

# **“CHOOSING YOUR CLINICAL HYPNOTHERAPY DIPLOMA TRAINING PROVIDER”**



**By Nigel Hetherington**

**QUESTIONS  
YOU SHOULD  
BE ASKING**

# CHOOSING YOUR TRAINING PROVIDER

*Andy Smith of Practical EQ wrote an eight question guide to helping people choose their NLP training provider called '[Choosing Your Training Provider](#)'. I have taken his excellent idea and extended it into the context of Clinical Hypnotherapy Diploma training courses.*

Here are some questions you may like to consider before deciding on which training provider will meet your needs and requirements.

- 1. What is the emphasis of the course?** Hypnosis, Hypnotherapy, A selection of scripts to treat conditions, Journeyman or competent professional?
- 2. What is the group size?** Course sizes can range from 4 to over 300! What size would you like your group to be?
- 3. What is the course duration?** Short or Intensive courses can be as little as 7 days long, extensive courses are usually 12 days or more.
- 4. How is the course structured?**  
Does the course run for 7 days straight, or one weekend a month over 10 months? Do you want to complete the course quickly or do you want time to take it on board and integrate the learning into your life.
- 5. How much access do you get to the trainer?** Is the trainer available to answer questions or does he use assistants and coaches to do that work?
- 6. What does the course cost?** The pricing varies from under £600 to over £4,500 that's quite an investment.
- 7. How much does the personality of the trainer matter?**  
Does your trainer inspire trust? Do you feel at ease with them? If possible meet up with them before taking a training to find out what they are like.
- 8. What is the training venue like?** Some venues are little more than dilapidated old schools with no heating, some are purpose built training environments. Do you expect a clean comfortable training environment?
- 9. What support is available for you during training?** Does the training school provide contact time outside of class. Are there any on line forums or practice groups?
- 10. What facilities are available for you after you graduate?** Are there support groups for continued professional development, practice and supervision? Does your training school offer you additional support in way of supervision and advice in setting up your practice?
- 11. Does accreditation matter?**  
Since there is no official body setting the standards, how is your training accredited?
- 12. When you graduate will you be professionally competent?** Once you complete your course will you be reading a scripts to people for each condition you treat or will you have real skills? What level of competence do you want in your professional abilities?

# ANSWERS TO THE QUESTIONS

## WHAT IS THE EMPHASIS OF THE COURSE?

Some schools will have you reading scripts, playing the role of a hypnotist. Having all your attention on a book or a piece of paper reading the script. You are to all intents and purpose ignoring you client because you attention is on the script; you know, just about any idiot can read a script!

I have met and trained several 'hypnotherapists' who have trained at quite well known hypnosis 'academy's' that were only capable of reading scripts to clients. Our courses concentrate on participants being able to apply their new skills in all therapeutic situations to themselves as well as to clients. Our courses are designed so that you learn by doing. Theory is some 15-20% while practical application makes up 80-85%.

Here we are interested in you developing real and powerful change processes so you can apply you skills to properly help and assist your clients in truly professional and competent ways. Working this way, your attention is focused where it must be, on your client. So you are confidently shaping the outcome and direction of your sessions.

With this in mind, a strong emphasis throughout the course is about participants learning robust procedural tools and skills that will enable you to become truly competent and professional hypnotherapist.

During training there is a high emphasis on practical application. You will learn through demonstrations and practice. All teaching and learning is geared up so that you can use it immediately in the real world in real applications.

We work upwards from the NLP foundations of rapport, calibration and behavioural flexibility and having specific outcomes in mind. This is about you developing skills and knowledge that easily transfer across contexts of different conditions and applications. Your new skills working in the hypnotherapeutic context can be applied equally as well working as an NLP therapist of in any of the coaching fields.

Finally, we of course emphasise ethical and appropriate use of these powerful skills.

## WHAT IS THE GROUP SIZE?

There is an optimum number of course participants, that ensures diversity and quality of your training. The minimum number of people on any training course is six. The Maximum is fifteen. Our courses are always well supervised. In addition to your trainer there is always at least one highly skilled assistant at all times.

