



## *Prospectus*

Advanced Hypnotherapy  
Practitioner Diploma

**GHSC**  
General Hypnotherapy Standards Council  
**Accredited Training**

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## Introduction

Welcome to the prospectus of MindMasters Academy of Hypnotherapy we are delighted that you would consider training with us! This prospectus will give you all the information about our certified Hypnotherapy Practitioner course. Should you decide that you wish to train with us you will be fully equipped as a certified, accredited Hypnotherapist and be able to set up a practice in your own right.

### Why complete this hypnotherapy course?

There are many reasons why you may be considering learning the skill of hypnotherapy. You may want to consider this course if;

- You may be looking for a new, rewarding career and are considering setting up in business to help others as a professional Hypnotherapist.
- You are already in the field of personal development or a holistic health practitioner looking to augment your skills by adding another tool to your tool box.
- You have previously completed a diploma in hypnotherapy and are looking to brush up on your skills, learn new skills or get some more practical, hands on training.
- You have a real interest in self-development and human behaviour and are looking to discover more about yourself and others.

Whatever your reason, on completion of this course you will have the skills and ability to be a fully qualified, professional, competent clinical hypnotherapist.

## Why Train with MindMasters Academy?

Many hypnotherapy training schools are set up by hypnotherapists who have been unable to build a successful practice. But at MindMasters Academy you can be assured that our trainers have all built up successful hypnotherapy practices in their own right. With over 35 years of collective experience we can give you the benefit of thousands of hours of experience of helping clients AND developing a profitable business using a variety of hypnotherapeutic techniques. When it comes to building a profitable therapy business we know what works... and what doesn't, saving you years of trial and error when building your own practice. All this means you will hit the ground running!

On completion of this course, you will be able to help a client lose weight, stop smoking, get rid of anxiety, stress, phobias and much more. You will also be confident in regressing client to root-cause which is a powerful technique and is a subject many therapists avoid through lack of confidence in their abilities. PLUS, you will also have a sound knowledge on how to attract your clients and run your business profitably– there is no point in being the best therapist around if nobody knows about you.

Unlike many other courses, we are not reliant upon scripted work, which means that you will be able to develop your own unique style and work intuitively and creatively with clients without the constraints of reading from a script. Furthermore, we believe that just as you can't learn to ride a bike from reading a manual... you need to practice hypnosis to learn hypnosis. With this in mind, our training courses are practical and fun.

We will give you on-going support in practice management and continual professional development to ensure that you achieve a successful, enjoyable career should that be what you desire.

- ✓ All Tutors are experienced having run successful, busy therapy practices for years
- ✓ Thousands of hours of experience in treating clients and building a busy practice
- ✓ We DON'T rely upon script work which means you can be client focussed and become a more intuitive therapist with a higher success rate
- ✓ We teach ALL types of hypnosis, direct and in-direct which means you will be a more rounded, skilled therapist able to help all types of client
- ✓ You will complete MANY hours of practical skills of hypnosis from day 1
- ✓ You will not be on your own... we will give you ongoing support
- ✓ FREE membership to the MindMasters Academy for a year

## About Your Trainer

### Principal - Adel Houten

With over 18 years of experience of running a very successful, full time therapy business Adel Houten (founder of the MindMasters Academy) is a leading hypnotherapist in Manchester and the Northwest. Adel's initial training was completed at City University, London with Valerie Austin in the use of her world recognised, advanced hypno-therapeutic techniques. Valerie Austin's 'Harley Street' hypnotherapy approach is direct, quick and effective and differs greatly from many of the other training techniques available.



**Adel Houten**  
(dipAdvHyp.Master.SQHP)

Adel further completed her studies gaining her Master Practitioner of Hypnotherapy certification mastering a more indirect, Eriksonian approach to hypnotherapy. She has invested heavily in her training and is a well-rounded therapist and trainer in both direct and indirect hypnotherapy techniques. This ensures that the training she delivers is of the highest standard and will meet the needs and preferred style of everyone attending her courses.

Adel still consults with clients from her busy practice within an NHS Medical Centre in Manchester. She has helped thousands of clients since 2004 and is able to pass that experience on through her training. She works very intuitively with clients and because of this she gets outstanding results. Furthermore, she is one of only a few hypnotherapists in the UK who has successfully managed to crack the corporate arena delivering stress management and awareness training for companies such as NatWest as well as helping businesses de-stress their staff with the use of hypnosis.

Adel's approach to training is practical and fun. She is an experienced trainer and believes that people learn best by being 'hands on' and 'doing whilst being carefully guided. This will ensure that by the time you have completed your Hypnotherapy Practitioner Training you would have already had many hours of working with hypnosis on a practical level.

### Qualifications / Certification

Senior Qualification in Hypnotherapy Practice (General Hypnotherapy Register)  
  Advanced Diploma in Hypnotherapy (Valerie Austin)  
  NLP Practitioner (Mental Combat)  
  Master Practitioner of Hypnotherapy (Mental Combat)  
  UK Register of IBS Therapists (Clinical Practice)  
  Healing Codes Practitioner  
  EFT Level 1,2,3 Advanced  
  Master Trainer of EFT  
  Mental Health First Aid Instructor for MH England  
  Practice Acceleration (Sheila Granger)  
  Virtual Gastric Band Practitioner (Sheila Granger)  
  Holistic Life Coach HLC1 (Chek Institute)  
  Star Magic Healing facilitator  
  Cert. in Hypno-Oncology  
  Spiritual Practitioner (New Thought Global)  
  in training for Doctor of Divinity with Soulciete & New Thought Global (Emerson Theological International)

## About this Course

The course is made up of a mixture of guided learning hours and home study. There are two certification levels of this course – Foundation and Practitioner.

