

The Scottish School of Complementary Therapies

COURSE CURRICULUM

Welcome to the Scottish School of Complimentary Therapies and the HPD course, qualification is accredited by the NCH (National Council for Hypnotherapy) and NCFE (Northern Council for Further Education), awarding bodies.

The course will run for 10 months with a module covered each month, the structure of the course is designed to cover all aspects of Hypnotherapy and in turn will give access to related therapies, e.g. Weight Management, Gastric Band, Smoking cessation and many other courses.

When professionally trained in the skills of Hypnotherapy the practitioner possesses an effective and profound therapeutic tool to help others.

The growing demand from both the public and the medical profession for qualified practitioners in the rapidly developing field of modern clinical Hypnosis has lead to the recognition of hypnotherapy as an advanced mainstream treatment in both psychological and physical problems.

Hypnotherapy is now utilised in many diverse areas including, conventional medicine, clinical psychology, psychotherapy, counselling, sports psychology, self development in many businesses.

This course offers students the excellent opportunity to learn clinical hypnotherapy to a high standard. As a student you will have the opportunity to learn and practice Inductions, deepeners and trance states in a safe and professional manner.

The standard of this course will allow students to set up in private practice potentially with an increase in referrals from health care professionals and a growing number of private health care providers willing to cover the cost of treatment.

On completion of this intensive course students will be able to demonstrate skills to induce and deepen hypnotic states in others. They will be able to develop a therapeutic frame work for the treatment of certain common problems such as stress and developing a healthy lifestyle.

There are no formal entry requirements or tests for this course; however students will be expected to show a portfolio of work that will be needed to successfully complete this course and to receive certification, which when completed will see them become a qualified practitioner in Hypnotherapy.

Discussions within all Modules will be a major part of the course and it is expected that students will take the opportunity to interact with fellow students and the tutors.

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Student support and supervision

Throughout and post training, students may require additional support or further information. We offer full support either through the website/email or telephone. They will have access to ongoing support for however long this may be required, however should a student demonstrate a lack of empathy on the course or show that it may not really be the correct route for them this will be addressed separately.

Supervision will be available throughout and post course.

It is recommended that all students commit to, and maintain, their own personal development.

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The suggested curriculum is as follows:

HPD Module 1

Introduction to Hypnotherapy – Portfolio Route

- History of Hypnosis & Acknowledgement
- Theories about Hypnosis
 - Hypnosis as a Permissive State
- Hypnosis and Playing along with the Therapist
- Hypnosis and Altered State of Consciousness
- Hypnosis as an Interactional outcome

Hypnoidal states

- Depth of Trance
 - Hypnoidal States
 - Waking Hypnosis
 - Daydream & Reverie
 - Hypnopompic & Hypnogogic States
 - Head Rolls Forward or Sideways
 - Change of Breathing
 - Limbs become Limp
- Lid Catalepsy
 - Catalepsy of the Arm
- Following Post Hypnotic Suggestions
- Glove Anaesthesia
- Positive and Negative Suggestions
- Somnambulism

How to Hypnotise

- Three Depth Induction Process
 - Rationale
- Preparatory Sleep
- Waking Sleep
 - Control
 - Fixation
 - Passive Sleep

Closing the Session

- Closing session Script
 - A successful conclusion to therapy sessions

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Inductions

- Hypnotic Induction technique
 - Script (Progressive Relaxation Induction)
 - Relaxed scene experience script
 - Counting methods induction/deepener
 - Eye fixation technique
 - Non content relaxed scene script
 - The “As if” Method
- Introduction
 - Future Tense
- Introduction
 - Present tense
- Post Hypnotic Suggestions
 - Awaken

Misconceptions about Hypnosis

- Loss of Consciousness:
 - Surrender of Will:
 - Weak-mindedness:
 - Revelation of Secrets:
 - Fear of Not Being Revived:
 - Confusion between Hypnotisability and Gullibility:
 - Dominant Personality:

Laws of Suggestion

- The three laws that govern the effectiveness of suggestion

The Conscious and Unconscious Mind

- Conscious Mind
- Unconscious Mind

Suggestibility Tests

- Purpose of testing for suggestibility
 - Tests and related scripts
 - Record of Suggestibility

Successful Inductions

Contraindications for Hypnosis

- When client is dangerous to self or others
 - When client is dealing with highly repressed or traumatic material
 - When client is dealing with a life-threatening disease:
 - When a client is dealing with certain psychiatric disorders: or neurological disorders