This way, with these numbers we can guarantee that you will receive all the necessary one to one assistance and feedback you require *and* have the essential diversity and essential experience that comes from training with other people during your course.

## WHAT IS THE COURSE DURATION?

We offer three different options depending on your current level of qualification and the amount of time you can commit to your training. We offer a five month, a ten month and a fifteen month course.

### FIVE MONTH COURSE

This course required you already hold an NLP Practitioner certificate and will build and rely strongly on your skills you developed during you NLP training. This is a **total of ten days** ( seventy hours ) direct supervised training.

### TEN MONTH COURSE

This course is a combined NLP Practitioner and Clinical Hypnotherapy Diploma training. The Clinical Hypnotherapy Diploma training begins just over mid way through the NLP Practitioner training so there is an double commitment in terms of time for the final five months. This is a **total of thirty days** ( one hundred and ninety hours ) direct supervised training.

### FIFTEEN MONTH COURSE

This course is for those people who wish to do their NLP Practitioner training first and then after that do the Clinical Hypnotherapy Diploma training the following year. This is a total of **total of thirty days** ( one hundred and ninety hours ) direct supervised training.

Some people who already hold an NLP Practitioner certificate still choose to do the longer ten or fifteen month training. We do offer a special discounted rate for people who wish to use this approach for their training and development.

## WHAT IS THE COURSE STRUCTURE?

It is our experience that intensive and short courses very rarely produce competent practitioners or therapists. They in fact usually have the opposite effect.

Our courses are structured as learning modules, usually weekends, with a one month time gap in between. We give this time because experiential learning, a cycle of demonstration and instruction, practice and then reflection is essential in becoming the best you can be. Each module builds on the previous ones.

Here is the structuring for each of our three training course options.

### FIVE MONTH COURSE

This is one weekend per month over five consecutive months.

### TEN MONTH COURSE

One weekend per month over the ten months make for your NLP Practitioner qualification. For the last five months of your training the Clinical Hypnotherapy Diploma begins and this is *an additional* weekend per month for the remaining five months. Brining your time requirement to two weekends per month for the final five months.

### FIFTEEN MONTH COURSE

One weekend per month over the ten months make for your NLP Practitioner qualification. Then following this, your Clinical Hypnotherapy Diploma training of one weekend per month over five consecutive months.

## HOW MUCH ACCESS DO YOU GET TO THE TRAINER?

During the course your facilitator and assistants are always readily available during the training and breaks. Participants are encouraged to ask questions and fully participate in the experiential learning.

You will also receive regular feedback during the course from your tutor as part of your learning and professional development.

Outside of course time you are very welcome to call or email your training facilitator with any questions you have or regarding any advice you may require.

There is also an exclusive on line private forum where you can post questions and keep in touch with other course students.

## WHAT DOES THE COURSE COST?

We are firmly committed to delivering the highest value training at cost people can genuinely afford.

None of our trainers drive flashy cars and we do not run expensive or aggressive marketing campaigns. This means we can offer you top quality training courses at mid market prices.

We offer you early bird discounts because when our courses fill up early we can concentrate on other things rather than marketing our courses.

For current prices, [click here](#) to see them on our web site.

## HOW MUCH DOES THE PERSONALITY OF YOUR TRAINER MATTER?

In a nut shell, it really matters a lot!

Call up your potential trainer and talk to them! Better still arrange a meeting. Why? You are looking for a trainer to meet your training requirements and to inspire trust.

Check for positive personality, a sense of humour, rapport skills and a genuine laugh! You owe it to yourself to make sure your potential trainer is the the right person for you!

You will be spending a lot of time and money on your course so it is very important that you get on with your trainer. The emotional connection and passion with which trainers deliver can make a huge difference in both what and how you learn.

## WHAT IS THE TRAINING VENUE LIKE?

Your learning environment is a critical part of your training journey.

