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Professional Practitioner Course International Diploma in Clinical Hypnotherapy Psychotherapy & Counselling

Delivered in DUBAI

Prospectus, Application Form
&
Calendar of Dates 2019

in association with:

Essex Institute for Clinical Hypnosis & Psychotherapy (EICH)
Association for Professional Hypnosis & Psychotherapy (APHP)
National Register for Psychotherapists & Counsellors (NRCP)
Academy for Continued Hypnosis Education (ACHE) International

Courses accredited by leading bodies for hypnotherapy, psychotherapy, counselling & behavioural psychology, conferring eligibility for membership of many international professional associations.

GHSC



AHSM Association of
Hypnotherapy &
Stress
Management



Background

Our professional practitioner courses are based on holistic, humanistic and client-centred positive psychology. We encourage our students to adopt an eclectic approach so that they can utilise a variety of techniques and methodologies, including clinical and analytic hypnotherapy, transpersonal psychotherapy, cognitive behavioural therapy (CBT), energy and meridian therapies, and be open to any approach that enhances their professional practice in providing effective brief therapy and counselling for individuals, couples and families.

Hypnotherapy is the oldest of the 'mind sciences' and has its roots in the various forms of traditional medicine that treated body, mind and spirit as a whole. Since the 18th century the practice of 'animal magnetism', which became known as 'hypnotism' in the 19th century (an abbreviation of the term 'neuro-hypnotism'), was developed into an effective method for inducing a deep state of relaxation, sometimes termed a 'trance', in which there was a measurable change in bodily functions and sensations, to the extent that it became widely used for the relief of pain at a time when effective and safe forms of anaesthesia were not available. There are many well-documented cases of doctors performing major surgery, including amputations and the removal of tumours, using hypnosis as a form of natural anaesthesia. This physical state of relaxation is accompanied by a state of psychological well-being, even euphoria, in which the person is conscious, their brainwaves are in the *alpha*, or even the *theta*, state and, as long as there is no danger or threat to switch on the alert and activate the stress response associated with the *beta* state, the critical and analytical aspects of cognition are dormant, leading to increased suggestibility.

The main advantage of conducting psychotherapy in this state, induced with the client's consent, is that it enables the client to experience a state of deep and focused concentration in which the mind is focused on a specific thought or goal without interference from the conscious critical faculty that normally filters out any ideas, concepts or suggestions that are in conflict with, or contrary to, the 'programmed' belief and expectation system and thus resists change of any kind, even if that change is beneficial and consciously desired. Clinical hypnotherapy entails two main methodologies: 1. Suggestion work, which involves the therapist in giving the client a series of positive suggestions, either directly, or indirectly, through the use of guided visualisation, story-telling and metaphors that engage the senses and imagination and stimulate a positive subconscious response; 2. Analytic work that uses age regression and other psychotherapeutic techniques, either direct and structured, or indirect, through free association, to identify the originating causes of symptoms, the 'initial sensitising event(s)' with the intention of connecting the adult ego state with that of the child and thus enabling the client to draw on adult resources to put the past events into perspective and to release and desensitise emotional responses to past trauma. This more advanced technique incorporates elements of Gestalt therapy, Neuro-Linguistic Programming (NLP) and other complementary modalities.

Learning how to induce the hypnotic state is relatively easy and it's also quite straightforward to read from prepared scripts in order to conduct suggestion work. However, it takes far more in-depth training, both in the construction of suggestions and scripts and in applied positive psychology, to achieve consistently high success rates. A sound training in Clinical Hypnotherapy should meet the requirements of the Complementary and Natural Healthcare Council (CNHC), the register established in 2011 with support from the UK government to set, maintain and regulate the occupational and training standards for the profession. Our professional practitioner courses are approved by the Association for Professional Hypnosis and Psychotherapy (APHP), an official Verification Authority for CNHC. So our graduates are eligible for registration with CNHC as well as other prestigious international professional associations.

Our courses not only meet but exceed the CNHC's required core curriculum and hours of face-to-face training, which cover the key theoretical principles, demonstrations and practice of applications and techniques, as well as additional hours of personal study, research and practical work. The Diploma and Advanced also include additional hours of training in psychology and the assessment of personality types in order to tailor the therapeutic approach to the individual needs of the client. The two most evidence-based forms of talk-based psychological therapy are Hypnotherapy and Cognitive Behavioural Therapy (CBT), which research consistently demonstrates are more effective when a combination of both is used.



Until Dr Leila Edwards decided to establish accredited world class training in psychological therapies in Bahrain in 2006, the only available courses in the GCC region were either unaccredited counselling courses, or short hypnotherapy courses (of no more than 50 -60 hours), such as those accredited by the National Guild of Hypnotists (NGH), USA. It is our opinion, based on many years' experience, that these short courses are no substitute for a comprehensive and thorough professional training over a longer period (at least one academic year), involving practical and written assignments, casework, continuous assessment and examinations, to ensure that students have and can demonstrate the necessary skills and knowledge to be certified as competent practitioners. They don't meet CNHC or UK standards.

Why you need this training - a thorough preparation

As yet, hypnotherapy and psychotherapy are largely unregulated professions in the UK and there are no standardised qualifications which are recognised within the UK, EU or USA. However, this situation may well change in the future with regard to Hypnotherapy and Psychotherapy. These professions were reviewed in 2011 and are due to be reconsidered in the future, when there is a possibility that the term 'Psychotherapist' will be legally restricted. If this happens, only those therapists who have completed a *bona fide* recognised psychotherapy training course will be permitted to use the term 'Psychotherapist' in their professional capacity. Our courses have been approved by the National Council of Psychotherapists (NCP), the National Register for Psychotherapists and Counsellors (NRPC), and the Association for Professional Hypnosis and Psychotherapy (APHP), which is an Official Verification Authority for CNHC. Our graduates are eligible to join these and other professional associations, as well as the Natural & Complementary Healthcare Council (CNCH), the register recommended to the public by the UK government, NHS, and private healthcare providers, for selecting a hypnotherapist whose qualifications are accredited by an official Verification Authority.

When you learn a new skill, especially one which is going to involve interaction with other people on a personal basis, often addressing highly confidential and sensitive issues, you need to be certain that you receive your training from properly qualified professionals. If legislation is introduced, then all working therapists will need to be able to show that they have been trained in safe, efficient and up-to-date techniques. Most reputable training organisations are affiliated to a professional body and we are committed to this process, ensuring that high standards of professional education and training are maintained. This is reflected in the quality of the teaching materials and methods, covering every necessary practical and theoretical aspect of the subject in detail. Through our formal association with EICH and APHP we enjoy multiple accreditations with the leading professional associations in the UK and this is your guarantee of competent and internationally recognised training.

Our commitment to your expertise extends beyond your final exam because after your graduation from the international Professional Practitioner Diploma in Clinical Hypnotherapy with Psychotherapy & Counselling Skills, you will continue to have access to support and guidance and the opportunity to progress to an Advanced Diploma and a professional graduate supervision programme.

Our International Diploma and Advanced Diploma Professional Practitioner courses are accredited by, and run in association with, the Essex Institute of Clinical Hypnosis & Psychotherapy (EICH), UK, one of the leading and longest-established training schools in the UK. It's the only UK hypnotherapy training provider to be allowed to use the term 'Institute', reflecting involvement in active ongoing research. The certificates are issued direct from the Institute in the UK, so that you are assured that you have been trained and certified at a level that fully meets UK quality standards and is a British qualification. The Institute's Principal, Dr Terence Watts, has run a busy private practice in the UK since 1989 and is a Fellow and Founder Member of the Hypnotherapy Research Society, Emeritus Fellow of the Hypnotherapy Society, Fellow of the National Council for Hypnotherapy, Fellow of the Royal Society for the Promotion of Health, Fellow of the Royal Society of Medicine, Chair of the international Association for Professional Hypnosis and Psychotherapy (APHP), and Founder of the National Register for Psychotherapists and Counsellors. He is also the only psychology-related therapist world-wide to hold the MCGI (Member of the City and Guilds Institute), comparable to a British Masters degree. He has been in successful full-time private practice as a hypnotherapist and psychotherapist since 1989, having trained in Harley Street, London, and is the originator of many successful training programmes.



An internationally acclaimed lecturer, trainer and presenter, Freeman of the City of London, and published author of a number of successful books on psychology, hypnotherapy, cognitive therapy, personality types, and sexual dysfunctions, Dr Terence Watts is also the founder of *Hypnosense*, originator of *SymbioDynamics™*, and of *Brain Working Recursive Therapy (BWRT)™* a cutting-edge therapeutic methodology whose applications are being actively explored and promoted by The British BrainWorking Research Society, and which constitutes modules of a Masters degree in a South African University.

Who teaches on these courses?

Dr Leila Edwards – Course Leader

BA (Hons), MSc, MBA, Ph.D, PGCE, Cert.Couns. LCIP, Cert.SS, Dip.Ad.Hyp, FCI.TFC, NLP Master & Trainer, EFT Adv.Prac., Dip.CBT, MACBT, DAPHP (Acc), FNRAH (Acc), MNRPC (Acc), FRSA



The Diploma programme is led by Dr Leila Edwards, a highly qualified and experienced Consultant Hypnotherapist, Psychotherapist, Counsellor, NLP Master, Trainer and Life Coach, Advanced EFT and CBT Practitioner, Supervisor and Trainer who has been actively involved in the field of human development for 40+ years. She trained with many leading Practitioners, including Dr Anton Obholtzer, former Director of the Tavistock Clinic, UK, and the late Gil Boyne, Founder of the American Council of Hypnotist Examiners. Dr Leila has served as Chair of the Austin Training International Advisory Board and as a representative to the General Hypnotherapy Standards Council. She has run a very busy and successful practice in the Gulf and remains a practice partner in Harley Street, London.

