



hypnovat training  
*for life*

## Clinical Hypnosis Practitioner Course

accredited training in clinical hypnosis for all healthcare professionals

---





# Contents

---

Hypnova Training	3
This Course is Unique	4
Venues	5
Team	6
Tutorial Support – Medical team	10
Web resources	10
Qualification	11
Examination	12
Affiliations	13
Accreditation	14
Course details	15
How to Book	16
Contact details	16
Required reading	17
References	17



# Hypnova Training

---

## Welcome to Hypnova Training

Hypnotherapy is a non-invasive, rapid and reliable therapeutic technique which can be used as a supplement, or even as an alternative, to standard medical interventions. It can aid recovery by enhancing patient perception of control, acting as a distraction technique, and generally improve patient attitude. It is also a useful tool when the patient's condition is primarily social or behavioural, and where the use of medication is contra-indicated.

Hypnova Training developed out of **Thames Medical Lectures**, a not-for-profit organisation set up to provide clinical hypnosis training to medical schools in the UK. Started by **Ursula James**, now Visiting Teaching Fellow in Clinical Hypnosis at Oxford University Medical School, her first course in clinical hypnosis was at Oxford University Medical School in 1998. The course spread rapidly, and is and now at medical schools throughout the UK including Oxford & Cambridge.

During her time in medical schools, she was often asked by nurses, counsellors and other healthcare professionals to provide training for them. Hypnova Training was created in response to these requests, and this course is now available to *anyone* wishing to learn about this fascinating subject as an addition to their professional skills.

The hypnotherapy training provided by Ursula James and her team is high quality and easily accessible. If you wish to learn clinical hypnosis in a professional environment, taught by lecturers who deliver the identical tuition in medical schools, Hypnova Training is the only training organisation in the UK which provides this service.

This course is accredited by the University of Greenwich.



# This Course is Unique

---

## Intensive study with professional support

The Clinical Hypnosis Practitioner course is based on, and identical in content to the modules taught in nine UK medical schools including Oxford and Cambridge as part of the General Medical Council *Tomorrows Doctors (1993)* programme.

In addition to having the same syllabus as that of the medical schools, the course is delivered by the same lecturers. Students will have access to tutorials by medical practitioners as well as the course lecturers if they so wish. In addition, they will be given access to online resources.

## Practitioner Course – Clinical hypnosis in professional practice

The practitioner course is designed to deliver the basic theory and practice of clinical hypnosis. Self-hypnosis will be taught as well as the skills needed to safely hypnotise others.

It takes place over 11 weeks with five days of classroom-based tuition followed (usually over two to four weeks) by 10 weeks of home study. During this time you will have one-on-one tutorials from members of our medical and specialist tutorial team. At the end of the course, if you wish to gain the university-validated practicing certificate, you will complete the required formative assessment and attend the examination and evaluation day where your clinical skills will be assessed. You can expect to do around 120 hours of study in total to complete the course (including assessment and evaluation).

Eligibility: The practitioner courses are for medical practitioners, healthcare professionals and those working within a therapeutic or a support framework wishing to add clinical hypnosis to their skills base.

Email [courses@hypnova.com](mailto:courses@hypnova.com) if you would like to know if this course is suitable for you.



## Venues

---

Hypnova Training can come to your in-house training rooms.

For our accredited training courses and workshops our preferred venues are in central London, at:

**The Light Centre Belgravia** 9 Eccleston Street, Belgravia, London SW1W 9LX

**The Mayfair Conference Centre** 17 Connaught Place, London W2 2EL

The venues are very centrally located in London with tube and train links easily accessible.

Training courses are also available at the following venues: York - Hull - Leeds - Nottingham - Newcastle

Courses start at 10 a.m. and end around 4 p.m.



