



# MANCHESTER COLLEGE OF COACHING AND HYPNOTHERAPY

Accredited Training in Greater Manchester, Edinburgh and Glasgow

The Manchester College of Coaching & Hypnotherapy aims to give you sound theoretical principals in addition to receiving extensive practical-based learning. It prides itself on a high trainer-student ratio and flexible training opportunities. The course draws on the work of Milton Erickson but also includes David Grove and Ernest Rossi, all of whom have contributed greatly to our knowledge of modern day hypnotherapy. In addition the modules include a wide range of NLP techniques which can be used either in traditional hypnosis or alert states. More recently EFT and EMDR have been added to the curriculum, which are frequently used in the treatment of anxiety and PTSD. This course provides the knowledge, tools and expertise for anyone wishing to set up in business as a fully qualified accredited Clinical Hypnotherapist and Coach.

**The Practitioner Clinical Hypnotherapy Course constitutes 9 modules.** The first 4 modules, known as the Certificate, cover the background principles and processes of hypnotherapy thereby providing a solid framework for further learning. On the successful completion of the course you will receive a **CCH which denotes a Certificate in Clinical Hypnotherapy. You will also receive a Life Coaching Certificate on completion of the Life Coaching Module.** This will enable you to offer stress management, directive hypnosis dealing with issues of confidence, weight, smoking, pain and performance anxiety. You can also teach your clients self-hypnosis.

Please note: the certificate does not entitle you to become a full member of GHR and it is recommended that you continue to take the further 5 modules if you want to have the full benefits of GHR membership. The further 5 modules known as the Diploma build on the core learning and theory of the Certificate and focus on how to treat a variety of conditions as well as how to run a successful hypnotherapy practice with reference to professional ethics and patient care. The 9 modules constitute **120 classroom hours.** The essential components of the Diploma are: resolving emotional traumas, regression, fears and phobias, addictions and obsessive compulsive disorders as well as solution-orientated techniques for a number of common clinical conditions. The **DCH** will be awarded on satisfactory attendance and a 70% pass mark in both the practical and theoretical exam in addition to supervised clinical practice throughout the course and submission of 3 case studies. Being in receipt of a **DCH** means you have successfully achieved **Practitioner** status and can apply for membership to a variety of professional organisations including the GHR, HA and others.

## **ELIGIBILITY**

The certificate course is open to anyone who has a general interest in hypnotherapy, has essential people skills and would like to improve their relationship with self and others. There will be a telephone or face to face interview prior to acceptance. It is also the foundation for anyone wishing to pursue a career in hypnotherapy and will give course participants a range of processes and procedures which will create the opportunity for positive change within their clients. Please note: those students wishing to gain the Diploma must first complete the certificate\*. If you are already a qualified hypnotherapist you may wish to complete a specific module and in this instance you would receive a CPD Certificate of attendance. *\*The trainer reserves the right to recommend postponement of the diploma or refuse progression on a course if there are concerns around health or inappropriate behaviour during the course.*

## **COURSE FRAMEWORK**

The Manchester College of Clinical Hypnotherapy can tutor on a one to one basis or in a group learning situation. It is also deemed important that self development is a core element of the course and participants are expected to be involved with practical learning on themselves and other members of the group.

## COURSEWORK

Students are expected to carry out essential reading both for the Certificate and Diploma courses as well as reading their core notes. In addition, there is self-directed learning which constitutes assignment work, case studies, informal research, script writing, watching online therapeutic treatment and preparing for the exam. Students are also required to practise throughout the course to enhance their practical skills. A written exam takes place on Module 5 of the Diploma. The total hours including classroom hours, reading and self-directed learning are 450; which is the minimum requirement of the CNHC which regulates the course work for the accrediting bodies such as the GHSC or the HA.

## ASSESSMENT

There is continual assessment throughout the Certificate and Diploma courses including assignments and a practical exam. On satisfactory completion of the first 4 modules, students will be awarded a certificate (CMCCH). Successful completion of the Diploma will require a 70% pass mark in both a written and practical exam as well as submission of three case histories. The practical exam requires the student to be able to induce trance and facilitate therapeutic treatment.

## ACCREDITATION

The Certificate and Diploma courses are validated externally by The General Hypnotherapy Standards Council [www.ghsc.co.uk](http://www.ghsc.co.uk), the Hypnotherapy Association, [www.thehypnotherapyassociation.co.uk](http://www.thehypnotherapyassociation.co.uk) the International Hypnosis Association, [www.hypnosiscredentials.com](http://www.hypnosiscredentials.com), and internally by the International Institute of Professional Coaches and Hypnotherapists (see [www.iipch.co.uk](http://www.iipch.co.uk)). Insurance can be obtained from Towergate Insurance, Howdens or Balens amongst many others.

