

ADVANCED DIPLOMA 2019

FINAL OPTION TO TAKE FULL COURSE ENTIRELY CLASSROOM BASED

The original classic Transformations Institute/EICH model taught in full by the Founders in person for the last time ever in Dubai!

CLASSROOM-BASED MODULES 1 & 2

15 – 18 Feb

Double Module: Diploma in CBT and the Psychology of Depression, Grieving & Loss; using CBT & Hypnotherapy as complementary psychotherapeutic modalities. (2 x 2-days & Supervision Group)

This is a short intensive Diploma course with additional accreditation and is suitable for mental health professionals and others with relevant backgrounds/experience who wish to learn and apply the basic principles and practices of CBT along with other modalities. Those who wish to obtain an additional qualification, i.e. the Diploma in CBT with the Psychology of Depression, Grieving and Loss, can do so by taking and passing the post-course exam at the required standard (which is accredited by Dr David Kato, ACHE and the Open College, UK), and payment of an additional exam marking and certification fee (which will be approx. AED 300).

CBT has become increasingly popular with clinicians and the general public alike over recent years and it was the therapy recommended as a replacement for most drug-based therapy in the highly influential Depression Report published by the London School of Economics in 2006. Its popularity is partly because of its common sense and clear principles, and also because the short-term, structured nature of the treatment makes it particularly amenable to empirical investigation, and it has accumulated an impressive research base. Studies indicate that CBT is superior to antidepressants, and has even been shown to be an effective treatment for schizophrenic patients in clinical settings. It is not surprising that CBT is now included in most treatment guidelines for a variety of psychiatric conditions, including those produced by the U.K.'s National Institute for Health and Clinical Excellence (NICE) and the American Psychiatric Association (APA). CBT has become a favourite choice of care companies and health services looking for cost-effective alternatives to traditional psychotherapy.

Many studies have demonstrated that when combined with hypnotherapy, the success rates are even higher, so this short intensive course covers the key principles and methods of CBT and how it can be combined with hypnotherapy as 'Hypno-CBT' to achieve better outcomes with clients who present with depression, grieving and loss, and how a combination of both approaches can be beneficial for clients. It includes an introduction to mindfulness and alternative views of the process of dying and death from the perspective of Eastern and Buddhist Psychology, which are increasingly influential in the latest versions of CBT, such as Dialectical Behavioural Therapy (DBT) and Mindfulness-based CBT.

MODULE 3 Assertive Communication Skills & Self-Esteem Building for Clients & Therapists 1 – 2 Mar

(2 days + evening Supervision Group)

This Module will focus on developing your own and your clients' self-esteem, confidence and emotional intelligence. Understanding the different communication styles and their effects on others, drawing on behavioural psychology and assertiveness training techniques. We will analyse and practise the art of direct, honest, clear and congruent communication. The Module covers the management of feedback: receiving compliments and handling criticism constructively and handling anger effectively.

How to put across your message whilst respecting the rights and opinions of others. Identifying and desensitising 'crumple buttons' and changing limiting beliefs and attitudes. Affirmations and Vision Boards/Treasure Maps. Dealing with Anger. This module is highly interactive with an emphasis on role play and learning and applying practical skills.

The course manual also includes useful written material on issues related to the increasingly prevalent practice of working at a distance: conducting therapy via e-mail, on-line/Skype, and by phone.

MODULE 4 - 1st of Double Module: Part 1 - Advanced Archetypal Parts Therapy & Jung's Model of the Psyche

(2 days + evening Supervision Group) 22 – 23 Mar

This Module is the first part of a double module that covers Watts' concepts of Personality and Sub-Personality Types and 'Parts' or 'Ego States' therapy as developed by Tebbetts and others, to which students were introduced on the Diploma course. In the first part of these two Modules, we will be going more deeply into these approaches in order to develop the understanding and application of Archetypes in Advanced Parts Therapy and Hypno-analytic work. We will also give an overview of Jung's Model of the Psyche and transpersonal psychotherapy and consider how this could be utilised in conducting hypnotherapy. We will conduct a practical exercise in Mandala work and discuss the therapeutic application of this technique.

