Online hypnotherapy course

The course will be presented live via Zoom on seven consecutive Thursdays (7pm until around 9.30pm) commencing January 9th

Note this is not a practitioner course although it does contain a lot of content from our full Diploma course

Contents include:-

The basics of hypnosis, hypnotherapy and NLP

How the mind works, so as to understand phobias, habits, anxiety etc.

Strategies and techniques to help you feel more confident and relaxed

How to overcome bad habits such as overeating etc.

How to trick your own brain into overcoming fear, in five seconds!

Powerful stress management techniques based on the latest research

How to make positive affirmations many times more effective

How to use Emotional Freedom Technique (EFT) and discover what it can be used for

Simple pain management techniques

Session 1

What is hypnosis etc. Inductions and deepeners. Abreaction and other safety issues. Demonstration and practical.

Session 2

The Warriors, Settlers and Nomads personality model. How the mind works – including the “chimp” model. Practical.

Session 3

Direct and indirect suggestion. How to make suggestions (and affirmations) more effective. Confidence and positivity. The hot air balloon, including demonstration. Practical.

Session 4

How to do self-hypnosis. Introduction to NLP. The swish, including demonstration. Practical.

Session 5

NLP fast phobia cure. Anchors. How to trick your own brain to overcome fear. Demonstration. Practical.

Session 6

Understanding the stress response and how to manage stress. Emotional Freedom Technique.

Session 7

Q&A session and extra practical

The cost is £197 although if you book your place before November 30th it’s just £147

If you would like to book your place, or if you have any questions, please let me know.

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