



ACADEMY OF APPLIED HYPNOSIS

First in Australia to achieve government accreditation for competency based training in Clinical Hypnotherapy

Most comprehensive training in Australia

Best value training in Clinical Hypnotherapy in Australia

PROSPECTUS

CLINICAL HYPNOTHERAPY &

COUNSELLING TRAINING

PROFESSIONAL & GENERAL INTEREST

Help Others and Start a New Career

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Executive Director: Leon W. Cowen
DCH, Dip Hyp Mast (USA), Grad Dip App Hyp, Mast CH, FAHA, MATMS

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Building your qualification(s)

The structure of all our courses allows you to assemble your course by completing the units required for your qualification(s). It’s a little like putting together a jigsaw puzzle. You do your foundation units then choose which is the next ‘piece’ that fits for you until you have the ‘full picture’ eg a certificate or diploma. It is extremely flexible.

The Academy of Applied Hypnosis

The Academy was founded in 1983 to meet the need for a standard of professional training for Clinical Hypnotherapists which is as high, as comprehensive and as soundly based as the training for any other of the health professions. The Academy is the first in Australia to achieve VETAB Accreditation for our Certificate IV in Clinical Hypnotherapy and the Diploma of Clinical Hypnotherapy.

The Academy has responded to requests to also include Counselling qualifications within its courses. The Academy’s Training Programs have been developed over a number of years with input from a wide range of health professionals including Psychologists, Psychiatrists, Counsellors, Medical Practitioners, Nurses, Naturopaths, Chiropractors and Clinical Hypnotherapists.



Leon W. Cowen

Executive Director
DCH, Dip Hyp Mast (USA),
Grad Dip App Hyp, Mast C H,
FAHA, MATMS

Leon has been a practicing Clinical Hypnotherapist for over 30 years. In 1983 he founded the Academy and is a consultant to Prof. Associations, Gov. Agencies and Industry Boards regarding Aust. Clinical Hypnotherapists’ professional training standards. He holds the distinction of being the first Clinical Hypnotherapist to achieve membership of the PACFA Registry.

Leon is the principal lecturer at the Academy and also lectures at the University of New South Wales, Macquarie University, University of Western Sydney, St Vincents Hospital, Nature Care College of Natural Therapies, Australasian College of Natural Therapies and the Australian Catholic University.

The first ‘Joint Venture’ between a University and a hypnotherapy teaching institution has been achieved by the inclusion of an Academy teaching program into a university degree. Leon has been invited to teach this inaugural program.

Integrated Learning

The units in all courses are integrated. This means rather than completing one unit of study then moving to the next unit of study in a linear fashion, a number of units are taught simultaneously. This allows skills from each unit to be fused into functional techniques and refined during the study period which produces better skills and better Clinical Hypnotherapists and Counsellors.

Mission Statement

Hypnotic and Counselling theory are presented in a functional form, giving practical instruction in the application of hypnosis and counselling at both personal and professional levels.

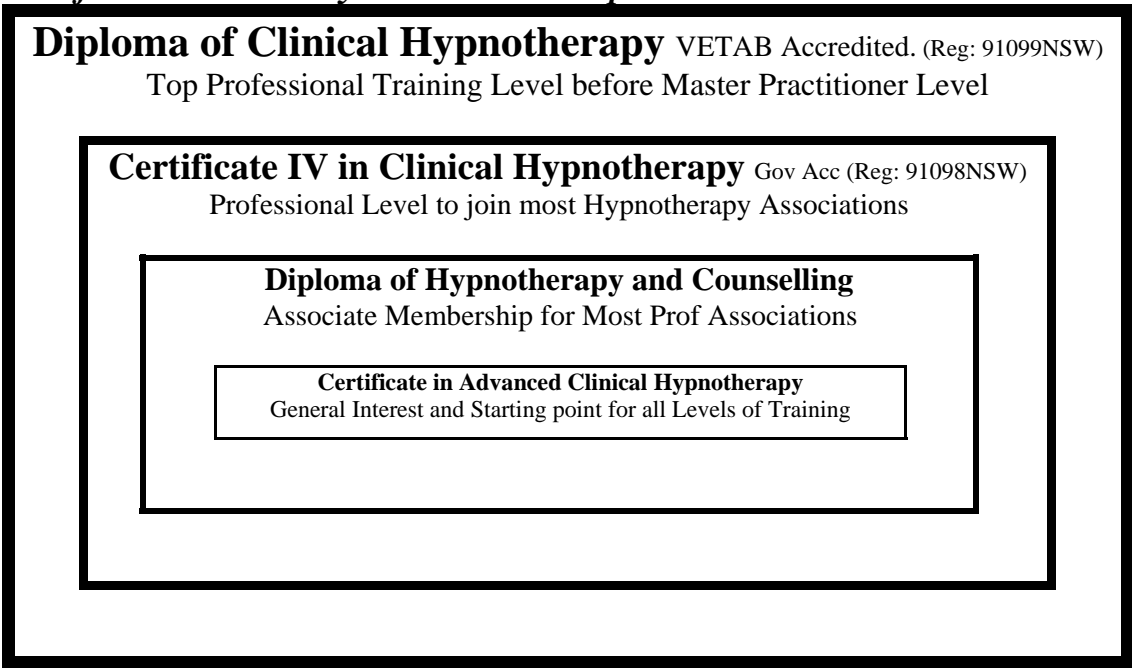
All training, whether personal or vocational, is competency based & each individual’s capacity to realise his or her unique potential is honoured and developed within the framework of our credo:

Se Adiuvere.

