Table of Contents

Table of Contents ................................................................. 1
Mission Statement ............................................................... 1
   General Interest Course ……….Error! Bookmark not defined.
A Rewarding New Career ....................................................... 2
The Academy of Applied Hypnosis ........................................... 2
“The True Specialists in Clinical Hypnotherapy Training” ……… 2
The Academy’s Environment ................................................... 2
Accreditations and Links ......................................................... 3
Flexible Delivery ................................................................. 3
Money Back Guarantee .......................................................... 3
Courses at a Glance .............................................................. 4
Course Units ........................................................................ 5
Diploma of Clinical Hypnotherapy ............................................. 6
Advanced Diploma of Clinical Hypnotherapy ................................ 7
Core Units Pathway ................................................................ 7
Continuing Development Pathway .............................................. 7
Continuing Education for Health Professionals ......................... 8
CPD Units: Build Your Qualification ......................................... 8
Practitioner Certificate in Hypnosis ........................................... 8
Practitioner Certificate in Clinical Hypnotherapy ....................... 8
Practitioner Diplomas ............................................................ 9
Practitioner Diploma of Clinical Hypnotherapy ............................ 9
Advanced Diploma of Clinical Hypnotherapy ......................... 9

Mission Statement

Hypnotic theory is presented in a functional form, giving practical instruction in the application of hypnosis at both personal and professional levels. All training whether personal or vocational is competency based and each individual’s capacity to realise his or her unique potential is honoured and developed within the framework of our credo:

Se Adiuvare. (Translation: To Help Oneself)
A Rewarding New Career

Clinical Hypnotherapy is a rewarding profession 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 also work with other Health Professionals such as Doctors, Dentists, Naturopaths, Chiropractors etc to assist in areas such as pain control, sexual issues, migraine headaches, stress, skin disease, phobias, insomnia, forensic hypnosis and asthma.

Your responsibility as a Clinical Hypnotherapist is primarily to your clients’ wellbeing. You must ensure that they are treated safely and effectively, with care and compassion. You have an obligation to use the most appropriate methods to help your clients achieve results quickly and effectively, and you need to know and be able to use a variety of approaches to handle all situations and requests.

Professional Clinical Hypnotherapy can be a very rewarding career, but there is much that needs to be learned and practised. That is why anyone who wishes to follow this career path requires the most comprehensive and professional training available.

The Academy is proud to be the first to achieve vocational sector accreditation for our Certificate IV in Clinical Hypnotherapy and Diploma of Clinical Hypnotherapy.

We continue our dedication to training quality in clinical hypnosis and clinical hypnotherapy and have further developed online training programs for those wanting to enter the profession and existing health practitioners.

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 was the first in Australia to achieve government accreditation in the vocational education training (VET) sector for clinical hypnotherapy.

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.

“The True Specialists in Clinical Hypnotherapy Training”

Dr Cowen’s PhD in Clinical Hypnotherapy Education is the highest specialist qualification in Australia and is of world standing. Spanning four decades the scope of his knowledge and expertise is extensive and infuses our training to integrate clinical hypnotherapy with counselling, NLP, Transactional Analysis and Gestalt. All psychotherapies are taught within a clinical hypnotherapy model which not only teaches the psychotherapy but also how to use that skill within a clinical hypnotherapy practice. Our training converts the theory to practice and our graduates are required to demonstrate competencies and proficiencies to the highest professional levels.

Dr Leon W. Cowen is our Executive Director and with a PhD based on research into clinical hypnotherapy education is arguably the most experienced Clinical Hypnotherapy trainer in Australia. With over 40 years of clinical experience and over 30 years as a clinical hypnotherapy educator, he is the primary trainer for the Academy. Previously he was responsible for the ongoing professional development for the two largest professional hypnotherapy associations in Australia.

Leon is a consultant to Professional Associations, Government Agencies and Industry Boards regarding Australian Clinical Hypnotherapists’ professional training standards.

Leon brings his extensive experience into the Academy’s training as the Executive Director and principal lecturer at the Academy. He 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.

Leon, although he is not a medical practitioner, was awarded his PhD from the School of Medicine, University of Western Sydney for conducting research into the relationship between hypnotherapy education and clinical practice. His thesis is available from this link and other his other publications from here.

