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>terence watts



Professional Hypnotherapist Practitioner Training

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>>Terence Watts

Professional Practitioner Training

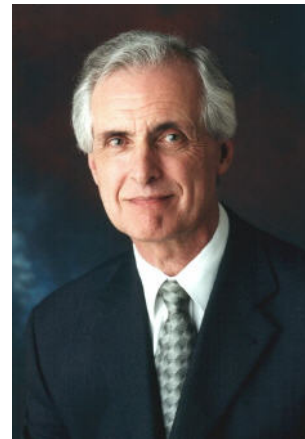
The Importance of Sound Teaching Methods.

Your trainer, Terence Watts, has been a busy full-time hypnotherapist in private practice since 1989.

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, he is also an International lecturer, trainer and presenter, as well as a published author of hypnotherapy books and manuals.

When learning a new skill, the quality of the training you receive is obviously very important. When there are too many teachers, maintaining a high standard of tuition is as difficult for a hypnotherapy school as it is within the 'standard' educational system.

When you take the HYPNOSENSE course, you are assured of only the very best of training, thanks to the fact That Terence examines every homework assignment himself and answers every student query personally. In addition to this, your exams will also studied by him so that, although you may be studying via a distance-learning method, your hypno-education is sound.



Terence Watts

Professional Qualifications

All students who pass the final examination of the **Professional Practitioner Course** are entitled to use the letters '**DHP**' (Diploma in Hypnotherapy) after their name on stationery and advertising. Although this is not a government-recognised qualification, it is generally accepted as the 'standard' for hypnotherapists in the UK. Some schools issue 'Dip. H.', or other similar letters, which mean the same as 'DHP'. In the USA, a similar standard qualification is '**CHt.**' (Certified Hypnotherapist). You will occasionally see 'Master Hypnotist', 'MA', 'BA' or even 'Dr.' being used, but they are not necessarily any indicator of extra skills, **nor are they officially recognised in the UK or any other country.**

There are very many registering bodies for hypnotherapy, though none are official, none are recognised by the Government, and it is not mandatory to be a member of any one of them. Currently, no reputable registering body will accept membership from individuals who have completed their studies solely by Distance Learning; this is not a bar to commencing professional practice, however, and membership of these bodies may be attained after, in most cases, two years of professional practice.

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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, however, please contact us via one of the following (in preferred order):

Email: tw@hypnosense.com

FAX: 01702 434432

Telephone 01702 434431

Regular mail: Essex House, 15 Clarence Road, Southend on Sea, Essex, SS1 1AN, UK

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 the Essex Institute can help you to fulfill your goals - the easy way. You can study at your own pace in your own time, seeing your tutor for 'on-on-one' instruction, or you can choose to learn within an interactive group environment.

What can I achieve?

These days, more and more people are turning towards 'natural' complementary treatments for mental, physical and emotional difficulties. Sometimes, they have a problem they have struggled to find relief from for years, without success. Other times, they just need someone to talk to, to help them through a difficult time in their lives. Still others may have a personal problem 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. It's about helping them to get from where they are to where they want to be.

Could I do it?

You need have no previous experience of therapy of any sort to become a successful hypnotherapist - in fact, this course is written with the assumption that the student may have no more than a vague idea of what therapy actually is and is supposed to do.

You don't need to be a 'special' type of person, either; successful hypnotherapists come from such truly diverse backgrounds as shop assistants, company directors, lorry drivers, bank clerks, insurance brokers, housewives, househusbands, factory workers, car salesmen, computer programmers, ballroom dancers, musicians, welders, electronics engineers, builders... whatever occupation you can think of, it's almost certain that a therapist somewhere has been it.

Please turn the page...

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FAQ - continued

But isn't there a special gift involved?

This is a common misconception. In reality, though, literally *anybody* can learn to hypnotise another, and in far less time than most people might imagine - it is a simple skill and one that requires no special abilities.

How does it work?

It's the therapy part of the 'equation' that makes hypnotherapy an effective way of helping people to overcome their presenting problems. At the Essex Institute, you learn how to effectively use hypnosis and therapy together - hypnotherapy - so that you can work successfully with a great number of psychological difficulties.

What will I actually learn?

In a nutshell, you will learn everything you need to be successful: Hypnotherapy and hypnoanalysis; stress management for individuals or corporations; client management skills; setting up and maintaining a successful practice; advertising and legal requirements; how to get referrals from Doctors; how to ensure a steady flow of clients... and 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 in our tuition, since we teach you not just how to be a therapist, but how to be a **successful** therapist.

As a guide, though, most therapists charge somewhere between £45.00 and £65.00 for a fifty minute session (2003 prices), depending largely upon the geographical area in which they set up their consulting room. It is certainly feasible to build up a practice of 25 or so clients a week, while many therapists see a good few more than that on a regular basis.

Not everybody works as a therapist in private practice, though, 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 Hypnosense Professional Practitioner course, you will have the necessary skills to pursue that avenue, if you wish. We can even teach you the presentation skills you would need to be outstanding in that field, too.

What other benefits are there?

To be a Hypnotherapist 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 new career around other commitments.