(Translation: To Help Oneself)

Study Hypnotherapy & Counselling Qualifications
Recognition of Prior Learning = Lower Cost, Shorter Time

Professional Pathway – What Your Diploma Contains



Registration Options

- Option A:** Applies to: *Diploma of Hypnotherapy and Counselling, Advanced Practitioner Diploma in Clinical Hypnotherapy, Certificate IV in Clinical Hypnotherapy (91098NSW) and Diploma of Clinical Hypnotherapy (91099NSW)*. Pay for one entire course up front and you will receive a 15% discount on that course. This discount will also be applied to the prevailing fees for Distance Learning and RPL applications. The discount does not apply to textbooks or any other fees. Please contact the Academy to confirm the total fees payable.
- Option B:** Applies to: *Diploma of Hypnotherapy and Counselling, Advanced Practitioner Diploma in Clinical Hypnotherapy, Certificate IV in Clinical Hypnotherapy (91098NSW) and Diploma of Clinical Hypnotherapy (91099NSW)*. Pay the current non-refundable registration fee on any one course and you will always receive a 10% discount on the prevailing unit fees for that course. You will also receive 10% discount on the current fees for Distance Learning and RPL for that course. The registration fee is not transferable between the applicable courses or to any other course. The discount does not apply to textbooks or any other fees.
- Option C:** Applies to all courses. Just pay for the units that you are enrolling into for the term. No registration fee is payable & no discounts apply

Progression Through Hypnotherapy Courses

This diagram shows the progression through the courses. From the starting point, you undertake each unit to move to the next exit point. An Exit Point is where you complete a course and you receive your qualification. The required units for each Exit point are outlined under each course name in this prospectus. More details about unit’s contents are found in the student handbook.

The entry criterion for each course is individual and may be able to be completed by Recognition of Prior Learning (RPL). For example, the Master Clinical Hypnotherapist Course prerequisites are not the preceding courses.

If you exit at the course, later on you can use that qualification (as applicable) to gain entry into a higher level course.

Money Back Guarantee

The Academy guarantees to refund 100% of your tuition fees (no questions asked), if before finalising your first unit/section of study you decide that you wish to withdraw from the course.

Please see the student handbook for the complete refund policy

Student Checklist

- | | | |
|--|------------------------------|-----------------------------|
| Have you decided which course you wish to study? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you decided when you wish to commence? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you decided if you want to study full time, part time or by distance? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you compared other available Clinical Hypnotherapy / Counselling courses? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you satisfied yourself that your chosen course will give the end result you want? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Can you fulfil the requirements of the course? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you read the Academy’s Student Handbook for policies and conditions? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

If you have any questions contact the Academy on (02) 9415 6500 or email: admin@aah.edu.au

A Rewarding New Career

Clinical Hypnotherapy and Counselling are very rewarding professions which can provide the independence of self-employment, the satisfaction of helping others, and the security of earning a comfortable living. If you like people and enjoy helping them, there is a great deal of career satisfaction. Many therapists receive enormous pleasure from helping their clients overcome a life-long challenge, shed unwanted habits such as smoking or over-eating, or in helping them progress in their chosen sport or career. Clinical Hypnotherapists and Counsellors also work with Health Professionals such as Doctors, Dentists, Psychologists, Chiropractors, Naturopaths and other practitioners to assist in areas such as

pain control, sexual issues, migraines, stress, skin disease, phobias, insomnia, forensic hypnosis and asthma. Because your primary responsibility as a Clinical Hypnotherapist or Counsellor will be to your clients' wellbeing the Academy will help you learn how to treat clients safely and effectively, with care and compassion. The Academy will teach you the most appropriate methods to help your clients achieve results quickly and effectively, as well as help you to know and be able to use a variety of approaches and therapeutic strategies. Professional Clinical Hypnotherapy and Counselling can be very rewarding careers, but like all professions there is

much that needs to be learned and practised. This is why anyone who intends to follow these career paths requires the most comprehensive and professional training available.

The Academy is proud to be the first in Australia to have achieved VETAB Accreditation for our Certificate IV in Clinical Hypnotherapy as well as for our Diploma of Clinical Hypnotherapy. This Government accreditation means that your clients will know you are properly qualified, you will receive acknowledgment for your higher professional status, you will have access to areas reserved for accredited Health Practitioners and these other Health Practitioners will be confident in their referrals to you.

Accreditations and Links



N S W Vocational
Education & Training
Accreditation Board



NATIONALLY RECOGNISED
TRAINING

The Academy has achieved accreditation for the *Certificate IV in Clinical Hypnotherapy (Reg: 91098NSW)* and *Diploma in Clinical Hypnotherapy (Reg: 91099NSW)*. The symbols of the *New South Wales Vocational Education & Training Accreditation Board (VETAB)* and the *Australian National Training Authority (ANTA)* relate to these accreditations. It indicates the course/unit has been assessed by Clinical Hypnotherapists, Health Professionals, Educationalists and representatives of Professional Associations. They appraise all aspects of the course and advise VETAB that the course meets all requirements and competencies for the designated level of vocational training. For information regarding VETAB contact: Tel: (02) 9244 5335 Website: www.vetab.nsw.gov.au

The ANTA symbol indicates the course/unit has National Recognition and the training is acknowledged by all Federal and State government training authorities. For information regarding ANTA contact: Tel: (07) 3246 2300 Website: www.anta.gov.au