## CERTIFICATE IN CLINICAL HYPNOTHERAPY

### Module 1

<ul style="list-style-type: none"><li>• Definition of Hypnosis</li><li>• Understanding Trance</li><li>• Background to Milton Erickson</li><li>• Right and Left Hemispheres of the Brain</li><li>• Induction Techniques</li><li>• Suggestibility Tests - Ice Bucket</li></ul>	<ul style="list-style-type: none"><li>• Linking, Leading, Pacing</li><li>• Trance Procedure</li><li>• Metaphors and Language</li><li>• Favourite Place of Relaxation</li><li>• Teaching Self Hypnosis</li><li>• Creative Visualisation</li></ul>
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### Module 2

<ul style="list-style-type: none"><li>• Direct and Indirect Suggestion</li><li>• Confidence Building</li><li>• Ericksonian Language</li><li>• Introduction to Counselling &amp; Psychology</li><li>• Introduction to NLP</li><li>• Representational Systems</li><li>• David Grove and 'Clean language'</li></ul>	<ul style="list-style-type: none"><li>• Ideo-motor Response</li><li>• 'Positive Intention of a Symptom'</li><li>• Contra- indications</li><li>• Abreactions</li><li>• Early Learning Set</li><li>• Closing a Session</li></ul>
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### Module 3

<ul style="list-style-type: none"><li>• Anchoring</li><li>• Using NLP Techniques with Hypnosis</li><li>• Reframing and Symptom Manipulation</li><li>• Distraction and Confusion Techniques</li><li>• Post Hypnotic Suggestions</li><li>• Body Language</li></ul>	<ul style="list-style-type: none"><li>• Goal Setting</li><li>• Time Line Therapy</li><li>• Developing Relationship with Self</li><li>• 'The Inner Child'</li><li>• Parts Therapy and 2 Hand Technique</li><li>• Weight Management</li></ul>
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### Module 4

<ul style="list-style-type: none"><li>• Creating Positive Belief Systems</li><li>• Emotional Freedom Technique (EFT)</li><li>• The Ernest Rossi approach</li><li>• Stress Management</li><li>• Stopping Smoking</li><li>• Theory and Practice of Dissociation</li><li>• Pain Relief</li></ul>	<ul style="list-style-type: none"><li>• Performance Anxiety</li><li>• Presence of the Therapist</li><li>• Setting up in practice, client care, confidentiality, ethics, supervision and continuing professional development</li><li>• Taking a Case History</li><li>• Life Coaching Certificate (see below) N.B. There are additional coaching tools throughout the hypnotherapy course</li></ul>
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### Module 5: Life Coaching

<ul style="list-style-type: none"><li>• Definition of coaching</li><li>• Ideal coach and environment</li><li>• The coaching spectrum</li><li>• The <b>Grow</b> model (9, 10,11)</li><li>• Grow model sample questions and tips</li></ul>	<ul style="list-style-type: none"><li>• Coaching Toolkit includes: Self Awareness Activity Myers Briggs Inventory Aligning Values How do you want your life to be? A walk in the future: future pacing Vision Board Feng Shui: art of geomancy Developing the Inner Coach</li></ul>
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#### Cost of Certificate: £825 (No Vat)

The Certificate takes place over 4 weekends comprising 50 classroom hours. £100 deposit and **£725** payable at start of course. If choosing to pay per weekend then there is a surcharge of £10 per weekend. In the summer there is block learning. The certificate takes place over 7 days to make it easier for foreign students to travel economically. There is continual assessment throughout the course and there is a practical assessment on the weekend of the 4<sup>th</sup> module. Successful completion leads to a CCH. You will also receive a life coaching certificate which is validated internally. Please note that should you want to acquire Practitioner status you must progress and complete the Diploma. There is a short assignment to be completed prior to the start of the Diploma.

