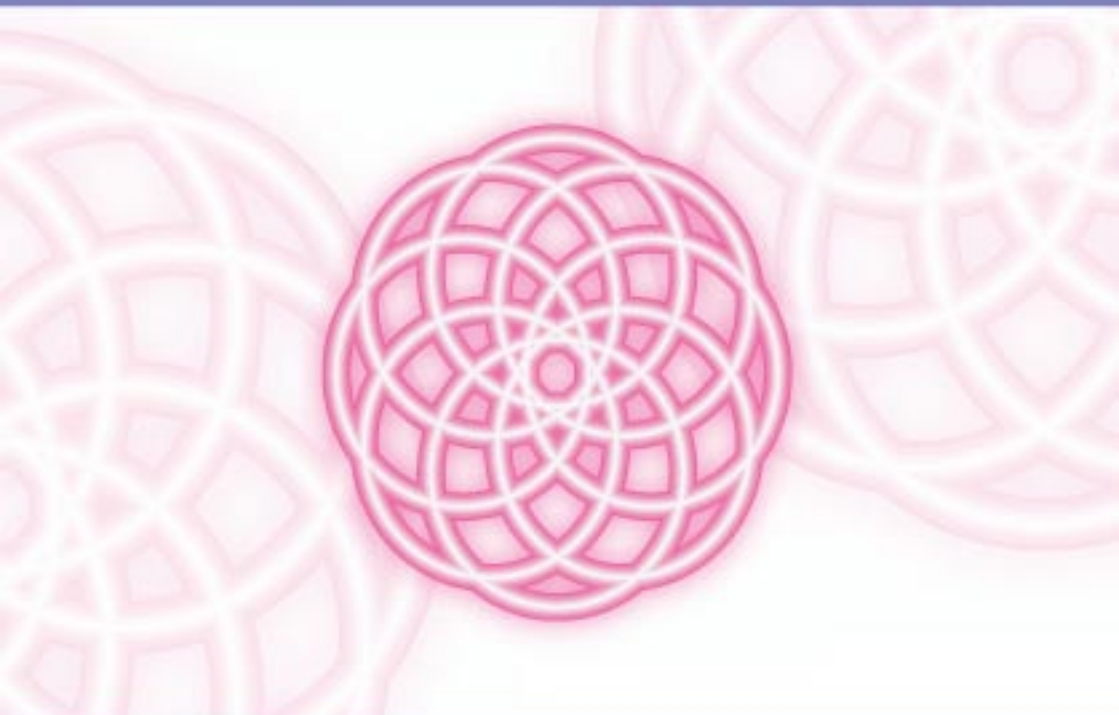


Wessex College of Hypnotherapy and NLP Prospectus 2009/10



WCHN

Wessex College
OF HYPNOTHERAPY AND NLP

Getting in touch . . .

post **Wessex College of Hypnotherapy and NLP**
The Romney Centre
61, The Avenue
Southampton
SO17 1XS

telephone **023 8022 6050**

email **info@wchn.org**

online **www.wchn.org**

nb. All courses take place in **Poole, Dorset**
at **Bournemouth University (Talbot Campus)**

Applying for a place . . .

Please read the **entry requirements** for the course that interests you.

If you require further information please look at our web site or email us.

Application forms can be downloaded from: **www.wchn.org**

WCHN

Wessex College
OF HYPNOTHERAPY AND NLP

Wessex College of Hypnotherapy and NLP Prospectus 2009/10

**PROFESSIONAL TRAINING —
Practical, Affordable and Fun —
giving Recognised Qualifications
and the confidence to use them . . .**

Our courses are comprehensive, and specifically organised over monthly weekend sessions so as to allow easy access and time to integrate learning, and practice.

If you are pursuing a Career in Hypnotherapy, in addition to the contact hours the qualification criteria requires self study, peer group support, tutorials and practice. You can however attend the courses without going for any accreditation.

Progress is monitored through assignments, tutorials and supervised practice. There is a final examination for those students going on to registration.

GHSc

VALIDATED TRAINING
General Hypnotherapy Standards Council

The Wessex College of Hypnotherapy and NLP are proud to offer courses validated by The General Hypnotherapy Standards Council.