The Academy’s Environment

The Academy has moved to a virtual office. Workshop locations will be notified prior to each workshop. Our telephone (02) 9415 6500 and email address admin@aah.edu.au remain the same.
Accreditations and Links

At the end of 2016 we commenced moving away from the accredited VET sector entry level training in order to focus on training existing health professionals. We were not expecting the reaction both from the profession and those seeking to enter the profession.

Enough people have persistently urged us to rethink our strategy and we have done so.

Whilst we will continue to develop and provide health professional training, we have returned to providing entry level training in the vocational training sector. Whilst we might consider ASQA accreditation at some future time, at present we are reluctant to re-enter a system that we feel has placed bureaucratic processes over quality training.

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 Australian Nurses and Midwifery Federation. The Academy’s Practitioner Certificate in Clinical Hypnosis is endorsed for member’s continuing education. Tel: 1300 367 962 Website: http://www.amnf.org.au

This symbol represents the Australian Society of Hypnosis. The Academy’s Practitioner Certificate in Clinical Hypnosis is endorsed for RPL for the ASH Introductory Course. Tel: (02) 2 9747 4691 Website: http://www.hypnosisaustralia.org.au

This symbol represents the Australian Society of Clinical Hypnotherapists and indicates the Academy has met the educational standards set by the Society for training in hypnosis and its associated skills. Tel: 1300 85 1176 Website: http://www.asch.com.au

This symbol represents the Australian Association of Social workers. The Academy’s Practitioner Certificate in Clinical Hypnosis is endorsed for member’s continuing education by the AASW. For more information refer to their website at https://www.aasw.asn.au or telephone 1800 630 124

This symbol represents the Australian Traditional-Medicine Society (ATMS). The Academy’s Diploma level graduates automatically receive ‘Practitioner Status’ when they join the Society. Free ATMS membership gives free access to EBSCO databases. For information: Tel: (02) 9809 6800 Website: www.atms.com.au

This symbol represents the Hypnotherapy Council of Australia (HCA) which is the national peak body for Clinical Hypnotherapy in Australia. For more information refer to their website at http://www.hypnotherapycouncilofaustralia.com.

This symbol represents the Royal Australian College of General Practitioners. The Academy’s Advanced Practitioner Certificate in Clinical Hypnotherapy is endorsed for member’s continuing education. Tel: (02) 9886 4700 Website: http://www.racgp.org.au

Flexible Delivery

The Academy conducts training by a combination of on-line and in-house classes. This gives the student the flexibility to study when they wish and still know the Academy is available when they need assistance. To round out the professional skills the Academy conducts practical classes which are required to complete the training. If you are unable to attend in-house practical classes an application for completing the training totally by distance will be considered.

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 or one month of enrolment (whichever comes first) you decide that you wish to withdraw from the course.

Please see the student handbook for the complete refund policy.
### Courses at a Glance

