

## Practitioner Training in Clinical Hypnosis - Deep Trance Approaches



### Learning Outcomes

- Treating minor neurotic conditions including minor habits, phobias and unwanted behaviours
- Relieving or reducing the symptoms of disease
- Managing and relieving acute pain and chronic pain
- How to treat eating and weight problems
- How to resolve stress and anxiety
- Performance enhancement including confidence
- Taking a case history and planning treatment
- Recognising contra-indications, and handling abreaction
- Ethical considerations and Safe practice
- Appreciation of historical and conventional psychotherapeutic approaches
- Supervised practice

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### Requirements



This training builds on your Foundation Training in Hypnosis, which is a pre-requisite for this course. Live training will be delivered over twelve days, one weekend in four, or one weekend day every two weeks. The training forms Module B of the two-modules required to achieve Practitioner certification.

You are required to carry out written and reading assignments, attend tutorials and perform supervised case studies. There is also a formal evaluation test.

**Call Richard on Tel 0845 1665445**  
Visit [www.abetterlife-uk.com](http://www.abetterlife-uk.com)

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## Course content

Delivered over 10 days. Certificates issued with accreditation by the GHSC, subject to satisfactory performance and an open-book exam.

### Techniques

- Dissociation techniques
- Regressions
- Time Distortion
- Suggested Amnesia
- Ericksonian approaches
- Utilisation
- Pseudo-orientation in time
- Glove Anaesthesia (Pain Control)
- Automatic Writing
- Confusion techniques
- Paradoxical intervention
- Symptom manipulation
  
- **Therapeutic background & considerations**
- Freud, Jung, Adler and others
- Gestalt Therapy
- The Behavioural Sciences
- Hypno-Behavioural Model
- Hypno-analysis
- Case History and Treatment Planning
- Recognising Contra-Indications
- Abreaction
- Ethical considerations
- Safe practice

### Clinical Studies

- Trauma & loss
- Anxiety & Panic Disorders
- Psychosomatic Disorders
- Allergies and Asthma
- Insomnia
- Irritable Bowel Syndrome (IBS)
- Eating problems and disorders
- Obsessive Compulsive Disorder (OCD)
- Stress
- Acute and chronic pain
- Unwanted habits including smoking
- Stuttering
- Nocturnal Enuresis
- Headache and Migraine
- Bruxism
- Skin Conditions
- Phobias
- Depression
- Various sexual problems
- Psychogenic Infertility
- Healing 'dis-ease'
- Performance anxiety
- Improved Sporting Performance

## Course length and requirements

This Diploma Training in Clinical Hypnosis offered by abetterlife UK Ltd has been assessed as part of a Certified Practitioner Training in Clinical Hypnosis, validated by the General Hypnotherapy Standards Council (UK). To satisfy these requirements, the course includes:

- practice and demonstration of essential skills
- group interaction
- supervision including one/two practical case studies
- reading assignments and four/five written assignments

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### abetterlife-UK Ltd

7 Overtrees  
Holly Bush Lane  
Harpenden AL5 4AW

t: 0845 1665445  
e: info@abetterlife-uk.com  
w: www.abetterlife-uk.com



**GHSc**  
General Hypnotherapy  
Standards Council