The Venue

Our training is held at Bournemouth University's Talbot Campus. The campus is located two miles from Bournemouth's centre at:

Fern Barrow
Talbot Campus
Poole
Dorset
BH12 5BB

Getting to the Talbot Campus

The nearest station to the University is Bournemouth. The journey by fast train from London takes approximately 1 hour, 30 minutes. There are also regular trains from the UK's other major cities.



- From Bournemouth rail station you can take the 6a, 6b or 6c Yellow Buses straight to Talbot Campus.
- You can use the University buses (see below) during term-time which leave from a stop opposite Cranborne House
- A taxi from the station will get you there in less than ten minutes.



By Road Talbot Campus can be reached from the North or the East via the A338 (locally known as the Wessex Way). Take the exit at the Richmond Hill Roundabout

For Sat-Nav users, the post code is BH12 5BB and then follow the signs for the University.



From the West on the A35 follow the signs to Bournemouth (A3049), taking the dual-carriageway (Dorset Way) past Tower Park. Talbot Campus is located on the A3049 (Wallisdown Road).

Parking on the Talbot Campus is limited and the car park is pay and display.

The People

Harvey Taylor—BA,(Hons) MBSCH MSNLP



Harvey is a Registered Clinical Hypnotherapist, Licensed NLP trainer and Management Trainer/Coach based in Bournemouth and working right across the South. His broad experience ranging from Relate counselling, level A psychometrics, to his first class honours degree in Creative Arts gives him a unique style of training which is

both highly effective and fun.

In addition to his well known 'Attitude Positioning Therapy' Harvey designs and delivers a wide range of innovative training packages for corporate clients and government sponsored business organisations.

Gloria Hammett—BSc MBSCH MSNLP



Gloria Hammett is a Senior Partner with The Romney Centre in Southampton. Working as a Counselling Psychotherapist she is also qualified at Post Graduate level as a Registered Clinical Hypnotherapist and NLP Master Practitioner, and in addition has qualifications in Adult Education, Family Mediation and

Coaching. Her many years in private practice give her a wealth of experience in the clinical application of hypnosis.

Gloria works with a range of organisations, including Victim Support Plus, The Eating Disorders Association and large national retail companies using her integrative approach to effect real change. She is also an active member of Toast Masters International.

Denis Hepplestone—BSc(Hons), MBSCH



Denis is a Registered Clinical Hypnotherapist, working in Private practice in Romsey, Southampton and London, with a wealth of practical experience to offer.

He is a Member of the British Psychological Society and a Level A Psychometrician who holds qualifications in Occupational Testing, Social Sciences and Adult Education from Southampton University.

He is also a member of the Wessex Psychotherapy Society and the Hampshire Association of Counsellors and Psychotherapists. Dennis tests potential members of Mensa, the high IQ society, which he himself joined in 1980.

Occasional and Specialist Lecturers include —

Neil Dunsire—BA (Hons)



Neil is a degree qualified sound engineer and award winning musician with extensive work experience in the field of recording Hypnosis and NLP CDs. Having spent several years as a published, touring musician, he now works in community music, with TAPE Community Music and Film alongside The Arts Council in North Wales.

Working with studios in North Wales and Southampton, a mobile recording service, and an in house CD and DVD duplication business, he provides a full recording service from creation to finished product.

With his working knowledge in sound engineering, hypnosis and NLP, he is quickly becoming highly regarded in the field as the engineer of choice. As a visiting lecturer Neil provides a highly practical introduction to producing cost effective quality recordings to both boost your income and promote your practice.

The Courses

The Wessex College of Hypnotherapy and NLP are pleased to offer courses giving a blend of practical skills, techniques and theoretical knowledge that will give you not only the qualification but also the confidence to become an effective practitioner, with a successful and rewarding career.

THE FOUNDATION CERTIFICATE COURSE

Entry Requirements

This course requires no previous experience. It can be taken as a first step into becoming a Registered Hypnotherapist, or as a way of adding new skills. You will need to submit your application form with your registration fee, an A4 summary of your life experience, including your reasons for attending the course.

Course Design and Content

The syllabus is carefully designed for both those new to therapy as well as those already working in the helping professions.

Students will acquire skills that are directly relevant to improving the quality of life for themselves and those around them. On completion of this course and successfully passing the exam (which is optional), students are able to continue on to the Practitioner Diploma course.

The aim of this course is to provide a sound introduction to hypnosis, enabling those attending to obtain a foundation of knowledge and a range of inductions, deepeners, and basic ego strengthening, confidence building, and self esteem enhancing approaches.