**Terms** = Academy’s terms are 8 weeks duration, 4 terms per year (matching the NSW School Holidays).

<table>
<thead>
<tr>
<th>Free Course Introduction to Hypnosis</th>
<th>Certificate in Hypnosis</th>
<th>Certificate in Clinical Hypnotherapy</th>
<th>Diploma of Clinical Hypnotherapy</th>
<th>Advanced Diploma of Clinical Hypnotherapy</th>
<th>Practitioner qualifications (for existing health professionals)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Information</strong></td>
<td><strong>Course Aim</strong></td>
<td><strong>Expect to Learn</strong></td>
<td><strong>Benefits</strong></td>
<td><strong>Assessment Methods</strong></td>
<td><strong>Method of Learning</strong></td>
</tr>
<tr>
<td>A 2-3 hour short course to introduce the topic of hypnosis.</td>
<td>Gain a rudimentary understanding of hypnosis.</td>
<td>Basic skills related to hypnosis.</td>
<td>No attendance required, short duration, flexible study and FREE</td>
<td>Audio and written assessments</td>
<td>Online: lectures and notes.</td>
</tr>
<tr>
<td>A 112 hour course and the beginning of professional level training.</td>
<td>Gain a rudimentary understanding of hypnotic techniques to allow safe practice with family and friends.</td>
<td>The skills of susceptibility, induction, deepening, suggestion, awakening, plus therapy concepts.</td>
<td>Short Duration, flexible study, more in depth knowledge and can be used with family and friends.</td>
<td>Audio, notes and written assessments</td>
<td>Online: lectures, notes and practical work.</td>
</tr>
<tr>
<td>This 603 hour (approx.) qualification is to enable you to join professional associations and is an exit point in the Diploma.</td>
<td>Learn extensive skills to allow more in-depth practice within a safe, professional environment.</td>
<td>An in-depth knowledge of the use of the practical and theoretical tools used by a Professional Clinical Hypnotherapist.</td>
<td>Flexible study, professional status, 'earn while you learn' &amp; pay unit – by unit.</td>
<td>Class participation, practical and written assessment</td>
<td>Online: lectures, notes, practical work and Intern Clinic</td>
</tr>
<tr>
<td>This 605 hour (approx.) course is the professional training level. From here you further develop your skills with the Advanced Diploma.</td>
<td>Acquire the professional skills necessary for you to be a Professional Clinical Hypnotherapist.</td>
<td>Higher practical abilities which are supervised to the standard of a Professional Clinical Hypnotherapist.</td>
<td>Flexible study, high professional status, ‘earn while you learn’ &amp; pay unit – by unit.</td>
<td>Class participation, practical and written assessment</td>
<td>Online: lectures, notes, practical work and Senior Intern Clinic</td>
</tr>
<tr>
<td>This 604 hour (approx.) course is designed to develop your skills to the highest levels. You not only know what to do you know why you are doing it!</td>
<td>To fuse theoretical and practical knowledge into use for work with a broad range of client issues.</td>
<td>The integration of theory and practical honed by supervision and professional practice.</td>
<td>Flexible study, highest professional status, &amp; be recognised for work with clients at the premier level.</td>
<td>Class participation, practical and written assessment</td>
<td>Online: lectures, notes, practical work and Professional Development</td>
</tr>
<tr>
<td>These units contains primary techniques and builds to advanced proficiencies specifically designed for Health Professionals.</td>
<td>To enhance existing practitioner skills by developing and integrating hypnotic skills in an existing practice.</td>
<td>Methods of enhancing and integrating hypnotic skills into your existing practice.</td>
<td>New skills, build your client base and help clients with new skills</td>
<td>Depending on the course</td>
<td>Depending on the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Duration</th>
<th><strong>Recognition of Prior Learning</strong></th>
<th><strong>Fees and Enrolment</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 Hours</td>
<td>No</td>
<td>Free – No fees</td>
</tr>
<tr>
<td>112 hours</td>
<td>No</td>
<td>See the Fees and Enrolment Form</td>
</tr>
<tr>
<td>603 hours approximately</td>
<td>Yes</td>
<td>See the Fees and Enrolment Form</td>
</tr>
<tr>
<td>605 hours approximately</td>
<td>Yes</td>
<td>See the Fees and Enrolment Form</td>
</tr>
<tr>
<td>604 hours approximately</td>
<td>Yes</td>
<td>Create a Moodle account or log in and enrol into the unit. Fees are on the Fees and Enrolment Form</td>
</tr>
</tbody>
</table>
Course Units

Units may be completed by Recognition of Prior Learning (RPL). Please note unit content may vary from time to time. See the Recognition of Prior Learning Kit and Student Handbook for full details. If you exit at a lower level course, later on you can use that qualification (as applicable) to gain entry into a higher level course. You may enrol for a full time or part time load. Practical Workshops and Therapeutic Applications are mandatory and must be attended.

This is a suggested unit progression through the courses. Minimum enrolment is into the Diploma of Clinical Hypnotherapy. The Academy provides two exit points from the Diploma being the Certificate in Hypnosis and the Certificate in Clinical Hypnotherapy. You cannot enrol into an exit point qualification. The exit points ensure that any student who withdraws will receive a qualification if they have completed the required units.

