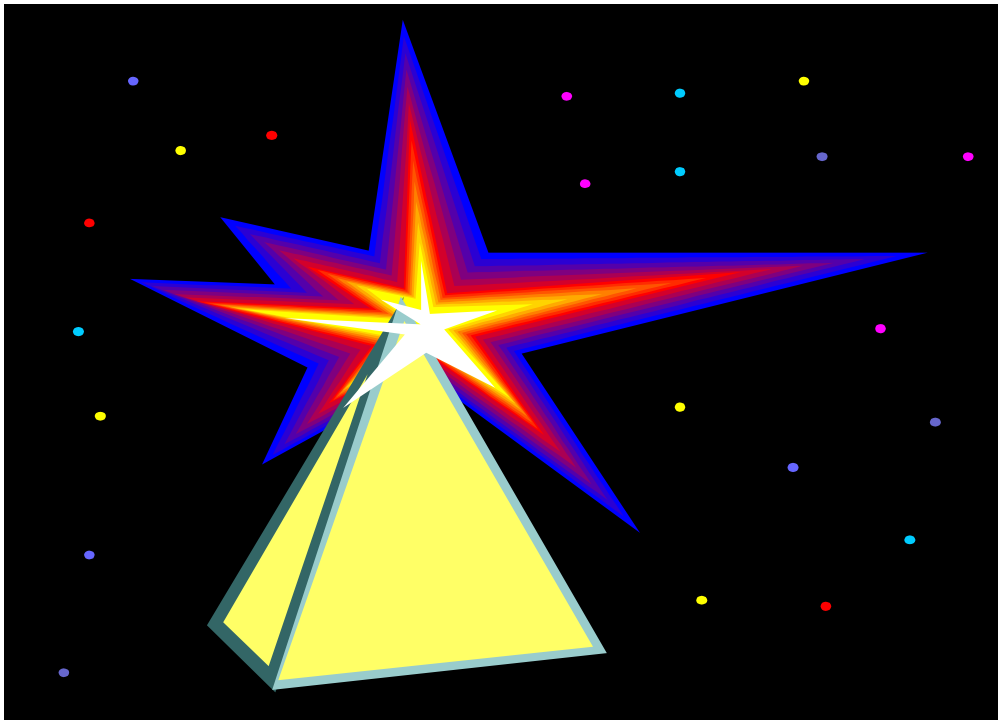


# **SPECTRUM CLINICAL HYPNOTHERAPY TRAINING**

2009 – 2010 PROSPECTUS



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## **About Spectrum Hypnotherapy**

Spectrum Hypnotherapy is the specialised hypnotherapy training division of the Who Am I? Hypnotherapy and Counselling clinic.

Based near the centre of Dorchester, it comprises Dr Debbie Flett and Vanessa Harvey, both qualified professionals who are in private practice, with a total of more than 30 years experience between them.

The training clinic is in a very quiet area on the outskirts of Dorchester, approximately one mile from the town centre. There are no dedicated parking spaces for the clinic, however, there is residential parking in the vicinity of the clinic and therefore we ask that you have consideration when parking your vehicle for extended periods of time. The entrance to the clinic has drop-curb wheelchair access, double doors, ramps and an outside bell for assistance if required.



Wheel Chair Friendly

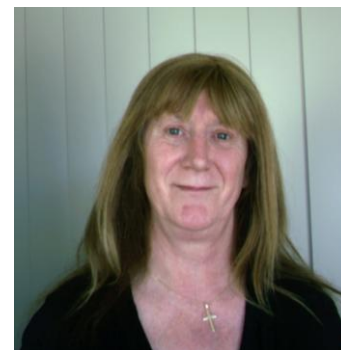


There is a no smoking policy anywhere in, or around, the building



**Dr Debbie Flett** PhD Psy

Adv Dip Couns, QCA acc, Dip Hyp, Dip NLP, Master Practitioner NLP  
Member of: BACP, MCTHA (ET UK) GHR, FDAP, GQHP



After qualifying as a person centred counsellor at Higher National Certificate level, followed by further eclectic counselling studies, Debbie found herself feeling dissatisfied with the length of time it was taking to see positive results using talking therapy alone.

During her studies to become a doctor of psychology, Debbie came across the works of Dr Milton H Erickson MD, one of the world's leaders in therapeutic hypnosis. She became so engrossed that she decided to train in hypnotherapy and subsequently qualified with Elestial Training UK Ltd. *"Once I was engaged by this line of study I was hooked"* she said.

Later, after discovering Dr Richard Bandler and Dr John Grinder she began to look at neuro-linguistic programming (NLP) sometimes called "the art of science" and she soon integrated this into her studies. Having qualified as an NLP practitioner Debbie followed this up with her master practitioner certificate. She didn't stop there however, and continued to indulge her fascination with hypnosis, going on to further study in the fields of advanced hypnosis, deep trance phenomena, covert hypnosis and past life regression.