A skilled professional with sound academic and management credentials, Dr Leila has served as a Dean and Director at a number of prestigious universities and colleges in the UK and Middle East. Her expertise in the field of alternative approaches to health care, stress management and well-being has been developed through training, practice, research, and writing about various modalities including: meditation, yoga, martial arts, massage, colour therapy, assertiveness training, accelerated learning, counselling, psychotherapy, clinical hypnotherapy, Neuro-Linguistic Programming (NLP), Cognitive Behavioural Therapy (CBT), Satir Model Family Therapy, Psychometric Profiling, Emotional Freedom Techniques (EFT), Meridian Therapies and Biofeedback. She was the Director of the first-ever GCC Lead Licensed Delivery Centre for Dr Paul Ekman International's cutting-edge behavioural science in emotional intelligence, body language, facial expressions and the assessment of truthfulness and credibility. In 2016, Dr Leila was awarded lifelong Diplomate membership of AHP, the highest category of membership that is only conferred on those select few who are considered to have given exemplary service to the Association and to be the leaders in the profession of Hypnotherapy and Psychotherapy.

Dr Leila's interest and experience in positive approaches to holistic health care, relationship, marital counselling and family therapy, parent education and child development, have led her to serve as a Tutor and Branch Chair for the National Childbirth Trust, a founder member of the Active Birth Teachers' Association, and a representative to the Community Health Council. She has trained many medical and health care professionals in the UK and internationally and is highly experienced in many clinical applications of hypnotherapy, including 'active hypnobirthing' and pain management.

As a specialist in creative problem-solving, Dr Leila was trained by Robert Fritz as a Fully Certified Instructor in Technologies for Creating and DMA. She served as a Team Leader and Tutor for the UK Open University Business School, has taught on many MBA and post-MBA Masterclass programmes, and also featured on BBC television as a leading facilitator of creative problem-solving techniques.

An elected Fellow of the Royal Society of Arts and Honorary Member of the Golden Key International Honour Society, Dr Leila has advised government ministers and official bodies on education and health issues and been involved in many professional associations. She has been honoured with a Women of the West Award for her public service and contribution to lifelong learning. Dr Leila is Accredited as a Trainer & Approved Supervisor by EICH and AHP and is a senior practitioner on the register of the General Hypnotherapy Standards Council, registered with the Complementary & Natural Healthcare Council and a member of the National Association of Cognitive Behavioural Therapists.



Current and previous memberships include: National Register of Advanced Hypnotherapists, James Braid Society, British Association for Counselling & Psychotherapy, Association of Student Counsellors, National Register of Psychotherapists & Counsellors, International Institute for Counselling & Professional Development, and the Association of Cognitive Behavioural Therapists. She is an elected Diplomat of APHP.

Dr Leila personally leads the Diploma and Advanced Diploma courses, ensuring that you acquire a sound core knowledge base from a highly experienced practitioner and educator, with occasional input from distinguished visiting Associates, each of whom is experienced in a relevant specialist field.

Phil Edwards – Course Tutor

BA (Hons), M.A, PGCE (FE), Cert.C&G, Cert.HRI, IIHT, IYQTCOA, Dip.Ad.Hyp., FAPHP(Acc), NLP Master & Trainer, Dip.CBT



The Course Tutor, Phil Edwards, is an experienced therapist, trainer, senior consultant in human development, and Accredited by EICH, NRPC, and APHP, of which he is a Fellow. As a Director and Head of Department in universities, colleges and training organisations in the UK and GCC, Phil has extensive experience of learning skills development and is a UK-Accredited Assessor of learning support needs. His government-funded university project in the UK was described as a 'model of good practice' by the Director of the NDT. Phil's specialist knowledge also includes remediating difficulties with English Language, access to text, dyslexia, ADD/ADHD, and other specific learning difficulties and sensory impairments.

Phil is a qualified therapist and hypnotherapist and specialist in NLP and Coaching, with a particular interest in evidence-based holistic energy, mind-body healing and in the relationship between western and eastern psychology and the integration of cognitive and mindfulness approaches. He has also undertaken training in Acupuncture and Traditional Chinese Medicine, in Chinese and Hatha Yoga, is a Level 2 Instructor in Tai Chi Chuan & Chi Gong (with martial endorsement), Certified Instructor in the Universal Healing Tao, personally trained by Grand Master Mantak Chia, has Second Degree Reiki, trained in 'Brain Gym' & 'Touch for Health' Kinesiology and in MindMapping and PhotoReading™. Phil is an Advanced Practitioner of EFT and Meridian Therapies and a Certified Instructor in Technologies for Creating. He is an NLP Master Practitioner and Trainer and one of the few Society of NLP™ Licensed Coach Trainers. He is co-author of *Heart to Hara*, a book on the combination of breathing therapy and Shiatsu.

Our International Associates currently include: **Dr David Kato**, Founder of the Bristol Depression Clinic, UK. Dr Kato is an authority on Cognitive Behavioural Therapy (CBT) and Hypno-CBT and serves as an Adjunct Professor at Alpha University in the USA. Together with his colleague, **Dr Kim Manning**, President of ACHE and Medical Hypnotherapist, he specialises in Depression, OCD & Eating Disorders; **Phillip Holt**, an NLP Master Practitioner & Trainer, who is also a specialist in Accelerated Learning (Paul Scheele Certified Instructor in PhotoReading™, Buzan Licensed Trainer in Mind Mapping & Memory Techniques) & Hypnosis; **Pat Bragg**, a mediator, counsellor and educator who specialises in communication and conflict resolution. She was the senior adviser to the Family Courts in Manitoba where she was President of the Satir Institute for Professional Development, before returning to the Yukon where she was previously Executive Director of the Family Counselling Centre. She recently founded the Satir Institute Society of the Yukon and has been appointed as Director of the Family Mediation Service. Pat is in the direct lineage of Virginia Satir, having been mentored by Satir's colleague and co-author, Dr Maria Gomori, still active at 98! She delivers training in the Satir Model for Counselling Individuals and Couples and conducting Family Therapy, approved by the Canadian Counselling and Psychotherapy Association (CCPA). Our most recent Associate is **Melissa Tiers** whose course on Working with Addictions received rave reviews when she visited Dubai for the first time in 2017. Melissa is a rising star on the international circuit who runs a training, therapy and coaching centre in New York, has featured widely in the media, and is a successful author. Melissa's approach is dynamic and very effective, combining hypnotherapy with NLP, CBT, cross-lateral exercises, and a rapid version of EFT, all informed by the latest research in neuroscience.





Dr David Kato, UK Dr Kim Manning, USA Phillip Holt, UK, & Far East Pat Bragg, Canada Melissa Tiers, USA

We are dedicated to providing the very best personal tuition for every student, whether that student is studying at home or in the classroom. For the Diploma, the assignments and examination papers are assessed by experienced professionals and the final examination is personally moderated by Dr Terence Watts, providing impartial UK-based quality assurance for students training in the GCC.

There are no formal written assignments for the Advanced Diploma, other than a Self-Assessment submitted at the end of the course and, for those who wish to obtain the additional optional certifications that are sometimes offered, such as the Diploma in CBT, and the Diploma in OCD and Eating Disorders, there is a post-course exam to complete after relevant module(s).

When possible, we invite one of our International Associates to deliver one of the Advanced Diploma Modules. We have now incorporated distance and on-line learning into our portfolio, which is very helpful to busy therapists who wish to engage in ongoing professional development. Our graduates and contacts with appropriate professional qualifications and experience are eligible to take Essex Institute's accredited Advanced Modules and receive a 20% discount on these on-line courses when citing the relevant code that we supply on request.



Principal of the Essex Institute, Dr Terence Watts, an internationally respected hypnotherapist, psychotherapist, trainer and author, says of the International Diploma courses run by Transformations Institute:

"Now that I've seen the quality of your training through the results of your students' work, I'm even happier that you've established these courses in the Middle East!"

Terence Watts delivers the on-line courses personally and most of them have been accredited by the British Psychological Society (BPS) for CPD credits.

Our tuition is first class and our on-going interest in students is second to none, extending beyond training into long-term professional support. Class sizes are limited, ensuring that all students receive personal attention in developing professional competence and personal confidence.

EICH is fully accredited as a bona fide hypnosis and hypnotherapy training school by the major organisations for practising hypnotherapists. By virtue of our formal affiliation with EICH, all graduates of the taught Diploma and Advanced Diploma courses are eligible for membership of the following professional bodies:

- **Complementary and Natural Healthcare Council (CNHC)**
- **Public National Register of Hypnotherapists (PNRH)**
- **Association for Professional Hypnosis and Psychotherapy (APHP)**
- **Society of Stress Managers (SSM)**
- **National Register of Psychotherapists and Counsellors (NRPC)**
- **National Register of Advanced Hypnotherapists (NRAH)**
- **International Council of Professional Therapists (ICPT)**

In addition, EICH is a UKCHO registered school; UKCHO is the United Kingdom Confederation of Hypnotherapy Organisations, an umbrella body for the profession. This central body was set up to maintain high standards of tuition in hypnotherapy schools and colleges.



Only those organisations who can demonstrate that their tuition courses reach the demanding professional standard required are eligible for membership of this organisation.

The standard of EICH-accredited courses is such that the UK Open College Network says:

"I have discussed the content of your work with my colleagues and we are of the opinion that your programmes are of a higher level than we currently accredit..."

Deputy Chief Executive Officer,
Open College Network Eastern Region

If you join any of the listed organisations, you will automatically be registered with UKCHO and will be eligible for enrolment on the register of the Complementary and Natural Healthcare Council (CNHC) as of 2011, when hypnotherapy became registerable in the UK. When you complete our Advanced Diploma you will be eligible to register as an Associate of the British National Register of Advanced Hypnotherapists (NRAH) and will receive full membership after two years, provided you attend 15 hours of CPD (Continuing Professional Development - see our CPD courses) annually and receive professional supervision. This particular Register only offers membership to those who have completed a study course of above-average quality and obtained a higher level of qualification or acquired an advanced level of professional expertise. As an Advanced Diploma graduate, as long as you continue to be a member of an appropriate professional body, receive the required Professional Supervision and engage in CPD, you will be able to legally term yourself as a Psychotherapist since the National Council of Psychotherapists accredits the EICH-certified Advanced Diploma at Psychotherapy level.



