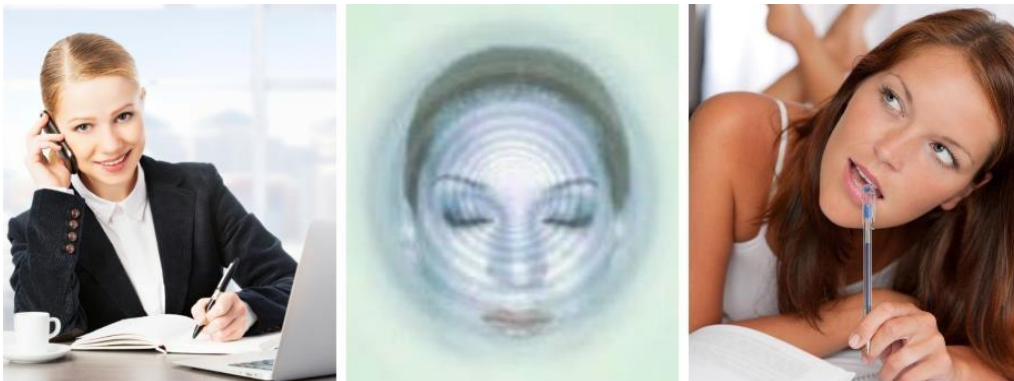
The College has a single purpose – to create effective and quality hypnotherapists. This is achieved through developing a knowledge of theory, hypnosis and counselling skills, plenty of supervised practice, plus learning business development skills to ensure your profitable business thrives once you graduate. The techniques learned are invaluable, making you a professionally trained hypnotherapist, capable of aiding others to change their thoughts, responses, feelings, attitudes and behaviours.

While all colleges are required to base your knowledge on theory, we focus on the actual delivery of quality practical knowledge. We take a more proactive approach to ensure you are fully trained, ready for clients to attend your practice for the life changes they want and need. We concentrate on the practical therapeutic training you'll use while ensuring you have a complete understanding how you can help make these life changing results for clients.

Our subconscious mind is further influenced by Neuro Linguistic Programming language. NLP is based on a set of linguistic neurological and behavioural characteristics used to deliver positive change quickly.

You will be trained to proficiently work with those who wish to quit smoking, lose weight, stop drinking, or have gambling addictions. You will learn to eliminate phobias, stop nail biting, remove trauma, help those with sleep issues and many other presented problems. You will receive training on timeline therapy which is advantageous for early trauma or childhood issues. You are also trained to become a Life Coach to expand your business and corporate opportunities.

Students will be provided with a variety of scripted dialogues to prepare you to expand and individualise for your therapy session with practical education and support. Not only that, we train you in Emotional Freedom Technique (EFT) skills which can be used to enhance your hypnotherapy work. EFT is a tapping technique on the bodies meridian points widely used overseas and starting to be used more widely in Australia. We teach all students the prestigious Phillip Methodology designed by trainers and emulated by others.



Our training covers the full business model of setting up your own practice including such things as securing your business name. We help you in choosing an available URL, setting up your website, what to include and what to avoid. We teach how to design your website that is SEO friendly with copy to attract enquiries. We discuss designing enticing business cards, how to obtain referrals from doctors, physios and other relevant Allied Health practitioners plus templates on your responses to them after seeing a client.

Another point that sets us apart from other colleges is we teach students to convert enquiries into paid appointments. It's one thing to be a great therapist and have clients contact you, but if you can't convert that enquiry into a paid appointment, you fail to thrive in business.

Bonuses Received

- The AHC pay your first 12 months membership into Australia's leading and largest professional association, the Australian Hypnotherapy Association
- You obtain privileges with private health funds as a clinical practitioner enabling clients to claim back your services
- You receive 12 months personal free Supervision with Karen Phillip our Lead Trainer. Supervision is a requirement of Association membership
- You have the opportunity to join the respected International Association of Counselling Hypnotherapists (IACH)
- Students interact and practice with fellow students within our private Facebook student forum.
- Regular Zoom meetings are held where students can join in and interact or ask questions.
- Our students are never alone, and certainly not after you graduate, which is the most common problem students experience with other colleges – we stay with you for your first 12 months of practice, we are just an email or phone call away.
- For 2024 we are including a **Life Coach** Certification for free in the Diploma course, for those wishing to do this as well. It will involve a few weekday evenings of learning.

It is our job to ensure you understand all of the training we provide and can professionally and confidently perform your hypnosis, NLP and EFT for client's benefit.

All trainers are active therapists, highly academically trained and top in their field. Our college is proud to be recognised with the trainers who hold the highest level of professional qualifications.