# DIPLOMA IN CLINICAL HYPNOTHERAPY

## Module 1

<ul style="list-style-type: none"><li>• Advanced NLP Techniques</li><li>• Shape Shifting</li><li>• Removing Phobias using Systematic Desensitisation</li><li>• Aversion, Flooding and Massed Practise</li><li>• 2 Stage Dissociation and Rewind Technique</li><li>• Fear of Snakes, Spiders etc.</li></ul>	<ul style="list-style-type: none"><li>• Fear of Flying and Fear of Swimming</li><li>• Agoraphobia</li><li>• Nailbiting</li><li>• Blushing</li><li>• EMDR and NLP Eye Processing Technique</li><li>• Peak Performance and Hypnosis in Sport</li></ul>
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## Module 2

<ul style="list-style-type: none"><li>• Regression</li><li>• Freefloating Regression</li><li>• Rebirthing</li><li>• Dreams &amp; Nightmares</li><li>• Lucid Dreaming</li><li>• Time Distortion</li><li>• Pseudo-orientation in Time</li></ul>	<ul style="list-style-type: none"><li>• Past Life Regression</li><li>• Childbirth</li><li>• Asthma</li><li>• Allergies</li><li>• Skin Disorders, Psoriasis, Eczema</li><li>• Multiple Part</li><li>• Tranquillisers, Sleeping Pills</li></ul>
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## Module 3

<ul style="list-style-type: none"><li>• Obsessive Compulsive Disorders</li><li>• Checking Plugs, locking doors etc,</li><li>• Hair Pulling</li><li>• Gambling</li><li>• Anorexia Nervosa</li><li>• Bulimia</li><li>• Alcohol Drugs</li></ul>	<ul style="list-style-type: none"><li>• Bruxism or Teeth Grinding</li><li>• High Blood Pressure</li><li>• Anger Management and Assertiveness</li><li>• Tinnitus</li><li>• Snoring</li><li>• Dyslexia</li><li>• Memory Enhancement</li></ul>
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## Module 4

<ul style="list-style-type: none"><li>• Depression</li><li>• Anxiety</li><li>• Panic Attacks</li><li>• Arthritis and Rheumatism</li><li>• Psychosexual Dysfunction</li><li>• Male/Female Infertility</li><li>• Gender Dysphoria</li></ul>	<ul style="list-style-type: none"><li>• Loss, Bereavement</li><li>• Spirituality</li><li>• Childhood Anxiety Disorders</li><li>• Hypnosis with Children, Working with Vulnerable People, Children's Act</li><li>• Cancer</li><li>• Cardiovascular Problems</li><li>• Automatic Writing</li></ul>
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## Module 5

<ul style="list-style-type: none"><li>• Paranoia</li><li>• Criminology</li><li>• Gastrointestinal Disorders</li><li>• IBS and Gut Directed Therapy</li><li>• Psychological Dystonia</li><li>• Truisms, The Yes Set, Not knowing, Not doing</li><li>• Migraine</li></ul>	<ul style="list-style-type: none"><li>• Dentistry</li><li>• Sleep Disorders</li><li>• Quantum Healing</li><li>• Creating a Successful Business</li><li>• Patient Care, Role of Hypnotherapist, Legal Issues, Data Protection, Complaints</li><li>• Written Exam &amp; Practical</li></ul>
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The Diploma consists of no less than 70 classroom hours. You will also be required to read from the suggested list (see below), carry out self-directed learning and undertake a practical and written exam. There will also be continual assessment throughout the course as well as written assignments. **The above curriculum should be read in conjunction with the Certificate course which is pre-requisite to gain the Diploma qualification. The combined classroom hours of both the Certificate Course and Diploma total 120.**

Entry to the Diploma course is open to all students who have **successfully completed** the Certificate in Hypnotherapy from the MCCH. If you are a qualified hypnotherapist but not from the MCCH and would like to treat a weekend(s) as a masterclass or to refresh your skills you will receive a Certificate of Attendance of the subjects undertaken. You will not be eligible to receive the Diploma qualification. **Completion of both the Certificate and Diploma will earn you the letters DCH after your name and will entitle you to apply to the GHR for full Practitioner Status.**

**Cost is £1100 (No Vat) payable at commencement of course**

It may be possible to carry out your Certificate and Diploma on a one to one basis at a time to suit you and over a staggered time period. However you must complete the minimum hours within each module to meet the criteria of the Diploma and the GHR. Alternatively, if already a qualified hypnotherapist and wish specialist training, please contact your preferred trainer.