# Team

---

## Course trainers



**Ursula James**



**Phil Benjamin**



**Rick Sayer**



**Mark Kidd-May**



**Richard Allsopp**



**Lorraine Flaherty**



**Karen Smith**



**Sharon Pinner**



# Team

---

## Tutors

- Ursula James
- Phil Benjamin
- Mark Kidd-May
- Sharon Pinner
- Rick Sayer
- Lorraine Flaherty
- Karen Smith

## Tutorial support team

- Dr Mark Feldman
- Dr Julia Morch-Siddall
- Dr Suzannah Baron
- Dr Mirela Hodzig-Bubalo

## Clinical Supervisor

- Christopher Morgan-Locke

## Course coordinator

- Sharon Pinner



# Course Format and Contents

---

## Practitioner Course Syllabus

- Hypnosis in the medical setting
- Current status of clinical hypnosis
- Definitions
- Receptivity to hypnosis
- Assessing susceptibility
- Stage hypnosis
- Neuro-linguistic programming
- Normal states of alertness
- Depth of hypnoidal state
- Self-hypnosis
- Questions asked by patients
- Framework – formal hypnosis session
- Pre-induction Checklist
- Eye accessing cues
- Prior to induction
- Pre-induction talk
- Focus of attention
- Induction
- Post-hypnotic suggestions
- Ego strengthening
- Awakening
- Post-hypnotic session
- Contra-indications
- Patient mindset
- Hypnotic phenomena
- Application of hypnotic phenomena
- Abreaction
- Ideo-motor responses
- Anchors
- Rapport
- Communication skills
- Non-compliance
- Hypnotic scripts
- Significance of memory
- Sleep
- Hypnotic language patterns
- Cue / Trigger words
- Explaining hypnosis to the patient
- Theories on how hypnosis work
- Models to describe hypnosis
- Psycho-cybernetics
- Selection of protocol
- Tailoring the protocol
- Treatment strategy
- Conditions
- How to select the protocol
- Structuring a treatment plan
- Treatment options
- Ethical practice
- National Occupational standards for hypnotherapy



# Course Format and Contents

---

## Practitioner Course – aims and objectives

The clinical hypnosis course will equip the student with sufficient skills and knowledge to comprehend the value of this therapy to both the practitioner and patients. Within the framework of this training the participant will be able to identify appropriate techniques by which they can safely integrate this therapy into their current practice.

The use of hypnotic techniques within interpersonal communication is incorporated in this course, including the identification and evaluation of minimal and non-verbal cues from patients.

### Aims

To equip the student with sufficient theoretical knowledge and practical skills to induce, recognise and manage hypnoidal states.

To gain a thorough overview of communication, evaluation and patient management skills for any diagnostic framework.

### Prerequisites

The practitioner courses are for healthcare professionals and those working within a therapeutic or public support framework wishing to add clinical hypnosis to their skills base.

### Objectives

- Learning self-hypnosis and its application as a learning/relaxation and stress management tool
- Practical skills development
- Identification and management of hypnoidal states
- Rapport and communications skills
- Knowledge of underpinning theory and historical context
- Overview of potential medical applications including contra-indications
- The use of NLP in clinical hypnosis
- Development of diagnostic skills



## Tutorial Support – Medical team

---

Face-to-face, telephone and online tutorial support is available. This is provided by course tutors with additional support from medical practitioners who are fully qualified in hypnotherapy and have experience in the subject areas. Tutorials usually take place once a week during the 10 week home study, when you will get an opportunity to discuss the home study material. The following conditions will be covered:

- Smoking
- Weight control
- Phobias – General
- Skin conditions
- Habits
- Insomnia/sleep disorders
- Pain control
- Anxiety
- Confidence
- Stress management

*There is an additional fee of £20 per session payable directly to the tutor for this service*

## Web resources

---

During your home study you will have access to the Hypnova student area where downloadable MP3 hypnosis files, recent student papers, access to research papers and video clips and excerpts from relevant texts will be provided to supplement your learning. MCQs and SAQs will also be provided as part of the formative assessment.



