

WELLER ASSOCIATES TRAINING
presents
**HYPNOTHERAPY AND NLP DIPLOMA
AND CERTIFICATE CBT TRAINING**



2010 COURSE PROSPECTUS

Weller Associates

High Cleaves Barn

Over Norton

Oxfordshire OX7 5PW

Phone (01608) 645 445

Email: enquiries@wellerassociates.co.uk

<http://training.wellerassociates.co.uk>

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Weller Associates training are proud to announce their training programme for Hypnotherapy, NLP and CBT held at training venues conveniently located in Central Chessington Buckinghamshire and the Holiday Express Inn Swindon, Wiltshire.

Practitioners level training programme held over five, two day master classes will enable you to practise successfully and you will be awarded a diploma in hypnotherapy as recognised by the largest hypnotherapy organisation in the UK, the General Hypnotherapy Register and the General Hypnotherapy Standards Council.

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In accordance with the approved GHR Standards Council our course runs for 10 days, two days per month giving you 70 hours of supervised practise and theoretical teaching. In addition you are expected to study for at least 140 hours, which means most students spend around 7 hours per week on their homework and practical work. We provide a recommended reading list so your total study time may well exceed these hours of you so wish.

Total hours 210

Accreditation: General Hypnotherapy Register.

Study Methods: Practical classroom work, homework assignments and focus on practical work with no final exam.

Syllabus Breakdown: 5 x 2 day modules, each with combination of practical and home study components.

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Module 1

Day 1

History-what is hypnosis

Practical

Clinical v stage

Suggestibility

Stage hypnosis techniques

Practical

Day 2

Trance states. Physiological/time distortion

Hypnotic inductions. Demonstration and student practical work

Relaxation scene: permissive

Post hypnotic

Wakeup/count out

Therapeutic alliance

Practical

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Module 2

Day 3

Rapport building

Body language non-verbal communication

Personality types

The professional voice pitch, pace, volume, energy and articulation

Practical exercises including active listening

Day 4

Induction types

Visualisation

Direct

Indirect

Authoritarian

Confusional

Use of scripts

Practical

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Module 3

Day 5

Abreactions
Contraindications
Transference
Resistance
Language of the sub conscious
Stress management
Scripts
Practical

Day 6

NLP, Milton and Meta model
Swish & Anchoring
Reframing
Utilisation
VAKOG & eye accessing clues
CBT

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Module 4

Day 7

Uses of hypnotherapy
Smoking & weight loss
Anxiety & stress
Phobias
Sports
Scripts
Practical

Day 8

Amnesia & regression
False memory
Time line
Secondary gain
Self-hypnosis practical
Trance deepening practical
Practical

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Module 5

Day 9

Practical role-play & feedback

Day10

Role-plays cont

CPD

Practise management

Course review

Ongoing supervision and coaching

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Application Form

Chessington

Course Start Date

Swindon

PERSONAL DETAILS

NAME:

ADDRESS:

POSTCODE:

TELEPHONE:

EMAIL:

**WE ARE HAPPY TO RECEIVE PAYMENT VIA:
PERSONAL CHEQUE
(made payable to Weller Associates)**

**Or Please Telephone your payment to Sam at
Weller Associates 01608 645 445**

We accept electronic payment from the following cards:



All card transactions securely processed via



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