Students who successfully complete this course will be awarded either a Certificate of attendance (for those who opt out of the exam) from The Wessex College of Hypnotherapy and NLP or a Foundation Certificate to show you have reached the required standard of training. This can be used at any point in the future to gain acceptance on our Practitioner Diploma course.

The Hypnotherapy Foundation Certificate offered by the Wessex College of Hypnotherapy and NLP has been assessed and validated at Foundation Level by The General Hypnotherapy Standards Council (UK). Successful graduates are eligible for registration with The General Hypnotherapy Register (the GHSC's Registering agency) at Affiliate Status.

Application forms can be downloaded from: www.wchn.org

Foundation Certificate Weekend 1

Lectures, demonstrations, supervised student practice

- Conscious vs. unconscious processes
- Contra-indications
- The importance of language and sound
- Hypnoidal states *hypnosis explained*
- Depth of trance
- Self-hypnosis
- The power of the mind
- The five stages of a hypnosis session
- Progressive relaxation induction
- Awakening your client *hypnosis explained*
- Theories of hypnosis
- Introduction to Ericksonian Hypnosis
- Factors influencing induction
- Factors behind resistance to induction
- Inductions - traditional and Ericksonian
- The laws of suggestion
- Suggestibility tests
- Preparing your client explained
- Hypnotic phenomena *hypnosis explained*

Course notes include

- Further recommended reading
- The certificate exam
- WCHN policies
- WCHN procedures
- Student discipline
- References
- Self-assessment questions
- Feedback form

Foundation Certificate Weekend 2

Lectures, demonstrations, supervised student practice

- Abreaction
- Countdown techniques *hypnosis explained*
- Using your voice *hypnosis explained*
- NOWwww deepener
- Ideomotor Response (IMR) technique
- Using IMR
- Manipulating Distractions technique
- Hand levitation
- Post-hypnotic Inductions
- Vogt's fractionation method
- Post-hypnotic suggestions *hypnosis explained*
- Neurological aspects of hypnosis
- Physiology
- Authoritarian techniques
- Use of Suggestions technique
- Preparing for post-hypnotic suggestions

Course notes include

- References
- Self-assessment questions
- Feedback form

Foundation Certificate Weekend 3

Lectures, demonstrations, supervised student practice

- Ego-strengthening
- Giving confidence
- The importance of self esteem
- Indirect Suggestions Technique
- Favorite Place of Relaxation deepener
- Limb catalepsy and limb heaviness
- Symptom manipulation
- Taking a case history
- Bringing it all together

Course notes include

- The certificate exam preparation
- References
- Self-assessment questions
- Feedback form

Foundation Certificate Assessment and Exam Weekend 4

- Written assignments due in
- Practical examination
- Written examination
- GHC instruction to join
- GHC constitution
- Tutorial feedback

THE PRACTITIONER DIPLOMA COURSE

Entry Requirements

This course is specifically designed as a follow on to the Foundation certificate, however equivalent qualification or experience can be considered. As a new student you will need to submit your application form with your registration fee, a copy of your current qualification or an A4 summary of your experience, including your reasons for attending the course.

Course Design and Content

The aim of this course is to provide a solid theoretical and practical grounding in using hypnosis in therapy. It will enable those attending to acquire the skills to address most if not all of the concerns that clients present. The course also covers the practical aspects of running a successful practice including devising and recording therapeutic CDs.

The syllabus is designed to build on the foundation skills introducing therapeutic application. A wide range of commonly presented symptoms are discussed and a selection of therapeutic interventions including hypno-behavioural, hypno-analytical, Ericksonian and direct suggestions are discussed demonstrated and practiced. Students will acquire skills that are directly relevant to working with anxiety disorders and phobias, weight and food issues, anger management, smoking cessation and the eradication of other unwanted habits and behaviours, confidence building, pain management, psychosexual dysfunction, and generally improving the quality of life for themselves and those around them.

Students who successfully complete this course will be awarded a Practitioner Diploma from The Wessex College of Hypnotherapy and NLP. This can be used at any point in the future to gain acceptance on our Advanced Practitioner Diploma course.

The Hypnotherapy Practitioner Diploma offered by the Wessex College of Hypnotherapy and NLP has been assessed and validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with The General Hypnotherapy Register (the GHSC's Registering agency) at full Practitioner Status, together with the acquisition of the industry-based award – The General Qualification in Hypnotherapy Practice (CQHP).