Some of our graduates decide to continue with academic studies after completing the course. Normally a first degree in psychology is required to be accepted for postgraduate study in psychology or related fields. Yet several of our graduates have been accepted on to postgraduate courses on the basis of having trained with us and progressed to obtain Masters degrees in Psychology at accredited universities (UK and USA) without having first obtained a first degree in psychology.

For those graduates who have a degree in ANY subject, or a professional equivalent, there are now also options to progress to postgraduate study including the Masters in Applied Positive Psychology (MAPP) run by Bucks New University, UK. The MAPP course can be attended in person or by distance learning, or a combination (blended learning).

One of our graduates was exempted from the first year of the only Hypnotherapy degree at that time in the UK, the Bachelor's in Clinical Hypnotherapy (Brief Therapy and Ericksonian Hypnotherapy) at St. Mary's University, London, and was accepted directly on to the second year of the degree. She went on to complete an MSc in CBT and now runs a successful practice in London. Some of our students already have BA/BSc degrees, Masters and even PhDs in Psychology when they come to study with us. They choose to train with us in order to learn the *applied skills* required to establish successful practices as therapists.

Qualified Hypnotherapists progress to the Advanced Diploma to enhance their skills in clinical hypnotherapy and to upgrade their training and qualifications so that they can be competent and confident to practise psychotherapy and counselling and broaden their range of skills so as to be able to deal with more challenging cases and improve their success rates.

For those who have no formal training in hypnotherapy, the International Diploma in Clinical Hypnotherapy with Psychotherapy and Counselling Skills is the first 'entry level' of qualification to become a professional practitioner. This course is suitable for complete beginners if they have the right motivation and commitment, regardless of their academic or professional background, as well as for health and well-being professionals. We have trained students who are medical doctors, psychiatrists, psychologists, counsellors, psychotherapists, nurses, physiotherapists, and senior academics with PhDs in Clinical Psychology, as well as people from just about every other walk of life. What all of them have in common is the desire to learn applied skills, which is the main focus of our courses.



For those who have completed the International Diploma in Clinical Hypnotherapy with Psychotherapy and Counselling Skills with Transformations Institute, or its equivalent from another reputable training provider, and are already qualified Hypnotherapists, the next level of qualification is the Advanced Diploma in Clinical Hypnotherapy, Psychotherapy & Counselling, described in detail in a separate Prospectus. In the UK, to join most of the professional bodies for psychotherapists it is required that you have undertaken at least two years of training.

If legislation *is* introduced, then all working therapists will need to be able to show that they have been trained in safe, efficient and up-to-date techniques. Most reputable training organisations are affiliated to a professional body and we are committed to this process, ensuring that high standards of professional education and training are maintained. This is reflected in the quality of the teaching materials and methods, covering every necessary practical and theoretical aspect of the subject in detail. Through our formal association with EICH and AHP we enjoy multiple accreditations with the leading professional associations in the UK and this is your guarantee of competent and internationally recognised training.

What if I'm not a qualified hypnotherapist but am a health professional/therapist/counsellor/coach and/or have an interest in a particular Module of the Advanced Diploma?

If you don't wish to undertake the full Diploma training to become a Clinical Hypnotherapist but are interested in one or more of the individual Modules on the Advanced Diploma course, most of these are open to people with relevant professional skills or interests to attend, as short 'free-standing' courses, for which a Certificate of Attendance can be provided as evidence of Continuing Professional Development (CPD) or credit for Continuing Education Units (CEU). Some of the modules have optional post-course exams that lead to additional qualifications, for example in CBT and in Active Hypnobirthing and Advanced Pain Management.

Sometimes we run Modules that require previous training in hypnotherapy or other modalities and are thus restricted to those with the relevant training and knowledge to be able to benefit from the training. For example, the Module on Therapy Using Breathwork and Primal Trauma Release is only suitable either for qualified therapists/counsellors or those with experience of breathwork, such as *Art of Living*, pranayama, or other appropriate breathing techniques.

What happens if I'm a hypnotherapist certified by the NGH but my qualification does not meet CNHC standards?

There are a number of hypnotherapists who have only completed a short training course and have obtained NGH-approved qualifications that do not meet the requirements of CNHC. In such cases, each application will be reviewed and considered on a case-by-case basis, taking into account any other training courses and CPD activities that have been undertaken, length of time in professional practice, number of clients seen, success rates, etc.

If we consider that your training covers most of the core elements of a CNHC approved course, then you may be accepted for the Advanced Diploma with the proviso that you undertake some additional study to ensure that you have covered the missing elements.

In a number of cases, the applicant has some of the required knowledge and skills but has important omissions in their training. In such cases, we may be able to arrange a short intensive 'catch up' course to be taken in parallel with the Advanced Diploma so that on completion of the course, you will be able to 'fast track' to the next level of qualification and eligibility. There will be an additional fee for this assessment and any extra training provided.

What is the style and structure of the Diploma and Advanced training?

Our taught Modules are consistently rated as 'excellent' by our students and graduates. The sessions are intensive and highly interactive with a combination of presentation, group work, practice in pairs, triads or small groups. Students are encouraged to be active in their participation and to contribute to the learning of the group by sharing their own experiences.



There is a Group Supervision session for all of the taught Modules, when participants share and discuss case studies and issues related to professional practice. The session is facilitated and supervised by the Course Leader.



How can the Advanced Diploma benefit my professional practice?

Some graduates of our Advanced Diploma have gone on to specialise in areas that they had not previously considered whilst others have continued to work in the same field as before but with far more resources and skills in their therapeutic 'toolkit'.

At the end of the course, students are required to submit a Self-Assessment which includes a personal Professional Development Plan for their future career and on-going CPD needs.

We have striven to bring unique professional development opportunities for therapists and counsellors to the region, leading to new business ventures. Three of our graduates have gone on to establish centres in Bahrain, Dubai and Abu Dhabi specialising in weight loss and management using the 'Gastric Mind Band' (GmB), a trademarked and internationally acclaimed method combining hypnotherapy, Neuro-Linguistic Programming (NLP) and Cognitive Behavioural Therapy (CBT). Whilst others have copied this approach using other names, we brought Marion and Martin Shirran, the originators of the GmB method and authors of "The Shirran's Solution: the Gastric Mind Band" and "Pause Button Therapy", to the Middle East for the first time. The Shirrans have successfully treated hundreds of clients with success rates as good, or better, than the results of bariatric surgery and medical gastric banding, without any of the risks of surgery and at a far lower cost. Clinical trials on the method are currently underway at teaching hospitals and medical schools in the UK. Several centres in the GCC are part of the global network of clinics working with the original Elite Clinic in Spain.

In a region with some of the highest rates of obesity and Type 2 diabetes in the world, a natural and effective method of reducing and maintaining weight loss has huge business potential.



Gastric mind Band
weight management for life



Details of the Diploma course

When you join the Diploma course, you will automatically be registered as a Student Member of APHP, since we are formally affiliated to APHP. Once you have been awarded the Diploma, you will be ready and able to practise professionally and will receive a pre-approved APHP Application Form. In order to practise ethically and, in some countries, legally, you should join an appropriate professional association. This will provide you with support for your professional development as well as many other benefits. Many providers of professional indemnity insurance will also require you to be a member of a professional association. You can apply to any of the associations listed on previous pages, but we strongly recommend APHP because it is particularly suitable for hypnotherapists who are also trained as psychotherapists and counsellors, and use hypno-analytic techniques.

Professional supervision & continuing professional development (CPD)

Any reputable professional association, such as APHP, has a Code of Ethics and Conduct designed to uphold professional standards. Anyone who practises as a counsellor or psychotherapist, regardless of the modality they use, should receive ongoing professional supervision after they have qualified. The newer you are to the profession, the more important it is that you receive supervision from an experienced Supervisor as you develop your skills and build your practice. The details of how, when, and from whom you should receive supervision will be explained on the Diploma course. Students who progress to the Advanced Diploma will automatically receive supervision throughout the advanced course, which has a Professional Supervision Programme built into the programme.

Professional associations also require members to continue with their own professional development by engaging a certain number of hours of relevant training each year, known as 'CPD' or 'CEU/FEU'. Those graduates who do not wish to proceed to the Advanced Diploma can opt to attend one or more of the 'open' modules, or can attend other relevant courses to develop their professional skills and knowledge.

Health care provider recognition

Diploma graduates wishing to practise in the UK will be eligible to apply for provider status with the National Health Service (NHS) as well as with private health insurance providers, such as BUPA or ALICO, meaning that clients may be referred by a doctor, medical specialist or consultant. Since 2011, when hypnotherapy became 'registerable' in the UK, qualified hypnotherapists are strongly advised to register with the Natural and Complementary Healthcare Council (NCHC) as this is now the body recommended by the UK government, NHS and private health insurance providers as the appropriate register of properly qualified hypnotherapists. People seeking hypnotherapy in the UK are now advised to only consult CNHC-registered hypnotherapists.

In other countries you will have to check with local providers. At the time of writing, there are no consistent systems for licensing complementary or alternative health providers in the GCC states. In the UAE, for example, the Ministry of Health (MoH) has a section dedicated to licensing alternative/complementary practitioners and clinics but whereas previously hypnotherapy was listed as a licensed therapy in the UAE, since 2011 this is no longer the case.



As at the time of writing, hypnotherapy can no longer be practised in medically-licensed premises, despite being quite acceptable to practice in a non-medical context! And yet we have seen articles and advertisements showing hypnotherapy as available in hospitals and clinics in the UAE and with very positive recommendations and success rates. The degree of misunderstanding and confusion is illustrated by the fact that in that same year that hypnotherapy was no longer licensed (2011) we were informed by the Head of the Licensing Section of the MoH in the UAE that they have “no objection to Neuro-Linguistic Programming (NLP) being used in MoH licensed premises” despite the fact that NLP utilises hypnosis and hypnotic suggestion and language patterns to induce altered states of awareness and facilitate positive change! In the UK, Medical NLP is now accepted by the NHS as eligible for Continuing Education Units (CEUs) for doctors. Although acceptable in most USA states, in some, it is necessary to hold an accredited degree in psychology to describe yourself as a ‘psychotherapist’, and some states do not allow the use of the term ‘hypnotherapist’ at all. In such situations, you can use alternative terminology to describe your services, for example ‘Life Coach’, ‘Lifestyle Consultant’, ‘Counsellor’, or ‘Personal Development Consultant/Advisor’, ‘Well-Being Advisor’, or other such titles.