1. Hypnosis Counselling and Therapy HCT401
   For topics See Diploma Course: Core Unit Pathway: Hypnosis Counselling and Therapy (HCT401) Exit point for Certificate in Hypnosis

2. Psychology for Hypnotherapy PSY401 & 402
3. Counselling for Hypnotherapy COU401 & 402
4. Medical Sciences in Hypnotherapy MSH401
5. Hypnoanalytical Techniques HT401
6. NLP in Hypnotherapy NLP401
7. Practical Workshops PW401
8. Pre Clinic Therapeutic Applications PCTHAP401
9. First Aid Certificate (not taught by the Academy)
10. Intern Clinic IC401 Exit point for Certificate in Clinical Hypnotherapy

11. Senior Intern Clinic SNRIC501
12. Senior Intern Clinic SNRIC502
13. Ethics Legal & Business Issues ELBI501
14. Hypnoanalytical Techniques HT502
15. NLP in Hypnotherapy NLP502
16. TA and Gestalt TAG501
17. Adv Therapeutic Apps ADVTHAP 501
18. Adv Therapeutic Apps ADVTHAP 502
19. Adv Practical Workshops ADVPW501
20. Adv Practical Workshops ADVPW502

Certificate in Hypnosis (CH)
(Only available as an exit point from the Diploma)

Certificate in Clinical Hypnotherapy (CCH)
(Available as an exit point from the Diploma and Qualification for those students commencing Diploma level units.)

- Have basic competent skills to establish a practice
- Work at a basic Professional Level
- Develop network with other health practitioners
- Use a narrow range of techniques - including: Hypnoanalysis, Counselling, NLP, Gestalt & TA
- Meets the requirements for clinical membership of professional associations

Diploma of Clinical Hypnotherapy (DCH)

Enrolling for the Diploma includes the CCH
- 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
- Accept referrals and liaise with Health Practitioners
- Be a Clinical Member of professional associations
- Accepted as Practitioner Member of ATMS

Advanced Diploma of Clinical Hypnotherapy (Adv DCH)

Enrolling for the Advanced Diploma includes the Diploma.
- Have the most advanced hypnotherapy training available
- Integrate 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 precision and effectiveness
- Accept referrals and liaise with doctors other health practitioners and other clinical hypnotherapists
- Be a Clinical Member of professional associations
- Develop supervisory skills
- Accepted as Practitioner Member of ATMS
- Critically evaluate professional articles and research

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### Diploma of Clinical Hypnotherapy

You can enrol directly into the Advanced Diploma of Clinical Hypnotherapy and it will include this course and the Diploma of Clinical Hypnotherapy.

**Prerequisite:** None  
Additional information is available in the Recognition of Prior Learning Kit and the Student Handbook.

**Duration (excluding clinic hours):**  
20 units must be completed.  
- Full time (8 units per term): 3-6 months (approx 2 terms)  
- Part time (4 units per term): 6-12 months (approx 3-4 terms)

**Award Letters:** Dip CH

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**Course Outcomes:**
- Have the skills from the Diploma of 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: Hypnoanalytical, Counselling, NLP, Gestalt & TA
- Meets the requirements for clinical membership professional associations

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**Core Units Pathway**

**Hypnosis Counselling and Therapy (HCT401):**  
Topics: hypnotic theory, susceptibility, induction, deepening suggestion, Cognitive Behavioural Therapy, awakening, practical work, self hypnosis, Gestalt, Transactional Analysis, ethics and safeguards, clinical approaches.  
**Unit HCT401 - Certificate in Hypnosis is an exit point**

**Psychology for Hypnotherapy (PSY 401 - PSY402):**  
2 Sections  
Topics: abnormality, psychological models and approaches, anxiety disorders, obsession, substance abuse, depression, schizophrenia, suicide, nervous system disorders, childhood disorders.

**Counselling for Hypnotherapy (COU 401 - COU 402):**  
2 Sections  
Topics: counselling principles, major modes in counselling, goals of counselling, referring clients, social constructs, therapist self knowledge, client-centred therapy, multicultural approach.

**Medical Sciences in Hypnotherapy (MSH401):**  
1 Unit  
Topics: terminology, basic anatomy, physiology, pathological processes, links between the mental, emotional and physiological disorders of the body’s systems & psychopharmacology.

**Hypnoanalytical Techniques (HT401):**  
1 Unit  
Topics: Progression, Regression, Automatic Writing and Cognitive Behavioural Therapy.