*"In the latter part of 2010 I anticipate that my students will be offered deep trance phenomena and covert hypnosis training. This is not just work for me, this is my lifetime hobby."*

**Vanessa Harvey**

Cert Couns, Adv Dip Couns, Professional Dip Mgt  
Member of: BACP



Vanessa began her career in management and after studying with the Open University qualified with a Post Graduate Diploma in Business Management. It was during her time working as a manager of a small finance team that she first became aware of her ability and desire to understand people at a deeper level. This was the beginning of a career change that would see her taking a very different path to the one originally trained for.

After four years of study Vanessa qualified as a Humanistic Integrative Counsellor, graduating from the prestigious Iron Mill Institute with an Advanced Diploma.

When a mutual business associate introduced her to Debbie, a genuine interest in hypnotherapy was sparked. *"Initially I knew very little about hypnotherapy but the more I learn, the more I find myself excited by its applications and the scientific proof existing for the benefits of its therapeutic use."*

## **Why Choose Hypnotherapy Training?**

If you are reading this prospectus it is because you already have your own reasons for wanting to undertake hypnotherapy training. Maybe you are curious to know how it works or want to take on a new challenge? Possibly you want to expand your existing therapy business in a different direction or change career completely? Or perhaps you want to utilise and consolidate skills that you already possess. Whatever the reason, there are many valuable uses for hypnotherapy which this course will help you, and your future clients, derive benefit from.

Consider the following...

- ✓ Pain relief
- ✓ Enhanced sport, academic and public performance
- ✓ Increased confidence
- ✓ Higher self-esteem
- ✓ Reduced anxiety or stress
- ✓ Allergies and phobias alleviated
- ✓ Liberation from addictive behaviour
- ✓ Corrected psycho-sexual issues
- ✓ Improved eating and sleeping

All these, and more, are possible through hypnotherapy.



## **Our Philosophy**

At Spectrum Clinical Hypnotherapy Training, we believe in the power within each person to heal themselves and achieve whatever they desire. Sometimes a little facilitation is required to help that come about and that facilitation is the support and assistance that hypnotherapy can provide.

Our hypnotherapy courses are designed to make learning fun and enhance the discovery process by an interactive teaching method and a truly experiential course.

Spectrum combines acute business acumen with advanced people skills, plus a genuine desire to facilitate others self knowledge and continuing professional development. We have a passion for lifelong learning and hope to inspire others through our own experience and expertise.

## **Aims and Objectives of the Course**

This training course is designed for anyone over the age of 21 with a basic level of secondary education. There is no need for prior knowledge of hypnosis or counselling skills. Spectrum Hypnotherapy Training aims to educate you to diploma level using group based workshops as well as pairs work. We use a wide range of techniques to help you achieve the course objectives. During your training you will

- enhance your personal development
- discover the origins and history of hypnosis
- experience light hypnosis first hand
- learn to apply hypnotic techniques safely and be confident in their use
- understand the role that hypnotism plays alongside other alternative therapies or conventional medicine
- learn to demonstrate a professional, caring and empathic approach which recognises personal and professional boundaries

## **Course Format**

The course consists of ten modules over 20 weeks, and you will be required to apply yourself to a minimum of 350 hours home study, practice, reading and research.

Classroom study will be on alternate Saturdays from 09.30am until 5.30pm. There will be a 1 hour lunch break plus morning and afternoon coffee breaks. Refreshments will be provided, however you will be required to supply your own lunch. There are a number of local amenities available nearby.

The teaching methods will include lectures, case studies, practice videos and DVD's, demonstrations and student skills practice. The course will provide approximately 25 hours of lectures, 10 hours of videos and demonstrations, with plenty of time for discussion and questions throughout. A minimum of 35 hours practical client work through skills use with other course participants will be undertaken and all students

are required to have a minimum of 20 hours extracurricular skills practice client work from friends and family.

Home study will be evaluated by the tutors each week while assessment will be ongoing via assignments such as a personal journal, essays and case studies, plus two exams, one mid way and one at the end of the course. Both exam papers will then be submitted for external verification to the accrediting body.