You will find that most countries in the world will accept bona fide UK-accredited qualifications and certification by the appropriate professional bodies. Remember, our courses exceed the minimum requirements of the leading professional associations and examination/registration boards in the UK.

FAQ - Frequently asked questions

In this section, you will find answers to some of the questions that experience has shown us are frequently uppermost in the mind of the prospective student. If you have a question that is not covered here, please contact us to discuss your query in person.

Why become a psychological therapist?

Maybe you want to find a rewarding career working for yourself, earning a good income whilst helping others; perhaps you are seeking something new and different to do in your spare time. It could be just that you have always found the working of the human mind fascinating and you want to discover more. Whatever your reason, we can help you to fulfil your goals the easy way, within an interactive and supportive group environment for theory and practice, supplemented by home study and work with ‘practice clients’.

Do I need any special background or academic qualifications?

There is no need to have any previous experience to become a successful therapist. The Diploma materials are written with the assumption that the student may have only a vague idea of what therapy actually is and how it works. This means that you don’t have to be a psychologist or counsellor to join the Diploma course. Of course, psychologists, psychiatrists, counsellors, mental health and other medical professionals do benefit greatly from this training, and we have had many medical and health professionals as students, including doctors, dentists, physiotherapists, nurses, psychiatrists and psychologists.

Such professionals can apply their new skills within their existing practice and be able to deal with more complex cases at an earlier stage than those who started as complete beginners. But successful therapists come from truly diverse backgrounds: shop assistants, company directors, administrators, bankers, insurance brokers, homemakers, manual workers, salespeople, computer programmers, musicians, broadcasters, teachers, engineers... whatever occupation you can think of, it’s almost certain that a therapist somewhere started out in that role!

As you discover your strengths and interests, we will support you in clarifying and achieving your professional goals as a practitioner and guide you with feedback as to your individual level of competence at each stage of your training. You don’t have to have any particular academic background, as long as you are reasonably proficient in English language, which is the medium of instruction, and have good written and spoken communication skills.



The right motivation, sincere commitment to learning and personal development, a genuine desire to help others, and the willingness to use transferable life skills and experience is more important than being an academic 'high flyer'. The motto of our preferred professional association, APHP, reflects our commitment to produce professionals who embody: "compassion and humility".

What can I achieve?

These days, more and more people are turning towards natural complementary, alternative and what are increasingly referred to as 'integrative' treatments for mental, physical and emotional difficulties. Sometimes, they have a problem they have struggled to find relief from for years, without success. Others just need someone to talk to, to help them through a difficult time in their lives. Some may have a personal issue that they feel they can't sort out alone, but are too embarrassed to discuss with family or friends, or even their doctor. Stress and anxiety are generally most successfully treated by the right type of psychological therapy.

A trained therapist can be of great help to people with a wide variety of problems and provide a very useful service to a huge number of people, whether working in full-time practice or just part-time from a home consulting room. It's not just about helping people quit smoking or change a habit, though these types of therapy are generally quite easy to conduct with excellent success rates. It's also about helping people rediscover happiness and contentment, security and confidence - helping them to get from where they are to where they want to be.

Could I do it - isn't there a 'special gift' involved?

This is a common misconception. In reality, literally anybody with a normal standard of intelligence can learn to hypnotise others and be trained to conduct good therapy, and in far less time than most people might imagine. It is a skill that requires no special abilities. The only requirement to complete the Diploma course is to have a reasonable level of intelligence and to have a good standard of general education to enable you to read the set texts, write the necessary essays and case studies, and take the examinations. The rest is a matter of commitment and the willingness to put in the necessary time and effort to attend and participate in the training sessions (for the taught course) and to practise and study in your own time, as with any form of part-time professional training.

The Advanced Diploma course requires students to be competent and qualified hypnotherapists (either trained by us or by another reputable and accredited training organisation) who are ready and committed to progress and develop further professional skills and specialist knowledge in clinical hypnotherapy and other forms of psychological therapy. The curriculum for the Advanced Diploma is more flexible than the Diploma course and varies slightly from year to year since, in addition to the core modules, the choice of some modules can be tailored to a certain extent to the needs and preferences of that particular student group. A number of modules are suitable as 'freestanding' CPD courses for professionals who are therapists or who have suitable and relevant work experience. As of 2017, we are also able to incorporate on-line learning modules into this programme, however, the first level Diploma training to become a professional practitioner requires a minimum of 120 hours of face-to-face classroom training.

How does it work?

On the Diploma course you will learn core counselling skills and how to effectively use hypnosis and psychotherapy together as 'hypnotherapy' or 'hypno-psychotherapy' so that you can work successfully with a wide range of issues and many psychological difficulties and help people to overcome their problems.

What will I actually learn?

In summary, you will learn everything you need to be successful: counselling skills, the theory and practice of clinical hypnotherapy combined with psychotherapy; conducting stress management for individuals or corporations; client management skills; setting up, marketing and maintaining a successful practice; how to get referrals from doctors; how to generate a steady flow of clients... and much more. Later in this prospectus you will find more information on the specific content and focus for each of the modules.





Mind-body skills: the 'unbendable arm'



Giving positive suggestions in hypnosis

How much can I earn?

That depends on many factors: how many hours you want to work; whether you are working from home or practise in a consulting room; your previous qualifications and experience; the fees you decide to set; and so on. All these eventualities are covered in detail on the course, since we teach you not just how to be a therapist, but how to be a successful therapist.

As an approximate guide, most therapists in the UK charge somewhere between £50 and £150 for a 50 minute – 1 hour session, depending largely upon the geographical area in which they set up their consulting room. Those who work in certain professional organisations charge higher prices, from £125+ per hour outside of the major cities, and much higher prices, normally in the range of £150 - £ 250+ per hour in prestigious practices, such as Harley Street, London, where there are higher overheads and greater demand. It is certainly feasible to build up a practice of 25 or so clients a week, while many therapists see even more than that on a regular basis. Some people prefer to offer longer sessions of 1½ or even 2+ hours, and charge accordingly, and see less clients per week. This tends to be our preferred way of working, so our graduates often follow this model. The risk of taking on too many clients is experiencing professional 'burn-out'. This is another issue that we address on the course.

As an example of the local market in the UAE, in 2018 - 2019, Dr Leila Edwards charges AED 900 per hour, or AED 800 as a prepaid series rate, which includes the supply of written and audio materials for her clients to use for self-help to accelerate progress between sessions. She charges considerably more per hour when working in Harley Street, London. She requires most of her clients to commit to a minimum basic course of 3 sessions, a total of 7 hours (first session 3 hours, followed by 2 x 2-hour sessions), and typically sees her clients for between 3 – 5 sessions. There are different rates for more structured courses, for example, Stop Smoking and Active Hypnobirthing courses. The rate is slightly less for Skype consultations and sessions, at AED 800 per hour and AED 700 hourly prepaid series rate.

Recent graduates of the Diploma, including people who had no previous experience or training as a therapist, are currently charging between AED 250 – 700 per hour for their services, usually in the form of 1½ - 2+ hour sessions, whilst others who were already experienced and qualified in other forms of therapy or profession, or/and are Advanced Diploma graduates, may charge AED 600 – 800 per hour or more.

There are no hard and fast rules but those who wish to receive referrals locally, and be associated with Transformations Institute, agree to reach consensus on an appropriate 'going rate'. You can, of course, choose to do some charitable or *pro bono* work, or offer a limited number of reduced rate sessions to be able to help those in financial difficulty, but it is important not to underestimate the value of your professional services. It is also advisable not to become overloaded by keeping charges low and then having to try to manage a very large caseload and risk 'burnout'. You will be guided on these issues on the Diploma and Advanced Diploma courses. Not everybody works as a therapist in private practice and those who choose to work in the commercial sector can easily earn more in a day than many people earn in a month. When you complete the Diploma course, you will have the necessary skills to develop a career in the corporate sector if that is your preference, and you will also have had some practice in the presentation skills necessary to succeed in that field.



What other benefits are there?

To be a Clinical Hypnotherapist, Psychotherapist & Counsellor is to have a career for as long as you want it, an income for life – there are no age limits – and to work either full or part-time, with the option to take time off when you need it. Also, you can choose your work hours to suit your lifestyle, so you can fit your career around other commitments. Successful therapists often have waiting lists!

What exactly is 'hypnotherapy' – why not just train as a counsellor or psychotherapist?

There are many fears and misunderstandings about the use of hypnosis and hypnotherapy. Most of the myths and mystery that surround it are totally undeserved. The reality is that hypnotherapy is an astonishingly effective, evidence-based treatment for a huge number of human difficulties, both psychological and physical, because we work directly with the subconscious mind, which constitutes around 95 – 99% of the mind's functioning, and are thus able to accelerate the process of change. It is not unusual for somebody to find relief, within only a few sessions, from a problem that may have persisted for years and may have been unresponsive to other forms of treatment or therapy. And when used in a complementary fashion, to assist with rapid healing after surgery or for pain control, for example, the results can be truly astounding.

There is nothing magical about hypnosis, it is a natural state of deep relaxation experienced whilst remaining aware, often accompanied by a heightened state of sensory awareness. It is not in any way dangerous and you cannot get 'stuck', lose your mind, or be 'possessed' in any way. In fact, 'hypnotherapy' simply means using hypnosis for therapeutic purposes. It has no harmful side effects whatsoever. Another great advantage is that you do not have to have a special 'gift of hypnosis' to be able to use it and almost anyone can learn it. This means you could soon be helping others to overcome their emotional and psychological difficulties and helping them to find a life that they had never thought possible. Combining hypnosis with psychotherapy and counselling skills is generally far faster and more effective than talk-based therapy alone. Clinical hypnotherapy can also be used in combination with many other modalities, e.g. Cognitive Behaviour Therapy (CBT), Emotional Freedom Techniques (EFT), Neuro-Linguistic Programming (NLP), Breathing Therapy, Biofeedback, etc.