**NLP in Hypnotherapy (NLP401):**  
1 Units  
Topics: accessing cues, metaphors, reframing and time line therapy, practical application of preceding topics.

**Practical Workshops (PW401):**  
1 Units  
Topics: practical skills are refined.

**Pre Clinic Therapeutic Applications (PCTHAP401):**  
1 Unit  
Topics: application of clinical hypnotherapy integrated with psychotherapy and counselling.

**Senior First Aid Certificate (not provided by the Academy):**  
1 Unit

**Intern Clinic (IC401):**  
1 Unit  
Topics: Supervision of the practical application of preceding topics.

*The above units form the Certificate in Clinical Hypnotherapy exit point.*

**Senior Intern Clinic (SNRIC 501 - SNRIC 502):**  
2 Units  
Topics: Application of clinical hypnotherapy knowledge in a supervised environment.

**Ethics Legal & Business Issues (ELBIS01):**  
1 Unit  
Topics: Starting and maintaining a practice, general office procedures, maintenance and equipment, Professional Networking, Advertising, Conducting Consultations, History Taking, establishing a marketing strategy in practical terms and Ethics.

**Hypnoanalytical Techniques (HT501):**  
1 Unit  
Topics: Ideomotor Questioning, Dream Therapy, Leading.

**NLP in Hypnotherapy (NLP501):**  
1 Unit  
Topics: Ericksonian hypnosis, Pure Process and Anchoring and Collapsing anchors.

**TA and Gestalt (TAG501):**  
1 Unit  
Topics: Hypnotic Empty Chair, Transactional Analysis: Miniscript and Life Script

**Adv Therapeutic Applications (ADVTHAP501 - ADVTHAP503):**  
2 Units  
Topics: Integration clinical hypnotherapy with psychotherapy and counselling techniques.

**Adv Practical Workshops (ADVPWS501 - ADVPWS503):**  
2 Units  
Topics: Practical skills are refined.
Advanced Diploma of Clinical Hypnotherapy

**Prerequisite:** Diploma of Clinical Hypnosis or equivalent. Additional information is available in the Recognition of Prior Learning kit and the student handbook.

**Duration** (excluding clinic hours):
6 units must be completed.
Full time (8 units per term): 3-6 months (approx 2 terms)
Part time (4 units per term): 6-12 months (approx 3-4 terms)

**Award Letters:** Adv Dip CH

**Course Outcomes:**
- Have the most advanced hypnotherapy training available
- Integrate 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 precision and effectiveness
- Accept referrals and liaise with doctors other health practitioners and other clinical hypnotherapists
- Be a Clinical Member of professional associations
- Develop supervisory skills
- Accepted as Practitioner Member of ATMS
- Critically evaluate professional articles and research

**Core Units Pathway**

**Professional Development (PD601 – PD602)**  
2 units  
Topics include: refining the integration clinical hypnotherapy with psychotherapy and counselling techniques in a simulated clinical setting

**Research Methodology (RM601)**  
1 unit  
Topics include: planning a research project, types of projects, data collection and analysis, sourcing information, preparing a case study, report writing.

**Teaching Self Hypnosis (TSH601)**  
1 unit  
Topics include: Concept of self hypnosis, Conditioning, Imagination, Suggestion, Induction and Deepening, Time Distortion, Waking Hypnosis, Controlling Pain, Healing and Bleeding, Personal Therapy.

**TA and Gestalt (TAG602)**  
1 unit  
Topics include: Gestalt Dream Therapy, Reparenting, Profiling and ‘Finding the Ins’.

**Project (PRO601)**  
1 unit  
The topic of the Project is negotiated with the Academy. Once it has been agreed the participant must submit a 3000 - 5000 paper. The paper will ideally be on a topic that will be of significant interest to the student and may be of publishable quality.

**Continuing Development Pathway**

The Advanced Diploma units may be undertaken as part of Continuing Professional Development (CPD).

If you have existing skills and qualifications you can claim Recognition of Prior Learning. Then you can complete the required Academy units within 2 years and achieve the Advanced Diploma of Clinical Hypnotherapy.