On successful completion of the course, you will be able to

- Use the letters Dip.Hyp (S.C.H.T.) after your name
- Gain access to Professional Indemnity Insurance
- Apply for membership of The General Hypnotherapy Society, or the
- General Hypnotherapy Registry

A typical timetable and the course module format follow:

09.30	Informal test on previous weeks learning task
09.45	Discussion and questions
10.30	Coffee break
10.45	Theory and skills practice
12.30	Lunch
1.30	Skills practice
3.30	Break
3.45	Recap and questions
4.15	Research and home study
4.30	Close

## MODULE NUMBER 1

## CONTENTS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Welcome to Spectrum Hypnotherapy</li> <li>• Introductions</li> <li>• What is hypnosis and what is it <u>not</u>?</li> <li>• The difference between hypnosis and hypnotherapy</li> <li>• Frequently Asked Questions</li> <li>• Dispelling the myths</li> <li>• Uses of hypnosis and who can benefit</li> <li>• A brief history of hypnosis and the chief players from Mesmer to Casson</li> <li>• The conscious and unconscious mind</li> </ul> | <ul style="list-style-type: none"> <li>• How safe is hypnosis?</li> <li>• Who should not be hypnotised and why</li> <li>• Altered states of consciousness</li> <li>• The differences between clinical and stage hypnosis and common misconceptions</li> <li>• Characteristics of the trance state</li> <li>• Ethical considerations</li> <li>• Professional bodies</li> <li>• Record keeping</li> <li>• Confidentiality and professional boundaries</li> <li>• Demonstration</li> <li>• Group hypnotic induction experience</li> </ul> |
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## MODULE NUMBER 2

## CONTENTS

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| <ul style="list-style-type: none"> <li>• An introduction to Carl Rogers and the 3 core conditions</li> <li>• Understanding basic counselling skills</li> <li>• In house training DVD's</li> <li>• Creating the appropriate environment for therapy</li> <li>• Client expectations and setting the scene</li> <li>• Professional standards and presentation</li> <li>• Script and ritual</li> <li>• Boundaries</li> <li>• Appropriate behaviour</li> <li>• Open group discussion</li> <li>• Traditional and non-traditional models</li> <li>• Rules of the mind</li> </ul> | <ul style="list-style-type: none"> <li>• How hypnosis is achieved</li> <li>• Tonality</li> <li>• Rapport</li> <li>• Empathy</li> <li>• The hypnotic gaze</li> <li>• The importance of vocabulary</li> <li>• How to overcome resistance</li> <li>• Safe use of induction</li> <li>• Techniques to induce hypnosis</li> <li>• The hypnotic voice</li> <li>• Some typical induction routines</li> <li>• Bringing clients back to full awareness safely</li> <li>• How it feels to be hypnotised</li> <li>• Supervised skills practice</li> </ul> |
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## MODULE NUMBER 3

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Introduction to Milton Erickson and his works</li> <li>• A selection of principle theories</li> <li>• Further exploration of the pioneers of hypnosis</li> <li>• Rapid and long trance inductions</li> <li>• Traditional long induction – Dave Elman</li> <li>• Non-traditional long induction – Milton Erickson</li> </ul> | <ul style="list-style-type: none"> <li>• Stages of hypnosis</li> <li>• Light trance</li> <li>• Simple trance</li> <li>• Deep trance</li> <li>• Trance induction demonstration using Elman's hand drop and mass muscle movement tests</li> <li>• Recognising and countering abreaction</li> <li>• Creating a safe place for the client</li> <li>• Supervised skills practice</li> </ul> |
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## MODULE NUMBER 4

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Brief introduction to NLP</li> <li>• Richard Bandler and John Grinder NLP hypnotic techniques</li> <li>• Introduction to rapid inductions</li> <li>• Deepening the trance</li> <li>• Depth testing</li> <li>• Body language and non-verbal communication</li> <li>• Hypnotic/Post hypnotic suggestion</li> <li>• Rules and principles of suggestion</li> </ul> | <ul style="list-style-type: none"> <li>• The suggestibility test during the waking state</li> <li>• Constructing successful suggestions</li> <li>• Transference and counter transference</li> <li>• Supervised skills practice in pairs</li> <li>• Informed and implied consent</li> <li>• Do's and Don'ts regarding home therapy skills practice</li> <li>• Getting consent forms signed</li> </ul> |
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## MODULE NUMBER 5

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Preparing for home practice</li> <li>• Recognising ones own limitations</li> <li>• Referral procedure</li> <li>• Effective and appropriate questioning</li> <li>• Taking a case history</li> <li>• Initial assessments</li> <li>• Sensory awareness</li> <li>• Principles of NLP <ul style="list-style-type: none"> <li>○ The VAK stance</li> <li>○ Representational systems</li> <li>○ Accessing cues</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Overview of techniques <ul style="list-style-type: none"> <li>○ Matching and mirroring</li> <li>○ Rapport</li> <li>○ Anchoring</li> <li>○ Swish</li> <li>○ Reframing</li> <li>○ Ecology and congruence</li> </ul> </li> <li>• Parts integration</li> <li>• Group supervision</li> <li>• Supervised skills practice</li> <li>• Mid-course individual assessment</li> <li>• Essay preparation</li> </ul> |
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## MODULE NUMBER 6