- Want to help someone stop smoking cigarettes? You can do that.
- The individual who has failed their driving test on many consecutive occasions has two or three sessions with you and passes on the next attempt. You can do that.
- The person who has been painfully shy is able to find a boyfriend or girlfriend. You can do that.
- The individual who has been petrified by the idea of dental treatment now sports a brilliant white smile. You can do that.
- The person who has suffered panic attacks for years is suddenly able to go out and thoroughly enjoy life to the full. You can do that, and much, much more!
- And to those people, you will sometimes seem like a 'miracle worker'.

The truth about clinical hypnosis

In the state of hypnosis, there is no form of unconsciousness involved and nobody can be made to do anything that they do not want to do. Stage hypnosis, along with many television and film portrayals of hypnosis, appears to show that the hypnotised person has surrendered control to the hypnotist but this is NOT the case. An individual in hypnosis retains freedom of choice, free will, and a complete awareness of themselves and everything that is happening around them at all times. There is obviously a high element of showmanship on stage and a need for drama in film and television productions; this is part of the reason why hypnosis is sometimes shown in this rather unfortunate light: as entertainment, or 'spooky', thus causing people to miss out on its many beneficial effects.

Although we do not teach any form of stage or entertainment hypnosis, you will learn, as part of your training, what the stage hypnotist does to give the illusion of control. This information will allow you to easily reassure any individual who fears that they might be at risk in some way.



Hypnotherapy is a reliable technique for beneficial change whose origins are many centuries old and in its modern form is recognised by many branches of conventional or 'allopathic' medicine as a valuable complementary addition, or sometimes an alternative, to medication, to assist with healing, and to help combat pain. Like all therapies, it does not necessarily work for everybody, but it can certainly do no harm and enjoys extremely high success rates. In its simplest form, Hypnotherapy involves the use of positive suggestions, whilst the more advanced techniques use analytic and psychotherapeutic methods to identify and release past trauma and change old, outdated 'programmes' of thought and feeling and replace these with new and more beneficial ways of thinking and feeling, and thus bring about positive and lasting change.

Whilst not a panacea for all ills, hypnotherapy is an effective drug-free treatment method for a great many ailments, especially where there are psychological factors involved. The Diploma course covers all that you need to have a sound understanding of the following:

- An overview of hypnosis, hypnotherapy, counselling and psychotherapy
- Different personality types
- The anatomy and physiology of the 'stress response'
- Fears, phobias and other presenting problems and symptoms
- Pain control and management
- Changing negative habits
- Anxiety and depression
- The power of suggestion
- Performance enhancement
- Client and practice management
- More advanced techniques of hypnoanalysis: 'regression' or 'memory recovery' work, 'Parts Therapy', 'Inner Child' Gestalt dialogue, Freudian Free Association, etc.

Professional Practitioner International Diploma Course Syllabus

If you helped only one other human being to change their life for the better so dramatically that they said something like: "I really didn't realise how wonderful just being alive could be!" you'd feel pretty pleased for that individual. Imagine, then, how it feels when you help not just one person, but hundreds, even thousands, to that same sense of liberation and well-being.

This comprehensive training programme for the Professional Practitioner was originally designed and written by successful UK therapist, author and trainer Dr Terence Watts. It was then substantially revised and adapted for delivery in the Gulf region by Course Leader, Dr Leila Edwards, supported by Course Tutor, Phil Edwards, both highly experienced and skilled therapists, coaches, trainers, and published authors, with sound academic credentials. The course is based on many thousands of hours of successful consulting room experience, numerous training courses and demonstrations. The Diploma will give you a sound working knowledge of the application of ethical clinical hypnosis, hypnotherapy, psychotherapy, and counselling, even if you have no previous experience of the field. The following subjects, and many more, are covered, with key topics explored in precise detail:

- What hypnosis is - and what it is not; what hypnosis can and cannot do
- How to be a successful professional hypnotherapist, psychotherapist and counsellor
- The difference between the stage hypnotist and the clinical hypnotherapist
- How to hypnotise almost anybody - including yourself!
- Overview of the history of psychology, psychotherapy and counselling
- Different models of the psyche: 'Deficit' v. 'Positive' Psychology/Client-Centred brief therapy
- Rapid and accurate identification and understanding of personality types
- Choosing the best inductions and styles for different personality types
- Tailoring suggestions and language to the needs of individuals and to different sensory styles
- How to recognise when somebody is hypnotised and how to manage the process
- How to effect safe release from the hypnotic state
- Direct and indirect therapeutic intervention: different styles of therapy
- 'Uncovering work': counselling and psychotherapeutic techniques for questioning and elicitation
- Creating rapport and working with transference
- Ethical behaviour and Code of Conduct for therapists
- An overview of 'Past Life Regression': its uses and applications, how to conduct PLRT



- Memory recovery/age regression: identifying & releasing unresolved emotional trauma
- 'Inner Child' Gestalt work & forgiveness: healing the past, integrating stored emotions
- Parts Therapy, 'Reframing' and 'Future Pacing'
- Working with and alleviating the symptoms of pain and physical illness
- Dealing with stress, anxiety and depression: understanding the function of the 'stress response'
- Developing mind-body skills: using biofeedback and biorhythm technologies
- Successful management of the process of therapy
- Working with cause, rather than effect
- Introduction to Neuro-Linguistic Programming (NLP) and its therapeutic applications

Course Overview : Modules 1 – 10

The Diploma is an incremental course so that you build on a solid foundation of theory and practical skills and develop a thorough understanding on which to base your professional practice and personal development. We will be covering a very broad range of topics, far too many to list in full, but to give you a general overview of the content of the manuals, audio-CD lessons and presentations, and the order in which we'll be teaching the main topics, here is a summary of some of the key aspects that will be covered in each Module. Each student also makes a presentation, at one of the Module training sessions, either individually or jointly with another student, on a topic of their choice that is relevant to hypnotherapy, psychotherapy and counselling skills.

Module 1

Introduction

Getting to know each other and about the course: what it will teach you and required reading. An overview of hypnosis & hypnotherapy; building rapport and using counselling and communication skills in effective therapy, regardless of what method is used. The use of progressive induction techniques to induce the 'relaxation response', i.e. simple relaxation hypnosis.

Lesson 1

The hypnotherapy business and the professional practitioner. How to get going and how to make a success. Some basic facts about hypnosis, what it can and cannot do, and how effective it may be. Some myths dispelled. Finding and handling clients, including 'practice clients' and conducting case studies for coursework.

Lesson 2

What hypnotherapy actually is and how it can help. Some more facts about hypnosis and the importance of the therapy part of the equation. Common misconceptions. The workings of the subconscious mind. Learning how to create, enter, use and leave a 'pre-hypnotic' state. Accelerated learning techniques for successful study, faster reading, and improving memory and concentration.

Module 2

Lesson 3

What hypnosis can do, and who you can do it to. People and ailments/problems that are 'treatable'. How the mind works, depth of trance, who can/cannot be hypnotised, and who should not be hypnotised. Who has the skill? The importance of working within your level of expertise.

Lesson 4

Personality types. Learning how to understand peoples' underlying personality type and what makes them 'tick', without labelling. Rapid recognition of type. Handling each type effectively and improving your communication skills, building rapport and trust. Pre- and Ego-Suggestion work. Hypnotic Deepeners. An overview of models of 'energy' in holistic and person-centred mind-body therapies.



Module 3

Lesson 5

Anxiety; an overview of neurosis, fear, stress and their effect on the psyche; the way in which symptoms may form. What conflict is and where it comes from. Freeze, followed by Fight or flight: the instinctive ANS 'stress response' pattern for survival. Anxiety and sexuality. Sensitising events.

Lesson 6

How to handle the client and get it right. The initial consultation and the importance of the counselling 'pre-talk'. Some complications and the answers. Client resistance and the 'will to power'. Brainwaves and their characteristics. Evidence-based mind-body skills: applications of biofeedback and biorhythm technologies. The history and development of psychotherapy and counselling and the two main approaches to understanding the human psyche. Rapid induction techniques.

Module 4

Lesson 7

Practical hypnosis (1); fundamental concepts. The difference between hypnosis and suggestion. Suggestibility and the 'Conscious Critical Faculty'. The importance of selective thinking and the power of visualisation. The 'law of reverse effort'.

Lesson 8

Practical hypnosis (2); basic skills. How to induce hypnosis and how to recognise it when you have; twenty signs that 'give the game away'. Suggestibility tests; how and when/whether to use them. Depth of 'trance'. Self-hypnosis and how to induce it. Using Ericksonian 'conversational' hypnosis, embedded suggestions and hypnotic language patterns and a practical overview of how these work.

Module 5

Lesson 9

Hypnotic inductions. Detailed methods for several different styles of induction, including approaches suitable for different personality types. Rapid self-hypnosis. Involuntary hypnosis and how to achieve it in a client. Trance ratification and how to finish the session. Reframing and the basics of conducting 'Parts Therapy', initially using a script-based approach.

Lesson 10

Deepening techniques in hypnosis. Reframing to identify and change negative habits and compulsive behaviour patterns. How to write and record your own hypnosis scripts. Conducting therapy for Smoking Cessation. The award-winning Hypnosense 'Easy Quit Smoking Programme'.

After Module 5 you will take a MID-COURSE EXAM leading to the 'CERTIFICATE OF STUDIES'. This award means that you will be a CERTIFIED HYPNOTHERAPIST and entitled to use the initials: Cert.Hyp. or CHT, after your name. At this stage you may, if you wish, charge for your professional services when using the techniques learned in the first half of the course. You cannot charge for the techniques conducted with practice clients in the second half of the course as you are still in training for conducting hypnoanalytic and regression work and the more advanced techniques covered in the second half of the course.

Module 6

Lesson 11

Hypnotherapy and suggestion: the healing part of the work. 'Uncovering' and questioning techniques using psychotherapeutic skills. Hidden agenda and secondary gain. Hypnotic suggestion and post-hypnotic suggestion. Eye fixation and EMDR (Eye movement desensitisation and reprogramming).