*On the next page of this prospectus, you will find the answer to what, for many, is the biggest question of all: **What, exactly, is hypnotherapy?***

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What, exactly, is Hypnotherapy?

There are many fears and misunderstandings about the use of hypnosis and hypnotherapy, and the myths and mystery that surround it are totally undeserved. The fact of the matter is that Hypnotherapy is an astonishingly effective treatment method for a huge number of human difficulties, both psychological and physical. It is not unusual for somebody to find relief, within only two or three sessions, from a problem that may have persisted for years and may have been unresponsive to other treatments. 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 (you cannot get 'stuck', lose your mind, or be 'possessed' in any way) and the therapy using it - hypnotherapy - has no harmful side effects. And the great thing about it is that you do not have to have some special 'gift of hypnosis' to be able to use it, because almost anybody can learn it. This means that 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.

Want to help someone stop smoking cigarettes? You can do that.

The individual who has failed the driving test on, say, nine consecutive occasions has two or three sessions with you and passes on the next attempt. You can do that.

The one who is painfully shy finds 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 that, and that. And to those people, you will 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 television and film portrayals, 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 slightly unfortunate light.

Although the Essex Institute does not teach any form of stage or entertainment hypnosis, you will learn, as part of your training, exactly what the stage hypnotist does to give the illusion of control during a show. This information will allow you to easily reassure any individual who fears that he or she might be at risk in some way.

Hypnotherapy using clinical hypnosis is a reliable technique for beneficial change which is centuries old and is recognised by many branches of conventional medicine as a valuable complementary addition to medication, to assist with healing, and to help combat pain; like all therapies, it does not work for everybody, but it can certainly do no harm.

Whilst not a panacea for all ills, it is an effective drugs-free treatment method for a great many ailments where there are psychological factors involved.

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Professional Practitioner Training

Complete Course Details

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 full training programme for the Professional Practitioner was designed and written by successful UK therapist Terence Watts, based around his many thousands of hours of consulting room experience and countless lectures. It will give you a sound working knowledge of the application of ethical clinical hypnosis and hypnotherapy, even if you have no previous experience of the field. The following subjects, and more, are all covered in precise detail:

- **What hypnosis can and cannot do**
- **What hypnosis is - and what it is not**
- **How to be a successful professional hypnotherapist**
- **The difference between the stage hypnotist and the hypnotherapist**
- **How to hypnotise almost anybody - even yourself**
- **Choosing the best induction**
- **How to recognise when somebody is hypnotised**
- **How to effect safe release from the hypnotic state**
- **Direct and indirect therapeutic intervention**
- **Creating the right impression and ethical behaviour**
- **An overview of Past Life Regression**
- **Working with pain and physical illness**
- **Dealing with stress and anxiety**
- **Successful client management**
- **Instant understanding of personality types**
- **Working with cause, rather than effect**

Lifetime support

The Professional Practitioner course is comprehensive enough for you to be able to go successfully and competently into private practice as soon as you are qualified, safe in the knowledge that you have the lifetime support of one of the leaders in the field. At any time you should need professional help/advice, Terence and staff are here to answer your queries.

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Professional Practitioner Training

An overview

The tuition programme is conducted in a modular fashion and covers all that you need to know in order to start finding success as soon as you are qualified. It is impossible to show you, in this prospectus, everything that is covered, so there is really just an overview here. Here is an outline of just some of what you will learn:

Hypnosis

Literally everything that you need to know to be successful; how to induce it, how to end it, and how to use it effectively and safely, every time.

Personality

You will learn about the three main personality groups and how to recognise each one instantaneously. You will be astonished at how quickly others become 'transparent' to you... and so will your family and friends!

Fears, Phobias and other symptoms

How to easily tell the difference between a fear and a phobia, and why it is important; what a phobia really is; how to find the root of your client's problem fast, and how to easily assess the best method of hypnotherapy for any individual.

Anxiety

The dilute of fear, the root cause of most emotional difficulties; neurosis, the 'hard evidence' of psychological conflict; anxiety and sexuality; the fight, flight or freeze response; the importance of discovering the Initial Sensitising Event.

The power of suggestion

Dealing with habits, smoking - the course includes the award-winning and amazingly successful 'Easy Quit Smoking Programme' from Hypnosense - weight control, nail-biting, exam nerves/fears, speaking in public, concentration and study, etc.; how to write hypnotic suggestions and posthypnotic suggestions; indirect suggestion, covert suggestion, how to use embedded commands; how to ensure that your suggestions 'take', every single time; limitations and contra-indicators.

Client management

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.

Techniques and practice

Writing your own scripts; using self-hypnosis; harnessing the amazing power of visualisation; creating and using posthypnotic 'triggers'; understanding and using modalities; understanding somnambulism; spontaneous hypnosis; suggestibility tests; twenty signs of hypnosis; how to make sure you apply exactly the right sort of hypnotic technique.