MODULE 5 – 2nd of Double Module: Part 2 Advanced Archetypal Parts Therapy & Introduction to Berne's Transactional Analysis (TA) and Games Theory

(2 days + evening Supervision Group) 21 – 22 Jun

In this Module we will build on the concepts of archetypes and personality types covered in Part 1 of this double module and focus on their practical applications in the conduct of analytic psychotherapy and hypnotherapy as well as in talk-based 'Theatre of the Imagination' sessions which can also be used in Gestalt-type processes. We will also give an overview of Berne's Transactional Analysis (TA) and Games Theory and consider how this could be applied in working with clients, both in the counselling and psychotherapeutic 'pre-talk' and within the hypnotherapy session.

The material for the second part of this double module will be supplied in Module 4 so that participants can study it before the follow-up Module and familiarise themselves with the concepts and techniques so that this Module can focus on practising the applications in class.

The material in these two modules is intended primarily for therapists/counsellors with some experience/knowledge of hypnotherapy.

MODULE 6 Working Therapeutically with Children, Young People, Parents and Families

(2 days & evening Supervision Group) 13 – 14 Sep

This intensive module is packed with a great deal of valuable, detailed and thorough information and resources on the stages of development: cognitive, emotional and physical, of the three main age groups: Part 1 covers the Early Years 'Teenies aged 0 – 6, Part 2 covers 'Tweens aged 7 – 12, and Part 3 covers the Transition to Adulthood 'Teens aged 13+. The course includes case studies with practical exercises to explore the effectiveness of different models of parenting, including positive and mindful approaches, elements of NLP and the influence of language, and considers different approaches to 'discipline' and behavioural conditioning.

Part 4 covers different therapeutic approaches, including conducting hypnosis and hypnotherapy with children and young people. It also includes an introduction to Satir's model of Family Therapy and systemic transformational therapy, how to construct a 3-generational family map, the coping stances we typically adopt in conflict and when under stress, and the Iceberg Model. The manual material provides a rich set of resources for conducting therapeutic work and a sound foundation for further study for therapists who wish to specialize in working with children, young people, parents and/or families. It is suitable for continuing professional development for therapists and counsellors of all modalities, as well as educators and childcare professionals.

(3 days + evening Supervision Group) 26 – 28 Sep

This intensive module is intended to prepare hypnotherapists to be able to conduct successful active hypnobirthing courses for couples, individuals and groups and is also suitable for midwives, obstetricians and physical therapists who would like to be able to apply some of the techniques with their patients/clients.

The course is led by Dr Leila Edwards, who, in addition to her qualifications as an advanced hypnotherapist, psychotherapist, counsellor, coach and trainer, has expertise in the field of health & illness and completed her MSc dissertation 'Don't Take It Lying Down' on the applications and benefits of both traditional and innovative woman-centred approaches to childbirth preparation, challenging the medical model of requiring women to labour in the supine position as not only unnatural and painful, but also responsible for many of the complications in labour and childbirth. Her interest in positive approaches to health care and parent education led her to serve as a Tutor and elected Officer of the National Childbirth Trust, a founder member of the Active Birth Teachers' Association, and Community Health Council member. She was privileged to work with a pioneer in this field, the anthropologist author and birth educator, Sheila Kitzinger, and with her former associate, Janet Balaskas, devised the first-ever Active Birth Teacher Training course. She pioneered several initiatives, including establishing the first-ever publicly funded Parent Education and Active Birth Classes for the Inner London Education Authority, enabling low-income women and families to benefit from courses that had previously only been available in the private sector. She was involved in research projects that helped to change NHS policy on labour practices in the UK and she has trained many medical professionals in hypnobirthing and other therapeutic approaches.

The course covers the history of childbirth and explores the major differences between 'women centred' and psychosexual approaches and the medical model of childbirth, and includes case studies.

All hypnobirthing involves using hypnosis, visualization and some include breathing techniques to manage discomfort and reduce stress in labour but 'active' hypnobirthing is different. It teaches women how to use the natural birthing positions that reduce the length of labour and make it easier for the baby to pass through the birth canal and encourages the mother to understand that she and her baby are active participants in the process, not passive 'patients'. Partners are encouraged to attend the preparation sessions and to play an active role in supporting the birthing mother, using massage and touch, giving positive reinforcement to the suggestions, imagery and triggers that the woman has learned before her labour.