Lesson 12

The 'ABC of NLP': an overview of this approach and how to use some key NLP (NeuroLinguistic Programming) techniques with Hypnotherapy. Rapid techniques for 'fixing' phobias and fears. Setting and triggering 'anchors', using 'Swish' patterns to enable change, calibration and rapport-building. Future pacing and 'timeline' work. Using Meta and Milton Model Language Patterns in the 'pre-talk'.



Module 7

Lesson 13

Frequently presented illnesses and conditions. Commonly presenting psychological difficulties, including depression and stress-related issues. Medication and anti-depressants for psychological conditions: Why 'The Drugs Don't Work'. Starting to access subconscious memories, initially using script-based free association as preparation for unscripted free association work.

Lesson 14

Advanced topics: an overview, including: pain management, anaesthesia and analgesia, obtaining 'somnambulism' and 'coma' depth of trance states; 'False Memory Syndrome'; repression, regression and hypnoanalysis; abreaction and catharsis; the phobic response; the importance of identifying the Initial Sensitising Event (ISE). Releasing trauma and conducting Gestalt 'inner' child dialogue work.

Module 8

Lesson 15

More advanced concepts, including an introduction to the powerful phenomenon of Transference. Conducting Past Life Regression (PLR) Therapy techniques. Therapist 'burnout' and how to avoid it.

Lesson 16

Furthering your career and building a successful practice. Therapy for yourself and continuing professional development (CPD). Sublimation and substitution. Building confidence and self-esteem and ego-protection in yourself and your clients.

Module 9

Lesson 17

Hypnoanalysis: getting to the root causes of problems by accessing the subconscious using a structured protocol combining 'Parts Therapy', 'Regression to Cause' and 'Inner Child' dialogue. Treating stress, anxiety and fear. Conflict; sex; neuroses; cumulative trauma; psychosis.

Lesson 18

The formation of symptoms. Dealing with unresolved conflict; avoidance and coping mechanisms. Externalisation and identification. Personality and symptoms. The 'time delay' phenomenon. on Humanistic and Maslovian psychotherapy.

Module 10

Lesson 19

Structured techniques for regression and hypnoanalysis. Using the 'Affect Bridge'. Language: important differences between leading and guiding. Repression, abreaction and resistance.

Lesson 20

Specific technicalities. Symbolism and trains of thought. Memory levels and understanding. The onset and manifestation of abreaction in different personality types. Thought transference. Hysterical conversion and hypochondria. Ending therapy. Checklist for the analytical therapist. Review next steps for professional development and practice.

The FINAL EXAM leads to the award of the 'INTERNATIONAL DIPLOMA in CLINICAL HYPNOTHERAPY with PSYCHOTHERAPY & COUNSELLING SKILLS' issued direct from Essex Institute, UK.

You are now qualified as a professional practitioner using all the techniques you have learned and entitled to use the initials: DHP, Dip.Hyp.Psych.Couns. or DCHtPC, or any appropriate variation.

You are also eligible to progress to the next level of the ADVANCED DIPLOMA where this is available, if you wish to continue your professional development and be able to handle more complex cases and be able to term yourself a qualified psychotherapist. The Advanced Diploma also entitles you to fast-track to full membership of APHP in one year, which normally takes at least two years of professional practice.



What therapy will I be able to conduct when I've graduated?

The Diploma course is comprehensive enough for you to be able to successfully and competently set up in private practice as soon as you are qualified, working successfully with such conditions as:

- o Quitting Smoking
- o Dealing with negative habits, such as nail biting, hair-pulling, etc.
- o Weight control & poor body/self-image
- o Pain relief
- o Sleeping difficulties
- o Anxiety 'nerves' and stress
- o Test & examination fears
- o Personal problems
- o Relationship issues
- o Personal confidence problems
- o Psycho-sexual difficulties
- o Phobias & fears
- o Depression & negative thoughts
- o Unresolved grief issues
- o Work-related stress
- o Career enhancement
- o Goal Achievement
- o Public speaking
- o Concentration and memory

The tuition programme is modular and covers all that you need to know in order to achieve excellent success rates as soon as you are qualified. It is impossible in this prospectus to go into detail about everything that is covered but the following constitutes an outline of what you will learn:

- Counselling and psychotherapeutic skills. Building rapport and being congruent. Verbal and Body Language and pacing.
- All that you need to know to be successful as a clinical hypnotherapist; how to induce and terminate the hypnotic state, and how to use hypnosis effectively and safely, every time.
- The three main personality groups and how to recognise each one. You will be astonished at how quickly others become 'transparent' to you... and so will your family and friends!
- How to easily tell the difference between a fear and a phobia, and why it is important to do so; what a phobia really is; how to find the root of your client's problem quickly, and how to easily assess the best method of hypnotherapy for any individual.
- Identifying and reducing fear, the root cause of most emotional difficulties; neurosis, the 'hard evidence' of psychological conflict; anxiety and sexuality; the freeze, fight or flight "stress response"; the importance of discovering the 'Initial Sensitising Event'.
- Dealing with habits, weight control, nail-biting, exam nerves/fears, speaking in public, concentration and study, etc.
- Stopping Smoking: the course includes the award-winning and highly successful 'Easy Quit Smoking Programme' from *Hypnosense*.
- How to write your own scripts; hypnotic suggestions and post-hypnotic suggestions; indirect suggestion, covert suggestion, and conversational hypnosis, how to use embedded commands; how to ensure that your suggestions 'take', every single time; limitations and contra-indicators.
- Learn how to get it absolutely right from start to finish - every time; ensuring that every client becomes a healthy, happy and satisfied client who refers others on to you for years to come.
- Using and teaching self-hypnosis for maintenance of health and well-being.
- Harnessing the amazing power of visualisation; identifying and working with different individual sensory 'modalities', learning and memory processing styles.
- Hypnoanalytic techniques for identifying and resolving the causes of trauma/emotional problems.
- Understanding somnambulism; spontaneous hypnosis; hypno-anaesthesia/analgesia.
- How to make sure you apply exactly the right sort of hypnotic technique.



In-depth studies

There are detailed sections covering: Repression theory; Obsessive Compulsive Disorder (OCD); obsessional personality; False Memory Syndrome; working with pain, physical illness & anaesthesia; depression; regression therapy, abreaction & catharsis; burnout; the 'fast phobia fix'; use of the 'ideo-motor response' (IMR); selective thinking & the Conscious Critical Faculty (CCF); resistance & transference; working with grief & loss; the 'Swish' technique for rapid change. You will be sufficiently well-equipped to be able to work with most difficulties that you are likely to encounter, although you may prefer to refer on some of the more extreme or challenging cases in your early days as a 'newbie'. Your professional Supervisor will provide guidance on this issue if required.

You will also be introduced to the main approaches and different 'schools' of thought in psychotherapy and counselling and encouraged to consider which are most appropriate to complement your practice of hypnotherapy and to enable you to conduct successful brief therapy based on the principles of positive and humanistic psychology and informed by evidence-based behavioural science and the latest research in neuroscience.

Personal research

Each student conducts research and prepares a presentation to share with the group on a topic of their own choosing, that is relevant to hypnotherapy and psychotherapy. This can be prepared and conducted individually, or by a pair of students who share the same interests. This aspect of the course not only enhances your knowledge, but also gives you the confidence to make effective presentations, which is a valuable skill to be able to promote and market your practice once you have qualified. Those students who are anxious about speaking in public, which is commonly cited as the no. 1 fear in the world (yes, that's higher in the rankings of fear and anxiety than the fear of death!), will be given tutorial support to overcome their fear and thus be far better qualified to assist clients with similar problems!

Course materials and provision

- Professionally written and prepared course notes supplied in 10+ manuals totalling over 160,000 words
- Audio support in the form of 16 lessons & additional 'self-hypnosis' audio-material for Modules 1 - 8
- Twenty days of taught training sessions held as 10 x 2-day weekends over the academic year.
- A comprehensive reading list and several core set text books (included in fee for taught course students)
- Free email/phone/Skype tutorial support; & for taught course students, personal tutorial support if required
- The taught course fee includes refreshments and vegetarian lunches supplied at the taught modules.

In addition, when you pass the Diploma examination, you'll receive a 'graduation pack' including:

- All course manuals as soft copies for reference/revision plus:
- 'How to Build a Successful Practice' an excellent manual from Hypnosense, containing full details of how to be the most successful therapist you can be, and aim to be a 'high flier' if you aspire to this.
- 'The Analytical Therapist's Extra Help File'. Invaluable hints and tips for effective working.
- A track of copyright-free music for you to use as background music in the consulting room or on any audio-CDs/soundtracks you make for clients, or to sell, without breaching copyright.
- A framed and personalised International Diploma Certificate – issued by Essex Institute, UK.



STUDY OPTIONS: Standard Taught Course (Blended Learning)

10 consecutive intensive two-day weekend classes providing a total of 160+ hours tuition, coupled with several hours per week of home study. The tuition fee includes the provision of the required core text books, along with comprehensive written course materials in excess of 160,000 words. There are homework assignments to be completed for each Module, which include essays and practical work, a mid-course assessment, plus a final written examination. For 2019, the Modules will be held on weekends spread over the period of April to December, with a longer break in the summer (see Calendar of Dates at the end of this Prospectus). We no longer offer a distance-learning option for the Diploma as this would not be accepted as an adequate training by UK standards which require a minimum of 120 hours of face-to-face training for the entry level qualification.

Exam Passes and Qualifications

Classes and Personal Tutorials are linked to a continual assessment programme based on written and practical course work conducted in the classroom and by home study, with one mid-course assessment and a final written exam (both are seen papers with a set date for submission for marking). Students are required to prepare and make a presentation on an agreed topic at one of the Modules.

Once you have successfully completed the mid-course assessment exam, you will be awarded the **Certificate of Studies**, which entitles you to practice as a Certified Hypnotherapist 'CHT' or 'Cert.Hyp' and, if you wish, you are ethically entitled to charge for your services in conducting therapy using the techniques learned during the first half of the course. Some students prefer to wait until they have graduated from the full Diploma before charging for their services. All successful students are entitled to append the letters 'DHPC' or similar after their name on graduation; the following also applies:

Taught course graduates are eligible for registration by our accrediting bodies at Licentiate level. After two years of professional practice, you can apply for Full Membership. Advanced Diploma graduates can fast-track at the end of one year to obtain Full Membership.

