

Transformations School of Clinical Hypnosis

DIPLOMA IN CLINICAL HYPNOSIS AND MIND COACHING

ONLINE COURSE

prospectus



**Why an online course?**

We have been presenting our in-person Diploma course since 2007 and around 250 students have passed through our doors. We do, however, live in an ever-changing world and we acknowledge the increased convenience of studying and working online. Please note that we continue to offer the in-person course in Nottingham.

Our Diploma in Clinical Hypnosis and Mind Coaching is one of the most advanced courses you will find in the country. This is because we cover the most up-to-date and effective techniques in the field of hypnotherapy, NLP and coaching, as well as the more traditional approaches to hypnotherapy.

The latest research into neuro-science, the mind-body link, and human capability are integral parts of our course. So when you qualify you will be suitably equipped to help many people to change their lives in very powerful ways.



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 does the course involve?**

The course consists of around 120 hours of live online training (which is a combination of theory, demonstrations and practical sessions), as follows:-

36 live sessions on Tuesday and Thursday evenings from 6.30pm until around 9.30pm.

4 weekend sessions from 9.30 until 1pm, where Dr Steve Lowe will be giving his talks regarding the brain, neurotransmitters, mind-body connection, stress response, polyvagal theory, etc.

Comprehensive course notes will be provided (more than 40,000 words) plus hypnosis scripts to get you started. You will be required to complete written and reading assignments between weekend sessions and complete three case studies. There are written and practical exams towards the end of the course.

**Course highlights:-**

* **You will learn all about hypnosis; what it really is and how to do it.**
* **We will help you to gain a deep understanding of how the mind works so that you can understand why people have problems such as anxiety, phobias, low confidence, habits etc.**
* **You will be taught how to find and deal with the underlying cause of the client's problem. (Not all courses include this important topic).**
* **We will teach you the most effective NLP techniques, including the fast phobia cure.**
* **You will learn how to use parts integration therapy which is one of the most effective and flexible therapy techniques available.**
* **We will teach you how you can help sports men and women to achieve peak performance using scientifically proven methods.**
* **You will learn how to help with pain management and stress management.**
* **You will learn how to work with smoking cessation and weight management.**
* **We will teach you how to set up in practice and market your therapy business.**

One of the many unique features of this course is that it includes various ways of catching up if you should miss one of the sessions. Furthermore, your tutor can be contacted by telephone and email between weekend sessions if you have any questions or queries. Support continues after you have qualified, if you need it. In fact we have our own peer group which meets on a regular basis as well as our practice group (HypnoClub).

# What happens when you qualify?

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).**

If you decide to set up in practice, further support, in the form of supervision and/or peer support can be obtained through your course tutor, or through the GHR or NCH if you prefer. As a therapist, you will be required to have regular supervision as a member of the GHR or NCH anyway, and to abide by their Code of Ethics.

**Course Presenters**



**Robert McKinnon** is a highly respected hypnotherapy trainer, mainly because of his straightforward and easy-to-understand approach. As such 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 24 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 a retired dentist and experienced hypnotherapist and 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.

**What is unique about our course?**

There are many very good courses available on hypnosis, hypnotherapy and NLP. We believe, however, that our course offers a number of things that many others do not. For example:-

* **As with our in-person training courses, the class size will be limited to around eight students so that everyone receives the personal attention that’s required, so you are not just a number in the crowd!**
* **The course includes catch-up sessions with your course tutor should you miss any of the live sessions. (Up to two sessions at no extra charge).**
* **We also include leading-edge mind coaching techniques, which will enable you to work with performers in sports, on the stage, in business etc.**
* **We include the “Three Principles” of Mind, Consciousness and Thought so that both you and your clients can discover new levels of wellbeing and enjoy richer experiences of life. We are not aware of any other hypnotherapy course in the UK which incorporates these very important fundamental principles.**
* **This course includes an in-depth session on how to set up and market your practice; including advertising, brochures, websites etc.**
* **One qualified you will be able to attend our regular peer group meetings and also join our practice group.**

**Other points to note**

The course is open to people from all walks of life and there is no upper age restriction. Previous knowledge of hypnosis or hypnotherapy is not necessary. This course may not be suitable for those with a criminal record or those with a history of schizophrenia or other psychiatric illness.