This symbol represents the *Australian Traditional-Medicine Society (ATMS)*. The Academy's professional graduates automatically receive 'Practitioner Status' when they join the Society. For information regarding ATMS contact: Tel: (02) 9809 6800 Website: www.atms.com.au



This symbol represents the *Australian Hypnotherapists' Association (AHA)* – the oldest independent professional hypnotherapy association in Australia. Academy Graduates meet AHA membership requirements. Tel: 1800 067 557. Website: www.ahahypnotherapy.org.au



This symbol represents the Council of Clinical Hypnotherapists. The Academy is a Member Organisation of the council. For more information about the council refer to their website at www.hypnosis.org.au

Flexible Delivery

| Courses and units can be undertaken in combinations of full/part time or distance | At the Academy Small classes – more personal attention Hands on interactive sessions | Distance Learn through Notes, Text books, CD's (as available) |
|---|---|--|
| For students | Want physical presence in class Enjoy class interactions Can commit to specified times | Are unable to attend classes Enjoy self-directed learning |
| Benefits | Class interaction & support Group learning as part of a group Input from other classmates | Study at own pace Materials can be located easily Telephone and email support from AAH |
| Available | Based at Lindfield 100 metres from Lindfield station | Can be undertaken anywhere in Australia or overseas |

Money Back Guarantee

The Academy guarantees to refund 100% of your tuition fees (no questions asked), if before finalising your first unit/section of study you decide that you wish to withdraw from the course.

Please see the student handbook for the complete refund policy

Entry Requirements

Whilst mature age entry is sufficient for eligibility, an interview will be the determining factor for entry into the Certificate IV in Clinical Hypnotherapy or higher qualifications. Distance Learning applicants can be interviewed by telephone. The Academy reserves the right to refuse entry to any applicant and to vary any aspect of any training for improved outcomes.

Advanced Practitioner courses (for persons holding health qualifications) require proof of existing qualification. These will be determined by Recognition of Prior Learning (RPL).

Prerequisites

Consult the Student Handbook or contact Administration.

Recognition of Prior Learning (RPL)

RPL is a method that allows for recognition of what you have already learned from other areas eg courses, work experience, life experience and / or any training previously undertaken.

If what you have learned previously has given you sufficient skills and competencies to meet the Academy's requirements, RPL will be available and you may be eligible for exemption from certain parts of the course.

You should apply for RPL in any unit(s), if you think your prior learning and / or experience means you can provide evidence to show that you are already competent. Applications must be made on the RPL Kit forms on the website or from administration.

Full / Part time or Distance Learning

The Academy is unique in offering the student a variety of study methods within all courses. In the same term you could study one unit full time, one unit part time and one unit by distance. The choice is yours. Put any combination of units together as it suits your schedule. Each unit or section of a unit is the equivalent to 4 x 3hr *in-class* workshops.

Full time means during the hours of 9:45 am–4:30 pm Monday – Friday (although some units may occur outside those times). Part time means any hours outside normal working hours Monday – Friday. Distance means study at home (providing logbooks, recordings & transcripts of your work) where you contact the Academy as you require. These structures may vary.

Text Books

Textbooks are essential to enable completion of assignments and assessments. For a list of books required for each unit consult the unit outline in the student handbook which is on the website or contact administration.

The text books are *not* included in tuition fees. If ordering textbooks through the Academy, a 50% deposit is required however the Academy takes no responsibility for late delivery, temporary out-of-stock situations, or increased recommended retail price. Prices are subject to change without notice and additional costs (e.g. shipping charges) will be passed on to the purchaser.

Textbooks can be obtained from booksellers who carry school and college texts. Check with your book vendors or: University Co Op: Ph 9325 9666 Adayar Bookshop: Ph 9267 8509 Dymocks: Ph 9412 1630 Amazon Bookshop: www.amazon.com

The Academy's Environment

Although the environment at the Academy is very informal, course participants are requested to sign in and out of class and workshops. You have the choice of hardback chairs or beanbags when you attend class. The Academy is a smoke free zone and with the exception of bottled water, no food or drink is to be consumed on the premises.

There are various eateries within a few minutes walk of the Academy.

Tuition fees

Tuition fees are paid on a *unit or section of unit* basis. To calculate costs, multiply unit fee by number of units. Significant fee savings are available when you enrol in a higher level course

Teaching Methods

The Academy's training methods are strongly based in Adult Learning Principles and methods, thus part of your learning is directed self study. It is expected you will communicate with the required people at the Academy whenever you need to do so. Because it is Adult Learning, you've got the flexibility to choose your study pathway.

The Academy's policy is to conduct all classes. This is achieved by modifying the duration to suit a lesser number of students.

Location

The Academy is located at the 1st Flr 302 Pacific Hwy Lindfield NSW 2070 (above KFC). Entry is via the side on Beaconsfield Pde approximately 100 metres from Lindfield Station. Parking is available in Beaconsfield Pde or in the Council car park behind the shopping centre. Tel: (02) 9415 6500 Fax: (02) 9415 6588 Website: www.aah.edu.au Email: admin@aah.edu.au

What does Accreditation mean to you?

It means that your qualification is seen by clients and other health professionals as having a truly professional status. Your clients will know you are fully qualified and other health professionals will be confident & willing to send you referrals.

Why Choose our Academy?

When seeking a training institution you should look for several aspects, these include quality of training (practical work, supervisor support and lecturer's experience), reputation, recognition by government bodies, acknowledgement by independent associations and other reputable institutions (e.g. health funds & insurance companies).

