



lifematters
TRAINING COLLEGE

LET'S GET STARTED.



lifematters
TRAINING COLLEGE

PROSPECTUS

Professional Diploma
Clinical Hypnotherapy,
Psychotherapy & NLP
Practitioner level

Introduction to LifeMatters Training College ///

The course in this prospectus is fully accredited by the GHSC – general hypnotherapy standards council and set to meet a very high standard of learning with a broad spectrum of useful approaches. The course syllabus is always up-to-date with the latest GHSC requirements.

GHSc

VALIDATED TRAINING

General Hypnotherapy Standards Council

Hypnotherapy Course ///

You can study clinical hypnotherapy to add to existing skill sets or to work towards a new professional career with LifeMatters Training College. We are a highly successful independent training college based at Harley Street, London and Suffolk and can offer you a professional practitioner level diploma qualification.

Course – Professional Diploma in Clinical Hypnotherapy, Psychotherapy and NLP – Practitioner Level

Intensive modular course with 8 practical training workshop days, practical supervisor, plus 10 home study modules (450 study hours in total)



Louise Moore ///

Course Director and Tutor



Louise Moore is a highly sought after registered practitioner in Advanced Clinical Hypnotherapy, Counselling, Psychotherapy, NLP Practitioner (Neuro - linguistic Programming) Nutritionist, Naturopath, Havening Techniques Practitioner, Breath-work capnography practitioner and Life Coaching. She successfully treats hundreds of clients a year, from celebrities, business leaders to parents and children. She is qualified in the most advanced techniques of clinical hypnotherapy and hypno - analysis and is a highly skilled counsellor and psychotherapist trained in Adlerian Individual Psychology.

Louise has been praised as a hypnotherapist in the national media and has a successful practice based in Harley Street, London, and Suffolk . As well as launching her own hypnosis recordings is the founder and director of LifeMatters Training College and the lead tutor on the Clinical Hypnotherapy training courses; and advanced workshops.



Louise Moore /// Key Skills

Advanced Clinical Hypnotherapist

NLP Practitioner

Counsellor

Psychotherapist

Family Therapist

Nutritionist

Naturopath

Havening Techniques Cert. Practitioner

Breathwork capnography practitioner

LED Low Level Light therapy practitioner

Personal Development Coach

Training College Director

TV Consultant

Media Spokesperson

General Hypnotherapy Standards Council Registered

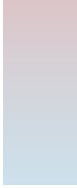


Professional Diploma in Clinical Hypnotherapy, Psychotherapy and NLP /// Introduction

The Professional Diploma in Clinical Hypnotherapy, Psychotherapy and NLP is a part time study course with 8 practical training workshop days plus 10 home study modules (450 hours in total). This professional practitioner level course is designed for anyone who wishes to run their own practice as a qualified and accredited practitioner.

The syllabus is set out by the GHSC General Hypnotherapy Standards Council. It is designed to teach students all they need to know to be able to set up a successful practice as a professional Hypnotherapist, Psychotherapist and NLP therapist, or to use the skills obtained during the course in the other professional settings, such as doctors, dentists and related therapies.





You will learn traditional Eriksonian hypnosis along with the most advanced 21st century modern hypnotherapy, psychotherapist and NLP techniques. You will complete the course with a tool-kit of the most powerful and up-to-date skills. These will prove invaluable to you when you set up in a practice and enable you to treat a wide spectrum of client's conditions.

The modules have been researched and written by professional General Hypnotherapy Registered (GHR) Hypnotherapist, Psychotherapist, Counsellor and NLP practitioner, Louise Moore.

Graduates of the Practitioner Level course are eligible for professional registration with the GHR – General Hypnotherapist Register. The GHSC works closely with the relevant government departments to ensure that all students receive the highest quality of training needed to meet the demands of the other health professions.



Course Structure ///

There are two separate elements of the course:

- 1) 8 practical training workshop days, which form part of the required number of hands-on training hours as specified by GHSC. Skype and phone supervisor sessions follow each of the units, plus your practical case studies cover the rest of your practical hours.
- 2) 10 home study modules, which include recommended reading, research, script writing and written case study assignments. Students are free to study the units at their own pace. The units are presented in a clear and concise manner that is easy to understand.



