



incorporating the Washington School of Clinical and Advanced Hypnosis

PROSPECTUS

Diploma in Clinical and Advanced Hypnosis

Our outcome is your achievement

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Foreword

Welcome to the prospectus for the Diploma in Clinical and Advanced Hypnosis from the UK Academy of Therapeutic Arts and Sciences. I am delighted that you are interested in training in this exciting profession with us. Until June 2006 we were known as the UK Academy of Clinical and Advanced Hypnosis, and at that point this was merged into our continuing professional development school, the UK Academy.

This prospectus is designed to give you all the information that you need to make a decision as to whether to train with us. The field of hypnotherapy in the UK is complex; it is our aim to enable you to take your place as a fully qualified and supported professional, so that you can find fulfilment in your chosen career.

At the UK Academy, we pride ourselves on our on-going commitment to our students, and the profession as a whole. If at any time you need to ask questions or seek advice, please speak to either your local trainer, myself, or our Vice Principal, Fiona Biddle. Contact details for all staff can be found in the "Staff" chapter within this prospectus.

Here, we detail all the requirements that must be met in order for you to satisfactorily complete the Diploma and associated specialist certifications, and obtain your qualification to practice. All requirements are set so that we can be sure that anyone who qualifies with us is fit to practice. The profession of hypnotherapy involves the creation of significant relationships with often vulnerable people. Therefore ethics are of extreme importance and will be emphasised throughout.

I very much hope that this prospectus gives you the information you seek and that we will soon be able to welcome you to our school.

Best wishes



Shaun Brookhouse, GCGI, MA, DCH, CertEd, ACoT, DHyp, DipProfCouns, HPD, FNGH, FNCH
Principal

Our School

The Washington School of Clinical and Advanced Hypnosis (WSCAH) was founded in 1996 and has been training successful hypnotherapists ever since. Now the UK Academy, our mission remains to be a "Centre of Excellence" for the training of Clinical Hypnosis and Neuro-Linguistics.

Dr. Shaun Brookhouse is the Principal of the School and lead trainer on the UK Academy Programme in Manchester and London. Other centres are run by qualified trainers chosen specifically by Shaun for their expertise, commitment and skill. All trainers have a lively and provocative style of lecturing which makes training a memorable experience.

Shaun is also a trainer of hypnotherapy trainers for the oldest and largest hypnosis society in the world, The National Guild of Hypnotists. Our trainings are about empowerment, both on an individual and professional level.

The UK Academy is actively involved in the hypnotherapy profession on both a National and International Level. We support efforts into the standardisation of hypnotherapy training standards and professional ethics and practice via our involvement in key hypnotherapy bodies in the UK and US. Shaun and Vice Principal, Fiona Biddle, were part of a small group of professionals who drafted the National Occupational Standards for Hypnotherapy in 2002.

The UK Academy is staffed by either qualified educators ([CertEd](#), [PGCE](#), [FAETC](#)) or those actively working towards these credentials. Additionally, all staff are certified professional instructors of hypnotherapy (via the National Guild of Hypnotists). We are the only school, as far as we are aware, committed to having our programmes delivered by qualified teachers as well as qualified clinicians.

The UK Academy is accredited by many prestigious organisations including

- * [the National Council for Hypnotherapy \(UK\)](#)
- * [the National Guild of Hypnotists \(USA\)](#)

Shaun is the past Chairman of the National Council for Hypnotherapy and is the Director of Education Program Development for the National Guild of Hypnotists, as well as being on their Board of Advisors and a Board Certification Examiner. Fiona is the current Chair of the National Council for Hypnotherapy. Both Shaun and Fiona are ex-chairs of the UK Confederation of Hypnotherapy Organisations (the umbrella body for the UK) and Shaun has withdrawn from the political field in order to concentrate on the development of individual practitioners via the UK Academy and the Brookhouse Hypnotherapy Group.

Other UK Academy staff also are or have been represented in the political field of hypnotherapy:

- * Stephanie Kirke (Berkshire) is an ex-Chair of the National Council for Hypnotherapy and the UK Confederation of Hypnotherapy
- * John Lawrence (Central Scotland) was the Research Director of the National Council for Hypnotherapy from 2003-2006
- * Rae Jenson (Central Scotland) was the Marketing Director of the National Council for Hypnotherapy from 2004-2005
- * Stephen Wilson (Kent) was the Public Protection Officer of the National Council for Hypnotherapy from 2004-2006
- * Hilary Norris-Evans (Bristol) is the Company Secretary of the National Council for Hypnotherapy
- * Julian Davidson (Nottingham) was the Company Secretary of the National Council for Hypnotherapy from 2001-2003
- * Jo Goss (Highlands of Scotland) is the Research Director of the National Council for Hypnotherapy

In 2000, UK Academy incorporated the Core Curriculum of the National Guild of Hypnotists into our internationally recognised Diploma in Clinical and Advanced Hypnosis. We are also recognised for the Hypnotherapy Practitioner Diploma through the National Council for Hypnotherapy. The HPD is currently also accredited through NCFE, but this is under review so it may be that your qualification is awarded by them, another awarding body or by the NCH alone.