Classroom-based, blended-learning mode of attendance courses have set start dates; details of the next taught Diploma course are included on the additional calendar of dates supplied.

TYPICAL FEEDBACK FROM PREVIOUS STUDENTS

Graduates of our courses give us consistently 'excellent' ratings in feedback on their training and the support provided by the course team. The following are just a few examples. If anyone wishes to be put in touch with recent graduates in order to discuss their experience as our students, we are always happy to supply some contact details and examples of websites of graduates who are now conducting successful practices as therapists. Our graduates have established practices not only in the GCC but around the world including: the UK and EU, America, Canada, South Africa, Zimbabwe, Australia, Switzerland, Mexico, Norway, etc.

"An exciting and immensely rewarding journey for me personally and professionally. It clarified everything I had already learned and further deepened my knowledge of the human psyche, emotional conflict and disorders and explored hypnotherapy and other therapeutic modalities providing us with a more comprehensive and identifiable set of tools in our therapy 'tool box' that are accessible and adequate for use in our sphere of practice. I am now more aware of each client's individuality and therefore therapy requirements."

Gladys Gillespie, Midwife & graduate of Diploma and Advanced Diploma courses.

"I would like to thank Leila and Phil for all their hard work on our behalf. They are so much more than just tutors, working tirelessly to bring training of the highest standard to their students. They teach with passion and humour and really seem to care about each and every student, helping and coaching wherever necessary. I have loved being part of it all for the past two years and look forward to continuing professional development, and continuing working with them."

Fiona Andrews, Psychiatric Nurse, Teacher & graduate of Diploma, Advanced Diploma, CBT Diploma & NLP



"The subjects covered and the materials have been incredibly informative to me, the class atmosphere was amazing, teaching techniques and methods were fascinating... I was always looking forward to the days of the modules for I enjoy learning & interacting with people. I have recommended the course to several individuals & always speak very passionately in retrospect as to how it has changed my life & that I find it incredibly informative, professionally run & educational. I feel very privileged to meet & be taught by Dr Leila & Phil, both are incredible educators/instructors and I'm looking forward being part of the Advanced Course...last academic year was a highlight of my life. I always had the desire to get back into professional world - your course helped me to reinstall that confidence I can apply all of my skills/knowledge I gained throughout my learning years into helping healing people. A big heartfelt thank you from the bottom of my heart."

Dr Olessya Burgess, Medical Doctor & graduate of Diploma, Advanced Diploma, CBT Diploma & NLP.

" I enjoyed learning more about the human psyche and how to tap its potential to the fullest - I had many 'A-HA' moments and feel that I've grown as a human being. Also meeting like-minded people."

Theresa Mathison, graduate of Diploma & Advanced Diploma courses.

"This course is so useful and facilitative of growth. I was able to discover my creative ability, my reactions to stress and I now also know that I can do public speaking. Dr Leila's teaching style and the content presented was of an excellent standard. One always got the feeling that she was not only presenting relevant material but also trying to convey the nuances of being a really good hypnotherapist and also always stressing the importance of ethical and caring behaviour towards clients. Phil's presentations also helped us all have a much broader view of healing and as our Course Tutor, he gave support in such a way that... gave us confidence to bring out the best. It facilitated a very valuable open-mindedness in us and understanding of the need to enquire and think independently."

Christal Dennis, graduate of Diploma, Advanced Diploma, CBT Diploma and NLP. Progressed to complete her Masters in Psychology.

"Sincerely thanking you for this wonderful Diploma. Not only did it make my dream come true, but also this course has helped me to grow on so many levels. It was like I was seeing the world in 2D and throughout the Diploma you were giving me the 3D glasses to see the world in more dimensions and with a fuller perception, rather than having 'tunnel vision'. I am on cloud nine...!"

Mai Elsayed, graduate of the Diploma and additional Diploma in CBT.

"I'm so happy with my results, it's an honour to be a student in your class and to have you as a mentor and a great, fun and inspiring teacher. Thank you, Dr. Leila & Phil, for putting this course together, thank you for all the effort and the devotion and hard work you put into your teaching which helped us all, each reaching their own potential. Mabrook for making your vision a reality and thank you for a wonderful year. Congratulations to all of us on a year's work well done!"

Abeer Al Mefleh, Diploma Graduate

"Leila and Phil, thank you for everything, I think we all enjoyed the whole experience because of your high human and professional qualities. I miss the course and miss all of you."

Laila Al Khadem, graduate of the Diploma, Advanced Diploma, additional Diploma in CBT, and NLP.

"After completing the Diploma I was gleaming with confidence and a sense of self-empowerment, but the Advanced Diploma gave me an in-depth knowledge on certain essential topics that most of my clients will easily relate to. Every module was thorough with its own learning points that can serve as guidelines in my practice. In addition, the level of comfort with my colleagues made it a hugely enjoyable and interactive experience."

Shabana Ikram, graduate of UK Psychology degree, Diploma and Advanced Diploma Graduate.

"I have always been very ambitious and I know that whatever I put my head to it will happen. All I need to do is work hard to make my future dreams to become a reality. Throughout my life all I wanted to do is really make a difference. My idols were the likes of Oprah, Tony Robbins and Randy Pausch. I never had the courage to pursuit that when I was in college or in schools. But the first step into making my dream come true was to register on the Diploma Course. Now that I am a therapist and actually living out my dream, all I can do is dream bigger and achieve more, by changing people's lives for the better and help them live and pursue their dreams."

Eman Nooruddin, graduate of the Diploma, Advanced Diploma, CBT, Certificate in Satir Counselling, & NLP



"I have to say I've been totally in awe of Dr Leila and Phil's well-balanced wealth of knowledge about virtually every subject under the sun that's come up or that we've touched upon during the last two years of study, not only in the mental health field but also within a truly diverse range of topics and life experiences. I know they've been at this forever, but they know so much about so much, they're like walking Encyclopaedias – even if we digressed for 10 – 15 minutes in a class discussion or presentation, they have so much valuable information and/or insight to offer on any given subject. Maybe it's because I've been out of academia for too long but their dedication and commitment is relentless, keeping us up-to-date with the latest information, inspiring us to continue to learn with an open and positive mind, empowering us to meet our objectives even at difficult times, and ultimately sending us out in to the world well-equipped to practice should we choose to, and just nudging us along to always strive for excellence and be the best that we can be. Dr Leila and Phil both merit a long overdue ceremonial embrace and highly-deserved accolade."

Mel Frasier, graduate of the Diploma, Advanced Diploma, CBT, and NLP.

International Advanced Diploma in Clinical Hypnotherapy, Psychotherapy & Counselling

The skills you will gain from the international Diploma Professional Practitioner course are certainly enough to take you into successful practice but the advanced course takes you to a higher level of achievement.

The Advanced Diploma allows you to extend your skills and versatility. Completing this course means that you will have advanced skills in understanding and client-handling, along with the ability to work without formal hypnosis when necessary – essential when dealing with certain types of personality. You will also have a huge variety of therapeutic techniques to hand, ensuring that you always have the right 'tool for the job'. You will truly be an expert with specialist knowledge.

The Advanced Diploma follows on from the Professional Practitioner International Diploma Course. You are eligible on completing the first year course and joining the Association for Professional Hypnosis & Psychotherapy (APHP) as a pre-approved Licentiate Member.

N.B. It is possible to attend the Advanced Diploma, even if you did not train with us, as long as you already have obtained an equivalent qualification in hypnosis or hypnotherapy from a reputable accredited school via a classroom-based course. The Course Leader will require evidence of your previous qualification, curriculum covered and hours of study completed, and information about your clinical practice/experience in order to assess your suitability.

The Advanced Diploma training comprises a series of modules, some of which are open to other suitably qualified and/or experienced therapists, counsellors, mental health professionals or medical practitioners, to attend as CPD/CEU training events. The Advanced Diploma can be delivered by face-to-face training, on-line learning, or a blend of both. We tailor the advanced course to the needs of the particular group and/or individual graduates as far as possible.

On completion, you will receive your 'Advanced International Diploma in Clinical Hypnotherapy, Psychotherapy & Counselling and be able to immediately upgrade your professional association membership to Full Member status (which normally takes at least two years).

There is no formal examination at the end of this course. Successful completion involves satisfactory attendance and participation in all required modules (if any are missed, you will be required to complete additional work/training), and the submission of a Self-Assessment, giving you the opportunity to reflect on your personal and professional growth and learning throughout the course and an outline of your future plans for professional and career development.

Some of the Modules may also have optional exams or assessment when they provide the opportunity for accreditation from an external body. For example, previous Advanced Diploma students have obtained internationally-accredited qualifications in NLP (Licensed by Dr Richard Bandler, Co-Founder of NLP and the international Society of NLP™), Emotional Freedom Techniques (EFT), with Certification at Levels 1 and 2, Active Hypnobirthing & Advanced Pain Management, an accredited Diploma in Cognitive Behaviour Therapy (CBT), a Diploma in Eating Disorders and OCD, by taking an optional examination after the relevant Module(s).



The curriculum and attendance pattern of the Advanced course has a certain amount of flexibility and is revised each year to best meet the needs and interests of each particular intake. The curriculum over the past few years has included the following subjects as Modules:

- Advanced Hypnoanalysis: working with Archetypes and Sub-Personalities in Parts Therapy; introduction to Jungian Therapy & Transactional Analysis (double module)
- Assertiveness and Communication Skills – developing your own and your client's self-esteem, confidence and emotional intelligence; issues related to working at a distance: conducting therapy via e-mail, on-line, Skype and by phone
- Advanced Breathing Therapy & Primal Trauma Release: integrative regression & emotional and energy release; an overview of breathing and primal therapies
- Cognitive Behavioural Therapy (CBT) and 'Hypno-CBT'
- Eating Disorders & Obsessive Compulsive Disorders (OCD): combining CBT and Hypnotherapy
- The Psychology of Depression: Hypnotherapy & CBT as therapeutic modalities
- Grieving and Bereavement, working with death, dying and loss
- Working with Children, Young People, Parents & Families
- Sex, Sexuality & Sexual Difficulties
- Active Hypnobirthing and Advanced Pain Management
- Emotional Freedom Techniques (EFT), Meridian Therapies and Energy Healing
- Satir Model Therapy for Individuals, Couples and Family Counselling

This advanced training option will extend your skill level to the point where you can be confident of being able to provide effective clinical hypnotherapy, psychotherapy and counselling interventions for many, even highly complex, situations and circumstances. From 2017, some of the modules are studied on-line with Dr Terence Watts, Principal of EICH and Chair of APHP.

