

# Diploma in Solution Focused Hypnotherapy

**Course Title:** Diploma in Solution Focused Hypnotherapy (DSFH)

**Location:** Wrea Green, Lancashire PR4 2PD

**Date:** Saturday 21<sup>st</sup> / Sunday 22<sup>nd</sup> June 2025 10am to 4pm

**Type of Course:** In-Person Certified Course - Two Days

## Brief Description of Course:

This certified course enables you to become proficient and qualified in Solution Focused Hypnotherapy (SFH), teaching you the skills and knowledge necessary to integrate Solution Focused Therapy techniques into your practice. SFH concentrates on the present and the future rather than the past. The aim is to work with a client to find realistic and practical solutions as quickly as possible. This approach allows you to facilitate rapid and effective change for your clients.

The course consists of face-to-face training along with group work and practical exercises. You also have individual support from the tutor so you can confidently use SFH with your clients straight away.

## Learning Objectives:

- Understand the foundational principles and techniques of SFH
- Learn how to create a goal-orientated approach with a SFH treatment plan which provides clear direction. This leads to faster, more profound and longer lasting outcomes for clients
- Learn how to apply and blend solution focused therapy into your hypnotherapy sessions
- Develop skills to design and use effective hypnosis scripts using the SFH model
- Gain hands-on experience by using SFH in practical exercises on the course, including information gathering, script planning and role-playing to simulate real-life therapy scenarios

1. Handouts are included, for example Solution Focused Questioning techniques and client intake form

**Course Structure:** In-Person course Saturday 21<sup>st</sup> June 10am to 5pm and Sunday 22<sup>nd</sup> June 12pm to 5pm

**Name of Trainer:** Lauren Kolb

**Tel Bookings:** 07715 412024

**Email Bookings:** lauren@theacademyofhypnotherapy.co.uk

**Website:** <https://theacademyofhypnotherapy.co.uk/>

**Cost of Course:** £340

**Cost for NCH Members:** £290

**CPD Hours:** 10 hours

**Additional Information:** ample free parking, tea, coffee and biscuits are provided throughout the course