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THE ACADEMY OF HYPNOTHERAPY

# PROSPECTUS



2025

## PROSPECTUS CONTENT

- 3 Why Train to be a Hypnotherapist with Us?
- 6 What You Will Study
- 9 Entry Requirements
- 10 Course Structure and Assessments
- 11 Working as a Student Hypnotherapist
- 11 Hear From Our Students
- 12 NCH and Accreditation
- 12 Qualifications and Memberships
- 13 Course Venues
- 14 Fees and Dates
- 14 How To Apply & Contact Us

# Why Train with Us?

The Academy of Hypnotherapy is a professional training school founded on the principles of evidence-based hypnotherapy and independent nationally accredited training. We offer a comprehensive programme of training for those who want to begin a new career as a hypnotherapist.

The extensive curriculum is one of the most comprehensive you will find and provides you with a full range of competencies, including business and practice management, as well as practical hypnotherapy skills. This means that you are business-ready and have the skills, knowledge and confidence to set up your own practice straight away.

The senior tutor who leads this course, Lauren Kolb, opened her own busy hypnotherapy centre in 2008. She provides hypnotherapy services across Lancashire and offers on-going clinical supervision for hypnotherapists as well as Continuous Professional Development (CPD).

## LEARN A VARIETY OF HYPNOTHERAPY TECHNIQUES

This course gives you in-depth, comprehensive skills and techniques in:

- Psychodynamic Hypnotherapy
- CBT Based Hypnotherapy
- Analytical Hypnotherapy (to explore the root cause of trauma/phobia)
- Solution Focused Hypnotherapy
- NLP Techniques

Having a solid grounding in these hypnotherapy techniques allows you to tailor the hypnotherapy to the needs of each individual client. This significantly increases the effectiveness of the hypnotherapy and your success rate.

## SMALL CLASSES

- Small class sizes of no more than 12 students ensure individual support
- Extensive opportunities to practise hypnosis in a safe environment
- Interactive, group and one to one focused learning



## CONTINUED SUPPORT

The Academy of Hypnotherapy offers:

- Up to 6 months after the course finishes to submit the portfolio for grading
- Ongoing supervision and support as you begin working as a hypnotherapist
- Continuous Professional Development (CPD) so that you can grow and develop throughout your career
- 120 face to face contact hours which enables you to get insurance to practice and become a member of the main professional hypnotherapy organisations such as the National Council for Hypnotherapy ([NCH](#)), the Complementary and Natural Healthcare Council ([CNHC](#)) and the General Hypnotherapy Register ([GHR](#))
- All course notes, scripts and handouts are included

## COURSE PASS RATE

Hypnotherapy is a therapeutic technique that uses hypnosis to help clients achieve a trance state. This is a heightened state of awareness where the subconscious mind becomes more open to suggestions, making it easier to change thoughts, behaviours and beliefs.

Hypnotherapy is used for a wide range of issues such as:

- Fear and phobia
- Habits
- Low self-esteem or self-confidence
- Weight management
- Anxiety



*Two students practicing hypnosis – Sept 2023*

# What You Will Study

This dynamic in-depth course focuses on teaching techniques and strategies necessary for successful clinical hypnotherapy practice. As a successful hypnotherapist you will see a very wide range of clients, many with problems and conditions that have been developing for a long time and have deep roots in the client's subconscious processes. You will learn how to analyse these problems with the client and create resolutions using a variety of hypnotherapy techniques. The ability to learn how to personalise hypnotherapy for individual clients significantly raises the success rate of treatment.

## THE COUSE CONTENT INCLUDES:

### The history of hypnotherapy

The origins of hypnotherapy from 3000BC and how it has developed over time to the present day

### The key psychological theories

This includes the work of Freud and Jung, transactional analysis, existential therapy and Humanistic approaches

### Understanding the power and influence of the conscious and subconscious

What the conscious and subconscious are, how to access the subconscious and how hypnosis is used to reprogram the subconscious

### How to design and plan an effective client treatment programme

How to formulate a realistic, achievable treatment plan with the client so that you both work productively toward the outcome that the client wants



## A wide variety of hypnotic induction techniques for different clients and issues

You will learn many techniques to guide your client into trance – becoming skilled at getting most effective technique for each client. To enhance your understanding of responsiveness to hypnosis, you will also learn a few stage hypnosis techniques, even though we don't use them in therapeutic hypnotherapy

## Deepening and testing the hypnotic trance

How to make sure the client is in the depth of trance required for the work you are doing

Using the different hypnosis techniques used in modern hypnotherapy to create therapeutic change, health, well-being and personal development.

These include:

- Psychodynamic Hypnotherapy i.e. looking at the root cause and helping the client process this and move on positively
- Solution Focused Hypnotherapy i.e. looking at behaviours/emotions in the present day and moving towards the desired outcome
- CBT Hypnotherapy i.e. changing a client's patterns of thinking and behaviour and therefore changing the way they feel

## Understanding and using NLP techniques

A strong knowledge of all the major NLP techniques and how to apply these effectively in a therapeutic setting

## Self-hypnosis

How to teach self-hypnosis to clients and how to use it for your own self-development

In-depth understanding of communication skills, information gathering techniques, methods of assessment and measuring success

Learning and practicing questioning techniques, ensuring you and the client agree on the outcome and using feedback from the client to improve and build on the treatment programme

How to create an effective therapeutic relationship with clients

Creating rapport with your client by developing empathy, trust, unconditional positive regard and acceptance

Creating long-term powerful change and new emotional and behavioural responses

Enabling the subconscious mind to adopt new beneficial patterns and ensuring these new patterns remain strong for the client into the future

Ethical and professional guidance and standards and how to apply these in practice

How to work safely and productively within professional guidelines

How to do online hypnotherapy effectively

Learning all aspects of how to work online with clients successfully

Practice management including setting up a website, insurance, tax, social media and advertising

Practical advice and tips for everything you need to set up your own practice with confidence



Specialised techniques for issues including:

- smoking cessation
- pain management
- weight management
- anxiety and stress
- phobia
- IBS

Reflective practice and continuous professional development

Getting regular support from supervision, gaining new skills and continual self and professional development

## Entry Requirements

You do not need any formal qualifications to join this course.



