

2018/19



hypnotherapy.org



Accredited Training Diploma in Clinical Hypnotherapy

Advanced Practitioner

CPD Courses

Supervision

Mentoring and Development

**0113 345 6817**

**info@evolvehypnotherapy.org**

**www.evolvehypnotherapy.org**

# Welcome To Our School

Thank you for your interest in training with Evolve School of Hypnotherapy and professional development services. This prospectus will provide you with detailed information of our practitioner level training and advanced practitioner courses. You will also find information about our CPD, supervision and development services.

Here at Evolve we have a person-centred approach to learning, providing a variety of teaching styles to suit all types of learner. Our training is accredited with the largest governing body of hypnotherapists within the UK and meets all the required national standards of associate awarding bodies.

Our trainers are experienced Clinical Hypnotherapists with extensive experience within their own chosen professional fields.

Angela is a fountain of knowledge from both a career and personal background and really has such an enthusiasm and passion for hypnotherapy which draws you in and ensures that you stay focused and motivated throughout. No question is left unanswered and whilst she is there for you for advice she makes you think about it first and then puts her slant on it which is excellent. She made the course so interesting and really worthwhile. Even the difficult bits she handled with real expertise. Amazing tutor. So thankful she was mine.

Joanne Nelson

Angela Glasgow is a fantastic tutor. She is so passionate about hypnotherapy and that passion and enjoyment is passed on to her students. She is incredibly professional and makes what could be a very complex subject easy to understand. I can't recommend Angela highly enough. If you are lucky enough to have Angela as your tutor you'll have a fantastic experience and learn so much.

David Dickinson



# Why Train With Us?

- The Practitioner Diploma adheres to the National Occupational Standards for Hypnotherapy
- Fully accredited by the GHSC
- Training focuses equally on theory and practical application of hypnosis in a classroom setting
- Learners will be taught how to work in a unique and tailored way with clients using a person-centred approach
- Training is provided over a 10-month period of learning and assessment
- Students with prior knowledge or experience within the field of hypnotherapy can apply for fast track learning
- Training is open to all adult learners regardless of professional background or previous levels of education
- Students will be able to learn in their own individual styles
- Regular assessment supervisions are completed on a 1 to 1 basis with all students, to support learning throughout the assessment process
- All of our courses are held at University settings enabling easy access to venues and transport links
- Course fees can be paid in monthly instalments
- Fully comprehensive training manuals provided
- Learner assessment tools and practitioner administrative resources provided



# Our Trainers and Staff

Angela is a fully accredited Senior Practitioner and registered Supervisor with the General Hypnotherapy Register and Complimentary Natural Healthcare Council. She has her own Hypnotherapy Practice focusing mainly on mental health and wellbeing issues such as workplace stress, short and long-term anxiety, depression, resilience and personal development. Angela has developed a unique, person-centred approach and tailors therapy to suit clients' specific needs and has incorporated this approach into the Practitioner Diploma as well as the Advanced Practitioner course.

Angela's professional experience was based in Victim Support where she recruited, trained, case managed and supervised a large volunteer base. She gained valuable insight into individual's needs as a result of low to high level trauma. Angela is an experienced trainer with 15 years of experience and has spent the last 5 years of these assessing, teaching and mentoring both trainers and therapists with one of the largest hypnotherapy schools in the UK. She is also a Reiki Master Practitioner and has developed her own unique balance of mind and body therapy, by incorporating both hypnosis and reiki.



What an amazing woman.  
Enthusiastic, Positive,  
supportive, encouraging,  
empathetic, motivating! I could  
go on but suffices to say that  
Angela is a very hardworking  
tutor who builds great rapport  
with the participants to create  
a cohesive group and a safe  
space for her students to thrive  
Karen Crosland

## Angela Glasgow

Principal and Trainer

Dip Hyp SQHP GHR, CNHC Registered  
GHR Registered Supervisor

Donna first graduated as a qualified hypnotherapist in 2012. Known for her professional, patient and down to earth approach, she is passionate about helping people to find out who they truly are and get the best out of life.