Please complete your application form today to start your journey to obtain your Diploma of Hypnotherapy and Psychotherapy, Certificate 1 as an EFT practitioner and Certified Life Coach. The form is on pages 16-19 of this prospectus. We look forward to working with you. Please email or call for intake dates throughout the year.

Email: admin@ahypno.com.au or call our Director and Lead Trainer, Karen, directly on 0418-216-836

What is Hypnosis?

Hypnosis is an altered state of consciousness. While stage shows are entertaining it is not what hypnotherapy is. The Hypnotherapist is the facilitator guiding the client with their vocal and professional skills into a relaxed altered state. Hypnotherapy is a natural process in which your mind is more receptive to positive suggestions while releasing negative feelings. It aids the mind's ability to rapidly integrate new skills, strategies, and strengths. It is an alternative healing method that is used to create subconscious change in the form of new responses, thoughts, attitudes, behaviours and feelings. Hypnotherapy gently releases blocks and fears creating a new inner belief to make changes in the way you think, feel and behave.

Hypnosis has been used for thousands of years dating back to Ancient Greece and India. Mesmer, in the late 1700's, instigated the initial terminology of mesmerism for hypnosis. Mesmer found that simply passing his hand in front of people's eyes was enough to initiate a trance state. The credibility of hypnosis in scientific and medical circles has grown since the remarkable contribution of men like Milton Erickson and John Hartland. These men, amongst others, brought respect to hypnotherapy and the understanding of the unconscious mind. Nowadays more professionals are integrating hypnotherapy into their practice to help their clients. Hypnotherapy has been found to be very powerful in eliminating stress, anxiety disorders, relationship issues, depression, grief, phobias, sexual problems, confidence and self-esteem issues. It is also regularly used with weight reduction and quitting smoking.

We have a shortage of professionally qualified hypnotherapists in Australia, especially in rural areas. Working in these areas you are often the only practitioner. There is so much work available for you to help change people's lives.

Hypnotherapy is a widely accepted method for helping people make beneficial changes in their life. Clinical hypnotherapy is a therapeutic process designed to create an altered state of consciousness which stimulates the relaxation response and enables the mind to become more susceptible. This mind relaxation (induction) allows the required parts of the brain to create images by altering the visual, auditory, kinesthetic, and intuitive perceptions. The effectiveness of hypnosis increases the ability of the subconscious to influence or persuade a change in thoughts, feelings, and behaviours.

The AHC is now also offering **Life coaching**, Free, for all students. Life Coaching (LC) is a profession that involves helping individuals achieve their goals and overcome obstacles in their personal and professional lives. Life coaches work with clients to identify their strengths and weaknesses, set goals, and develop strategies to achieve those goals and focus on helping clients improve their overall wellbeing to achieve their full potential. Life Coaches can also venture into corporate work to expand their business and make additional income.



6 Comprehensive Modules full of Practical Learning



Hypno 1 - Hypnotherapy and NLP Certificate



Psych 1 -
Day 1 : Gestalt, Ideomotor, REBT and
Transactional Analysis
Day 2 : EFT Certificate Level 1



Hypno 2 - Specialised Hypnotic & Psychotherapy
Techniques



Hypno 3 - Conducting Hypnotherapy Sessions



Psych 2 - Day 1 : Counselling Psychotherapy
Day 2 : Ethics and Confidentiality



Business - Creating a Thriving Therapy Practice

Life Coaching conducted on a few weekday evenings, 7.30pm to 9.30pm

Hypno 1 - Hypnotherapy and NLP

- Introduction to hypnotherapy and terminology
- History of hypnotic approaches and the reason hypnosis is so affective.
- Myths and misconceptions of hypnotherapy
- Specific theories for hypnotic phenomena
- Ericksonian hypnosis – learn the techniques from the master of hypnotherapy.
- Human suggestibility – discover how to ascertain your client's suggestibility.
- Conscious / subconscious processes
- Specific techniques of the hypnosis masters – learn a variety of techniques.
- Meta Model of hypnotherapy
- Milton Model of hypnotherapy
- Therapeutic applications – the conditions you use hypnotherapy.
- Determine initial sensitizing event (ISE) – where did the issue come from
- Create Subsequent sequential event (SSE) – what occurs when
- Discuss inductions on individual differences; analytical and non-analytical.
- Practice storytelling and metaphors – learn skills to access the subconscious.
- Neuro-Linguistic Programming Language (NLP) – become a master influencer.
- NLP therapy training and how to integrate these specialised techniques within your therapy practice – sets you apart from others.
- How to utilise the power of NLP within everyday life.
- Susceptibility techniques- sets you apart from others.
- Recommended readings, assessment tasks, with zoom meetings conducted in between modules.