Course Duration ///

Courses are held regularly throughout the year spread over 4 months (one weekend a month) We occasionally offer 7 day intensive practical training that can be residential if required, with one practical follow up day 3 months later, this is suitable for those students wishing to fast track their qualification minimum 6 students . Cost of any accommodation is not included in the intensive residential course fee.

For up and coming course dates and to be added to our waiting list please email - louise@lifemattersgroup.com.

Students may make up missed training hours via Skype with the tutor at an addition cost or on forthcoming training dates with a new group.



Learning Methods ///

This course is set out as 8 full days of classroom tuition where you will see practical demonstrations, hear case studies and have the opportunity to practice techniques and to demonstrate your skills. You will be taught theory and given information related to the syllabus. Ten separate study modules will be emailed to you at the start of the course. The modules will form your work portfolio and include all the hypnotic inductions, scripts and strategies you will need during the course. This will be a valuable work manual when you have completed your studies. Students will be sent a required and recommended reading list at the beginning of the course. These books can be obtained by order from Amazon.



Syllabus /// Unit 1 The history and the use of hypnotherapy, relaxation induction and NLP

- A history of hypnosis and hypnotherapy
- The modern use of hypnotherapy
- When not to use hypnotherapy
- Suggestibility tests
- Practical demonstrations of hypnosis
- Relaxation method
- Understanding levels of trance
- Terminating a trance safely
- What is an abreaction and dealing with abreactions
- An introduction to and the use of NLP with hypnosis



Syllabus /// Unit 1 Hypnotherapy science other methods of induction

- What can hypnotherapy be used to treat
- An introduction to hypnotherapy science – anatomy and physiology
- The conscious and unconscious brain
- Stress response – the ANS autonomic nervous system (Sympathetic – fight flight)
- Parasympathetic
- Breathing
- Fixed gaze, visualisation, arm drops, distraction, deepeners, establishing an IMR (ideo motor response)
- Framing positive suggestions
- The use of hypnotic language
- Further use of NLP
- Rapid induction techniques



Syllabus /// Unit 1 Hypnotherapy with other health care & hypnotherapy for stress related conditions

- An understanding of how hypnotherapy fits in with other health care and when not to work with a client
- Understanding resistance
- Client consultation for stress related conditions
- Establishing a 'Safe place in your clients imagination (anchoring 'calm' an NLP technique)
- Positive suggestions and visualisations to help in the reduction of anxiety
- Suggestions to treat panic attacks and pain
- Suggestions to help with sleeping problems and insomnia
- Introduction to contracting with the client
- Recording the presenting issue
- An introduction to counselling and psychotherapy skills



Syllabus /// Unit 2 Helping clients with unwanted habits

- Working with your client (encouraging your client to be actively involved in agreeing aims and goals)
- Evaluating information throughout the therapy program
- Setting up 'yes' and 'no' signals with your client's unconscious mind
- Putting together a suitable therapy program to work with your clients
- Client consultation for smoking
- How to deal with other unwanted habits and the use of NLP
- Running a stop smoking clinic
- Case studies presented and discussed



Syllabus /// Unit 2 Weight issues and other eating disorders

- Taking a client case history
- Understanding some basic nutritional and analysis
- Problems associated with obesity
- Comfort eating, binge eating, bulimia
- Helping your client to make a 'healthy' eating plan
- Looking at the psychological reasons for eating disorders such as bulimia and anorexia
- Running a weight loss clinic
- Case studies presented and discussed



Syllabus /// Unit 2 fears, phobias, self hypnosis and metaphor

- Self Hypnosis
- Working with Metaphor / story telling
- The David Elman method of hypnosis
- Taking a look at fears and phobia's of different types
- The brain's response
- Fight / flight syndrome revisited
- Gradual de-sensitisation to phobia
- Fast phobic cure - NLP
- Using a visual scale to reduce anxiety
- Fear of flying and other fears
- Case studies presented and discussed