After initially qualifying as a Clinical Hypnotherapist she quickly became a tutor in the same field, teaching hypnotherapy to students in both the UK and Spain.

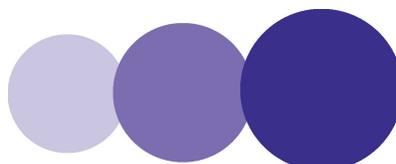
Donna also runs her own Hypnotherapy practice in the Costa Blanca, Spain.



**Donna Jenkinson**  
Lead Trainer (Spain)  
Dip Hyp SQHP GHR

**Donna is a genuine, sensitive and caring person. She is enthusiastic about her craft and totally committed to it which makes her a fantastic, inspirational teacher.**

**She has a great anecdote to support every learning objective and it was always a pleasure to be taught by her.**  
Christine Bruce, Spain

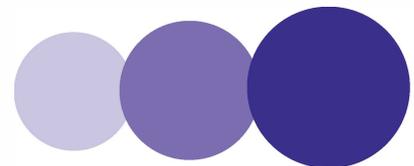




**Carolyn** is a qualified and experienced Advanced Nurse Practitioner with additional skills in British Medical Acupuncture and Clinical Hypnotherapy to Advanced Practitioner level. Carolyn runs her own clinic in Sowerby Bridge whilst continuing to work with the NHS. Carolyn conducts all the clinical research.

**Carolyn Scott**

Associate Trainer  
RGN, B.Sc (Hons), MSc, LicAc,  
FEA, Dip Hyp Adv. Prac



**Celia** has 23 years teaching and extensive school pastoral senior leadership experience. She is a qualified clinical hypnotherapist and mindfulness practitioner and has set up her own practice in Leeds. Celia writes and delivers CPD courses for Evolve and also advises on the school's short and long-term planning.

**Celia Goodson**

School Support Advisor and CPD Trainer  
MSc, B.Ed (Hons), Dip Hyp, Dip Insomnia Practitioner,  
Dip Mindfulness Practitioner, Dip Children's Mindfulness

# So you want to learn Hypnotherapy

Welcome to a comprehensive, fully interactive, indepth course, written for you, by the people who are at the cutting edge of Clinical Hypnotherapy



## Course Overview

The presentation of the course is a person-centred approach to evidence based hypnotherapy. This enables the developing therapist to learn specific skills and techniques to enable them to tailor therapy to the individual consulting client.

The course will provide the fundamentals of the human mind and body and how we are easily able to tap into these resources to active the natural process of hypnosis to address client needs.

Therapists will also learn how to use self-hypnosis during the training to encourage their own personal development.

Angela is wonderful - I've had many teachers before but none of whom cared so much about each student. There was real passion there and obvious care for every student. All content was delivered and explained in a way that we all understood; no question was 'stupid'.

Mehgan Weatherly

# Who is the Course For?

This course should be attended by anyone interested in a career change or any professional/non- professional working in complimentary health care, wishing to add a therapy to their existing skill set.

## Accreditation

Our Diploma is accredited by the General Hypnotherapy Standards Council UK. All prospective students will be registered as student members while in training. On qualifying all graduating therapists will then be eligible for professional registration with the General Hypnotherapy Register upon completion.



The General Hypnotherapy Standards Council (GHSC) is responsible for overseeing the criteria for the ongoing registration of individual practitioners within the GHR.



