

## **The Scottish School of Complementary Therapies**

Diploma in Clinical and Advanced Hypnosis "The HPD"

The two accreditation boards are the NCH, National Council for Hypnotherapy and the NCFE, Northern Council for Further Education. The Diploma is equivalent to an NVQ level 4 qualification. Bearing in mind that a degree is a level 5 NVQ

### ***Introduction***

Hypnosis has been used in various forms as a therapeutic tool dating back thousands of years, however, the formal term hypnosis was introduced as recently as the 18<sup>th</sup> century.

The term clinical hypnosis refers to both the diagnosis of problems and the application of hypnotherapeutic approaches to directly treat patients within a clinical and structured framework.

Today, there is an ever-increasing demand for competent hypnotherapists.

This course is designed to give all students the opportunity to keep an open mind and hopefully go on to become a practitioner that welcomes all views in today's every increasing changing techniques. This will lead to its recognition as a mainstream therapy offering a unique approach to the treatment of both psychological and physical problems. In fact hypnotherapy is now utilised in many varied and diverse areas including conventional medicine, clinical psychology, counselling, sports psychology, self development and in business.

Throughout this course, we hope that you will not only learn the techniques and facts presented in this text, but also to grow and develop in a field that can only be beneficial for all who come into contact with you.

What you will learn on the course;

The history of Hypnosis, Theories about Hypnosis, Hypnosis as a Permissive State

Hypnosis and Altered State of Consciousness, Hypnosis as an Interactional outcome  
The Conscious and unconscious Mind

Depth of Trance and the states associated with trance, Hypnoidal States, Waking Hypnosis, Daydream & Reverie, and Hypnopompic & Hypnagogic States

Positive and Negative Suggestions, Somnambulism

How to Hypnotise, Three Depth Induction Process, Preparatory Sleep, Waking Sleep and passive Sleep

Closing the Session (scripts are available throughout the course along with live/real clients to work with)

You will be assessed through a variety of methods, continually throughout the course to evaluate practical competence, theoretical and practical knowledge. Students will be expected to complete the question paper and pull the work together for the tutor to present to the board of qualifications for final certification.