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HPD Module 2

Recognition and Classification of subjects

- Common fallacies must be dispelled
 - Occupational Susceptibility
 - Susceptibility of highly impressionable and emotional people

Favourable and Unfavourable influences and Dangers of Hypnosis

- Importance for Beginners
 - Influence of Physical Conditions
 - Influence of Emotions

Dangers to the hypnotist

- Possible physical injury to subjects
 - Avoid sudden shocks to subjects
 - Cardiac Cases
 - Hysterical Subjects
- Therapist or Hypnotist

USE of voice

- Tone Pitch, and Volume
 - Speed and Emphasis
 - Authoritarian v. Non – Authoritarian

Manipulation or Distractions

- Talking and Shouting:
 - Doors Slamming:
 - Building Works

Post-Hypnotic Suggestions

Three Factors that Influence Positive Suggestion Management

- Facilitation
 - Grading
 - Expectancy

The Direct Language Method

- Direct Language Script 3

Trance Depth Degrees of Trance

- Criteria for judging trance depth
 - Use of depth testing

Reality of negative hallucinations

Hypnosis Depth Testing (Aaron's Scale)

Substitute words for Hypnosis

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HPD Module 3

Self Hypnosis

- Practical Matters of Self-Hypnosis
 - Methods of Self-hypnosis
 - Indirect Language Method
 - Indirect Language script
 - Eye Fixation Script
 - Self-Hypnosis A Simple 3 -Step method

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HPD Module 4

Behavioural Assessment

- Behavioural Therapy
- Assessments
 - What is Behavioural Assessment
 - Types of Behaviour Assessment
 - Basic Assessment Technique
- Affect
- Sensations
- Cognition
- Summary
- Blackboard Induction script
- Time Line Regression
- Smoking Cessation (With script)
 - Keys to Successful Smoking cessation
- Weight management (With script)
- Stress reduction (With scripts)
 - Strategies for Stress management

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HPD Module 5

The therapeutic Relationship

- Humanistic Principles
- Core Conditions
 - Empathy
 - Unconditional positive regard
 - Congruence
- Listening Skills
 - Paraphrasing
 - Reflecting Feelings
 - Summarising
- Use of Questions
- Resistance
- Transference
 - What to do with Transference and counter transference
- Process
 - Awareness of process
 - Buttons
 - Your Process
- Problems
 - Developing rapport
 - Unconditional positive regard

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HPD Module 6

- Anxiety and Panic Attacks
- Phobias
 - Systematic De-sensitisation
 - The fast Phobia Model
- Pain
 - Pain and suffering
 - Controlling pain
 - Hypnosis and pain control
 - Hypnosis and clinical pain
 - Glove Anaesthesia & Script
 - Hypnosis in Dentistry
- IBS
 - What causes IBS
 - The brain Gut connection
 - Hypnosis in the treatment of IBS
 - Constipation

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HPD Module 7

- Utilisation
- Metaphor
- Language patterns
 - Cause and effect
 - Presupposition
 - Tag Question
 - Complex equivalence
 - Conversational postulate
 - Lack of referential index
 - Ambiguity
 - Utilization
- Fractionalisation
 - Script
 - Conclusion

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HPD Module 8

- In-depth NLP
 - NLP Communication model
 - Principles for success
 - State v Goal
 - Presuppositions of NLP
 - Rapport
 - Sensory Acuity
 - Key to an achievable outcome
 - Representational Systems
 - Sub modalities
 - Sub Modalities Points
 - Sub modality like to dislike script
 - Sub Modality Belief change script

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HPD Module 9

- Eye Patterns
 - Eye Pattern chart
 - Strategies
 - Types of strategies
 - Model of Strategies
- Swish patterns
 - Doing a swish pattern
 - Notes to keep in mind
 - Script
- Metaphor Outline
 - Ant Metaphor
 - Garden Metaphor
- Anchoring
 - Application of an anchor
 - Script
 - Stacking Anchors
 - Collapse Anchors
 - Chaining Anchors
 - Meta Models
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HPD Module 10

- Setting up as a Practitioner
 - The basics

- Setting up in Business
 - Considerations
 - Personality and Props
 - Money
 - Records
 - Marketing
 - Advertising

- Ideo Motor Responses
 - Questioning methods
 - Approach
 - False Memory Syndrome
 - Hypermnesia Phenomena

- Regression
 - Free floating Regression