### **Principal MCCH, Trainer (Edinburgh)**

Hazel Thomson B.Sc. DHyp, PDCHyp. Post Graduate Certificate Counselling

Hazel trained with the London College of Clinical Hypnosis and holds a Certificate, Diploma and a Post Graduate Diploma in Clinical Hypnotherapy. She also holds a certificate from the British Medical Hypnotherapy Examinations Board as well as a Post Graduate qualification in Counselling. She widened her experience by attending many workshops including those facilitated by Ernest Rossi, David Grove and NLP trainers; Tim Hallbom and Suzi Smith. In addition to her training from Tania Prince in EFT and Deep State Re-patterning, she also added Theta Healing and EMDR to her clinical tool bag. Hazel has 25 years post qualifying experience in private practise having owned 'The Complementary Clinic' in Aberdeen before moving to Manchester to establish The Manchester College of Coaching and Hypnotherapy. She now lives in Edinburgh and divides her time between private consultancy and training and supervising.

### **MCCH Trainer (Glasgow)**

Andrew Griffiths NLP Practitioner, DCH, GHR Reg

Andrew holds qualifications from MCCH but also trained with Mike Mandell in Canada and Andrew Parr in London. He is passionate about hypnotherapy training because it allows him to pass on the skills and techniques he has acquired over the many years. He has more recently developed an online Anxiety Programme called 'Anxiety Unplugged' as well as creating an online Marketing Programme for hypnotherapists who want help to set up their own business.

He is Director of his own media company but employs managers so he can concentrate on what he loves doing; helping others

### **MCCH Trainer (Manchester)**

Ron Pusey DHyp, NLP Practitioner, GQHP, GHR Reg

Ron is proud to have trained with MCCH and runs a lively practice both as a therapist and trainer in Derbyshire. Ron is registered with the Complementary and Natural Healthcare Council, is a CRSST Accredited Practitioner, NLP Practitioner and GHR Registered Practitioner.

Ron has been a personal and business development trainer for over 25 years working across Public Private and 3rd Sector

## **MCCH CONTACT DETAILS**

### **MCCH (Edinburgh)**

**Hazel Thomson, Principal & Trainer Edinburgh**

[hazel@hypnotherapyinedinburgh.co.uk](mailto:hazel@hypnotherapyinedinburgh.co.uk) or phone 07730 603 468

Office: 8 Parsons Green Terrace, Meadowbank, Edinburgh, EH8 7AN

### **MCCH (Glasgow)**

**Andy Griffiths Regional Trainer Glasgow**

[andy@piece-of-mind.co.uk](mailto:andy@piece-of-mind.co.uk) or phone 0141 340 9870

### **MCCH (Manchester)**

**Ron Pusey Regional Trainer Greater Manchester**

[ron@stopanxietytoday.co.uk](mailto:ron@stopanxietytoday.co.uk) or phone 07962 188 749

## Suggested Reading List for Certificate and Diploma

**Key: ( C ) denotes certificate suggested reading and \* is recommended reading for the combined certificate and diploma courses**

Self Hypnosis and other mind expanding techniques C Tebbits \* ( C )

Self Hypnosis The Complete manual for Health and Self Change Dr Brian M. Alman & Dr Peter Lambrou\* ( C )

Uncommon Therapy: The Psychiatric Techniques of Milton H Erickson. M.D. J Hayley\* ( C )

The Structure of Magic Bandler and Grinder\* ( C )

The Magic Shop Helen Graham\* ( C )

The Homecoming, Reclaiming and Championing your Inner Child John Bradshaw\*

On Death and Dying Kubler Ross\*

Same Soul Many Bodies Brian L Weiss MD\*

Past Lives, Present Miracles, Denise Linn\*

The Psychobiology of Mind-Body Healing New concepts of Therapeutic Hypnosis Ernest Rossi\*

Breaking the Patterns of Depression, Michael Yapko\*

A Road Less Travelled M Scott Peck\*

### **Other useful reading for the Certificate and Diploma Course**

Hypnotherapy Handbook; Hypnosis and Mindbody Healing in the 21<sup>st</sup> Century Kevin L Hogan

Introducing NLP Neuro linguistic Programming Seymour and O'Connor

My Voice will go with you Erickson and Rosen

Frogs into Princes Bandler Neuro Linguistic Programming Bandler and Grinder

Patterns of the Hypnotic Techniques of Milton H Erickson, M.D ( C )

Trancework: An introduction to the Practise of Clinical Hypnosis Yapko MD

Resolving Traumatic Memories David Grove

Hypnotherapy David Elman

Beyond the Influence: Understanding and Defeating Alcoholism Katherine Ketcham, William F Ashbury, Mel Shulstad, Arthur P Ciaramicoli

A Picture of Health Helen Graham

Feel the Fear and do it anyway Susan Jeffers

Being Happy Andrew Matthews