Application forms can be downloaded from: www.wchn.org

Practitioner Diploma Weekend 1

Lectures, demonstrations, supervised student practice.

The main theme of this weekend is working with unwanted behaviors.

- About the course
- Assessments/assignments/exams
- Assessing the client and preparing for therapy
- The psychological theories
- Locus of control
- Bruxism symptom
- Nail biting
- Snoring
- Stammering
- Confusion techniques
- Ethical practice
- General purpose techniques
- Healing White Light
- Control Room of the Mind

Course notes include

- Tutorial and peer group supervision
- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 2

Lectures, demonstrations, supervised student practice.

The main theme of this weekend is smoking cessation.

- Stop smoking
- Evidence-based techniques, additional skills and resources designed to enable you to become a smoking cessation specialist, and boost your income
- Practice management 1 (marketing strategies, promo materials etc)
- Ethical practice 1

Course notes include

- Assignment 1
- Extremely detailed and comprehensive smoking cessation information, techniques, protocols, scripts, and forms for use in your practice
- Tutorial and peer group supervision
- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 3

Lectures, demonstrations, supervised student practice

The main theme of this weekend is regression.

- Regressions
- Free floating regression
- Specific age regression
- Symptom manipulation via regression
- Past life regression

- Inner child work
- Evaluating the effectiveness of treatment
- Client education and self care
- Practice management 1

Course notes include

- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 4

Lectures, demonstrations, supervised student practice

The main theme of this weekend is anxiety and phobias.

- Understanding anxiety disorders and phobias
- Planning a treatment program
- SUDS
- Hypnodesensitisation
- Diagnostic scale
- Positive phobia replacement
- Specific phobia's
- General anxiety
- Performance anxiety
- Ethical practice 2

Course notes include

- Assignment 2
- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 5

Lectures, demonstrations, supervised student practice

The main theme of this weekend is working with sleep and dreams.

- Sleep and dreams
- Insomnia
- Lucid dreaming
- Nightmares
- Nocturnal enuresis
- Unlocking creativity
- Pseudo orientation in time
- Practice management 2

Course notes include

- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 6

Lectures, demonstrations, supervised student practice.

The main theme of this weekend is working with pain.

- Pain management
- IBS
- Hypnosis in obstetrics
- Hypnodontics
- Dissociation
- Part dissociation
- Psychodrama/Hypnodrama
- Ethical practice 3

Course notes include

- Assignment 3
- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 7

Lectures, demonstrations, supervised student practice.

The main themes of this weekend are working with food and weight issues.

- Weight management
- The importance of goal orientated therapy
- Resolving internal ambivalence/self sabotage
- Eating in a more discriminating way
- Using food as something other than fuel
- Compulsive eating as a defence against feelings
- False beliefs - weight is integral to sense of identity
- Eating disorders
- Exercise
- Practice management 3

Course notes include

- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 8

Lectures, demonstrations, supervised student practice.

The main theme of this weekend is working with depression.

- Overcoming depressive patterns
- Understanding the value of goals
- Developing flexibility
- Discriminating control
- Developing boundaries
- Resolving guilt
- Enhancing sleep
- Preventative thinking
- Ethical practice 4

Course notes include

- References
- Self-assessment questions
- Feedback form

Practitioner Diploma Weekend 9

Lectures, demonstrations, supervised student practice.

The main theme of this weekend is working with psychosexual disorders.

- Psychogenic impotence
- Anorgasmia
- Libido
- Psychogenic infertility
- Hypnosis in sport
- Final exams
- How to enhance your business by producing your own recorded material with Neil Dunshire.

Course notes included

- References
- Self-assessment questions
- Feedback form

THE ADVANCED PRACTITIONER COURSE (POST GRADUATE DIPLOMA)

Entry Requirements

This course is specifically designed as a follow on to the Practitioner Diploma, however equivalent qualification or experience can be considered. As a new student you will need to submit your application form with your registration fee, a copy of your current qualification or an A4 summary of your experience, including your reasons for attending the course.