The General Hypnotherapy Register (GHR) is a professional association and register of practising hypnotherapists, comprising in excess of 3,000 UK based individual practitioners, together with registered therapists in some 35 countries around the world. [www.general-hypnotherapy-register.com](http://www.general-hypnotherapy-register.com)



National Occupational Standards (NOS) specify UK standards of performance that people are expected to achieve in their work, and the knowledge and skills they need to perform effectively. NOS, which are approved by UK government regulators, are available for almost every role in every sector in the UK. [www.ukstandards.org.uk](http://www.ukstandards.org.uk)



The CNHC is the UK government approved national register of complementary health practitioners. If you plan on practicing in the UK once qualified, you can join the CNHC directly or (more easily) after joining the GHR. [www.cnhc.org.uk](http://www.cnhc.org.uk)

# Course Syllabus

## UNIT 1

- Accreditation
- EVOLVE ethos
- History of hypnosis
- History – NLP
- Myths and misconceptions of hypnosis
- The law around hypnosis
- The conscious, subconscious and unconscious mind
- Main laws of hypnosis
- Maslow's hierarchy of needs
- Presuppositions
- VAKOG system
- Presuppositions
- Rapport
- The science of hypnosis
- Brainwaves
- Anatomy and physiology
- The Sleep Cycle

## UNIT 2

- Inductions – VAK, Rapid, Fast
- Suggestibility tests
- Deepeners
- Yes set
- Absorb – Bypass – Stimulate – Utilise
- Suggestions
- Direct and indirect suggestions
- Metaphors
- Post hypnotic suggestions
- Embedded suggestions
- Contingent suggestions
- Visualisation
- Guided imagery
- Control room
- Catalepsy
- Arm levitation

## UNIT 3

- Language – clean – positive
- Nominalisation
- Predicates
- Parroting
- Labelling
- Taboo words
- Submodalities
- Spinning
- Swishing
- Core beliefs
- Secondary gains
- Consultation
- SUD level and perception
- Active listening
- Structuring therapy
- Selling the benefits

## UNIT 4

- Basic neuroscience
- The 3 brains
- Working in the now
- Affirmations
- Auto suggestion
- Self-hypnosis
- Reframing
- Fears
- Phobias
- Common issues
- Treatment for fears and phobias
- Aversion therapy
- Scrambling
- Future pacing
- Anchors
- Collapsing an anchor

## UNIT 5

- Mental health and wellbeing
- Common issues
- Definitions of mental health issues – stress, anxiety, depression, bi-polar and psychosis
- Stress
- Types of stress
- Stress response - Fight flight or freeze
- Physiological signs and symptoms
- Psychological signs and symptoms
- Hypnotherapy for stress management
- Anxiety
- Signs and symptoms
- Anxiety disorders
- Hypnotherapy for anxiety
- Panic attacks
- Hypnotherapy for panic attacks
- Depression
- Signs and symptoms
- Hypnotherapy for depression
- Understanding the influence of medications
- Considerations for working with your client
- Duty of care

## UNIT 6

- Regression
- Timeline regression
- Watkins Bridge or Affect Bridge
- Regression practice
- Abreaction
- Dealing with an abreaction
- Age progression – pseudo orientation in time
- Past life regression
- Past life regression practice

## UNIT 7

- IBS defined
- Signs and symptoms
- NICE guidelines
- How hypnotherapy can help in relation to stress management
- Hypnotherapy for the treatment of IBS
- Weight control
- Identifying the relationship with food
- Types of over eaters
- Hypnotherapy for weight control
- Creating a professional audio
- Smoking Cessation
- The effects of smoking – resources
- Triggers
- Nicotine and cravings
- How hypnotherapy is used for smoking cessation
- Structuring the session
- Motivational mapping
- The 5 principles of convincing the subconscious
- Repetition
- Authority
- Desire for identity
- Hypnosis
- Self-hypnosis

## UNIT 9

- Setting up in practice
- GHSC requirements
- Supervision
- CPD
- Registration with professional bodies
- Liability insurance
- Professional presentation
- Marketing yourself as a professional hypnotherapist
- Producing marketing materials
- Administration
- Record keeping
- Data protection and security of records
- Financial records
- Training records and certificates
- Supervision records
- Insurance records
- Professional memberships
- Policies
- DBS
- How to record client case notes
- Good practice
- Legal responsibilities
- Requested use of case notes by other professionals
- Client contracts and disclaimers
- What to do if a client complains
- Model policies for hypnotherapists