The Academy offers initial training designed to allow you to practice and earn an income whilst continuing studying to higher qualifications.

Here are some reasons why students choose the Academy:-

- Government Accredited training
- AUSTUDY approved
- ABSTUDY approved
- Leon Cowen's 30 years experience & active involvement in training
- Small classes and a friendly, supportive environment
- More than just theory - practical training as well
- Flexible comprehensive training including techniques from NLP, Transactional Analysis, Gestalt, Counselling, & more
- On Site Clinic – Supervision of client contact hours
- Assistance with establishing a practise
- Graduates achieve Practitioner Status with *Australian Traditional-Medicine Society*
- Graduates meet Clinical Membership Standards of the *Aust Hypnotherapists' Association*
- Courses meet CAPA training standards

Professional Hypnotherapy Courses - VETAB Accredited



**Diploma of
Clinical Hypnotherapy**
(Reg: 91099NSW)



AUSTUDY / ABSTUDY approved

Prerequisite: Cert IV in Clin Hyp

Duration (excluding clinic hours):
full time - 1 year (approx)
part time - 1½ yrs (approx)
distance - 1½ yrs (approx)

Approximate hours: 168 face to face & 700 practical + study

Unit Topics:

- Hypnoanalytical Techniques (1 Sects)
- NLP in Hypnotherapy (1 Sects)
- Therapeutic Applications 2 (4 Sects)
- TA/Gestalt in Hypnotherapy (1 Sects)
- Practical Workshops 2 (4 Sects)
- Research Methodology (1 Sects)
- Personal Development (1 Sects)
- Senior Intern Clinic (5 Sects)
- Project (1 Sect)

Award Letters: DCH

Course Outcomes:

Upon completion it is expected that you would be able to:

- Have the skills from the Diploma of Clinical Hypnotherapy
- Work at an Advanced Professional level
- Use a range of Advanced Clinical techniques to assist your clients with greater effectiveness
- Accept referrals and liaise with other Health Practitioners and other Clinical Hypnotherapists
- Be a Clinical Member of professional associations
- Accepted as Practitioner Member of ATMS



**Certificate IV in
Clinical Hypnotherapy**
(Reg: 91098NSW)



AUSTUDY / ABSTUDY approved

Prerequisite: Cert in Adv Clin Hyp. (Cert in Adv Clin Hyp is 1 sect)

Duration (excluding clinic hours):
full time - 15 mths (approx)
part time - 1½ yrs (approx)
distance - 1½ yrs (approx)

Approximate hours: 210 face to face & 774 practical + study

Unit Topics:

- Ethical, Legal and Business Issues (1 Sects)
- Psychology for Hypnotherapy (2 Sects)
- Self Hypnosis (1 Sects)
- Medical Sciences in Hypnotherapy (1 Sects)
- Counselling for Hypnotherapy (2 Sects)
- Therapeutic Applications 1 (3 Sects)
- Practical Workshops 1 (4 Sects)
- Pre Clinic Therapeutic Applications (1 Sects)
- TA/Gestalt in Hypnotherapy (1 Sects)
- NLP in Hypnotherapy (1 Sects)
- Hypnoanalytical Techniques (1 Sects)
- Intern Clinic (2 Sects)

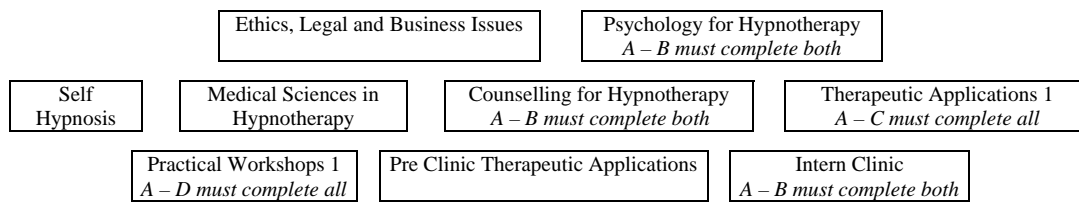
Award Letters: Cert IV CH

Course Outcomes:

- ✓ Have the skills from the Certificate IV in Clinical Hypnotherapy
- ✓ Work at a Professional Level
- ✓ Accept referrals and liaise with Health Practitioners
- ✓ Use a range of techniques to effectively assist your clients - including: Hypnoanalysis, Counselling, NLP, Gestalt & TA
- ✓ Meets the requirements for clinical membership of the AHA

Professional Course Structure – Core and Electives

Core Units (Each unit or section of a unit is the equivalent to 4 x 3hr in class workshops. Refer Fees & Enrolment Form.)



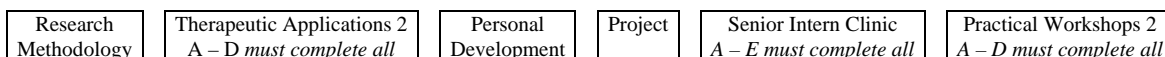
Plus 3 Elective Units (1 from each different subject)

There are 13 units which are presented in 20 sections to be completed

Exit point for the award of **Certificate IV in Clinical Hypnotherapy** (Reg: 91098NSW) (VETAB Accredited).



Diploma course participants must have the Certificate IV in Clinical Hypnotherapy (or its equivalent) and a Snr First Aid Certificate.



Plus 3 Elective Units not studied in Certificate IV in Clinical Hypnotherapy

There are 9 units which are presented in 19 sections (not including the Senior First Aid Cert) to be completed.