Course Design and Content

The syllabus is designed to build on the Practitioner skills, introducing advanced therapeutic applications and an increased repertoire of cognitive and behavioural hypnotic interventions and Neuro Linguistic Programming. It includes using guided and Psycho imagery techniques and their application in psychoneuroimmunology, Advanced Ericksonian skills, Time Lining, Quantum Psychology, Solution Focussed Therapy, and EMDR. We further discuss taking applied hypnosis into the business world, and how to develop and maintain a successful private practice.

Presenting symptoms covered include Trauma and Post-Traumatic Stress Disorder, Anger and Working with Adult Survivors of Sexual Abuse.

Students who successfully complete this course will be awarded a Post Graduate Diploma from The Wessex College of Hypnotherapy and NLP.

Assessment - 2 written assignments and a practical exam

We continually assess, review and update the course content, material and method. We reserve the right to effect changes in emphasis in any part of this program.

Application forms can be downloaded from: www.wchn.org

Course Fees — 2009/10

Foundation Certificate

3 contact weekends over 3months, further day for exams	£599
Early Bird discount of 20%	£479
(Further discount of 10% if all three courses are booked).....	£431

Practitioner Diploma

9 contact weekends over 11 months.....	£1,799
Early Bird discount of 20%	£1,439
(Further discount of 10% if all three courses are booked).....	£1,295

Advanced Practitioner Diploma (Post Graduate)

6 contact weekends.....	£999
Early Bird discount 20%	£799
(Further discount of 10% if all three courses are booked).....	£719
Total Advanced Practitioner package with all discounts.....	£2,445

NLP Practitioner Certificate

9 days over 3 months.....	£1100
Early Bird discount of 20%	£880

NLP Master Practitioner Certificate

NLP Master Practitioner Certificate	£1,295
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Your Time Commitments

What you get from this course depends on what you put in! Whilst we endeavour to give you all the theory, techniques and experiential learning we can, there is an enormous amount to learn, and practice makes perfect!

You will need to make a substantial commitment of time for practice, self study and peer group work, not forgetting external tutorials.

Foundation Certificate

In addition to contact hours

Peer group learning	3 Hours per month
Tutorials	1 Hour per month
Pre course reading.....	20 Hours <i>approx.</i> per Month
Assignments	10 Hours per assignment
Practice	16 Hours per month

Practitioner Diploma

In addition to contact hours

Peer group learning	3 Hours per month
Tutorials	1 Hour per month
Self study.....	20 Hours per month
Assignments	10 Hours per assignment
Practice	16 Hours month

Advanced Practitioner Diploma (Post Graduate)

In addition to contact hours

Peer group learning	3 Hours per month
Tutorials	1 Hour per month
Self study.....	20 Hours per month
Assignment.....	20 Hours per month

Course Dates

Hypnotherapy Certificate

Room 1A

13,14 Feb 2010

13,14 Mar 2010

10,11 Apr 2010

Exam 8 May 2010

Room 2B

12,13 Jun 2010

10, 11 Jul 2010

11,12 Sep 2010

Exam 9 Oct 2010

Hypnotherapy Diploma

Room 1A

12,13 Jun 2010

10, 11 Jul 2010

11,12 Sep 2010

9,10 Oct 2010

13,14 Nov 2010

11,12 Dec 2010

15,16 Jan 2011

12,13 Feb 2011

12, 13 Mar 2011

Room 2B

13,14 Nov 2010

11,12 Dec 2010

15,16 Jan 2011

12,13 Feb 2011

12, 13 Mar 2011

9,10 Apr 2011

14,15 May 2011

11,12 Jun 2011

9,10 Jul 2011

Advanced Practitioner Diploma (Post Graduate)

Room 1A

14,15 May 2011

11,12 Jun 2011

9,10 Jul 2011

Room 1A

10,11 Sep 2011

8,9 Oct 2011

12,13 Nov 2011

NLP Practitioner

Evening sessions begin at 6pm. These courses are in Room 1A.

Eve 26 Mar and 27,28 Mar 2010

Eve 23 Apr and 24,25 Apr 2010

Eve 28 May and 29,30 May 2010

Eve 25 Jun and 26,27 Jun 2010

NLP Master Practitioner

Evening sessions begin at 6pm. These courses are in Room 1A.

Eve 24 Sep and 25,26 Sep 2010

Eve 29 Oct and 30,31 Oct 2010

Eve 26 Nov and 27,28 Nov 2010

Eve 21 Jan and 22,23 Jan 2011

nb. These are the dates for the current full run.

Other foundation course dates are available throughout the year.