In 2006 we have incorporated the UK Academy's specialist certifications in Smoking Cessation, Anxiety and Ericksonian Hypnosis into our programme, so our course now offers you the opportunity to get SIX qualifications in one!

The Course

Our Diploma Course is run part time over one year and has 450 hours of combined classroom tuition and directed independent study.

Most UK Academy Centres operate run the course over 10 or 11 weekends, typically following this structure:

- | | |
|--------------------------------|--------------------------------------|
| 1. Introductory (see below) | 2. Traditional hypnotherapy practice |
| 3. Self-hypnosis, pain and IBS | 4. Smoking and weight control |
| 5. The therapeutic process | 6. Anxiety and stress |
| 7. Ericksonian hypnosis | 8. Practice management |
| 9. Regression | 10. NLP 1 |
| 11. NLP 2 | |

Some centres have rolling entry, whereby you may take module one (usually on a Friday) and then join the group on the next weekend. Some centres allow intake at only one or two points in the year. Please contact your local training director for details of how their centre runs.

Hypnotherapy is both a theoretical and practical based study. The UK Academy believes that it is very important for a student to not only know the information taught, but also to be able to use this information in a practical way. To this end, a large proportion of the course is dedicated to practice sessions.

In addition to the classroom attendance, students will be required to submit a portfolio of work which includes a question paper, a series of hypothetical situations for which you plan treatment and a statement of personal and professional philosophy.

The UK Academy Diploma is recognised by several national and international professional associations. Our Diploma Course meets the requirements for the externally accredited Hypnotherapy Practitioner Diploma awarded by the National Council for Hypnotherapy. This is a level 4 Vocational award, which you will receive upon successful completion of this course.

Qualifications

Upon successful completion of the course you will receive:

Diploma in Clinical and Advanced Hypnosis

and

Hypnotherapy Practitioner Diploma

and

NLP Practitioner Certificate

and you will be eligible to use the letters DipCAH, HPD and PNLPr after your name.

If you successfully pass optional tests you will also receive:

Specialist Certificate in Smoking Cessation

Specialist Certificate in Treating Anxiety

Ericksonian Hypnotherapy Practitioner Certificate

This means that you will be able to start up immediately with all the skills and knowledge that you need to build a successful practice!



Vice Principal, Fiona Biddle
receives NGH President's Award,
2004



Shaun receives the first International
Visionary Award from Dr Damon,
2005

The syllabus includes the following topics:

History of Hypnosis
Treatment Design
Post Hypnotic Suggestions
Practice Management
Script Design
Regressions
Pseudo Orientation In Time
Work of Dave Elman
Indirect Suggestions
Direct Language Usage
Neuro-Linguistic Programming (NLP)
Rapport Building
Contra Indications
False Memory Syndrome
Systematic Desensitisation
Migraine
IBS
Phobias
Stammering
Milton Model
Performance Enhancement
Solution Oriented Hypnosis
Truisms
Utilisation Language

Clinical Applications of Hypnosis
Brookhouse's Three S's
(Smoking, Slimming & Stress)
Behavioural Assessment
Pain Control
Work of Milton H Erickson
Traditional Hypnotic Phenomena
Eye Patterns
Meta Communications
Abreactions
Symptom Removal
Insomnia
Bruxism
Eating Disorders
Nail Biting
Obsessive Compulsive Disorders (OCD's)
Self Hypnosis
Effective Hypnosis
Presentations

As this course is constantly updated, this list only represents a sample of what is covered. Other cutting edge techniques will be taught in order to keep the student at the forefront of hypnosis for therapeutic changework.



Shaun lecturing at the 3rd Annual NCH Convention and AGM

This course also incorporates the National Guild of Hypnotists (USA) Core Curriculum. The DipCAH/HPD course has now been combined with the Certified NLP Practitioner Training, giving graduates two internationally recognised credentials when they complete their training. If the student completes an additional assignments they are entitled to receive extra certifications in smoking cessation, anxiety and Ericksonian Hypnotherapy.

What is NLP ?

Neuro Linguistic Programming (NLP) is a model of communication that focuses on identifying and using patterns of thought that influence a person's behaviour as a means of improving the quality and effectiveness of their lives. It offers a paradigm of how the brain works (neuro), about how language interacts with the brain (linguistic), and how we use this interaction to get the results we want for ourselves and others (programming). It is an effective, proven vehicle for accelerated human change, radically altering the "old way" of lengthy psychotherapy.