## UNIT 8

- Pain management
- Types of pain.
- Ethics and pain management
- How hypnotherapy can be used in the treatment of pain
- Control room
- Inner pharmacy
- Arm levitation
- Glove anaesthesia
- Submodalities
- Noesitherapy
- Hypnotic anaesthesia and surgery

## UNIT 10

- Who are we safeguarding and why?
- Safeguarding yourself as a therapist
- Reporting a concern
- Consent
- Risk assessment
- Good practice and ethics
- What to do if – scenarios
- Working with children
- Inductions, deepeners and metaphors
- Interactive therapies

**The capacity to learn is a *gift*; The ability to learn is a *skill*; The willingness to learn is a *choice*.**

Brian Herbert



# Training Schedule

Your training will run from 9.30am until 5.00pm one weekend per month for 10 consecutive months. This awards you with the 120 statutory hours of classroom learning. The actual hours of learning are 6.5 hours per learning day and does not include time spent in breaks or lunch.

## Fees and Booking

The cost of the accredited Practitioner Diploma is £1,755.00. This can be paid in full or in 9 monthly instalments of £195.00. There will also be an additional £50 administration fee

## Course application

To attend one of our free Foundation Weekend please visit [www.evolvehypnotherapy.org](http://www.evolvehypnotherapy.org)



**Weekend  
One is free  
of charge**

The Practitioner Diploma has no entry requirement, however, due to the nature of the assessment process applicants should be able to communicate and understand written and spoken English and have access to the internet.

## Assessment

Modular assessments will be completed at the end of each unit of work with the requirement to complete a reflective journal demonstrating understanding of the theory and application of learning. The course tutor will then complete a 1 to 1 supervision with each learner to assess overall learning and development every 3 months.



# Continued Professional Development

## Supervision, Mentoring and Professional Development

Evolve is committed to the ongoing development and success of each student that undertakes their Practitioner Diploma. We nurture and support our students to live, thrive and evolve by understanding their own continuing training needs, dependent upon their chosen direction within this very rewarding profession.

Supervision is offered in order for therapists to fulfil their professional registration requirements. We offer this by way of monthly group supervision/peer support with visiting speakers and special focused discussions. This encourages the acknowledgement of the need to build a sound network of support to ensure that all therapists work within the guidelines of best practice.

In addition to this, supervision is also offered on a 1 to 1 basis, which supports the therapist's individual, personal and professional developmental needs. Providing the therapist with a safe, confidential environment to discuss case management and its personal impact to ensure ethical boundaries are in place.

Please visit [www.evolvehypnotherapy.org](http://www.evolvehypnotherapy.org) for a full breakdown and costs for our CPD workshops available for 2018/19.

- ✦ Advanced Practitioner
- ✦ The Resilient Therapist
- ✦ Working with Trauma
- ✦ Regression
- ✦ Parts Therapy
- ✦ Mindfulness for Adults
- ✦ Mindfulness for Children
- ✦ Insomnia
- ✦ MeQ<sup>®</sup> Self Coaching Course
- ✦ Safeguarding Adults and Children
- ✦ Mental Health First Aid
- ✦ Audacity - Creating Your Own Therapy MP3s
- ✦ How to Market Your Therapy Business
- ✦ Blogging for Therapy
- ✦ Social Media for Therapy
- ✦ Manage and Develop Your Website
- ✦ Reiki

**Angela was knowledgeable and very approachable. She had the ability to instil confidence in all her students. She was able to read her students needs and was flexible enough to meet them.**

Caroline Cundy

**Very knowledgeable and committed to our success.**

Mickey Owen

# What Next?

Once you have completed the free foundation weekend, you are invited to submit your application to apply for a place on the practitioner level training. Places are awarded subject to availability. However, please note not all applications will be accepted, and we are not obliged to accept. Should for any reason your application not be accepted you will receive a call from your tutor to discuss the reasons why.

A non-returnable school **registration fee of £50.00 is required upon application** for those wishing to take the practitioner level course. This is returnable if your application is unsuccessful or in the event the course has to be cancelled.