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In depth studies

There are detailed overviews of: Repression theory; Obsessive Compulsive Disorder (OCD); obsessional personality; False Memory Syndrome; working with pain and physical illness; depression; anaesthesia; regression therapy, abreaction and catharsis; burnout; the 'fast phobia cure'; ideomotor response; selective thinking and the Conscious Critical Faculty; resistance and transference; working with grief and loss; the 'Swish' technique for rapid change... You will be well enough equipped that you will be able to work with most difficulties that you encounter.

Here are a few of the conditions you will be able to work with:

Quitting Smoking
Dealing with habits
Anxiety 'nerves' and stress
Personal problems
Phobias and fears
Weight control
Pain relief
Some depressions
Test and examination fears
Unresolved grief issues

Work related stress
Personal confidence problems
Poor body/self image
Career enhancement
Goal Achievement
Public speaking
Psycho-sexual difficulties
Sleeping difficulties
Concentration and memory
Relationship issues

Course contents

- Professionally written and prepared course notes of 140,000 words.
- Audio support in the form 16 30 minute tutorials.
- A choice of study options
- Extra help files covering a huge number of hypnotherapy-related issues
- Free email/telephone support.

In addition, when you pass the Diploma examination, you will receive a 'graduation pack' which includes:

- **'How to Build a Successful Practice'** manual from HYPNOSENSE, containing full details of how to be the most successful therapist you can be – even be a 'high flier' if you want to.
- **'The Analytical Therapist's Extra Help File'**. This is small but invaluable document provides hundreds of hints and tips for effective working.
- A personalised diploma in Clinical Hypnosis.
- **Full transcripts of all the audio lectures.**
- **The award-winning 'Easy Quit Smoking Programme' from Hypnosense - the only smoking-cessation programme to be approved by the Hypnotherapy Society, this is one of the most powerful systems in existence.**

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Study options

There are three different study options available, each with its own advantages. Each option contains exactly the same study material in ten separate modules but carries different levels of support and interaction. Depending on your needs, you should be able to find exactly the right option for your requirements.

Full Practitioner Training

With this option, you receive the full package of support and interaction as needed. The ten modules each have homework assignments which will be individually assessed to allow you to keep track of your progress. You have unlimited email contact with the author and contact by telephone (at no charge other than your call charges) is available if/when you need it - and that is *for life*. You will also receive a professional diploma after completing the course work and examinations, so that you will be able to put the letters '**DHP**' after your name on your advertising and publicity. You will be easily able to obtain professional indemnity insurance as soon as you have passed your exam and there will be no restriction (in the UK) in your level of practice.

As an alternative to the distance learning model, you can choose to study on a one-to-one basis with Terence Watts personally, which would then confer eligibility for full membership of any reputable hypnotherapy practitioners' association.

Discovery & Research

This is the option if you simply want to find out more about hypnosis and hypnotherapy, yet have an expert 'on tap' to answer any questions you might have at any time. The material is the same and you will even receive the homework assignments, though they are purely for self-assessment with this model of study.

Additional Skills

If you simply want to add hypnotherapy skills to an existing skill set (such as Reiki or reflexology, for example) then this is the option for you.. You can take a small exam at the end of the course to achieve a '**Certificate of Skills**' as evidence, should you need it, of your studies.

Exam Passes and Qualifications

It is only the Full Practitioner Training which will give you a true professional qualification, in the form of '**DHP**', which stands for '**Diploma in Hypnosis**' and is recognised in the UK as a 'standard' hypnotherapy qualification. If you study via personal tutorials, then you will also be eligible for Membership of the **Association for Professional Hypnosis and Psychotherapy at Licentiate level, conferring the letters APHP(lic.)** to go after your name on any publicity material and advertising.

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Course Fees

The course fees vary, according to which option you choose and are listed here. All payments can be made by credit card.

Full Practitioner Training

Each module costs **£55.00** and there are ten modules in total - total cost £550.00. There is no extra fee for marking of homework assignments or examinations, though you will need to obtain four required reading books. The modules can be purchased when you wish and may be downloaded from our fast server as a .zip file directly into your PC. Each module can be printed and each audio file can be recorded onto a CD if you wish.

Taken as Personal Tutorials with Terence Watts, the cost per module is **£180.00**, so that the total course fee is: **£1800.00**. This fee includes all course books and materials; there is nothing else to pay at any time during your studies.

Discovery & Research

The discovery & research option costs only **£19.99** per module - a total cost of less than **£200.00** for a full professional standard training course with permanent access to the course author! The modules can be purchased as you want them and may be downloaded from our fast server as a .zip file directly into your PC. Each module can be printed and each audio file can be recorded onto a CD if you wish.

Additional Skills

This option costs only **£24.99 per module**, so **you can purchase the entire professional standard course at a total cost of less than £250.00** - and that includes unlimited email or telephone access to the course author. The modules can be purchased as you want them and may be downloaded from our fast server as a .zip file directly into your PC. Each module can be printed and each audio file can be recorded onto a CD if you wish.

Commencing Training

To commence your training, go to <http://www.hypnosense.com/details.htm> and scroll down to the foot of the page, where you will find links to the online application forms. Alternatively, you can call Terence Watts on 01702 345715 to discuss any further details or enrolling for personal tutorials