Psych 1 - Day 1 : Gestalt, Ideomotor, REBT and Transactional Analysis

Day 2 : EFT Certificate Level 1

- Gestalt therapy techniques – learn specialised technique.
- Learn the *Empty Chair* technique that allows your client to participate in a safe conversation with the person causing, or who caused them, distress.
- Learn specific body language techniques most therapists would miss.
- Structuring the formal counselling / psychotherapy session – how the process evolves.
- Developing rapport – techniques to create trust and security for the client.
- Curiosity and understanding client issue – there are reasons for every behaviour.
- Somatic questioning techniques
- Active listening, mirror and leading techniques, paraphrasing.
- Provocative open questions – chunking up and down.
- Observation skills and challenging perceptions.
- Ideomotor skills to help clients find unconscious answers to their dilemma or issue.
- Transactional Analysis – understanding the child, parent and adult ego states.
- Emotional Freedom Techniques (EFT) skills – tapping the distress and pain away (Certificate 1).
- Practical applications of EFT – demonstration of therapeutic uses of EFT to eliminate embedded emotional issues.
- Integrating the fast and effective EFT modality successfully into your therapeutic practice .
- Specialised treatments – should you specialise / how?
- Practical sessions – practicals within the module and in between modules required.
- Assessment tasks, practicals and student zoom meetings



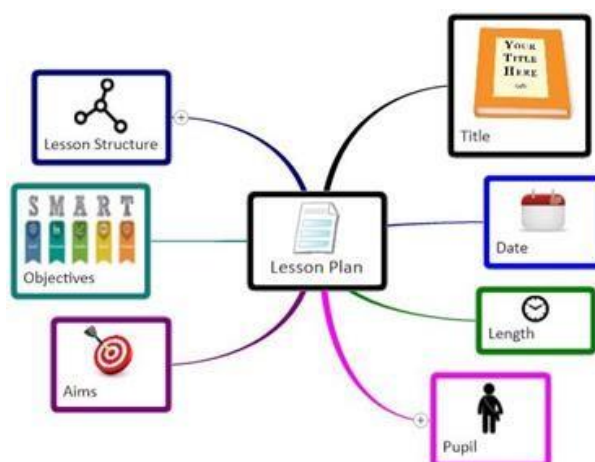
Hypno 2 – Specialised Hypnotic & Psychotherapy Techniques

- Clinical and medical hypnosis – the variety of applications where you can use hypnosis.
- Ericksonian confusion techniques to guide change.
- Structuring and designing suggestions – how to influence change.
- Client intake form – learn the specialised techniques of questioning.
- Indications of hypnosis – how, when, who.
- Inductions that will work for various different clients – direct and indirect.
- Medical hypnotherapeutic techniques.
- How to get to the specific issue quickly.
- Match, mirror, lead – powerful body language techniques
- Reframing – learning to adjust thought patterns quickly.
- Practicum of designing suggestions throughout each session
- Structuring of suggestions – structuring sessions correctly
- Hypnosis in behavioural therapies – learn the variety of different uses.
- Hypnosis in psychodynamic therapies – make change permanent.
- Relaxation and methods, mindfulness techniques – great for everyone.
- Therapeutic script preparation – designing your therapeutic work.
- Practice inductions and deepening techniques – practical work throughout
- Using convincers – how to convince the subconscious mind.
- Dealing with Abreactions
- Practicum using inductions and basic hypnotic therapies.
- Therapeutic Life Coaching
- Assessment tasks
- Recommended readings and assessment tasks with Zoom meetings conducted in between modules.



Hypno 3 – Conducting Professional Hypnotherapy Sessions

- Practicum of designing suggestions throughout each session
- Observation skills – perception
- Eliciting and reflecting meaning – understanding the client's world.
- Transference – how to avoid client reliance while remaining connected.
- Structuring of sessions, using NLP – determine the map of their world.
- Treatment planning, preparation, and scripted dialogues
- Conduct Hypnotherapy sessions from start to finish – client intake form, induction, therapy script, reorientation (considerable practical work done this module)
- Timeline therapy – where in your life, or previous life, did something occur and how may this be affecting you now.
- Practice a variety of techniques including weight loss, quit smoking, anxiety, phobias, pain, etc.
- Prepare sessions with individual client words (multiple different sessions)
- Learn how to eliminate past trauma issues.
- Future life training – how to take a person into their future to reveal their true destiny with their partner, health, job, finances.
- Practice script design for each issue a client brings to you, including metaphors and reframing.
- Therapeutic Life Coaching
- Music selection – selecting an appropriate alpha, beta, theta wave.
- Practical and assessment tasks - zoom meetings conducted in between modules.
- Recommended readings and assessment tasks with Zoom meetings conducted in between modules.
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Psych 2 – Day 1: Counselling Psychotherapy