Information and resources are provided on preparing a birth plan, client questionnaires, scripts and suggestions, as well as an additional manual on Hypnobirthing and Pain Control with permission of Frank Garfield and Cheryl Beshada, medical hypnotherapists who founded the Professional Clinical Hypnosis Group in the USA. The additional manual contains numerous scripts using Ericksonian (Milton Model) language in the suggestions and imagery.

We also cover hypnoanalgesia and hypnoanaesthesia which can be applied in many other situations to manage/control pain and discomfort, both chronic and acute.

Those who choose to complete and pass the exam at the end of the manual will be awarded an additional qualification, the Diploma in Active Hypnobirthing and Advanced Pain Management, accredited by EICH and APHP. There will be a charge of AED 250 for the exam marking and certification.

CLASSROOM-BASED MODULE 7 Advanced Breathing Therapy & Primal and Emotional Trauma Release

(2 days + evening Supervision Group)

11 – 12 Oct

In this dynamic and intensive module we will consider a number of approaches that give primacy to the trauma experienced pre- and post-natally and in the process of being born. We will focus on the work of Janov (Primal Scream), Grof (Holotropic Breathwork) & Orr (Rebirthing), providing an overview of primal and breathing therapies with particular emphasis on the practice of different breathing techniques: those that establish safety, grounding and control; and those that trigger catharsis and can be used to facilitate integrative regression with powerful emotional and energy release. We will practice these methods in pairs and also conduct group sessions.

Whilst it requires a longer full training to qualify and become a therapist who specializes in breathwork, the techniques learned on the course can be used by hypnotherapists, psychotherapists and counsellors in appropriate cases with their clients, especially those who are 'stuck' or 'resistant' to regression, memory recovery, or analytic work, and who are reluctant or find difficulty in experiencing their emotions and feelings. We will also include a brief introduction to some energy and meridian-based therapies that are highly complementary to the practice of hypnotherapy and breathwork: the 'basic recipe' of Emotional Freedom Techniques (EFT) and some exercises from Chinese Yoga and 'Chi Gong' that incorporate breathwork and posture, including 'The Six Healing Sounds'. These sessions will be led by Phil Edwards, who is a Certified Instructor in the International Healing Tao system, trained by Grand Master Mantak Chia, a Level 2 Instructor for the Yong Quan Tai Chi Chuan Association, and trained in Touch for Health and 2nd degree Reiki.

This Module is also open to those who have some experience of breathwork, such as Pranayama Yoga, Art of Living, Chi Gong, or similar, or have had personal experience of cathartic and/or integrative trauma release.

The cost for the full taught course, OPTION 1 is AED 26,500 if paid by instalments and AED 24,000 if paid in full by the start of the course, giving a discount of AED 2,500. This is the same rate as has been charged for the past 5 years, despite a substantial increase in overheads. To guarantee a place, applicants paying by Instalments must pay an initial deposit of AED 2,650 as soon as possible, and the balance of AED 23,850 is payable by 10 instalments of AED 2,385, commencing on 1st February and finishing on 1st November 2019.

For those who choose to pay in full, the initial deposit of **AED 4,000** is payable immediately, or by the end of and the balance of **AED 20,000** is payable by 1st February 2019.

It is a condition for obtaining the Advanced Diploma that you renew your APHP membership as a Licentiate member as soon as you are informed that you've passed the Diploma. The membership year starts at the end of January, so you should know your results shortly after that and should be able to upgrade from student membership online. Once you've completed the Advanced Diploma, you can immediately upgrade to Full Membership as the Ad.Dip. enables you to fast track after just one year instead of the usual minimum of 2 years.

For those who wish to take one or more of the modules that are available for CPD purposes on a freestanding basis, the fee is charged *pro rata* at AED 1,325 per day, however, those who aren't attending the Supervision Group evenings and aren't entered for the full qualification, and who register as Earlybirds, will get a discount and pay just AED 1,950 for the 2-day courses and as appropriate for the 3 and 4 day courses.

We look forward to working with as many of you as possible in 2019 to support you in your career progression and personal and professional development using the skills of applied positive psychology!

Leila

Dr Leila Edwards

Course Leader