Please see the student handbook for more details.
Continuing Education for Health Professionals

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

Please note: These training is designed to give you the skills to use hypnosis within your practice. The qualifications encompass concepts and skills specifically designed for health professionals and enhance practitioner skills to a higher level of competency and integration with Clinical Hypnosis. They can be completed with any combination of full / part time on-line education.

CPD Units: Build Your Qualification

The Academy training can be undertaken as stand-alone units which can then be converted into a qualification if all units relevant to the course are completed within two years.

It is expected that many Health Professionals have existing competencies and skills from previous training. These competencies and skills will be awarded Recognition of Prior Learning (RPL). Those units recognised by RPL would be credited towards the qualification and reduce the tuition fees. More information is available in student handbook.

Practitioner Certificate in Hypnosis

This is the first unit in the Advanced Diploma of Clinical Hypnotherapy and provides a firm foundation for practice and, if desired, continuing education. This course is accredited by Royal Aust. 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.

Australian Association of Social Workers endorsed this course for continuing education.

Australian Society of Hypnosis (ASH) has endorsed this course. Students who complete this course will receive Recognition of Prior Learning (RPL) for the ASH Introductory Course.

Australian Nursing and Midwifery Federation has endorsed this unit. Completion attracts 110 CPD hours.

You can enrol directly into the Practitioner Certificate in Clinical Hypnotherapy, Practitioner Diploma of Clinical Hypnotherapy or the Advanced Diploma of Clinical Hypnotherapy and it will include the underpinning courses.

Prerequisite: An existing qualification in in a health field.

Duration: 112 hours (approx): on-line.

Award Letters: PCH

Topics: (For topic outline refer to the Student Handbook.)
- Hypnotic Theory for the Health Professional
- Susceptibility Techniques
- Induction Procedures
- Deepening Procedures
- Suggestion
- Cognitive Behavioural Therapy
- Awakening
- Hypnoanalytical Techniques
- Transactional Analysis and Gestalt
- Self Hypnosis
- Ethics and Safeguards
- Clinical Approach to Conditions in an existing Health Practice

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

Practitioner Certificate in Clinical Hypnotherapy

You can enrol directly into this Practitioner Certificate in Clinical Hypnotherapy and it will include the Practitioner Certificate in Hypnosis.

Prerequisite: Pract Cert Hyp (HCT401)

Duration: 9 core units (approximately 600 hours) must be completed.
- Full time (8 units per term): 3-6 months (approx 2 terms)
- Part time (4 units per term): 6-12 months (approx 3-4 terms)

Award Letters: PCH

Core Units

Psychology for Hypnotherapy (PSY 401 - PSY402): 2 Sections 1 Unit
- Topics: abnormality, psychological models and approaches, anxiety disorders, obsession, substance abuse, depression, schizophrenia, suicide, nervous system disorders, childhood disorders.

Counselling for Hypnotherapy (COU401 - COU402) 2 Sections1 Unit
- Topics: counselling principles, major modes in counselling, goals of counselling, referring clients, social constructs, therapist self knowledge, client-centred therapy, multicultural approach.

Medical Sciences in Hypnotherapy (MSH401) 1 Unit
- Topics: terminology, basic anatomy, physiology, pathological processes, links between the mental, emotional and physiological, disorder of the body’s systems & psychopharmacology.

Hypnoanalytical Techniques (HT401) 1 Unit
- Topics: Progression, Regression, Automatic Writing and Cognitive Behavioural Therapy.

NLP in Hypnotherapy (NLP401) 1 Units
- Topics: accessing cues, metaphors, reframing and time line therapy,

Practical Workshops (PW401) 1 Unit
- Topics: practical skills are refined.

Pre Clinic Therapeutic Applications (PCTHAP401) 1 Unit
- Topics: application of clinical hypnotherapy integrated with psychotherapy and counselling.

Senior First Aid Certificate (not provided by the Academy) 1 Unit

Intern Clinic (IC401) 1 Unit
- Topics: Supervision of the practical application of preceding topics.