Day 2: Ethics and Confidentiality

- Counselling and Psychotherapy techniques including Cognitive Behavioural Therapy (CBT), Solution Focused, Client Centred approaches.
- Using Rational Emotive Behavioural Therapy (REBT) to create positive change.
- Empathic listening, paraphrasing, and match / mirror / lead techniques •
Psychological processes – how the powerful mind works and how it can change.
- Working with grief and loss – how to manage the distressed client.
- Exploring client's values and belief systems
- Interpersonal influencing skills and strategies
- Bias – becoming aware of bias within the therapy room, we all have some.
- Open questioning – how to invite more information from clients.
- Confidentiality – the meaning and requirements, essential to learn.
- Licensing boundaries – working within your qualifications.
- Dealing with complaints – requirements expected, supervision support.
- Insurances – obtaining appropriate cover.
- Supervision – how to find a suitable supervisor and what to expect from supervision.
- CPD's – requirements and advantage of Continual Professional Development
- Ethical boundaries
- Ethical practice – understanding your boundaries and legal requirements.
- Assessments and zoom meetings conducted in between modules.
- Formal practical assessments without use of any scripted dialogues.
- Final practical assessment tasks with zoom meetings continuing until graduation.



Business – Business and Marketing for Therapists

Regardless if you are already in business or not, this module is an essential part of developing your therapeutic business. There is considerable difference between marketing yourself as a therapist compared to any other business. You are dealing with those most vulnerable and emotionally challenged therefore, specialist skills are needed. You learn how to convert 95% of phone enquiries into paid appointments as most enquires come via the telephone.

- Designing and creating your website using SEO language.
- Obtaining an ABN, domain name and hosting.
- Tax implications – how to minimise.
- Choosing an appropriate business name to be found – not an easy task.
- Writing and recording your website Video – we guide you to do a great video.
- Designing business cards – design, font, information, contact details.
- Facebook and Social Media marketing – how to do it well.
- Enhancing SEO position – meta descriptions, key words, placement.
- Legal aspects of website – how to have a safe site.
- Understanding ethical advertising – protect yourself.
- Setting business goals – plan and act.
- How to connect with referral resources and business groups – doctors, physios...
- Networking – associations, connections, community, Allied Health Professionals.
- Advertising – where, when, how, cost, gauging results, split tests.
- How to create effective Facebook adverts and gauge their success.
- Steps to writing successful Blogs to attract attention and business.
- Using call-to-action within website, advertising and blog writing.
- Templates with demonstration videos to help you create and enhance your website.
- How to secure new clients and develop fast phone rapport – the pinnacle of being successful in your business by securing those paid appointments.
- We show you how to use multiple great 3rd party apps to achieve an ultra-professional website.
- How to create, edit and add video and audio to your website.
- Practical assessment tasks finalised with zoom meetings continuing until graduation, when 12-month formal supervision commences.



Assessments

Students will be provided with a range prescribed readings.

There will be considerable practical learning within the modules:

- Demonstrate applicable knowledge of hypnotic techniques.
- Demonstration of effective suggestions, inductions, deepening, re-orient, treatment planning, preparation, and scripts
- Demonstrate effective EFT techniques.
- Demonstrate and use appropriate NLP techniques.
- Practicum of undertaking multiple inductions and full hypnotic sessions
- Demonstrated understanding of Counselling Psychotherapy techniques
- Undertake hypnotherapy sessions (3) under supervision in class or via online.
- Develop your website using keywords, creating a FB adverts, and using headline targeting.
- Assessment tasks from provided texts and research papers.
- Review recorded hypnotic session audios.

It is a requirement of the Hypnotherapy Associations, for each student to ensure they have correct certificates to join the association membership. After completing the course students will need a current:

- First aid certificate - required
- NSW Police check - required
- Working with Children Check (WCC) - required

We will include discussion on obtaining these certificates. The AHC will join you up and pay your first-year membership in the Australian Hypnotherapy Association (AHA).

The training program is made up of the following components:

- Diploma of Hypnotherapy and Psychotherapy
- 12-day intensive class work (120 hours), conducted over 6 separate weekends through the year. Practical's plus online course work are conducted throughout the year. The workshops can be attended online in real time or face-to-face class attendance.
- Life Coaching Certificate conducted over evenings, 7.30pm - 9.30pm on a Tuesday or Wednesday evening between modules (arranged with students).
- Zoom Meetings to support learning between each Module.

Required readings with Hypnosis and NLP Theoretical & Practical Assessments, Counselling/Psychotherapy units and Business development unit to prepare students for successful therapy work and business professional practice.

Please download your Application Form, complete, save and send to us to enrol.

[Application Form download](#)

Best decision you will ever make. Please contact us or check our website and enrol Now!!

Phone : 0418-216-836 or Email: admin@ahypno.com.au