Some training providers run their courses from little better than dilapidated buildings shared with probationary services. The facilities have questionable supplies of drinkable water and unpredictable heating systems.

It has been so cold on these courses that many people took in blankets or sleeping bags and a hot water bottle to try to keep warm. This sounds like a horror story, it is! I have been a participant on these courses!

Our training venues are purpose built, clean modern and warm. This provides the correct and very necessary environment for your learning to take place in. Our training locations have ample parking and are in very pleasant neighbourhoods.

Call up your training provider and ask them where the training takes place. Better still visit and inspect the venue yourself.

## WHAT SUPPORT IS AVAILABLE FOR YOU DURING THE TRAINING?

We provide three optional ways of participants to stay in touch with peers and continue to develop and apply their skills.

First there is an on-line forum where participants can stay in contact with each other and with the training facilitator. Plus you can ask questions and receive helpful advice.

Secondly all participants can access the trainer by email or phone for free advice, guidance and support.

Thirdly, for the duration of their course, all participants have complementary access to our hypnotherapy practice and supervision group [The Trance Cafe](#) and our NLP practice group, [The NLP Cafe](#).

## WHAT FACILITIES ARE AVAILABLE FOR YOU AFTER YOU GRADUATE?

All graduates will remain full members of our on-line forum. A place to ask questions and share ideas.

We encourage continued professional development and by way of demonstration, all graduates are offered complementary supervision for their first six months after graduation, worth over £300.

Graduates are also welcome to free help and advice on how to go about setting up and developing their own private practice.

All graduates are eligible to join the Front Line Skills - Advanced Hypnotherapy training.

And so you can have peer support and continue to practice your new skills there are two practice groups per month. The NLP Cafe and The Trance Cafe. These are excellent value at just £10.00 per evening.

## **DOES ACCREDITATION MATTER?**

NLP and Hypnotherapy are unregulated professions. There are numerous 'professional' bodies and associations. There is absolutely nothing to stop you setting up as a Therapist or Hypnotherapist right now!

Accreditation and Professional membership does matter.

We have chosen to belong to three bodies whose training standards are commensurate with our own beliefs and attitudes towards highly competent and professional graduates. We do take our association with our chosen professional organisations very seriously.

NLP Training is accredited with The Professional Guild of NLP. One of our trainers is also accredited as an NLP Trainer by Dr. John Grinder ( the co-creator ) of NLP and an associate trainer with the Society of NLP with Dr. Christina Hall.

Your Clinical Hypnotherapy Diploma is accredited and approved training by the General Hypnotherapy Standards Council. On graduation participants may elect to join the General Hypnotherapy Register.

## **WHEN YOU GRADUATE WILL YOU BE PROFESSIONALLY COMPETENT?**

When you graduate we are 100% sure you are confident and competent to begin clinical practice. If we thought otherwise we would not issue you with your certificate.

Our teaching methods and your commitment continue to produce highly skilled and competent individuals so you really can be sure you will be professionally competent.

### **HOW WE ASSESS YOUR PROGRESS**

- Through continuous assessment throughout the course.
- There is a written or verbal exam.
- You will complete three case studies working with real people.

When you graduate you can be sure it will be as a professionally competent clinical hypnotherapist who has earned their certification.

So these are my answers to the questions you really should be asking of any training provider before you choose to join any training course.

If you have further questions, please give me a call or send me an email.

I am very happy to discuss your questions with you.

My very best regards

Nigel Hetherington

Tel: 0770 481 8467

email: [nigel@clinicalhypnotherapydiploma.co.uk](mailto:nigel@clinicalhypnotherapydiploma.co.uk)

web: [www.clinicalhypnotherapydiploma.co.uk](http://www.clinicalhypnotherapydiploma.co.uk)

*Communicating Excellence*

Clinical Hypnotherapy Diploma

PO Box 238, Morpeth, NE61 9BS

[www.clinicalhypnotherapydiploma.co.uk](http://www.clinicalhypnotherapydiploma.co.uk)