Course Outcomes:
- Upon completion you can expect to be able to:
- Use complex hypnotherapy techniques within your practice
- Enhance your practice by increasing effectiveness
- Understand the appropriate use of Clinical Hypnotherapy
- Be proficient at using Clinical Hypnotherapy

The Therapeutic Applications unit is a workshop and must be completed as the final unit or concurrently with the final unit(s).
# Practitioner Diplomas

You can enrol directly into the Practitioner Diploma of Clinical Hypnotherapy or the Advanced Diploma of Clinical Hypnotherapy and it will include the underpinning courses. You will receive the appropriate qualification as you complete the units for each award.

## Practitioner Diploma of Clinical Hypnotherapy

**Prerequisite:** Practitioner Certificate in Clinical Hypnotherapy or equivalent.

**Duration:** 10 core units (approximately 600 hours) must be completed.
- Full time (8 units per term): 3-6 months (approx 2 terms)
- Part time (4 units per term): 6-12 months (approx 3-4 terms)

**Award Letters:** PDCH

**Units:** (For topic outline refer to the [Student Handbook](#).)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Units</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Intern Clinic (SNRIC 501 - SNRIC 502)</td>
<td>2</td>
<td>Application of clinical hypnotherapy knowledge in a supervised environment.</td>
</tr>
<tr>
<td>Ethics Legal &amp; Business Issues (ELBI501)</td>
<td>1</td>
<td>Starting and maintaining a practice, general office procedures, maintenance and equipment, Professional Networking, Advertising, Conducting Consultations, History Taking, establishing a marketing strategy in practical terms and Ethics.</td>
</tr>
<tr>
<td>Hypnoanalytical Techniques (HT501)</td>
<td>1</td>
<td>Ideomotor Questioning, Dream Therapy, Leading.</td>
</tr>
<tr>
<td>NLP in Hypnotherapy (NLP501)</td>
<td>1</td>
<td>Ericksonian hypnosis, Pure Process and Anchoring and Collapsing anchors.</td>
</tr>
<tr>
<td>TA and Gestalt (TAG501)</td>
<td>1</td>
<td>Hypnotic Empty Chair, Transactional Analysis: Miniscript and Life Script</td>
</tr>
<tr>
<td>Adv Therapeutic Apps (ADVTHAP501 - 502)</td>
<td>2</td>
<td>Integration clinical hypnotherapy with psychotherapy and counselling techniques.</td>
</tr>
<tr>
<td>Adv Practical Workshops (ADVPW501 - 502)</td>
<td>2</td>
<td>Practical skills are refined.</td>
</tr>
</tbody>
</table>

**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

## Advanced Diploma of Clinical Hypnotherapy

**Prerequisite:** Practitioner Diploma of Clinical Hypnotherapy or equivalent

**Duration:** 6 core units (approximately 600 hours) must be completed.
- Full time (8 units per term): 3-6 months (approx 2 terms)
- Part time (4 units per term): 6-12 months (approx 3-4 terms)

**Award Letters:** Adv DCH

**Units:** (For topic outline refer to the [Student Handbook](#).)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Units</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Development (PD601 – PD602)</td>
<td>2</td>
<td>Refining the integration clinical hypnotherapy with psychotherapy and counselling techniques in a simulated clinical setting</td>
</tr>
<tr>
<td>Research Methodology (RM601)</td>
<td>1</td>
<td>Planning a research project, types of projects, data collection and analysis, sourcing information, preparing a case study, report writing.</td>
</tr>
<tr>
<td>TA and Gestalt (TAG602)</td>
<td>1</td>
<td>Gestalt Dream Therapy, Reparenting, Profiling and ‘Finding the Ins’.</td>
</tr>
<tr>
<td>Project (PRO601)</td>
<td>1</td>
<td>The topic of the Project is negotiated with the Academy. Once it has been agreed the participant must submit a 3000 - 5000 paper. The paper will ideally be on a topic that will be of significant interest to the student and may be of publishable quality.</td>
</tr>
</tbody>
</table>

**Course Outcomes:**
- Upon completion you can expect to be able to:
  - Use complex hypnotherapy techniques within your practice
  - Enhance your practice by increasing effectiveness
  - Understand the appropriate use of Clinical Hypnotherapy
  - Be proficient at using Clinical Hypnotherapy

The *Therapeutic Applications* unit is a workshop and must be completed as the final unit or concurrently with the final unit(s).