



Transformations School of Clinical Hypnosis

DIPLOMA IN CLINICAL HYPNOSIS AND MIND COACHING

SEPTEMBER 2026

prospectus

GHSc
VALIDATED TRAINING
General Hypnotherapy Standards Council

Course Overview

Our Hypnotherapy Practitioner Programme is a comprehensive, evidence-based training designed to equip students with the skills, confidence, and professional grounding to practise hypnotherapy safely and effectively.

The course blends theory, experiential learning, supervised practice, and personal development, preparing graduates for real-world therapeutic work.

Who This Course Is For?

- Aspiring therapists — individuals seeking a new career in the helping professions
- Coaches and wellbeing practitioners — adding hypnotherapy to an existing toolkit
- Healthcare professionals — nurses, counsellors, mental-health workers
- Individuals interested in personal growth — learning to use hypnotic techniques for self-development

What You Will Learn?

Each module builds practical competence and theoretical understanding.

- Foundations of Hypnosis — history, myths, ethics, and modern applications
- Trance Induction Techniques — progressive relaxation, rapid inductions, Ericksonian methods
- Therapeutic Communication — language patterns, metaphor, reframing
- Subconscious Change Work — habit change, emotional regulation, behavioural shifts
- Specialist Applications — anxiety, phobias, smoking cessation, confidence, weight management, pain management, life and performance coaching
- Client Assessment & Safeguarding — intake, contraindications, ethical practice
- Business & Professional Practice — setting up a practice, marketing, legal considerations

Learning Approach

Our course uses a blended, experiential model:-

- Live demonstrations — instructor-led sessions
- Guided practice — supervised pair and group work
- Case-study development — real-world scenarios
- Reflective journaling — building self-awareness
- Assessment — practical evaluation and written assignments

Accreditation & Certification

Graduates receive a Diploma in Clinical Hypnosis and Mind Coaching enabling them to:-

- Join recognised professional bodies
- Obtain practitioner insurance
- Begin practising immediately upon completion

Course Structure & Duration

The course consist of approximately 130 hours of training in the classroom spread over 11 weekends (typically one weekend per month)

Career Pathways

Graduates commonly move into:-

- Private hypnotherapy practice
- Integrated wellbeing clinics
- Coaching and personal development
- Corporate wellbeing



The Diploma in Clinical Hypnosis and Mind Coaching offered by the Transformations School of Clinical Hypnosis has been Assessed and Validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with The General Hypnotherapy Register (the GHSC's Registering Agency) at full Practitioner status, together with the acquisition of the industry-based award - The General Qualification in Hypnotherapy Practice (GQHP).

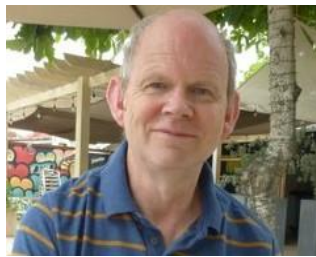
For more information about the GHR please visit www.general-hypnotherapy-register.com

What happens when you qualify?

You will be able to obtain insurance and set up in practice. You will be eligible to become a full member of the **General Hypnotherapy Register (GHR)**. Also, you will be able to join the **National Council for Hypnotherapy (NCH)** and, if you wish, be able to register with the **Complementary and Natural Healthcare Council (CNHC)**.

In addition you will be able to attend our regular peer support meetings and also be part of our on-going practice group (HypnoClub)

Course Presenters



Robert McKinnon is a highly experienced hypnotherapy trainer. He has provided training to medical doctors as part of the NHS training programme for General Practitioners. His courses and CPD workshops attract students and therapists from all over the UK and Europe.

Robert has been in practice for more than 25 years, working in both London and Nottingham, and has been teaching since 2007. He uses, and teaches, a client-centred approach to therapy and has helped many hundreds of people overcome a wide range of issues and problems. He has been a regular guest on BBC Radio and his work has been featured in *Cosmopolitan* and *Zest* magazines.

Robert can be contacted on **0115 9871581** or via **robert@nottinghamcoaching.co.uk**

Dr. Steve Lowe is an experienced hypnotherapist and leading authority on stress, anxiety and sleep. Steve will present a detailed scientific perspective on the brain, memory, stress response etc. in relation to hypnotherapy, and will also assist with the practical sessions.

Louise Page is an experienced hypnotherapist and will be covering past-life regression.

Course venue

The course will be held at Orchid Therapy Centre, 1a Westdale Lane, Carlton, NG4 3JF.

Course structure

MODULE 1 : What is hypnosis. The history of hypnosis and hypnotherapy. Hypnotic inductions and deepeners. Depths of trance. Time distortion. Mindfulness. Personality types; the Warriors, Settlers and Nomads model. Assignment.