Syllabus /// Unit 3 Confidence, self esteem and improved performance

- Milton Erikson's method of confusion technique and hidden suggestions
- Further uses of NLP, anchoring and modeling
- New behavior generator
- Swish technique and its uses for confidence building
- Suggestion for improving confidence and self-esteem
- NLP to help your client to pass a test/exam
- Performance enhancement suggestions and use of imagination
- Case studies presented and discussed



Syllabus /// Unit 3

Uncovering techniques

- Introduction to psychopathology, psychosis and referral
- Moving on to the use of psychotherapy with hypnotherapy, introduction to
- Hypno-Analysis
- Understanding Adlerian Individual Psychology for lifestyle assessment
- Understanding of cognitive behavioral therapy (CBT)
- The use of uncovering techniques to discover the origin of an emotional trauma (IMR diagnostic scan)
- Library and filing cabinet uncovering technique
- Anchoring the symptom technique
- Dream therapy
- Working with trauma - healing the inner child and resolving past conflicts
- Case studies presented and discussed



Syllabus /// Unit 3

Psychotherapy and regression

- Rapport and good communication skills revisited
- Understanding transference and how to deal with it in therapy
- Adlerian psychotherapy – continued
- Adlerian priorities of behaviour, tasks of life
- Early recollections and how this connects to the early core belief system
- Regression techniques
- Direct and indirect methods of regression
- Healing the inner child and resolving past conflicts with the use of regression and psychotherapy
- Dealing with past crisis and trauma
- Grief work – the last goodbye technique
- Case studies presented and discussed



Syllabus /// Unit 3

Review & setting up in practice

- Review of the course
- Case studies presented and discussed
- Q & A time
- Setting up a consulting room
- The client and therapists professional relationship
- Confidentiality & Code of ethics
- Taking a full case history, the first consultation
- The importance of keeping records
- Professional Codes and standards of practice
- Current legislations
- Employment and organisational policies and practice
- Training hours required
- Making a treatment plan, recording sessions
- Advertising your services and marketing ideas
- Obtaining registration
- Obtaining professional indemnity insurance
- Reflective practice
- Principles of good practice



Assessment ///

There is no formal examination for this course. Assessment is given by equal merit to written assignments, reading, research and case studies, with assessment of practice skills at the practical training workshops. An overall pass from your tutor is required for each module. Students who fail to achieve a pass will be offered the opportunity of reassessment on any area of the course.



Entry Requirements ///

Interview with the Course Director is requirements for this course. All candidates must be a minimum age of 21 years
No prior experience is required

Admission Procedures ///

Students can enroll for the course at anytime and can commence studying on registration. There is no time limit for completion of the course and students are free to study at their own pace.



On satisfactory completion of your course ///

Successful students who obtain a pass mark for both elements of the course will receive a LifeMatters Training College – Professional Diploma in Clinical Hypnotherapy, Counselling and NLP and entitled to use the initials L.M.C.H.P.

Students will receive a personalised award certificate. Successful students will be able to register as a professional hypnotherapist with the – General Hypnotherapy Register (GHR).



Practical training workshops and location ///

The practical training workshops are aimed at giving students valuable hands-on experience under the supervision and guidance of our highly skilled tutors.

The practical training workshops will be held at locations in:

- Central London
- East Anglia
- Skype (Option for international students)



Graduate support service ///

Once you have completed your course, LifeMatters Training College offers continuing support service to our graduates. This on-going support is vital, particularly in those first months when you set up your practice (charges apply for some of these services – please enquire for more information).

We offer our students:

- 1) Advice and support by telephone and email
- 2) One to one monthly supervision with one of our tutors
- 3) Group meetings and further advanced workshops and CPD weekends
 - Central London
 - East



Code of Ethics ///

We follow the code of ethics as laid out by the General Hypnotherapy Standards Council (GHSC). Full details can be found:

www.general-hypnotherapy-register.com/Listing/COE.htm

Complaints procedure LifeMatters Training College has a full complains procedure that can be requested from info@lifematterstraining.co.uk.

Course Fees ///

Please email for the latest course fees and payment options:

louise@lifemattersgroup.com

ref : LifeMatters Training College



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Contact ///

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