If you would like to continue with the Diploma:

1. Please check all the dates and that you are available
2. Read the terms and conditions
3. Complete the application form
4. Hand the form to your tutor on Sunday and collect your module one manual and links to your reflective journal.

If training is not right for you at the moment, then you owe us nothing, and we wish you every success in your future and hope what you have learned here with us this weekend has been valuable. Feel free to come back anytime in the future.

If you have decided to train with us, then welcome aboard, buckle up, you're in for quiet a voyage of learning, development and self discovery. We look forward to seeing you in class again soon.

Never stop learning because life never stops teaching.





# Application Form

## Practitioner Training in Clinical Hypnosis

### Please complete all sections

Course Venue: \_\_\_\_\_ Course Start Date: \_\_\_\_\_

Full Name: \_\_\_\_\_

Full Postal Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Do you have any mental health conditions that you are currently aware of YES / NO

We have a duty of care to all of our students. therefore it is important that you disclose any know mental health conditions on application to your tutor.

### Please supply one name and address for character reference:

Full Name: \_\_\_\_\_

Full Postal Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_ Email: \_\_\_\_\_

### Disclaimer

I am available on ALL of the course dates and understand that certification will only be awarded on attendance of ALL sessions. I understand alternative classes will be offered in the event of an emergency.

I understand that course tutors have the right to reject any course application.

I understand my Diploma will be awarded on completion of all required hours and providing the course balance payment has been made.

I enclose my non-refundable school registration fee of £50.00 which I understand is fully refundable in the event that my application is not accepted or the course is cancelled.

I have read and agree to abide by the terms and conditions set down by Evolve School of Clinical Hypnotherapy.

I confirm that the above details are all true, and that I have disclosed any diagnosed mental health issues that I am currently aware of.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please sign both the Application Form and Terms & Conditions overleaf and post to  
**Evolve Hypnotherapy, 13 Reins Road,  
Brighouse, HD6 3JG**

Alternatively scan and email both sides to  
**info@evolvehypnotherapy.org**





# Terms & Conditions

## 1. INDIVIDUAL THERAPY/COACHING NEEDS

Courses are primarily for training. Students are strongly recommended to seek out any further coaching/or therapy requirements they may identify, outside of the course. Evolve School of Clinical Hypnosis offers a discounted rate for personal therapy/coaching to students and graduates, subject to availability.

## 2. STUDENT ASSESSMENT PROCESS

Students are continuously monitored and assessed throughout the course. To enable successful monitoring students will be provided with a Journal and required to document their own research, reading, personal development and client practice between modules. Hypnotherapy involves both science and art. Students will be encouraged to develop their own unique style whilst adhering to core methods, principles and ethics. In addition to the journal, short assignments and modular questions will also be required to be completed. Tutors will support students through the assessment process and monitor progress in and out of the classroom. Each student will be scheduled and required to attend three one to one sessions with their tutor. This provides time to discuss your learning requirements and be provided with appropriate feedback to ensure your success. It is expected that on completion of the above that all students will pass the course evaluation.

## 3. TUTORS

It is company policy to ensure that the tutors assigned to a class on the first weekend will remain with that class for the duration of their training. However we reserve the right to deploy different tutors where unforeseen circumstances arise. This will not affect the course content or the quality of training.

## 4. ATTENDANCE

Students are expected to attend all weekend modules in order to achieve the required 120 contact hours. In the event that a student is not able to attend a particular module or session, due notice should be given so that the tutor will in the first instance provide the student with an alternative class. In the event of an emergency or being unable to attend an alternative class, students will be given the opportunity to catch up by seeing one of our tutors privately. There will however be an additional cost of £75.00 for this service in addition to the monthly course fee. Due to GHSC accreditation requirements, private one to one catch ups are only permitted once.

Student's punctuality to class is required. Those who habitually arrive late, or leave early, will have this time deducted from their attendance record and therefore may not satisfy the criteria to pass the course.