Award of **Diploma of Clinical Hypnotherapy** (Reg: 91099NSW) (VETAB Accredited).

Continue to the Master Practitioner in Clinical Hypnotherapy

Elective Units

- TA and Gestalt A
- TA and Gestalt B
- Neuro-Linguistic Programming A
- Neuro-Linguistic Programming B
- Hypnoanalytical Techniques A
- Hypnoanalytical Techniques B

Diploma of Hypnotherapy & Counselling

This course was devised with the hypnotherapy profession's current entry criteria in mind. Completion of this Diploma allows for:

- ❖ Assoc Membership Entry criteria for AHA to be met
- ❖ Progression to the Academy's Government Accredited courses

Prerequisite: Cert in Adv Clin Hyp. (The Cert in Adv Clin Hyp is 1 section)

Duration: full time: 3 mths – 6 mths (approx)
part time: 6 mths – 1 year (approx)
distance: 6 mths – 1 year (approx)

Approximate hours: 174 face to face & practical

Unit Topics:

Psychology for Hypnotherapy (2 Sects)
Counselling for Hypnotherapy (2 Sects)
Therapeutic Applications 1 (1 Sect)
Practical Workshops 1 (1 Sect)
Medical Sciences in Hypnotherapy (1 Sect)

Elective:

Study one unit/section of the following:

Self Hypnosis
TA/Gestalt in Hypnotherapy
NLP in Hypnotherapy
Hypnoanalytical Techniques

Award Letters: DHC

Course Outcomes:

- ✓ Have competent skills to establish a practice
- ✓ Work at a Professional Level and accept referrals
- ✓ Use selected techniques from: Hypnoanalysis, Counselling, NLP, Gestalt & TA
- ✓ Graduates can achieve Associate Membership with the Australian Hypnotherapists' Association

Certificate in Advanced Clinical Hypnotherapy

This is the first unit in the *Diploma of Hypnosis & Counselling*, the accredited *Certificate IV in Clinical Hypnotherapy* and accredited *Diploma of Clinical Hypnotherapy* and provides a firm foundation for practice and, if desired, continuing education.

Prerequisite: None

Duration: 108 hours (approx)

Unit: Hypnosis, Counselling & Therapy (1 Sect)

Topics (include but may vary):

Hypnotic Theory: Definition, History
Susceptibility: Theory, Practical, Improving Susceptibility
Induction: Theory, Practical, Inhibiting Factors
Deepening: Theory, Techniques, Guidelines
Suggestion: Guidelines, Direct, Indirect, Linking, Specific, General
Hypnoanalytical Techs: Progression, Regression, Automatic Writing, Ideomotor Questioning and Dream Therapy
Self Hypnosis: Guidelines for teaching Self Hypnosis
Transactional Analysis: Ego States, Transactions, Strokes
Gestalt: Principles, Empty Chair, Figure and Ground
Basic Psychology: Defence Mechanisms, Concepts, Phobias
Basic Counselling: Concepts, Metaphysical Causations
Ethics and Safeguards: What not to treat, Drugs, Do's & Don'ts
Practical Work: Initial Session, Session Procedure
Treating Clients: (Stress, Weight Loss, Pain Control, Smoking, etc)
Start pre-course reading and assignments upon enrolment. Preferably hand the assignments in before class commences.
For a complete topic outline refer to the Student Handbook.

Award Letters: CACH

Course Outcomes: This qualification allows you to commence practice and gain entry into the government accredited *Certificate IV and Diploma of Clinical Hypnotherapy*.

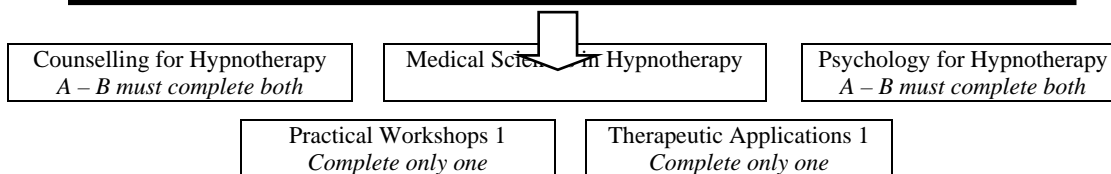
Course Structure – Core and Electives

Core Units (Each unit or section of a unit is the equivalent to 4 x 3hr in class workshops. Refer Fees & Enrolment Form.)

Hypnosis, Counselling & Therapy
Note: This unit is 9 x 3hr workshops & equals
**Certificate in Advanced Clinical Hypnotherapy or
Advanced Practitioner Certificate in Clinical Hypnotherapy**

There is 1 unit to be completed.

Exit point for the award of **Certificate in Advanced Clinical Hypnotherapy**



Plus 1 Elective Unit

There are 6 units which are presented in 8 sections to be completed.

Exit point for the award of **Diploma of Hypnotherapy and Counselling**

Continue to the VETAB Accredited Certificate IV and Diploma of Clinical Hypnotherapy

Elective Units

TA and Gestalt A

TA and Gestalt B

Neuro-Linguistic Programming A

Neuro-Linguistic Programming B

Hypnoanalytical Techniques A

Hypnoanalytical Techniques B

Self Hypnosis

Study Hypnotherapy & Counselling Qualifications

Recognition of Prior Learning = Lower Cost, Shorter Time

Certificate in Clinical Hypnotherapy

This is a firm foundation for general interest or can be used to start practice whilst continuing to study. This course is usually upgraded to the Certificate in Advanced Clinical Hypnotherapy (CACH) then on to higher qualifications.