NLP was initially created by linguist Dr. John Grinder and computer scientist and Gestalt therapist Dr. Richard Bandler. Together they produced a linguistic model that identified the language patterns of a few gifted individuals such as hypnotherapist Milton Erickson, MD., Fritz Perls of Gestalt therapy, anthropologist Gregory Bateson and Virginia Satir of family systems therapy. The synthesis of their findings, a blend of cognitive and behavioural science, resulted in the technology known as Neuro Linguistic Programming. In the 20+ years since it was first developed, NLP has grown, changed and expanded, and it continues to do so today.



UK Academy Principal Shaun Brookhouse being bestowed Fellowship of the National Guild of Hypnotists

The UK Academy of Therapeutic Arts and Sciences's NLP Practitioner and Master Practitioner Courses cover both traditional and non traditional NLP techniques and models. 10

For students who wish to go beyond Master Practitioner Training, we can support you becoming a Certified Trainer of NLP.

Both the Practitioner and Master Practitioner Courses are stand alone courses in their own right, but the Practitioner Course is also contained within the Diploma in Clinical and Advanced Hypnosis.

NLP Syllabus

Practitioner (Certified through the UK Academy):

- * Behavioural integration of the basic presuppositions of NLP
- * Rapport, establishment and maintenance
- * Pacing and Leading (Verbal and Non Verbal)
- * Calibration (Sensory Based Experience)
- * Representational Systems (predicates and accessing cues)
- * Meta Model
- * Milton Model
- * Elicitation of well formed, ecological outcomes and structures of present state
- * Overlap and Translation
- * Metaphor creation
- * Frames contrast
- * Relevancy
- * As if
- * Backtrack
- * Anchoring (VAK)
- * Anchoring Techniques
- * Ability to shift consciousness to external or internal, as required by the moment's task
- * Dissociation and Association Chunking
- * Submodalities
- * Reframing

Accreditation

It is important to understand that because of the UK's legal tradition of common law, there are no formal regulations regarding the practice of Hypnotherapy. However, The UK Academy feels that external validation is a very good way to assess the quality of training provided. Unlike many schools, we do not have an "Associated Professional Register". By this we mean that UK Academy does not own a professional body which we place our graduates into. We are, however recognised by the following organisations:

The National Council for Hypnotherapy: 0800 9520545. The NCH is one of the oldest independent hypnotherapy organisations in the UK. It was originally formed as the Hypnotherapy Register in 1973. The NCH provides practice insurance, a referrals system, and Corporate Yellow Pages Advertising, which is very useful to the newly graduated hypnotherapist. Additionally, the NCH also provides a comprehensive Code of Ethics and Practice. The National Council for Hypnotherapy is one of the premier organisations for hypnotherapists in the UK having a membership of almost 1000.

The National Guild of Hypnotists: 001 603 429 9438. The NGH is the oldest hypnotherapy certifying bodies in the world (est 1951). The NGH provides its members with some of the most comprehensive literature in the field of professional hypnosis including the Journal of Hypnotism, the Hypno-Gram and Hypnosis Today. Shaun and Fiona are contributing authors to their recent book, The NGH Consumers Guide Of Hypnotism. The National Guild of Hypnotists holds two major international conferences per year, the Solid Gold Conference and the International Hypnotism Convention. The latter attracts the largest group of hypnotists in the world to New Hampshire in the United States, in August of each year. UK Academy is proud to have all of our Instructors certified through the NGH being both Board Certified as well as Certified Instructors.

Continuing Professional Development

Although the Diploma in Clinical and Advanced Hypnosis is a full practitioner qualification, The UK Academy believes that Continuing Professional Development is vital for the hypnotherapy practitioner and for the profession as a whole. With this aim, we are proud to offer the following training opportunities. Most of these courses are only open to qualified, practising therapists.

Courses include:

Professional Coaching Course (CPC): This special certification programme is designed to equip students to set up in practice as a professional coach, or to employ coaching theory and skills in another setting, such as within a work related role.

Professional Counselling Certificate and Diploma: This is designed specifically for hypnotherapists to add counselling theory and skill to their existing practice.

Specialist certifications in working with pain, depression, trauma and weight control.

Clinical Supervision:

Students will be placed in Clinical Supervision at a time decided by the tutor based on progress. It is hoped that students will maintain this relationship post-diploma. UK Academy will provide a list of recognised Supervisors for the student's use. Supervised practice is an integral part of the Course.

Hypnotherapy is a profession that incorporates a significant responsibility to the public who seek our services. As such, we do not simply allow anyone who applies, to do the course. We feel that it is of the utmost importance that anyone who undertakes this course must:

1. be of suitable character to take on a career of working with vulnerable people
2. be sufficiently mature in order to be able to listen to traumatic material without being unduly affected personally
3. have sufficient background and experience to be able to meet the academic demands of the course.