# Course Structure and Assessments

The in-depth course consists of 120 hours of face-to-face tuition in a group, held one weekend a month over 9 months, with extra independent study at home. Each weekend of tuition consists of lectures, discussion, demonstrations, group work and practical skills. You will build your knowledge and skills step by step with extensive hands-on practice. Notes and scripts will be given to you each month to help support you throughout the course.

You will be assessed over the 9 months by completing a portfolio of questions. At the end of the programme this final portfolio is submitted for external grading.

In addition, we offer up to 6 months after the end of the course to submit your completed portfolio. The course is assessed entirely on your portfolio and there are no exams.

You will have the full support of your tutor during the whole course, with email, online and telephone contact available in between the scheduled weekends.

# Working as a Student Hypnotherapist

You will consolidate all your skills with extensive, supported practice within every module. Once you are half way through the course you can begin to build your business and earn money working as a student hypnotherapist.

## Hear From Our Students

*"I have absolutely loved this course. Each session has taught me so much and I feel confident in pursuing my dream of becoming a qualified hypnotherapist. Lauren has taught me so much and I will forever be grateful for the knowledge I now have. "*

**Susan, July 2024**

*"A very informative and fun course. I really enjoyed learning about all the different aspects of hypnotherapy techniques."*

**Angela, July 2024**

*"One of the most interesting parts of the course is how it makes you think about yourself and the changes you can make. Lauren is a great teacher, open minded and always willing to help and adapt where needed."*

**Louise July 2024**

*Really great course, well taught and a pleasure to attend.*

**Jamie, July 2024**

*This course has been incredible. Thank you Lauren for all your support, teachings and information. I would highly recommend the course to anyone.*

**Gemma, July 2023**

# NCH and Accreditation



This course is supported and regulated by the National Council for Hypnotherapy (NCH) which is one of the largest registers of independent hypnotherapists in the United Kingdom. The NCH is an organisation committed to ensuring the highest possible professional standards in Hypnotherapy.

In addition to the NCH, the Complementary & Natural Healthcare Council (CNHC) recognise and support this course. This is the UK voluntary regulator for complementary healthcare practitioners that was set up with government support to protect the public by providing a UK voluntary register of complementary therapists.

The Hypnotherapy in Practice Diploma (HPD) is a qualification instigated in June 2002 and accredited jointly by the NCH and NCFE which is recognised as an Awarding Organisation by the qualification regulators for England, Wales and Northern Ireland.

This qualification means that you are eligible for full professional liability insurance so that you can practice hypnotherapy as soon as you qualify.

# Qualifications and Memberships

Upon successful completion of the portfolio you will be awarded the Hypnotherapy in Practice Diploma (HPD) which is a nationally recognised, Level 4 NCFE accredited qualification. In addition, successful completion of the course leads to the Diploma in Solution Focused Hypnotherapy (DSFH).

Students are entitled to 15 months of FREE membership of the NCH as trainees.

After you qualify, you are also entitled to become a full, registered member of

- National Council for Hypnotherapy NCH (MNCH Reg)
- You are also eligible to join any of the major national hypnotherapy organisations including the Complementary & Natural Healthcare Council (CNHC) and the General Hypnotherapy Register (GHR)



# Course Venues

## Leeds

The Leeds course is held at the Village Hotel Leeds South in Morley. The venue has good transport links and is close to M62. It is also fully accessible and has a large free car park. There is a Starbucks and a casual restaurant on site. Tea, coffee, water and biscuits are provided free throughout the day.

For students who wish to stay over, rooms are available from £50 a night.

## Preston

The Preston course is held at Cotton Court Business Centre in Preston. This venue is close to the M55, M6 and train station. It is also fully accessible and has a free car park. There is a kitchen available and many shops in the city centre which is a five minute walk. Tea, coffee, water and biscuits are provided free throughout the day.

Cotton Court also offers a spacious and contemporary apart hotel, 6Adelphi, with a special rate of £59 for students on the course who require overnight accommodation.



# Fees & Dates

The Hypnotherapy in Practice Diploma (HPD) and Solution Focused Hypnotherapy Diploma (SFHD) course includes 120 hours of face-to-face tuition across 9 intensive weekend sessions.

The fee for the course is £3,200 and is payable in advance or in monthly instalments over the course. The fee includes all course module notes, scripts, handouts, certification and assessment fees. There are no additional costs.

The courses in both Leeds and Preston start in September 2025 and end in June 2026. There is no December module.

For latest courses dates, please visit our website [theacademyofhypnotherapy.co.uk](http://theacademyofhypnotherapy.co.uk)

# How To Apply & Contact Us

For latest courses dates, please visit our website

If you would like to apply for this course or have any questions, please contact us:

E: [lauren@theacademyofhypnotherapy.co.uk](mailto:lauren@theacademyofhypnotherapy.co.uk)

T: 07715 412024



## THE ACADEMY OF HYPNOTHERAPY

The Academy of Hypnotherapy offers training based in Leeds and Preston.

We offer a comprehensive training programme to enable you to begin a new career as a hypnotherapist.

Enrol now by contacting:



[lauren@theacademyofhypnotherapy.co.uk](mailto:lauren@theacademyofhypnotherapy.co.uk)



07715 412024