**Your questions answered**

**Q. Will I be able to set up as a hypnotherapist as soon as I've qualified?**

**A. Yes you will be able to set up as a practitioner. Furthermore you'll be able to obtain insurance and also become a member of the General Hypnotherapy Register and the National Council for Hypnotherapy.**

**Q. Will the course enable me to work as a coach as well?**

**A. Yes it will, particularly as a performance coach and as a life coach too.**

**Q. How is the course presented?**

**A. The course is presented via Zoom as an evening class on Tuesday and Thursday evenings.**

**Q. What time does the course start and finish?**

**A. Each class will start at 6.30pm and finish around 9.30pm.**

**Q. What happens if I miss a session?**

**A. Missing one or two sessions isn’t normally a problem and there are various ways of catching up. If you were to miss more than two sessions then it becomes more of a problem, depending on what subject matter has been missed.**

**Q. How is the course assessed?**

**A. There are homework assignments and a written exam (done in your own time at home) and a practical exam. You will also be expected to complete three case studies.**

**If you have any questions that aren't answered above please contact me on 0115 9871581 or email Robert@nottinghamcoaching.co.uk**

**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 : Meeting the client. Building rapport. Clean language. Taking notes. Transference. Who not to treat - psychosis and neurosis. Analytical therapy part 1 - Regression to cause. How to handle abreaction. Inner child healing including the “informed child” and the “time machine”. Assignment.

MODULE 4 : 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 5 : NLP theory. NLP techniques;- reframing, anchoring, swish, rewind technique (Fast Phobia Cure), the NLP “secret technique”, future pacing. Assignment.

MODULE 6 : Secondary gains. Parts Integration Therapy masterclass.

Miscellaneous approaches in brief:- Meridian therapies (EFT, TFT etc.), The “Three Principles” of Mind, Consciousness and Thought, Havening, Brainworking Recursive Therapy and much more. Assignment.

MODULE 7 : 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. Stress management.

MODULE 8 : Specialist areas :- Smoking cessation and weight management - various theories and approaches. Pain management. Written exam (done at home). Practical exam.

MODULE 9 : Setting up in practice:- Where to practice. How much to charge, supervision and CPD. Legal and ethical requirements. Reflective practice. Marketing your practice and attracting clients. Past life regression (presented by Louise Page).

Additional weekend classes (presented by Dr Steve Lowe) :- The science behind hypnotherapy:- the brain and the role of neurotransmitters, memory and perception, the mind-body link, the autonomic nervous system and the stress response. Polyvagal theory and epigenetics..

# 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**

**The course consists of 36 evening sessions held on Tuesdays and Thursdays**

**(6.30 until 9.30) as follows:-**

**Module 1 : January 13th, 15th, 20th and 22nd**

**Module 2 : February 17th, 19th, 24th and 26th**

**Module 3 : March 10th, 12th, 17th and 19th**

**Module 4 : April 14th, 16th, 21st and 23rd**

**Module 5 : May 5th, 7th, 12th and 14th**

**Module 6 : June 2nd, 4th, 9th and 11th**

**Module 7 : June 23rd, 25th, 30th and July 2nd**

**Summer break**

**Review of course so far : August 20th**

**Module 8 : September 1st, 3rd, 8th and 10th**

**Module 9 : September 29th, October 1st, 6th and 8th**

**Weekend sessions (the science behind hypnotherapy):-**

**April 18th and 19th, May 16th and 17th**

 **(9.30 until 1pm)**

# 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 £2200, made up of the following:-**

**£200 deposit to secure your place, and**

**£2000 to be paid by December 31st 2025**

**Payment by bank transfer is preferred**

**Very early booking discounts**

**Option 1 : A payment of £800 to be made by July 31st to confirm your place, followed by a further payment of £800 to be made by December 31st (£1600 in total)**

**Option 2 : A single payment of £1400 to be made by July 31st**

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| **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
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BOOKING FORM

Title.................................

First Name..........................................................................

Surname..............................................................................

Address …..............................................................................................................................................

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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 December 31st 2025. 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