All applicants will be interviewed to determine their suitability for the course.


Course Fees:


Unless otherwise arranged, tuition fees will be due on or before the commencement of the course. A deposit will be required upon enrolment, with the balance payable on the first day of the course. The total fee includes a £100.00 Certification Fee and this is payable with the tuition fee. If you require special dispensation, please contact our National Headquarters for a confidential discussion. The UK Academy is also approved for Career Development Loans. While our fee includes all tuition and certification, students should be aware that additional expenditure will be incurred for books and supervision.


As of August 2006 our fees are £1750


Each centre is owned and operated independently by licence. VAT is included in the fee at the appropriate rate for centres which are registered for VAT.


When choosing to train as a hypnotherapist, we are well aware that you have many choices and that it can be very confusing and difficult to determine which course would suit you best. To help, we have listed the primary benefits of training with us, including some questions that you might like to ask other schools if the issues raised are important to you.


 The UK Academy is a national group of 11 training centres, so you can be sure of a secure structure with plenty of support available before, during and after your course, not just from your tutor(s), but also from the other tutors. We can offer supervision and on-going training, if you want to do this with us, but you are free to move on to others if you choose. If support matters to you, you may like to ask other schools about the breadth and depth of their support structures, and whether you are tied to them for supervision or on-going training after your diploma.


 All UK Academy tutors are qualified educators (or in training to become so) as well as qualified hypnotherapists. They have also undertaken specific training in the education of hypnotherapists through the National Guild of Hypnotists (USA). This means that not only do we know our subject, but we also know how to teach you so that you learn efficiently. If this matters to you, check out the educational credentials of other trainers that you are considering.


 While there is no regulation of the profession of hypnotherapy in the UK, there are National Occupational Standards. The Principal and Vice Principal of the UK Academy were on the panel of eight who created these standards, so you can be sure that your training will meet these standards. If this matters to you, check if other courses are geared to meeting the NOSs


 In 2001 the National Council for Hypnotherapy inaugurated the Hypnotherapy Practitioner Diploma: the first nationally accredited qualification in hypnotherapy open to all regardless of background. Our Principal and Vice Principal were instrumental in this development, and in the intervening years the HPD has gone from strength to strength. It is a "level 4" qualification, and is currently validated by the NCFE awarding body, although this may change during 2006. If you study with us, you will produce a portfolio of work which, when satisfactorily assessed will give you this important credential. You will also gain the school's own Diploma in Clinical and Advanced Hypnosis. The HPD is, by many, considered to be the "gold standard" in hypnotherapy qualifications, and we at the UK Academy strive to be a beacon of excellence in the delivery of this qualification.


 The UK Academy course offers you the chance to gain six qualifications in one. Not only will you, on successful completion of the course, gain the DipCAH, HPD and NLP Practitioner Certificate, but you may also submit assignments to be awarded Specialist Certifications in Smoking Cessation, Treating Anxiety and Ericksonian Hypnotherapy.


 Within the UK Academy we have a philosophy that ensures that all tutors are full-time practitioners in addition to their training. By this we mean that they derive their primary income from seeing clients: this ensures that they "walk the walk" as well as "talk the talk". You will find that we often have examples of current clients to tell you about that illustrate theoretical points. There are some trainers who set up a school because they can't make it as practitioners. Would you want to be trained by them?


 We believe it is vitally important that you see demonstrations of techniques and also get to practice. This gives you the confidence to practice with "real people" as soon as (if not before) you qualify. We say before, because you will be given permission to work with certain issues at certain points in your training. Not all trainers demonstrate, and not all give you a chance to practice and build your confidence.


 The UK Confederation of Hypnotherapy Organisations which was created in 1997 by our Principal, Shaun Brookhouse, insists that schools train to minimum standards of 120 hours face to face and 450 hours of total study time. Naturally, we agree that courses should be of this length, to ensure that you have time to learn and consolidate your knowledge and experience.


 It is important that you are able to see a full syllabus before you start the course and that this has sufficient depth to enable you to start in full practice as soon as you qualify. Our prospectus lists all elements of the course, and not only do you get full coverage of hypnotherapy, but Neuro-linguistic programming is covered to Practitioner level too.


 Our course also includes business/practice management. So often hypnotherapists fall at the first hurdle because, while they may be wonderful at what they do, they don't know how to get the clients. The UK Academy has a great depth of knowledge and experience in this area that you can draw on. All our tutors around the country are willing to share with you what works and what doesn't so that you can learn from our successes, and our mistakes!


 We do not take just anyone onto our courses. You will be interviewed to ensure that you are suitable for this profession of working with vulnerable people, and, very importantly, to ensure that the UK Academy is right for you. If we feel that another course would be better for you (and this does happen), we will tell you, and advise you of who to approach.