MODULE 2 : Hypnotherapy;- which conditions respond best. The subconscious mind and the mind-body link. Steve Peters' "Chimp" model. Suggestion therapy - direct and indirect. Working with analytical and resistant clients. The 'Analytical Imp'. How to write scripts for confidence and self-esteem. Assignment.

MODULE 3 : The science behind hypnotherapy part 1; the brain and the role of neurotransmitters, memory and perception. (presented by Dr Steve Lowe). Self-hypnosis. Meeting the client. Building rapport. Clean language. Taking notes. Transference. Who not to treat - psychosis and neurosis. Assignment.

MODULE 4 : The science behind hypnotherapy part 2; The mind-body link, the autonomic nervous system and the stress response. Polyvagal theory and epigenetics. Analytical therapy part 1 - Regression to cause. How to handle abreaction. Inner child healing including the "informed child" and the "time machine". Assignment.

MODULE 5 : Analytical therapy part 2 - Free association and the tv/video technique. Ideo-motor signals. Working "content free". Gold Counselling. The work of Milton Erickson. Metaphor and reverse metaphor. Assignment.

MODULE 6 : NLP theory. NLP techniques;- reframing, anchoring, swish, rewind technique (Fast Phobia Cure), the NLP "secret technique", future pacing. Assignment.

MODULE 7 : Secondary gains. Parts Integration Therapy masterclass. Miscellaneous approaches in brief:- Meridian therapies (EFT, TFT etc.), Eye movement therapies (e.g. EMDR), The "Three Principles" of Mind, Consciousness and Thought, Havening, Brainworking Recursive Therapy and much more. Assignment.

MODULE 8 : Application of techniques learned – working with anxiety, phobias, habits etc. Case studies. Mind coaching in sport, business etc. including the "four quadrants", the performance triangle, neutral thinking. Understanding the science behind the peak performance "zone" and how to use mindful meditation for peak performance.

MODULE 9 : Specialist areas :- Smoking cessation and weight management - various theories and approaches. Pain management. Written exam (done at home).

MODULE 10 : Setting up in practice:- Where to practice. How much to charge, supervision and CPD. Legal and ethical requirements. Reflective practice. Past life regression (presented by Louise Page). Practical exam

MODULE 11 : Review of the course. Marketing your practice and attracting clients. Award of diplomas and end of course celebration.

Reading list

Recommended for pre-course reading (if you are new to the subject)

Brian Roet : Understanding Hypnosis

Highly recommended reading for the course

Roy Hunter : The Art of Hypnotherapy

Rory Z Fulcher : The Beginners Guide to Hypnotherapy

Melissa Tiers : Integrative Hypnosis

Joseph O'Connor and Ian McDermott : Principles of NLP

Terence Watts : Warriors, Settlers & Nomads

More recommended reading for the course

Dave Elman : Hypnotherapy

Roy Hunter : The Art of Hypnosis

James Tripp : Hypnosis Without Trance

Georges Philips and Lyn Buncher : Gold Counselling

Roger P. Allen : Scripts and Strategies in Hypnotherapy, and/or

Lynda Hudson : More Scripts and Strategies in Hypnotherapy

Richard Bandler : Using Your Brain for a Change

Bandler and Grinder : Frogs Into Princes

Steve Peters : A Path Through The Jungle (or, The Chimp Paradox)

David Hamilton : How Your Mind Can Heal Your Body

Norman Doidge : The Brain That Changes Itself

Michael Neill : Supercoach

Jack Pransky : Somebody Should Have Told Us

Nick Owen : The Magic of Metaphor

Please note that you are not expected to purchase or read all of the above books. Each book will be described at the start of the course so that you can decide which ones will be most suitable for you. Also some of the above books are available to loan.

Suggested further reading (for the professional therapist)

Calvin Banyan & Gerald Kein : Hypnosis and Hypnotherapy

Terence Watts : Hypnosis - Advanced Techniques of Hypnotherapy and Hypnoanalysis

Trevor Silvester : Cognitive Hypnotherapy

C. Devin Hastings : Anxiety, OCD and Hypnosis

D. Corydon Hammond : Handbook of Hypnotic Suggestions and Metaphors

Bran, Owens and Williamson : The Handbook of Contemporary Clinical Hypnosis

Michael Yapko : Treating Depression with Hypnosis

Roy Hunter : Hypnosis for Inner Conflict Resolution

Jay Haley : Uncommon Therapy

Course dates

Module 1 : September 12th and 13th

Module 2 : October 10th and 11th

Module 3 : November 7th and 8th

Module 4 : December 5th and 6th

Module 5 : January 9th and 10th

Module 6 : February 6th and 7th

Module 7 : March 6th and 7th

Module 8 : April 3rd and 4th

Module 9 : April 24th and 25th

Module 10 : May 22nd and 23rd

Module 11 : June 12th and 13th

Here's what some of our past students have to say about our course:-

I think doing your course was the best decision I ever made!

