

Course Title	Introduction to Hypnotherapy	Duration	Five Days	Development
Outcomes	By the end of this training, you will : <ul style="list-style-type: none"> ✓ be able to take a full history and explain hypnosis to the client ; ✓ induce and deepen trance, using a variety of methods ; ✓ design and modify scripts for effective change work ; ✓ bring a client out from trance in a way that maximises effectiveness. 			
Prerequisites	None			
Session	Aim	Content		
Introduction	To explain the aims of the course and understand particular objectives of individuals.	<ul style="list-style-type: none"> ◆ Introductions ◆ Understand the objectives and the process of the course ◆ Agree what outcomes are required 		
The 'Pre-talk'	To ensure that delegates know how to explain hypnosis to clients, spot unsuitable clients, and take the information they need in order to make the hypnosis most effective.	<ul style="list-style-type: none"> ◆ What is a trance ◆ When can hypnosis help ◆ Who can't be helped ◆ Taking a detailed personal history ◆ The best surroundings for trance 		
Types of trance	To show delegates a number of differing methods of inducing trance and how to select the most appropriate.	<ul style="list-style-type: none"> ◆ Susceptibility tests ◆ Convincers ◆ Permissive and directive inductions ◆ Fractionation as a deepener ◆ Staircase and visualisation deepeners 		
Change work	To gain an understanding of, and have the chance to practice, some change work.	<ul style="list-style-type: none"> ◆ Common features of a script ◆ Standard scripts for common issues ◆ Metaphor design ◆ Analogical marking ◆ Other change work during trance 		
Ending the trance	To practice the various techniques used to end a trance.	<ul style="list-style-type: none"> ◆ Forgetfulness scripts ◆ Emphasising change work ◆ Locking away ◆ Coming back from trance 		
Special techniques	To give an awareness of some of the special techniques and other uses for hypnosis.	<ul style="list-style-type: none"> ◆ Double Induction ◆ Stage Inductions 		
Book this course now :				
Cost	From £800 per delegate on an open course ; In-house courses from £4,000			
To book this event	Tel : 0330 022 8262 e-mail : bookings@its-training-uk.com			