 We actively enforce all our policies, including equal opportunities. We will make any reasonable adjustments to ensure that anyone can take our courses, if suitable, and we do not discriminate on any grounds. Any special learning needs will be catered to if possible. For example a student with dyslexia would be able to provide portfolio evidence in recorded rather than written form if they wished to do so. The learning environment is safe, confidential and supportive.

 We are happy to receive student feedback: questions, comments or suggestions at any time in the course and will do our best to adapt to any requests that are made. Hypnotherapy is an "individual" profession in that it is important that you are encouraged to be yourself as a therapist and to find your way to practice. So your opinions matter!

 Ethical considerations are all important in a field where one is working with vulnerable people. We cover these in depth. Check with other schools as to which, if any, code of ethics they subscribe. They should be bound by a training code of ethics as well as teaching you one for practice.

 As previously stated there is no regulation of hypnotherapy in the UK, but we still believe it is vital to your career for you to belong to strong professional bodies that can give you long term support. Our course is accredited by the National Council for Hypnotherapy in the UK (you receive free trainee membership while studying), and you are also entitled to join the National Guild of Hypnotists in the USA on completion of your course (you receive one free year)

 In the UK Academy we have a belief in the importance of teaching small groups which ensures that you get personal attention. Ask other schools about their class sizes.

Staff

Shaun Brookhouse, GCGI, MA, DCH, CertEd, ACoT, DHyp, DipProfCouns, HPD, FNGH, FNCH
Principal



Shaun Brookhouse has earned:

- * Graduateship in Hypnotherapy and Counselling, City and Guilds of London Institute
- * Doctorate in Clinical Hypnotherapy from The American Institute of Hypnotherapy
- * Masters Degree in Education Studies from Liverpool John Moores University.
- * Certificate in Education (Further, Adult and Higher) from Manchester University
- * Associateship College of Teachers

Shaun has been a professional hypnotherapist since 1989 and a respected trainer of hypnotherapists since 1993. His professional credentials include:

- * Diploma in Hypnotherapy and Psychotherapy, Post Graduate Diploma in Hypnotherapy and Psychotherapy and Certificate in Supervision from the Centre Training School of Hypnotherapy and Psychotherapy,
- * Diploma in Clinical Hypnotherapy from the London College of Clinical Hypnosis,
- * Diploma in Hypnotherapy from the American College of Clinical Hypnosis,
- * Diploma in Advanced Hypnotherapy, Hypnotism Institute of Los Angeles
- * Basic and Advanced Hypnotherapist Certification as well as Board Certified and Master Instructor Status from the National Guild of Hypnotists (USA),
- * Hypnotherapy Practitioner Diploma, National Council for Hypnotherapy/NCFE National Awarding Body.
- * Diploma in Professional Counselling from the Australian Institute of Professional Counsellors
- * Certificate in Hypnotherapeutic Supervision, National Council for Hypnotherapy/NCFE National Awarding Body

Shaun is also a

- * Certified Trainer of NLP through Advanced Neuro Dynamics
- * Master Trainer of NLP through the National Federation of NLP

Shaun was also one of the first two people to receive the externally accredited Hypnotherapy Practitioner Diploma (HPD) through the NCFE Awarding Body and the National Council for Hypnotherapy

Shaun is a professional member of the following organisations:

- * The Institute for Learning
- * The Guild of Professional Consultants (Coaching)
- * The College of Teachers
- * Australian Counselling Association (Clinical and Certified)

Shaun is a Fellow of:

- * The National Council for Hypnotherapy,
- * National Guild of Hypnotists
- * The Royal Society for the Promotion of Health,
- * The Institute for Learning (pcet)

Shaun has received the following awards:

- * The Rexford L North Memorial Trophy from the National Guild of Hypnotists, their highest honour for Life Time Achievement (2004)
- * The Hartland Memorial Award, from the National Council for Hypnotherapy (2005)
- * International Visionary Award (First Receptiant) National Guild of Hypnotists, First Receptiant, (2005)
- * Order of Braid, National Guild of Hypnotists, (2005)
- * The President's Award from the National Guild of Hypnotists, their second highest honour. (2002)
- * Hypnosis Journalism Award from the National Guild of Hypnotists (2003)
- * Hypnosis Pioneer Award from the American Council of Hypnotist Examiners (2003)
- * The Sealah Award from the International Hypnosis Hall of Fame (2001)
- * The Honorary Service Award from the International Medical and Dental Hypnotherapy Association
- * The Hypnosis Research Award from the American Association of Professional Hypnotherapists
- * A Special Commendation from the Centre Association of Psychotherapists
- * The Hypnotherapy Research Society's Special Award for Contribution to the Profession of Hypnotherapy. (1998)

Additionally:

Shaun is on the Advisory Board the National Guild of Hypnotists in the US.