Those wishing to enter the profession are advised that the most cost/time effective point to start is at the Certificate in Advanced Clinical Hypnotherapy or, if you have the required prerequisites, the Advanced Practitioner Certificate in Clinical Hypnotherapy.

The topics in this course are exactly the same as the topics for the Certificate in Advanced Clinical Hypnotherapy. The difference between the two courses is, in the CACH you **are** required to complete in-depth assignments and assessments. The Certificate in Clinical Hypnotherapy has only one final assessment.

Prerequisite: None

Duration: 48 hours (approx)

Topics (include but may vary):

Hypnotic Theory
Susceptibility
Induction
Deepening
Suggestion
Hypnoanalytical Techniques
Self Hypnosis
Transactional Analysis
Gestalt
Basic Psychology for Hypnotherapy
Basic Counselling for Hypnotherapy
Ethics and Safeguards
Practical Work
Treating Clients

Award Letters: CCH

Course Outcomes: This qualification is designed to allow you to establish your own practice and assist your clients by understanding additional therapist concepts, skills and using techniques assist your clients.

(Requires a bridging course, consisting of prescribed reading and assignments, to gain entry into the Certificate in Advanced Clinical Hypnotherapy and onto the Government Accredited qualifications)

“As for some feedback for you; the course structure and content is simple, concise and well structured, with enough information for me to commence this journey. Thank you once again.”

*Christopher Dwyer holds the
Certificate in Advanced Clinical Hypnotherapy.
Mob 0412 534 561*

Certificate in Hypnotherapy

This unit provides a firm basis for those wanting a good general interest knowledge and skill in hypnosis.

This unit can be the foundation for higher studies. For those of you who want to enter the profession, you are advised that the most cost/time effective point to start is at the Certificate in Advanced Clinical Hypnotherapy or if you have the required prerequisites the Advanced Practitioner Certificate in Clinical Hypnotherapy.

Prerequisite: None

Duration: 30 hours (approx)

Topics (include but may vary):

Hypnotic Theory, Susceptibility Techniques, Induction Procedures, Deepening Procedures, Suggestion, Clinical Approach to Common Conditions, Ethics and Safeguards

Award Letters: CH

Course Outcomes: Upon completion you will be able to hypnotise others give them basic suggestions and bring them out of the hypnotic state.

(This is a stand alone general interest course.

The Certificate in Advanced Clinical Hypnotherapy needs to be completed before continuing to the more advanced courses & the Government Accredited qualifications)



Clinical Hypnotherapy is a rewarding profession and above all you need to *enjoy* it and have fun

Continuing Education **Hypnotherapists & Health Professionals**

Continuing education can commence at anytime and can be studied in class, full or part time, distance learning or can be completed by Recognition of Prior Learning (RPL). RPL gives you passes in the VETAB accredited units which you have studied elsewhere. This means of accreditation can be very effective in achieving formal documentation as required for Professional Indemnity Insurance, Health Insurance Funds, PACFA and other organisations.

Topics include (but may vary):

Transactional Analysis & Gestalt

Miniscripts, Lifescripts, Gestalt Dream Therapy, Finding the "In's", Reparenting, Transactional Analysis, Profiling, Questioning techniques, Gestalt Empty Chair, Hypnotic Empty Chair.

Ethics, Legal and Business Issues

Starting and maintaining a practice, general office procedures, maintenance and equipment, Professional Networking, Advertising, Conducting Consultations, History Taking, Ethics, establishing a marketing strategy in practical terms.

Psychology in Hypnotherapy

Abnormality, Biochemical Model, Psychodynamic and Existentialist Approaches, Phobias, Panic and the Anxiety Disorders, Obsession, Hysteria, Dissociation, Health Psychology, Personality Disorders, Psychoactive Substance Use Disorder, Schizophrenia, Depression, Suicide, Disorders of the Nervous System and Pathology, Childhood Disorders, Mental Retardation, Law and Politics of Abnormality.

Self Hypnosis

Concept of self hypnosis, Conditioning, Imagination, Suggestion, Induction and Deepening, Time Distortion, Waking Hypnosis, Controlling Pain, Healing and Bleeding, Personal Therapy.

Medical Sciences in Hypnotherapy

Terminology, Basic Anatomy and Physiology, Basic Pathological Processes, Hypnotherapy and disorders of the Body's systems, Psychopharmacology, Links between mental, emotional and physiological processes.

Counselling in Hypnotherapy

Principles of Counselling, Major Modes in Counselling, Goals of Counselling, dealing with family and close friends, Psychosis, Physical Conditions, Referring to other health professionals, Social constructs, Therapist Self Knowledge/Awareness, Client Centred Therapy, Multicultural Approach.

Therapeutic Applications

Application of Therapeutic Techniques

Practical Workshops

Refining therapeutic techniques.

Research Methodology

Planning a research project, types of projects, data collection and analysis, sourcing information, preparing a case study, report writing.

NLP in Hypnotherapy

Accessing Cues, Metaphors, Ericksonian Concepts & Techniques, Time Line Therapy, Reframing, Collapsing Anchors & Pure Process.

Hypnoanalytical Techniques

Hypnoanalytical Concepts, Hypnoanalytical Techniques (Progression, Regression, Automatic Writing, Ideomotor Questioning, Dream Therapy), Therapy process, Leading, Hypnotherapy and Cognitive Behavioural Therapy.