- Emma Madeley, Notts

Robert's patient teaching style and ongoing supplementary support would be difficult to equal. Joining the course is one of the best decisions I've made and my only disappointment is that my time has now come to an end. - Shayne Rice, Nottingham

I have never known a more helpful, accommodating, dedicated tutor ever. This course has not just set me up for a whole new business change, it has changed my life completely and help me discover myself too! I cannot thank you enough Robert! - Mandy Jackson, Derby

There's an excellent combination of theory and being given lots of opportunity to practice is a major part of the course. Robert is a considered and professional tutor, who allows individual students to bring to the course their experiences which made the course even more interesting.

I would recommend both Robert as a tutor and this course to anyone interested in human nature and developing into a therapist. 10 out of 10 – Louise Page, Melton Mowbray

Cost of the course

The course costs £2500, made up of the following:-

£200 deposit to secure your place, and

£2300 to be paid by August 31st 2026

Payment by bank transfer is preferred

Early booking discount

Please note we offer significant discounts on early bookings – details on request

**Email robert@nottinghamcoaching.co.uk for more information
or to book your place**

Appendix : Benefits of GHR Membership

■ The acquisition of a standardised, professional award:
the "**General Qualification in Hypnotherapy Practice (GQHP)**" or, where appropriate, a senior version: the "**Senior Qualification in Hypnotherapy Practice (SQHP)**"

■ Free nation-wide Referrals Facility

■ A dedicated website, with free inclusion (and updates) of Registrants' contact details together with active links to their own e-mail addresses and websites (where available)

■ **Free** inclusion (where applicable) in the following additional Registers within the GHR website:

· Related Approaches Registers

NLP / Meridian Therapies / Stress Management / Life Coaching

· Special Interest Registers

Allergies & Skin Conditions / IBS & Gut Related Disorders / Childbirth Coaching / Children & Adolescents / Pain Management / Past Life Regression / Performance Enhancement / Phobias, Panic & Anxiety States / PMT & Menopausal Symptoms / Regression Within Current Life

· The Ethnic & Foreign Language Speaking Register

- Access to a choice of two Professional Insurance Schemes at discounted premiums
- Access to an exclusive *Yellow Pages* Corporate Advertising Scheme
- Access to an exclusive *Thomson Local Directories* Corporate Advertising Scheme
- Free publication and distribution of regular *News Bulletins*
- The circularisation of details of forthcoming workshops and seminars (i.e. the "Noticeboard")
- Discounted attendance fees at "Noticeboard" advertised workshops and seminars
- Access to participation within "*The NHS Directory of Complementary & Alternative Practitioners (Hypnotherapy Section)*", published by the NHS Trusts Association.
- The provision of regional information to Registrants seeking peer group or personal supervision arrangements
- The provision of relevant information on all aspects of the profession to Registrants, the media and the public
- Free provision of user-friendly *Data Sheets*, as sponsored by the DoH and published by Greenwich University, for the maintenance of Continuing Professional Development records
- Free provision of *Evidence Based Patient/Client Outcome Forms* for the confidential monitoring of professional performance
- Representation to, and dissemination of relevant information from the Department of Health (DH) and all other interested Agencies
- Full, dedicated office facilities with experienced, specialist staff
- A Standards Council comprised of Representatives of numerous professional and training organisations
- Free Senior Qualification and Practitioner Diploma Award Schemes for suitably qualified/experienced Registrants
- Use of GHR/GHSC titles: "*GHR Reg.*" / "*GQHP*" (or "*SQHP*") and respective logos

BOOKING FORM

Title.....

First Name.....

Surname.....

Address

.....

Post Code

Telephone number(s)

Email

Date of birth

Marital status.....

Current occupation

Have you had previous training in hypnosis, hypnotherapy, NLP or psychotherapy? If 'yes' please give details

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Have you ever been convicted of a criminal offence? If 'yes' please give details

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Do you have a history of psychiatric illness? If 'yes' please give details

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I propose to pay in full now/ in instalments / deposit only*

*Delete as applicable

I declare that the information given above is accurate. I understand that the deposit is non-returnable unless the course is cancelled for some reason, or if I am not accepted as a student onto the course for any reason. I also understand that if I pay in full or part now I am entitled to a full refund of monies paid (minus £100 deposit) if I cancel on or before August 31st 2026. Also I understand that if the course is cancelled by the School I will receive a full refund.

Signed..... Date...../...../.....

Please send this form to robert@nottinghamcoaching.co.uk or to Robert McKinnon, Transformations, 40 Fraser Road, Carlton, Nottingham, NG4 1NJ