Shaun is the author of:

- * Hypnotherapy Training: An investigation into the training in Clinical Hypnosis post 1971 (ISBN 1899836179) published by Crown House Publishing Company
- * Motivational Hypnotism (ISBN 0954460413) co-authored with Fiona Biddle
- * Building a Successful and Ethical Practice (ISBN 09554460405) co-authored with Fiona Biddle

and is a contributing author to
the New Consumer's Guide to Hypnotism

Shaun teaches the UK Academy course in Manchester & London and is available to students at all centres for advice and support.

To contact Shaun, phone 0800 849 6327 or
email shaun@hypno-nlp.org

Fiona Biddle, BSc. (Hons), DipCouns, DipCAH, HPD,CPC, BCH, CI, FNCH
Vice-Principal



Fiona Biddle has earned

BSc in Computing from Loughborough University
 Diploma in Counselling from Exeter College
 Certified Professional Coach, International Institute of Coaching (US)
 Diploma in Clinical and Advanced Hypnosis from WSCAH
 Certificate in Hypnotherapeutic Supervision from the National Council for Hypnotherapy
 HypnoBirthing Practitioner Certification from the HypnoBirthing Institute
 Board Certified Hypnotherapist from the National Guild of Hypnotists (US)
 7407 (part 1 & 2) Teaching Certificate from City and Guilds
 Certified Instructor from the National Guild of Hypnotists (US)

She has been in the therapeutic profession since 1993 and was one of the first two people to receive the externally accredited Hypnotherapy Practitioner Diploma (HPD) through the NCFE Awarding Body and the National Council for Hypnotherapy

Fiona is a professional member of the following organisations

The Association for Humanistic Psychology
 The British Association of Counselling and Psychotherapy
 The National Guild of Hypnotists

Fiona is a Fellow of

The National Council for Hypnotherapy

Fiona is an ex-chair of the UK Confederation of Hypnotherapy Organisations (UKCHO), Chair of the National Council for Hypnotherapy. In 2004 Fiona received the President's Award from the National Guild of Hypnotists (USA), their second highest honour, for her work on the Core Curriculum and Certified Instructor Training Course.

Fiona co-teaches the UK Academy course in London.

To contact Fiona, phone 0845 076 3724 or
 email fiona@hypno-nlp.org

John D. Lawrence, BSc(Hons), DHP, Dip. CAH, BCH, CI, MPNLP, MNHC, MNCH (Acc.)
Principal UK Academy (Scotland)



John D. Lawrence has earned

BSc (Hons) in Social Policy from the Open University
 Diploma in Hypnotherapy and Psychotherapy from Centre Training International School, Preston
 Diploma in Clinical and Advanced Hypnosis and
 Diploma in Ericksonian Hypnosis from the Washington School of Clinical and Advanced Hypnosis
 Certificates at Master and Trainer level in NLP and Meridian Therapies
 Certificate in Paediatric Hypnosis from the National Guild of Hypnotists (US) and the Canadian
 Institute of Hypnosis
 CertHypSup, Certificate in Hypnotherapeutic Supervision from the National Council for
 Hypnotherapy and NCFE
 Board Certified Hypnotherapist from the National Guild of Hypnotists (US)
 Certified Instructor from the National Guild of Hypnotists (US)

He has been a full time hypnotherapist/psychotherapist for 7 years.

John was one of only two Scottish based health professionals to serve on the advisory panel of The Prince Of Wales's Foundation for Integrated Health examining the integration of complementary medicine into the NHS.

John is a professional member of the following organisations

Chair of HealthWorks a registered Scottish charity promoting, educating and providing Holistic
 Health Care in the North of Scotland
 The National Council for Hypnotherapy
 The National Guild of Hypnotists
 The National Hypnotherapy Council
 and an honorary member of BATH

John teaches the UK Academy course in Central Scotland.

To contact John, phone 01506 830190 or email john@hypno-nlp.org

Rae Jenson, BA (Hons), PGCE, Dip CAH, HPD, BCH, CI, PNLP, MNCH (Lic.)



Rae has earned

BA (Hons) in Drawing & Painting from Edinburgh College of Art, Heriot Watt University, Edinburgh.
 Post Graduate Certificate in Education and Primary Art Specialist Qualification from Moray House
 College of Further Education, Edinburgh.
 Foundation in Hypno-Psychotherapy from National College for Hypnosis and Psychotherapy,
 Glasgow.
 Diploma in Clinical and Advanced Hypnosis from WSCAH.
 Hypnotherapy Practitioner Diploma
 Practitioner in NLP
 Practitioner Certificate of Meridian Therapies (EFT) from The Association For The Advancement of
 Meridian Therapies.
 Board Certified Hypnotherapist from the National Guild of Hypnotists (US)
 Certified Instructor from the National Guild of Hypnotists (US)

Rae is a professional member of the following organisations

The National Guild of Hypnotists
 The National Council for Hypnotherapy,

Rae teaches the UK Academy course in Central Scotland.