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Test paper</li> <li>• Review of working practice</li> <li>• Obtaining information</li> <li>• Client issues</li> <li>• Contacting the sub-conscious under self-hypnosis</li> <li>• Case studies</li> <li>• Contradictions and stopping therapy</li> </ul> | <ul style="list-style-type: none"> <li>• Making own tapes for clients</li> <li>• Brief introduction to covert hypnosis</li> <li>• Pseudo-logic techniques</li> <li>• Use of metaphors</li> <li>• Deep trance phenomena</li> <li>• Understanding trance states</li> <li>• Scripts and strategies</li> <li>• Supervised skills practice</li> </ul> |
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## MODULE NUMBER 7

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Essay submission</li> <li>• Discussion and questions</li> <li>• Supervised skills practice in triads</li> <li>• Exercise in physical empathy</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding importance of supervision</li> <li>• Finding supervision</li> <li>• In-house supervision</li> <li>• Supervised skills practice</li> </ul> |
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## MODULE NUMBER 8

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Trainees choice morning</li> </ul> | <ul style="list-style-type: none"> <li>• Skills practice with trainers observation and feedback</li> <li>• "goldfish bowl" skills demonstration</li> </ul> |
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## MODULE NUMBER 9

## CONTENTS

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| <ul style="list-style-type: none"> <li>• Final test</li> <li>• Making CD's for clients</li> <li>• Understanding appropriate endings</li> </ul> | <ul style="list-style-type: none"> <li>• Future plans forum</li> <li>• Supervised skills practice</li> </ul> |
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## MODULE NUMBER 10

## CONTENTS

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|--|---|
| <ul style="list-style-type: none"><li>• Setting up your own business</li><li>• Effective and appropriate advertising</li><li>• Code of conduct and trades description</li><li>• Dealing with client enquiries</li><li>• Registering with professional bodies</li></ul> | <ul style="list-style-type: none"><li>• Obtaining professional insurance</li><li>• Referral for those wishing to proceed with free NLP training Diploma</li><li>• End of course opportunities</li><li>• Student feedback for tutors</li></ul> |
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## **Fees and Payment Options**

The price of the course is £.....TBC..... and may be paid by cash, cheque or card using PayPal through the Who Am I? website ([www.whoami.me.uk](http://www.whoami.me.uk))

A non-refundable deposit of £150 is required no less than 4 weeks before the course start date with full payment required no less than 2 weeks before the course starts.

Refunds will not normally be given once the course has started.

## **Booking Form**

To be formatted

## **Terms and Conditions**

As a professional training provider, we have prepared a contract which all course participants are expected to adhere to.

We reserve the right to refuse entry onto the course. We may dismiss anyone from the course at any time for reasons including, but not limited to, being under the influence of alcohol or drugs (illegal or non-prescribed), inappropriate behaviour, repeated non-participation of home study or classroom activities, or non payment of fees.

### **Our commitment to you**

We will:

- Support and encourage you during your training with us
- Abide by the code of ethics laid out by our accrediting bodies
- Treat you with respect at all times
- Maintain your confidentiality
- Be approachable and open to constructive feedback
- Be open and honest about what we expect from you

### **Your commitment to us**

You will:

- Behave professionally at all times both inside and outside of the training room – you will be ambassadors of the hypnotherapy profession and Spectrum Training
- Maintain confidentiality at all times
- Ensure you are insured before practicing hypnotherapy on anyone outside of the course (help with this will be given on the course)
- Be willing to work with all members of the group, not just those you know
- Respect all others on the course and be aware of how your own behaviour may impact on others
- Participate as fully as possible and engage with the opportunities offered on the course
- Be honest about any difficulties or issues you may be experiencing on the course (content, other participants, tutors or learning) as soon as possible. We genuinely want you to enjoy the course
- Complete all assignments on time, ensuring they are all your own work. Checks will be undertaken to establish this where any doubt exists.
- Take and give constructive feedback with grace and respect
- Pay fees in full and on time

### **Complaints procedure**

If you have a complaint we would suggest that initially it is brought to the course tutors, then if this does not resolve the issue, the complaint may be made via the formal procedure as laid out by our accrediting body.

## **Agency Policy**

### Equality of Opportunity

Spectrum Hypnotherapy Training is committed to promoting equality of opportunity and has due regard for those groups of people with identifiable characteristics that might lead to visible and invisible barriers. These barriers may include age, colour, creed, culture, disability, education, ethnicity, gender, sexual orientation, social class and status.

## **Structure of this Code**

### Anti-discriminatory Practice

All students must consider and address their own prejudices and stereotyping behaviour, thereby ensuring that an anti-discriminatory approach is an integral part of their learning process. Any student who displays any form of prejudice or discrimination, in or outside of the training settings, will be immediately suspended until a full investigation is carried out.