# Qualification

---

**Award**     **Greenwich University School of Health**  
**Integrating clinical hypnosis into medical and therapeutic practice**  
**[University level qualification 30 CATS at level 3]**

## Aims

To equip the student with sufficient theoretical knowledge and practical skills to integrate the use of clinical hypnosis into medical or therapeutic practice. To gain a thorough overview of communication, evaluation and patient management skills which can be utilised within any diagnostic framework.

## Prerequisites

The student will be a medical practitioner or healthcare professional or have already completed an approved training with Hypnova training. Applicants will need to complete a registration form to demonstrate the appropriate entry criteria.

## APL – Accreditation of Prior Learning

Accreditation of Prior Learning for individuals wishing to obtain the qualification may be possible for those who have studied elsewhere.

Email [courses@hypnova.com](mailto:courses@hypnova.com) for details.



# Examination

---

## Examination for Practitioner certificate

If you wish to achieve your practicing certificate at the end of the practitioner course in clinical hypnosis you are required to:

- Demonstrate clinical skills via practical examination
- Research one area of clinical hypnosis in depth and create a hypnotherapeutic protocol for the selected condition, outlining your rationale
- Formulate a treatment protocol from a presented case history

## Denise Tiran – Chief Examiner *MSc RM RGN ADM PGCEA*

**Denise Tiran** is a senior midwife and university lecturer in complementary medicine. As part of her work as Principal Lecturer at the University of Greenwich, she developed one of the first degree programmes on complementary medicine in the UK, and runs an NHS complementary therapies antenatal clinic at Queen Mary's Hospital, Sidcup in Kent. Denise is a renowned international expert in the field of Integrated Maternity Care, focusing on the safe and effective use of complementary medicine with normal care for pregnancy and childbirth. Denise is a member of the Editorial Committee of the Complementary Therapies in Nursing and Midwifery journal, and is an advisor to Pregnancy and Birth magazine. Denise is Chair of the UK Complementary Maternity Forum and a midwifery representative for the Prince of Wales' Foundation for Integrated Health



# Affiliations

---

## Affiliations of Hypnova Training

Hypnova Training practitioner courses in Clinical Hypnosis are badged by the British Holistic Medical Association as suitable for members





# Accreditation

---

## Accreditation of Courses

This course is accredited by the University of Greenwich





## Course details

---

### Fees

#### Practitioner Course

<b>Deposit</b>	£250	Payable at time of booking
<b>Balance</b>	£1450	Payable by start of course
<b>Examination fee</b>	£150	Payable by date of examination

### Dates

For all current dates check the Ursula James website:

[http://www.ursulajames.com/acatalog/uj\\_training\\_hypnosis.html](http://www.ursulajames.com/acatalog/uj_training_hypnosis.html)

### Times

Courses start at 10am and end around 5pm



## How to Book

---

### Methods available

- Complete the appropriate booking form (found at [http://www.ursulajames.com/acatalog/uj\\_training\\_hypnosis.html](http://www.ursulajames.com/acatalog/uj_training_hypnosis.html))  
*or*
- Book online with a credit card (at [http://www.ursulajames.com/acatalog/uj\\_training\\_hypnosis.html](http://www.ursulajames.com/acatalog/uj_training_hypnosis.html))  
*or*
- Book by telephone 0845 055 9191

## Contact details

---

### Hypnova Limited

10 Southwick Mews  
London  
W2 1JG

#### Further enquiries:

Email: [courses@hypnova.com](mailto:courses@hypnova.com)  
Phone: 020 7262 1659



## Required reading

---

Clinical Hypnosis Textbook – Ursula James

Changing with NLP : A casebook of Neuro-linguistic Programming in Medical Practice – Lewis Walker

Additional recommended reading will be given during the course.

## References

---

### National Occupational Standards for Hypnotherapy

The National Occupational Standards for Hypnotherapy can be accessed here:

[www.skillsforhealth.org.uk/view\\_framework.php?id=111](http://www.skillsforhealth.org.uk/view_framework.php?id=111)