

FAQ: Training as a Clinical Hypnotherapist, Psychotherapist & Counsellor

Course Related

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 of clinical hypnotherapy, psychotherapy and counselling. If you have a question that is not covered here, please contact us to discuss your query in person.

Why become a 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 practical work, supplemented by home study and practice.

Do I need any special background or academic qualifications?

There is no need to have any previous experience to become a successful therapist. The International Diploma is 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, counsellor or doctor to join the Diploma course. Of course, mental health and medical professionals

will benefit greatly from this training, can apply their new skills within their existing practice, and may be qualified to deal with more complex cases and mental health problems at an earlier stage. But successful hypnotherapists come from truly diverse backgrounds: shop assistants, company directors, drivers, bank clerks, insurance brokers, homemakers, manual workers, salespeople, computer programmers, musicians, broadcasters, 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 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, AHP, reflects our commitment to produce professionals with: "compassion and humility".

What can I achieve?

These days, more and more people are turning towards 'natural' complementary and alternative 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 cannot sort out on their own, but which causes too much embarrassment to discuss with family or friends, or even their doctor.

A trained therapist can be of great help with a wide variety of problems and be of great 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, though that is easy to do. It's about helping people to 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 in far less time than most people might imagine - it is a simple skill and one that requires no special abilities. The only requirement to complete the International 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

Advanced Diploma course requires students to be competent and qualified hypnotherapists who are ready and committed to progress to develop further professional skills and specialist knowledge in clinical hypnotherapy, psychotherapy and counselling.

How does it work?

On the Diploma course you will learn how to effectively use hypnosis, psychotherapy and counselling together as 'clinical hypnotherapy' so that you can work successfully with many psychological difficulties and help people to overcome their problems. Not only that, but also to help clients to enhance their performance and skills in any aspect of their life.

What will I actually learn?

In summary, you will learn everything you need to be successful: hypnotherapy with psychotherapy and counselling skills; 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.

How much can I earn?

That depends on many factors... how many hours you want to work, whether you are working from home or a consulting room, 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 £100+ 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 - £ 200+ per session in prestigious practices, such as Harley Street, London, where they have high overheads. 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.

As an example of the local market in Dubai, in 2015, Senior Consultant Dr Leila Edwards charges AED 750 per hour, usually providing 2 – 3 hour sessions. However, in Harley Street, London, she charges a much higher hourly rate. Most clients commit to a minimum course of 3 intensive 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.

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 know how to develop the presentation skills necessary to succeed in that field.

What other benefits are there?

To be a Hypnotherapist, Psychotherapist and Counsellor is also 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.

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 treatment method for a huge number of human difficulties, both psychological and physical, because we work directly with the subconscious mind 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 not in any way dangerous and you cannot get ‘stuck’,

lose your mind, or be 'possessed' in any way. In fact, using hypnosis for therapeutic purposes, 'hypnotherapy', 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. Many studies have shown that combining hypnosis with psychotherapy and counselling skills can be far faster and more effective than talk-based therapy alone. Hypnotherapy can also be used in combination with many other modalities, for example, Cognitive Behavioural Therapy (CBT), Emotional Freedom Techniques (EFT) and meridian therapies, Eye Movement Desensitisation and Reprocessing (EMDR), Neuro-Linguistic Programming (NLP), 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 is painfully shy is able to find a boyfriend or girlfriend; the individual who has been petrified at the idea of dental treatment sports a brilliant white smile; the individual 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 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 shows, along with many television and film portrayals of hypnosis, often appear to show that the hypnotised person has surrendered control to the hypnotist but this is most definitely not the case. An individual in hypnosis retains freedom of choice, free will, and a totally 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, and this is part of the reason why hypnosis is sometimes shown in this rather unfortunate light: as entertainment, or 'spooky', and thus people miss out on its many beneficial effects.

The situation is changing in the 21st century as an increasing number of people choose hypnotherapy as their preferred form of therapy because it is so safe and effective. In the UK and other countries, many private healthcare insurance providers cover the cost of hypnotherapy treatment for a number of conditions and disorders. The NHS in the UK also uses hypnotherapy both practised by doctors, dentists and other health professionals, and many hypnotherapists receive referrals from doctors or work within GP practices.