To contact Rae, phone 01506 830190 or email rae@hypno-nlp.org



Stephen Wilson has earned

Certificate in Education from Greenwich University
Diploma in Counselling from Stonebridge College
Diploma in Advanced Stress Management from Stonebridge College
Diploma in Meridian Psychotherapy from Stonebridge College
Diploma in Clinical Hypnosis from Essex Institute of Clinical Hypnosis
Diploma in Stress Management in the workplace from Stonebridge College
Diploma in Personal Development from Essex Institute of Clinical Hypnosis
Hypnotherapy Practitioner Diploma
Board Certified Hypnotherapist from the National Guild of Hypnotists
Certified Instructor from the National Guild of Hypnotists.
Certificate in Hypnotherapeutic Supervision
Certificate in Essentials of Psychosynthesis
Certificate in Ericksonian Hypnotherapy
Eft Practitioner

Stephen has a busy private practice in Kent and holds the externally accredited HPD. He is a hypnotherapy supervisor and works extensively in the field of depression and PTSD. He is also the founder of DepressionUK a voluntary organisation dedicated to helping the sufferers of depression and PTSD. He has a background in the emergency services and has used this to write courses on Trauma, stress and depression, which are run through the UK Academy.

Stephen is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists (US)
The Association of Professional Hypnosis and Psychotherapy

Stephen teaches the UK Academy course in NW Kent.

To contact Stephen, phone 0800 083 5027 or email steve@hypno-nlp.org



Stephanie has earned

B.Sc. in Psychology from Goldsmiths' College, University of London
M.Sc. in Occupational & Organisational Psychology from the Polytechnic of East London
Certificate and Diploma in Hypnotherapy, Psychotherapy, Counselling and NLP from NACHP
City & Guilds 730 Teaching Award
City & Guilds D32/33 Assessor Award
CertHypSup, Certificate in Hypnotherapeutic Supervision from the National Council for Hypnotherapy and NCFE
Ericksonian Hypnotherapy Specialist Practitioner from the UK Academy
Smoking Cessation Specialist Certification from the UK Academy
Board Certified Hypnotist, National Guild of Hypnotists
Certified Instructor, National Guild of Hypnotists
Certified Professional Coach, UK Academy

Stephanie is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists
British Psychological Society

Stephanie has twelve years experience as a hypnotherapy practitioner and as a teacher of psychology in a variety of educational settings. At present she practises hypnotherapy full time. As a former Director of Supervision with the NCH her interest is with continuing to help raise professional standards.

Stephanie teaches the UK Academy course in Berkshire.

To contact Stephanie, phone 01635 869444 or
email stephanie@hypno-nlp.org



David has earned

Certificate in Education from the University of London
Diploma in Clinical and Advanced Hypnosis from WSCAH
Diploma in Ericksonian Hypnotherapy from WSCAH
Board Certified Hypnotherapist from the National Guild of Hypnotists
Licensed Practitioner of Neuro-Linguistic Programming from the Society of Neuro-Linguistic Programming
Master Practitioner of Neuro-Linguistic Programming from the Washington School of Clinical and Advanced Hypnosis
Certified Practitioner of HypnoBirthing® from the Institute of HypnoBirthing.
Certified Instructor from the National Guild of Hypnotists.

Following military service and teacher training, David became an educator for 20 years, ending this employed phase of his life as the Deputy of an In-Service Teacher Training College. Especially during the last 12 years of his work in education, he was developing, from an active involvement in personal growth and development, a strong interest in client-centred therapy. He became a trained counsellor, with a special interest in cognitive behavioural approaches, and for a number of years had responsibility for training counsellors. He first 'learned' hypnosis and its application in therapeutic work whilst training in the Heimler Social Functioning Approach in the late '70's and this was reinforced in his exposure to NLP later on. It was not until 25 years later, however, that he took the training leading to his setting up in full time practice as a Clinical Hypnotherapist. In the intervening years David ran a company specializing in the training of trainers and managers from all sectors of commerce, education and industry, in which he was actively involved in helping managers to achieve the qualifications of the then Institute of Managers. He now runs a busy hypnotherapy practice in the border areas of Wrexham, Shrewsbury and Chester.

David is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists

He is also an Affiliate of The Institute of HypnoBirthing.

