

HYPNOTHERAPY TRAINING

Minimum Standards of Education and Training for ACHE Approved Schools

Courses must fulfil the following requirements.

- Individual courses may approach the subject matter differently but must cover the basic topics comprehensively.
- Courses must be of sufficient duration and depth so as to teach the student to perform hypnotherapy safely and effectively on individuals seeking therapy once hypnotherapy has been deemed to be an appropriate form of intervention and not contra-indicated.
- A course of training leading to Certification should not be less than 200 hours of mostly classroom teaching. This should not include time spent covering additional practices which are non-hypnotherapy methods.
- Assessment of competence can be measured in different ways including using occupational standards and NVQ or other systems which have a measurement component.
- Courses must also have sufficient evaluation procedures including written and practical examinations and in-course assessment with an input of external examination. Such assessment procedures must be available for inspection.
- Teaching sessions, student selection procedures, student support, disciplinary procedures, supervision and CPD/CE provision must also be available for inspection.
- Evidence of qualifications, clinical and teaching experience of instructors must also be available for inspection. Instructors must have a minimum of 3 years of substantial clinical experience before undertaking a major teaching role.

The following are major topics of which a student should have sufficient understanding, knowledge and/or ability to demonstrate to be considered competent as an independent professional practitioner of hypnotherapy:

1. Induction of hypnotic states, deepening procedures and trance terminations.
2. Proficiency in producing and utilising hypnotic phenomena
3. Cautions or contraindications for various hypnotic procedures
4. History of hypnosis
5. Understanding of the structures and functions of the mind as conceived in hypnotherapy and related approaches
6. Basic scientific understanding of various hypnotic phenomena
7. Understanding the nature of the subconscious mind
8. Theories and methods of different psychological approaches to mental and behavioral disorders
9. Accessing the subconscious mind through hypnosis

10. Principles of communication and persuasion
11. Concepts of semantics and other important aspects of language use in hypnotherapy
12. Development of vocal skills for hypnotherapy
13. Physical gestures and movements in hypnotherapy
14. Comprehensive assessment of clients and their problems
15. Goal setting with clients
16. Creating the therapeutic relationship and healing environment necessary for effective therapy.
17. Boundaries in therapy
18. Principles of how psychological problems are formed in the subconscious mind and how they are overcome through hypnotherapy, including the use of analytical hypnotherapy for uncovering, including age regression, abreaction, catharsis, developing understanding, client's reinterpreting and reintegration of sensitising or traumatic experiences
19. Principles and dynamics of therapeutic change and inhibition on change
20. Motivation of client and stimulation of client's readiness for and commitment to change
21. How Hypnotherapy is applied to a wide variety of problems, for example, various psychological and behavioral problems, psychosomatic and health problems, stress management and performance enhancement applications
22. Development of the personal qualities of an effective hypnotherapist
23. Hypnotherapy for the personal and professional development of the therapist
24. Development and management of a professional hypnotherapy practice
25. Legal, ethical, equal opportunity and health and safety issues