If you are eligible, please ask for the relevant Application Form and details to apply for a place on the **International Advanced Diploma Course for 2019** indicating where you are located and when you are available for a personal interview, either face-to-face or via Skype.

On the following pages you will find the **Application Form for the International Diploma**. We also supply this separately as a Word Document for ease of completing a soft copy. You are also required to submit a short written explanation of why you want to take the course.

All applicants have to attend an interview with the Course Leader before a place can be offered on the course, preferably in person, although Skype or Zoom interviews are possible when a face-to-face meeting is not practical. At our discretion, we may also take up personal references.

Registration is conditional on receipt of the non-refundable initial deposit with the balance payable by the due date, or, in the case of those taking the instalment option, payment of the deposit and completion of the legally binding Instalment Agreement along with post-dated cheques or, in exceptional circumstances, a completed Standing Order Form.

The calendar for the Modules and showing the due dates for submission of Assignments follows the application forms on the following pages.

We look forward to hearing from you soon!

Leila

Dr Leila Edwards, Course Leader

Principal & Managing Director

Transformations Institute

Mobile/SMS: +971 (0) 50474 5613

Email: drleila@transforminst.com

& cc: drleilaedwards@outlook.com & transforminst@outlook.com



INTERNATIONAL DIPLOMA

IN

CLINICAL HYPNOTHERAPY with PSYCHOTHERAPY & COUNSELLING SKILLS

Held in DUBAI: Student Application 2019

Please ensure that all relevant sections of this form have been completed fully before submitting.

Date of Application: **How did you hear about the course?**

Your Details:

Name & Title.....**ID/Passport No:**

Address: PO Box:..... **Residential:**.....

Telephone: (work) **(home)** **(mobile)**.....

Whatsapp (if different from mobile no.): **Skype ID:**

Email address(es):

Date of Birth: **Nationality:**

Marital Status: []Single []Married []Living with partner []Divorced/separated

Do you have any previous training and/or experience of psychological therapy e.g. hypnosis/hypnotherapy, counselling or psychotherapy, or other relevant experience, such as coaching or in the caring professions? If so, please describe briefly below:

.....
.....
.....

Current occupation/employment:

Brief occupational history – please attach a CV if available.

The following two questions are simply for our records and have no bearing on your acceptance to the course.

Are you already in/do you intend to, practise as a hypnotherapist? [] Yes [] No [] Don't know

If yes, do you intend to be (please indicate): [] Full-Time [] Part Time [] Not sure yet

Hobbies/Interests:

Have you had, or do you have, any serious illnesses (including psychiatric/emotional)?
If 'Yes', please give brief details here:

What subjects have you studied as an adult? Please indicate any formal qualifications you hold.



References

Our accrediting bodies require us to ensure your suitability to train and work as a hypnotherapist, so unless you have already trained with us previously, please confirm the following:

[] I will attend for an interview in person or by telephone/Skype (if necessary for practical reasons) of approx. 1 hour (may be longer), an appointment to be arranged after you receive this application.

[] I have provided contact details of 2 people who you may contact for a personal reference if required.

First Referee Name:
Address:
.....
E-mail:
Telephone: **Occupation:**

Second Referee Name:
Address:
.....
Email:
Telephone: **Occupation:**

Mode of study:

DUBAI commencing w/e of 19th - 20th April 2019 (See calendar at the end of this section).

As this is an entry level professional practitioner training in *applied skills*, attendance is required at all the taught Modules in order to qualify for the full Diploma. If a student misses any of the required practical techniques taught in class, they must attend a 'catch-up' session for which there is a charge. If more than one student misses the same material, they may share the costs of the catch-up session.

Payment for taught course:

By CASH, CHEQUE (AED a/c only) or BANK TRANSFER.

The course fee for 2019 is AED 28,500, which can be paid by instalments. There is a discount for those who pay the fee in full in advance before the course starts, at the latest, saving AED 2,500 and paying just AED 26,000

ALL TAUGHT COURSE STUDENTS must pay a non-refundable Deposit of AED 6,500 to register. Those paying the discount rate must pay the full balance of AED 19,500 before the course starts. Those opting for the instalment plan must pay the balance by 10 equal instalments of AED 2,200 each, commencing on the first day of each month from 1st March 2019, or, for those who register after that date, instalment payment amounts/dates may be adjusted as necessary.

Instalments are guaranteed by 10 post-dated cheques, dated for the first day of each month. Students will not be able to graduate until the balance is paid in full. Cheques payable to: 'Dr Leila Edwards'. Many students prefer to pay the instalments by direct bank transfer and their cheques are returned to them once they have made the payment.

I prefer to pay the full amount before the course starts and receive the discount of **AED 2,500**

I would like to take the Instalment option and will sign an Instalment Agreement when paying my deposit

EARLYBIRD SPECIAL: For those who apply and are accepted and register by 1st March 2019, there will be a discount of AED 2,000 on the fees quoted above, payment in full is AED 24,000, by Instalments total of AED 26,000 (10 x AED 2,000).

SIGNED:..... **DATE:**

Please ensure that you have completed and all relevant sections of this form before submission of the soft copy. You will sign a hard copy of the Student Learning Agreement at the first Module. The soft copy will be supplied in advance of the course, along with preliminary reading and viewing materials.

Dr Leila Edwards, Course Leader

Mobile/SMS/Whatsapp: UAE : +971 (0) 50 474 5613

E-mail: drleila@transforminst.com and copy to : transforminst@outlook.com



A separate Application Form document is supplied along with this Prospectus for completion and return.

Please also send in your summary CV including a short statement saying why you wish to take this course, together with a copy of your Passport Photo page and both sides of your UAE ID card.

We will then contact you to arrange for your personal interview, either face-to-face in Dubai or online.



TRANSFORMATIONS INSTITUTE - CALENDAR FOR INTERNATIONAL DIPLOMA (DUBAI) 2019

<p>Once an applicant is offered and accepts a place, an Initial Deposit of AED 8,500 is required to Register and confirm the offer. If paying in full for the AED 2,500 discount, the balance is due by 1st April. If paying by Instalments, these start on 1st March, or, if later, will be increased <i>pro rata</i>.</p>	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<p>Interviews continue if places still available.</p> <p>It may be possible to join the course after missing Module 1 and catch up, subject to availability of places, but Registration closes after Module 2 regardless of numbers.</p>	<p><u>Module 1</u> 19th - 20th</p>	<p>Module 2 3rd - 4th</p>	<p>Module 3 14th - 15th</p> <p><u>Module 4</u> 28th - 29th</p>	<p>No taught Modules</p>	<p>No taught Modules</p>	<p>Module 5 6th - 7th</p> <p><u>Module 6</u> 20th - 21st</p>	<p><u>Module 7</u> 4th - 5th</p> <p>Module 8 18th - 19th</p>	<p>No taught Modules</p>	<p>Module 9 6th - 7th</p> <p><u>Module 10</u> 14th - 15th</p>

SUBMISSION DATES for DIPLOMA coursework assignments and for mid-course & final exams

<p>There are 10 taught course assignments. Because of the change in the course structure of attendance, the assignments for each of the modules, are due for submission at least three weeks after the relevant module and, where possible, students have been given longer to complete them, mostly 4 weeks.</p> <p>Extension of the deadlines stated is only possible in exceptional circumstances. To avoid a 'LATE' mark, which will affect the overall assessment, students MUST obtain WRITTEN CONSENT from the Course Leader IN ADVANCE OF THE DUE DATE to extend to a SPECIFIED DATE.</p> <p>Late submission of the final exam means that the highest grade possible is a 'PASS'. Late submission means that the student is not eligible for a mark of 'DISTINCTION', regardless of the standard, and also means that there is likely to be a substantial delay in marking and notification of the results.</p> <p>Students may choose to submit assignments earlier than the due dates, and may submit the first of the two assignments before the other if they wish. Feedback will be given and the assignments discussed at the following modules.</p>	<p>M1 assignment to be submitted by 18th May</p> <p>M1 assignment due by 18th May</p> <p>M2 assignment to be submitted by 1st June</p>	<p>As previous column</p> <p>M1 assignment due by 13th July</p> <p>M2 assignment due by 27th July</p>	<p>As previous column</p> <p>M2 assignment due by 1st June</p> <p>M3 assignment due by 13th July</p> <p>M4 assignment due by 27th July</p>	<p>As previous column</p> <p>M3 assignment due by 13th July</p> <p>M4 assignment due by 27th July</p>	<p>M5 assignment with Mid-Course Exam due for submission by 5th October</p> <p>M6 assignment to be submitted by 19th October</p>	<p>As previous column</p> <p>M5 assignment with Mid-Course Exam due for submission by 5th October</p> <p>Passing the Mid-Course exam leads to the award of the Certificate of Studies</p> <p>M6 assignment due by 19th October</p> <p>M7 & M8 due Nov</p>	<p>M7 assignment due 2nd November</p> <p>M8 assignment due 16th November</p>	<p>M9 assignment due by 4th Jan 2020</p> <p>FINAL EXAM DUE FOR SUBMISSION BY 1st February 2020</p> <p><i>Extra time for both M9 assignment and M10 FINAL EXAM submission given due to Christmas break</i></p> <p><i>Results of final exam confirmed by end of March at the latest if the exam is submitted by due date. We aim to give results earlier if possible.</i></p> <p><i>Late submission is likely to result in substantial delays in marking and notification of results.</i></p> <p>GRADUATION EVENT DATE t.b.c.</p>
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