Clinical Experience

Application of all therapeutic techniques in a clinical setting.

For more information email or telephone (02) 9415 6500

Master Clinical Hypnotherapist Program

This is the first qualification of its type. It should not be confused with the concept or use of the term "Masters Degree" as used by universities. Whereas the aim of other courses is to teach specific techniques this course is significantly more advanced. If you undertake this program, you are aiming to become a Master Clinical Hypnotherapist. This program focuses on you developing knowledge and skills to that of 'Master Clinical Hypnotherapist', either generally or in a specific aspect of Clinical Hypnotherapy.

The Academy's courses or previous formal studies are **not** a prerequisite for entry into this qualification.

Prerequisites:

Knowledge and experience sufficient to add to the existing body of knowledge within the profession of Clinical Hypnotherapy.

An ability to investigate conditions, theories and issues or other aspects pertaining to the practice of Clinical Hypnotherapy.

A demonstrated ability to achieve excellence in the field of Clinical Hypnotherapy

Duration: 12 – 24 months (approx)

Units: None specified

The aim of the program is to:

- ❖ Research conditions / theories / issues or other aspects relevant to the continuing development of the practice of Clinical Hypnotherapy
- ❖ Extend and hone the professional skills of the Clinical Hypnotherapist.
- ❖ Offer the opportunity to develop new skills in the profession of Clinical Hypnotherapy and allied areas.

Award Letters: Mast CH

Course Outcomes:

The outcomes are aimed at developing the course participants, their knowledge and skills to that of a 'Master Practitioner' either generally or in a specific aspect of clinical hypnotherapy.

For a complete outline of this course refer to the Student Handbook.

"Doing the course had many challenges for me. The instructors in general, and Leon in particular, knew their subject and were a constant source of inspiration. I got lots of support all the way through. As Leon once said, "You need first to learn the rules before you start making your own."

I strongly recommend the Academy's curriculum to anyone who is serious about hypnotherapy."

Sinan Koray Cert IV Clin. Hyp (AAH), Dip Hyp (AAH), Grad Dip App Hyp (AAH), MAHA, MCAPA.

Sinan practises from the Hills District NSW (02)9686 3583 or Mob 0408 401 912 and holds the

Certificate IV in Clinical Hypnotherapy and Graduate Diploma of Applied Hypnosis.

Continuing Education for Health Professionals

Study Clinical Hypnotherapy & receive Recognition of Prior Learning (RPL) for your previous training

Advanced Practitioner Certificate in Clinical Hypnotherapy

This course is accredited by

Royal Australian College of General Practitioners

for up to 40 Group 1 CPD points and

General Practice Mental Health Standards Collaboration

Mental Health Level 1 ongoing CPD.

It is also available in an unaccredited mode.

Prerequisite: An existing undergraduate qualification in professional skills in a health practitioner or allied field.

Duration: 112 hours (approx)

Topics:

Hypnotic Theory for the Health Professional

Susceptibility Techniques

Induction Procedures

Deepening Procedures

Suggestion

Hypnoanalytical Techniques

Transactional Analysis and Gestalt

Self Hypnosis

Ethics and Safeguards

Practice Sessions

Clinical Approach to Conditions in an existing Health Practice

For a complete topic outline refer to the Student Handbook.

Award Letters: APCCH

Course Outcomes:

- ✓ Upon completion you can expect to be able to:
- ✓ Understand how to use Hypnosis appropriately
- ✓ Be proficient at using Hypnosis
- ✓ Increase your effectiveness
- ✓ Use Hypnosis within your practice
- ✓ Enhance your practice

This is the first Unit in the accredited *Diploma of Clinical Hypnotherapy* and provides a firm foundation for practice and, if desired, continuing education.

Upon completion it is expected you will integrate your skills into your existing practice whilst continuing to improve your professional skills within the Adv Pract Diploma of Clinical Hypnotherapy

Advanced Practitioner Diploma of Clinical Hypnotherapy

Prerequisite: Adv Pract Cert Clin Hyp

Duration: 1 year (approx)

Units Topics:

Ethical, Legal and Business Issues (1 Sects)

Psychology for the Health Prof (2 Sects)

Self Hypnosis (1 Sects)

Medical Sciences in Hypnotherapy (1 Sects)

Counselling for the Health Prof (2 Sects)

Therapeutic App for Health Prof (1 Sects)

Award Letters: APDCH

Course Outcomes:

Upon completion you can expect to be able to:

- ✓ Use *complex* hypnotherapy techniques within your practice
- ✓ Increase your effectiveness
- ✓ Understand how to use *Clinical Hypnotherapy* appropriately
- ✓ Be proficient at using *Clinical Hypnotherapy*
- ✓ Enhance your practice

The qualification encompasses concepts and skills *specifically designed for health professionals* and can be completed with any combination of Full / Part Time or Distance Education.

This course is designed to enhance and support practitioner skills to a higher level of competency and integration with Clinical Hypnotherapy

Please note: The *Therapeutic Applications* workshop must be completed as the final unit or concurrently with the final unit(s).

The course is designed to give you the skills to use hypnosis within your practice. Other units enhance your hypnotic skills and allow further development e.g. Self Hypnosis.

It is expected that many of the included units would be acknowledged by **Recognition of Prior Learning**. Those units recognised by RPL would be credited towards the qualification.

Advanced Practitioner Qualifications Course Structure (Each unit or section of a unit is the equivalent to 4 x 3hr in class workshops.)

