**Oxford School of Hypnotherapy**

Prospectus

Certificate Course in Clinical Hypnotherapy

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**The Certificate in Clinical Hypnotherapy has been Assessed and Validated at Foundation Level by The General Hypnotherapy Standards Council (UK). Successful graduates are eligible for registration with The General Hypnotherapy Register (the GHSC’s Registering Agency) at Affiliate status.**

This course aims to provide a thorough foundation in hypnosis, hypnotherapy, and self-hypnosis, and is ideal for those whose aim is personal development rather than to practise as a clinical hypnotherapist. The course, based on the principles of clinical hypnosis and NLP requires no prior knowledge of hypnosis or hypnotherapy.

Upon successful completion of the course, the student will be able to apply self-hypnosis in his or her own life to attain goals, effect positive behavioural change, and resolve issues which had proved difficult in the past. The course is not designed to equip students with the skills required to practise as a clinical hypnotherapist.

The course comprises home study and practical sessions online via Skype.

**Course Content:**

**Module 1: Hypnosis and Hypnotherapy**

* **Hypnosis**
* **Hypnotherapy**
* **Hetero and auto-hypnosis**
* **A brief history of hypnosis**

**Module 2: Some Facts about Hypnosis**

* **Misconceptions about hypnosis and hypnotherapy**
* **Frequently asked questions**
* **Contra-indications**
* **The trance phenomenon – levels and indicators of trance**
* **Other observed phenomenon – deep hypnosis, catalepsy, somnambulism, abreactions**

**Module 3: The Human Mind**

* **How the human mind works**
* **Conscious and subconscious levels of the mind**
* **Right and left brain thinking**
* **Introduction to NLP**

**Module 4: Hypnotic Responsiveness**

* **Tests for measuring hypnotic suggestibility**
* **Role played by expectation**
* **Types of suggestions**
* **Language of suggestions**
* **Distractions – and how to deal with them**

**Module 5: Self-hypnosis**

* **Benefits and advantages of self-hypnosis**
* **Self-hypnosis practice for the therapist**
* **The process of self-hypnosis**
* **A complete self-hypnosis session – preparation, induction, deepener, suggestions, post-hypnotic suggestions, termination**
* **Overcoming barriers/resistance**

**Module 6: Weight management**

**Module 7: Anxiety**

**Module 8: Improving self-confidence**

**Module 9: Stress management**

For modules 6 – 9, the principles of self-hypnosis, with a basis in clinical hypnosis, will be applied.

**Duration:** the student can commence study at any time. **The maximum time allowed for completing the course is 18 months.** As a guideline, each module requires approximately 30-35 hours of study, including the time required for answering the questions at the end of each module.

**Assessment:** the mode of assessment is continuous, with students being asked to answer questions based on each module. Students are encouraged to base their answers on the course material as well as internet research.

**Practical sessions:** these are held at regular intervals via Skype calls. Practical training takes place on a one-to-one basis. Successful students are awarded a Certificate in Clinical Hypnosis. **Practical sessions commence after submission of Assignment Two.**

**Eligibility:** The course does not require prior knowledge of hypnosis or hypnotherapy, and is open to all, over the age of 18.

**Admission procedure:** Following the initial enquiry the student will be required to complete an application form. Once this is returned, along with the course fee (or part thereof), the first module will be sent via email.

**Course Fee: £800**

**Note: If a student wishes to enrol on one of our practitioner level Diploma courses withing six months of completing this course, £800 will be deducted from the Diploma Course fee.**

**Payment options:**

**1. Payment in full: £750 by bank transfer (£50 discount)**

**2. Credit/Debit card payment: £775 (£25 discount) via PayPal**

**3. 5 x monthly interest-free instalments of £160 payable by standing order**