

Course content College of Cognitive Behavioural Hypnotherapy

Foundation

Weekend 1

Hypnosis and hypnotherapy
Hypnotic states
Trance levels
States of mind
Session structure
Progressive relaxation
Awakening the client
What is counselling?
Basic structure of a counselling session
Ethics and practice guidelines

Weekend 2

Inductions
Deepeners – countdown techniques
Laws of suggestions
Spiegel's suggestibility tests
Eye fixation techniques
Factors in induction
Dealing with client questions
3-stage counselling models
Exploring and focusing
Attending and listening
Open-ended questions
Silence
Ethics

Weekend 3

Hypnotic phenomena
Self-hypnosis and its uses
How to teach your client self-hypnosis
Voice and its use as a therapeutic skill
Utilising distractions
Focusing
Summarising
Understanding, leading and goal-setting
Advanced empathy skills
Recognising patterns and clients themes
Ethics

Weekend 4

Arm levitation techniques
Vogt's fractionation induction
Hypnotic suggestions
Authoritarian hypnosis (suggestions and inductions)
Resistance
Self-disclosure in therapy
Immediacy
Challenging

Timing and pacing
Ethics

Weekend 5

Neurology of hypnosis
Ego strengthening – hypnotic and non hypnotic
Milton Erickson
Indirect suggestions
Goal-setting
Decision making
Problem solving
Programme choice
Evaluating
Teaching skills
Ethic

Weekend 6

Creating safe and resourceful states
Contra-indication to hypnosis
Abreaction
Tactile inductions
Case history taking
Data collection
Disclosure
Goal setting
Contract termination
Skills for designing and implementing action
Ethics

Diploma

Weekend 1

- About the course
- Hypnosis and hypnotherapy
- Basic principles and practice
- Meaning of healthy and unhealthy, rational or irrational
- Types of thoughts or cognitions
- Belief pairs
- Psychological disturbance
- Different emotions: healthy and unhealthy emotions
- Mixed emotions
- Meta emotions
- Action tendencies and behaviour
- ABCDE model of emotional change
- Process of change
- Building therapeutic alliance and rapport in hypnotherapy

Weekend 2

- Dealing with client misconceptions
- The first session and hypnotic work
- Explaining your therapeutic work and framework

- Psychological education – hypnotic and non hypnotic methods
- Distinguishing between healthy and unhealthy emotions
- How to assess client problems: emotions, thoughts, behaviours and symptoms
- Assessing your client's unhealthy emotions and behaviours
- Challenges in assessing the emotions and behaviours
- Techniques for assessing the activating event – hypnotic and non hypnotic
- Challenges in assessing the A in the ABC

Weekend 3

- Significance of psycho-education, clinical assessment and pre-hypnotic work
- Assessing unhealthy beliefs: hypnotic and non hypnotic techniques
- Theory-driven approach
- Open-ended approach
- Setting a goal in line with the assessed problem
- Assessing meta-emotional problems
- Teaching clients the view of therapeutic change: hypnotic and non hypnotic methods
- Dealing with objections to emotional responsibility
- Commitment to change
- Undermining the negative aspects of goals

Weekend 4

- Erickson, Ericksonian hypnosis and cognitive and behavioural therapy
- Disputing beliefs
- Purpose of disputing
- When to dispute client's unhealthy beliefs
- Disputing unhealthy beliefs
- Disputing healthy beliefs
- Hypnotic disputation
- Homework assignments: hypnotic and non-hypnotic
- Understanding and integration

Weekend 5

- Alert hypnosis and suggestibility in non hypnotic therapy
- From head to heart
- Strengthening healthy beliefs-Hypnotic and non hypnotic Part 1
- Strengthening healthy beliefs-Hypnotic and non hypnotic Part 2
- Dealing with obstacles in integration
- Dealing with obstacles in client progress

Weekend 6

- Integrative Cognitive Behavioural Hypnotherapy (Integrative CBH)
- Direct suggestions in CBH
- Behavioural psychotherapy
- Hypno-desensitisation techniques
- Aversion techniques
- Masses practice techniques
- Flooding

Weekend 7

- Integrative Cognitive Behavioural Hypnotherapy (Integrative CBH)
- Inner child therapy – Hypnotic
- Apposition of opposites – Hypnotic
- Introduction to dissociation – Hypnotic
- Dissociation and its applications
- Two-stage Dissociation – Hypnotic
- Ego state therapy
- One part and multiple parts dissociation – Hypnotic
- Regression and time lines – Hypnotic

Weekend 8

- Further CBT models and their use in hypnotherapy
- Aaron Beck model and its use in hypnotherapy
- Acceptance and Commitment Therapy (ACT) and its use in hypnotherapy

Weekend 9

- Further CBT models and their use in hypnotherapy
- Psycholinguistics in hypnotherapy
- Developing cognitive skills through your internal dialogue
- Internal dialogue
- Negative automatic thoughts (NAT)
- Hot thoughts
- How to change internal dialogue
- Past, present and future expressions
- Constructive internal dialogue
- Force and rigour

Weekend 10

- Applications of Cognitive Behavioural Hypnotherapy
- Nail Biting and CBH
- Stopping smoking and CBH
- Insomnia and CBH
- Irritable Bowel Syndrome (IBS)
- Fear of blushing (erythrophobia) and CBH

Weekend 11

- Performance anxiety and CBH
- Phobias and CBH
- Weight control and CBH
- Assertiveness and CBH

Weekend 12

- Pain control and CBH
- Psychosexual dysfunction and CBH
- Goal directed therapy and CBH
- Review of process of CBH
- Exam review

Advanced Diploma**Weekend 1**

Obsessive compulsive disorder and CBH treatment strategies

Weekend 2

Eating disorders and CBH treatment strategies

Weekend 3

Post-traumatic stress disorder and CBH treatment strategies

Weekend 4

Reactive and clinical depression and CBH treatment strategies

Weekend 5

Panic disorder and CBH treatment strategies

Weekend 6

Chronic fatigue and CBH treatment strategies

The Advanced Diploma in Cognitive Behavioural Hypnotherapy enables you to develop a thorough understanding of complex psychological, emotional, symptomatic and behavioural problems and to formulate comprehensive and integrative treatment strategies that can be used in cognitive behavioural hypnotherapy. New therapeutic concepts and techniques are integrated within the CBH process. This helps to build your own confidence in using other therapeutic concepts in a creative but clinically informed way.