1 Hypnosis, Counselling & Therapy

NOTE: This unit is 9 x 3hr workshops & equals the Certificate in Advanced Clinical Hypnotherapy or Advanced Practitioner Certificate in Clinical Hypnotherapy

There is 1 unit to be completed

Exit point for the award of Advanced Practitioner Certificate in Clinical Hypnotherapy



There are 6 units which are presented in 8 sections to be completed

Award of the **Advanced Practitioner Diploma in Clinical Hypnotherapy**

Counselling Course

Study Counselling and receive Recognition of Prior Learning (RPL) in your Clinical Hypnotherapy course

Certificate in Counselling

Prerequisite: None

Duration: (excluding clinic hours)
 full time – 4 days (approx)
 part time – 2 wknds (approx)
 distance – to 6mths (approx)

Topics:

- Historical Background
- Introduction to Counselling
- Responding to feelings
- Attending and Influencing Skills
- Negative Effects of Counselling
- Intentional and Creative Counsellor
- Existentialist Approach
- Contracting
- Major Theoretical Frameworks
- Psychoanalysis
- Rogerian / Client Centred Therapy
- Gestalt and Transactional Analysis
- Neuro-Linguistic Programming
- Interpersonal Therapy
- Art Therapy
- Eclectic Approach
- Qualitative Conditions
- Stress Management
- Practical Work

Award Letters: Cert Couns

Course Outcomes:

An ability to understand and use basic counselling techniques

Advanced Certificate in Counselling

Prerequisite: Certificate in Counselling

Duration: (excluding clinic hours)
 full time - 15 mths (approx)
 part time - 1½ yrs (approx)
 distance - 1½ yrs (approx)

Unit Topics:

- Personal Development
- Psychology in Counselling
- Ethics, Legal and Business Issues
- Counselling Applications 1
- Practical Skills 1
- Transactional Analysis & Gestalt
- NLP in Counselling
- Hypnosis, Counselling & Therapy
- Pre Fieldwork Counselling Applications
- Fieldwork 1

Award Letters: Adv Cert Couns

Course Outcomes:

- ✓ Have the skills from the Advanced Certificate in Counselling
- ✓ Work at a Professional Level
- ✓ Accept referrals and liase with Health Practitioners
- ✓ Use techniques to effectively assist your clients - including: Hypnosis, NLP, Gestalt and TA
- ✓ Be a Member of professional associations

Diploma of Counselling

Prerequisite: Adv Cert in Counselling

Duration: (excluding clinic hours):
 full time - 15 mths (approx)
 part time – 1½ yrs (approx)
 distance - 1½ yrs (approx)

Unit Topics:

- Crisis Care
- Relationship Therapy
- Counselling Applications 2
- Practical Skills 2
- Transactional Analysis & Gestalt
- Neuro-Linguistic Programming
- Fieldwork 2

Award Letters: Dip Couns

Course Outcomes:

Upon completion it is expected that you would be able to:

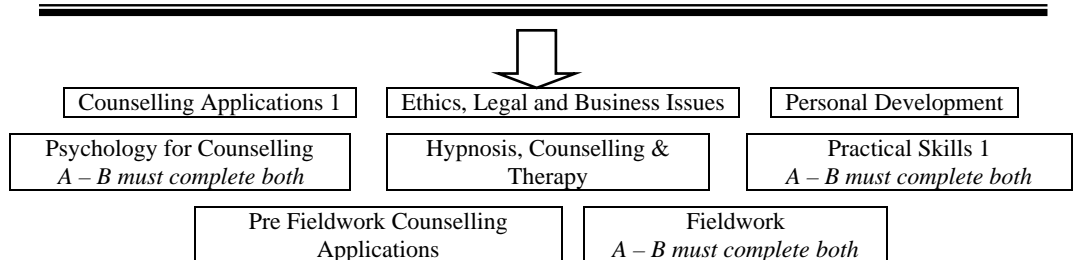
- Have the skills from the Diploma of Counselling
- Work at an Advanced Professional level
- Use a range of Advanced Clinical Techniques to assist your clients with greater effectiveness
- Accept referrals and liase with other Health Practitioners
- Be a Clinical Member of professional associations

Counselling

Course Structure - Core Units (Each unit or section of a unit is the equivalent to 4 x 3hr in class workshops.)

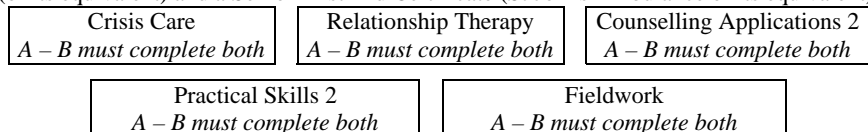
Counselling
A – B must complete both

There is 1 unit presented in 2 sections to be completed.
Exit point for the award of Certificate in Counselling.



Plus 2 Elective Units (1 from each different subject)
 There are 10 units are presented in 13 sections to be completed.
Exit point for the award of Advanced Certificate in Counselling.

To proceed to the Diploma course participants must have the award of the Advanced Certificate in Counselling (or its equivalent) and a Senior First Aid Certificate (St Johns Ambulance or its equivalent).



Plus 2 elective units not studied in Advanced Certificate in Counselling
 There are 7 units which are presented in 12 sections to be completed
Award of the Diploma of Counselling

Elective Units

- TA and Gestalt A
- TA and Gestalt B
- Neuro-Linguistic Programming in Counselling A
- Neuro-Linguistic Programming in Counselling B