David teaches the UK Academy course in the West Midlands and Wales.
To contact David, phone 01978 769178 or
email david@hypno-nlp.org





Hilary has earned

BA (Hons) in languages from the University of Manchester
L-ès-L in linguistics from the University of Dijon
PGCE from the University of London
Dip from Atkinson Ball College of Advanced Hypnotherapy
BCH (Board Certified Hypnotist) National Guild of Hypnotists
CI (Certified Instructor National Guild of Hypnotists
AccHypSup Accredited Hypnotherapeutic Supervisor National Council for Hypnotherapy
Assessor qualification NVQ level 3 from OCR
HPD from the National Council for Hypnotherapy
Certified Professional Coach from the UK Academy

Hilary is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists

Having spent the first part of her career life in teaching and training, Hilary has been a full time hypnotherapist and NLP practitioner since 1997. She is also a supervisor and was company secretary of The National Council For Hypnotherapy from 2004-2006.

Hilary teaches the UK Academy course in Bristol/Bath.

To contact Hilary, phone 01249 740506 or email hilary@hypno-nlp.org



Danielle has earned

BSc.(Hons) in Psychology from Middlesex University
MSc. In Health Psychology from UCL & UMDS
PGCE in Primary Education with Educational Psychology Specialism
Diploma in Clinical Hypnosis from Mindtrain
Practitioner in NLP
City and Guilds D32/33 Assessor Award
NGH Certified Instructor
NGH Board Certified Hypnotist
Specialist Certification in Smoking Cessation from NCFE
Certified Professional Coach (CPC) from UK Academy

She has been involved in the study of psychology for more than a decade, with a particular focus on health related behaviours including weight management and smoking. She has also been involved in the fitness profession for several years and has spent time researching eating and exercise behaviour.

Danielle is an experienced educator working with both adults and children since 1987.

Danielle is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists

Danielle teaches the UK Academy course in Essex.

To contact Danielle, phone 0208 257 2901 or email danielle@hypno-nlp.org



Julian has earned

- Diploma Clinical Hypnotherapy
- Certificate Critical Incident Debriefing
- Certificate Past Life Regression & Reincarnation Therapy
- Certificate Thought Field Therapy level 1 & level 2
- Certificate Master Practitioner of NLP
- Certificate in Hypnotherapeutic Supervision
- Board Certified Hypnotherapist from the NGH (US)
- Certified Instructor from the NGH (US)

Julian is a professional member of the following organisations

- The National Council for Hypnotherapy
- The National Guild of Hypnotists

Julian teaches the UK Academy course in Nottingham

To contact Julian, phone 0115 9135104 or email Julian@hypno-nlp.org



Jo Goss has earned

BA(Hons) in Social Anthropology and African Languages from the School of Oriental and African Studies, University of London
Diploma in Clinical and Advanced Hypnosis from the Washington School of Clinical and Advanced Hypnosis.
Hypnotherapy Practitioner Diploma through the NCH and the NCFE Awarding Body
Advanced Practitioner of Meridian Therapies Certification from the Association of Meridian Energy Therapies
Master Practitioner of NLP through the UK Academy
Smoking Cessation Specialist Certification from the UK Academy
Specialist Certification in Working with Depression from the UK Academy
Specialist Certification in Working with Anxiety from the UK Academy
Specialist Certification in Working with Trauma from the UK Academy
Certificate in Hypnotherapeutic Supervision
Board Certified Hypnotherapist from the National Guild of Hypnotists
Certified Instructor from the National Guild of Hypnotists

Jo has a busy practice in the North of Scotland, and also works at the Oaks Palliative Care Day Centre in Elgin

Jo is a professional member of the following organisations

The National Council for Hypnotherapy
The National Guild of Hypnotists

Jo teaches the UK Academy course in Northern Scotland

To contact Jo, phone 01343 835705
or e-mail jo@hypno-nlp.org



Bill has earned:

Diploma Nursing London University
Diploma Clinical and Advanced Hypnotism
NLP Practitioner UK Academy
BCH (Board Certified Hypnotist) National Guild of Hypnotists
CI (Certified Instructor) National Guild of Hypnotists

Bill is a professional member of the following organisations

National Council for Hypnotherapy
National Guild of Hypnotists

Bill's grounding in helping people change started in the early eighties when he took on the challenge of running a family support unit providing respite care and clinical support for children with learning disabilities and challenging behaviours. His work included coaching families and training staff to help the families in their daily lives. This led onto working as a trainer and coach within the NHS, coaching and training all staff groups in relationship building and communication skills. During the next ten years Bill taught meditation regularly leading classes, longer courses and residential retreats. During this time he worked in the Charity sector focusing on organisational development. He also developed a highly successful series of creative communication workshops bringing together insights from his perspective as a meditation teacher and his work as a professional coach and trainer. Bill has also worked as a freelance management consultant and executive performance coach.

He now specialises in clinical Hypnotherapy to assist people to make powerful changes in their life. Bill runs a full time Hypnotherapy practise and continues to do work for the NHS in Oxfordshire, running Stress Management and Assertiveness courses as well as taking referrals from the Occupational Health Service.

Bill runs the UK Academy course in Oxford.

To contact Bill call 01453 520308 or email bill@hypno-nlp.org