## 5. COURSE FEES

Students taking advantage of our pay as you go system are expected to pay all fees on the Saturday of each weekend. Failure to do so may result in a delay to your graduation or temporary suspension. Students are paying fees for a diploma course and not paying based on attendance. Evolve choose to break the total cost of the diploma down into nine equal payments to help you financially. The course itself could be concluded earlier than anticipated depending on class numbers and delivery methods. Acceptable payment methods are bank transfer or cash.

## 6. BEHAVIOUR & CONDUCT

Evolve reserves the right to remove any student from their training programmes if their behaviour or conduct is regarded as unacceptable and/or negatively impacts on the learning experience of other students. In the exceptional circumstance that Evolve does have to ask a student to leave a course, there will be no refund for any modules attended and no exceptions. A refund of any fees for weekends NOT attended but previously paid for will be given.

We reserve the right to refuse entry onto the course. We may dismiss anyone from the course at any time for reasons including, but not limited to, being under the influence of alcohol or drugs (illegal or non-prescribed), inappropriate behaviour, repeated non-participation of home study or classroom activities, or non payment of fees.

## COMMITMENT

### EVOLVE WILL:

- Support and encourage students throughout their training with us
- Abide by the code of ethics laid out by our accrediting bodies
- Treat all students with respect at all times
- Maintain individual student confidentiality
- Be approachable and open to constructive feedback

### STUDENTS WILL:

- Behave professionally at all times both inside and outside of the training room
- Be ambassadors of the hypnotherapy profession and Evolve School Of Clinical Hypnosis
- Maintain class and client confidentiality at all times
- Be willing to work with all members of the group.
- Respect others on the course and be aware of how their behaviour may impact on others
- Participate as fully as possible and engage with the opportunities offered on the course
- Be honest about any difficulties or issues they may be experiencing during their study personal or otherwise (content, other participants, tutors or learning) as soon as possible so evolve can endeavour to reach a reasonable solution.
- Complete all assessment and practical requirements on time.
- Attend 3 one to one supervision meetings with their tutor
- Accept and deliver constructive feedback with grace and respect
- Pay fees in full and on time as stated in point 5

## 7. COMPLAINTS PROCEDURE

If you have a complaint we suggest that it is initially brought to your course tutor. Where this is not applicable you may make your complaint in writing to the Principal of Evolve School of Clinical Hypnosis. Contact details will be supplied by calling 0113 345 6817. Should this not resolve the complaint then the formal procedure as laid out by our accrediting body should be used.

## 8. EQUALITY OF OPPORTUNITY

Evolve School of Clinical Hypnosis is committed to promoting equality of opportunity and shall not discriminate on the basis of age, race, colour, creed, culture, religion, disability, education, ethnicity, gender, sexual orientation, social class and status. All students must consider and address their own prejudices and stereotyping behaviour, thereby ensuring that an anti-discriminatory approach is an integral part of their learning process. Evolve School of Clinical Hypnosis will immediately suspend any student who displays any form of prejudice or discrimination, in or out of the training room, until a full investigation has been carried out.

## 9. MENTAL WELLBEING

Evolve School of Clinical Hypnotherapy has a duty of care to all of its students. Therefore it is the student's responsibility to disclose when asked, any known current mental wellbeing issues to ensure the course tutor can appropriately support all students throughout their training process. DISCLOSURE WILL NOT AFFECT YOUR APPLICATION. Failure to disclose can result in students being removed from the course, for their own welfare.

I AGREE TO ABIDE BY ALL THE ABOVE TERMS AND CONDITIONS.

PRINT NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_



# Mission Statement

To be fully committed to developing high quality professional therapists with outstanding ethical and moral standards.

To mentor and develop therapists through a fully committed and evolving programme. To continually reflect and research the most effective approaches to hypnotherapy.



We hope to see you in a class soon.

You can apply online at

[www.evolvehypnotherapy.org](http://www.evolvehypnotherapy.org)  
email [info@evolvehypnotherapy.org](mailto:info@evolvehypnotherapy.org)

or call 0113 345 6817

facebook [@EvolveHypnotherapy](https://www.facebook.com/EvolveHypnotherapy)