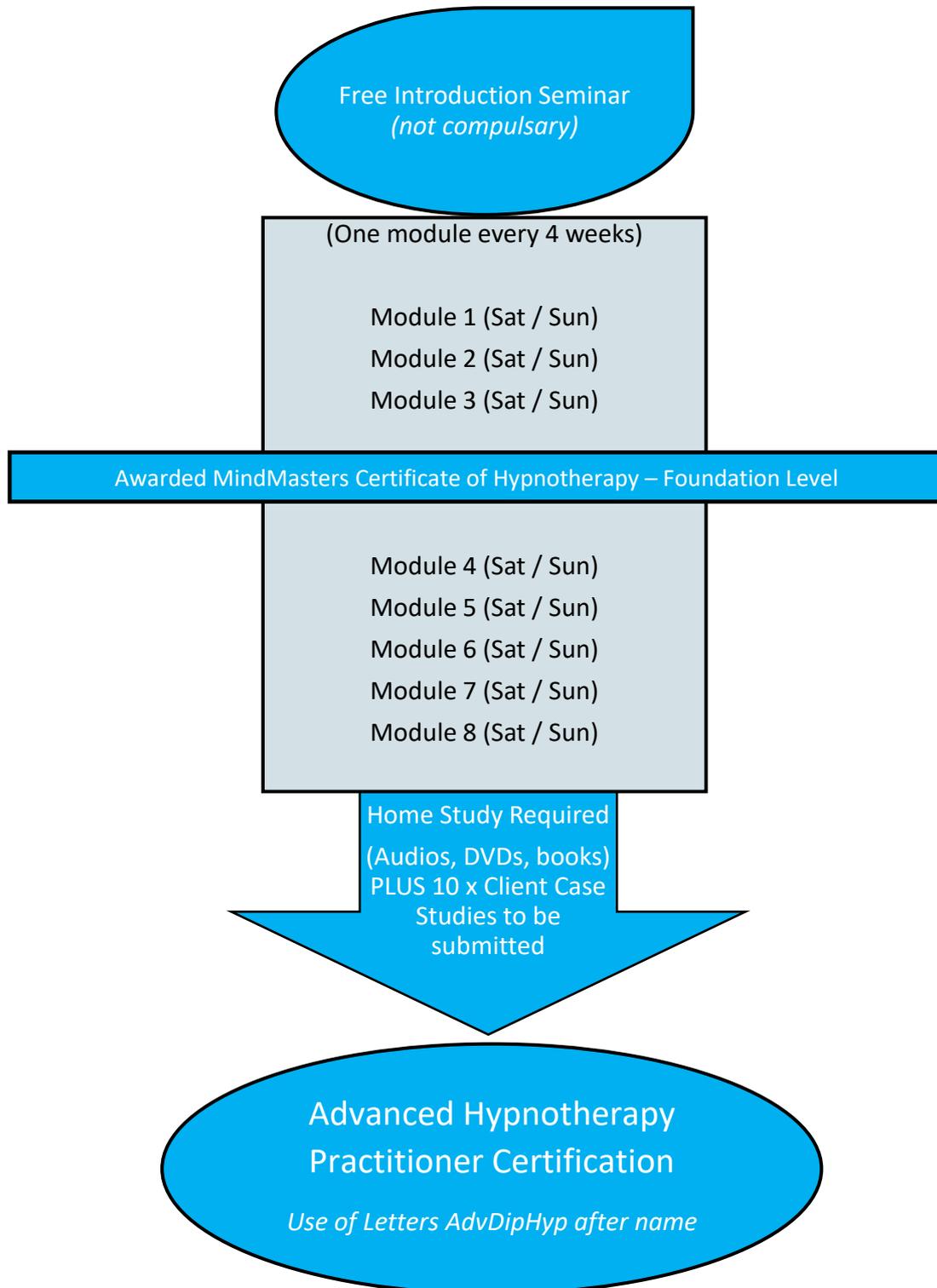
**Foundation Level** – Total 8 day's tutor led learning. This can be used in a variety of ways. As a standalone course, it's a comprehensive and enjoyable introduction to hypnosis for those who wish to develop their knowledge but not to practice as hypnotherapists. Plus, it gives you real skills which can be used within an established career such as counselling, coaching or other complementary therapies.

**Practitioner Level** – Total of 16 day's tutor led learning. Should you wish to set up practice as a hypnotherapist this course will give you all the skills and knowledge required to become a successful business. It focusses more in depth upon the specific hypnotherapy and NLP knowledge required to help clients with presenting issues such as smoking, weight loss anxiety etc. We also cover how to market your practice.

We realise that people from many back grounds come on our courses have different commitments and availability to study. Many are looking to re-train around their current job or whilst looking after family. Others however, may be able to submerge themselves fully into the training. With this in mind, we offer two formats of training; Weekend and Intense. The materials and number of tutor led study hours are identical for each course, the only thing that differs between them however, is the pace and the length of time it takes to become fully accredited.

All students begin with module 1 which is a two-day (weekend) course starting at 9.30am and finishing at 5pm each day. You can then choose which route you would prefer to continue with your studies.

## Course Structure



## Accreditations & Qualifications

### The General Hypnotherapy Standards Council (GHSC)

This Advanced Hypnotherapy Practitioner course offered by MindMasters Academy has been assessed and validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Upon completion of this course you will be a certified Advanced Hypnotherapist and be eligible to use the letters DipAdvHyp (Diploma in Advanced Hypnotherapy) after your name.

Furthermore, you will also be eligible to apply for professional registration membership of the General Hypnotherapy Register (GHR). If you apply to join the GHR then you will receive their certificate of membership and be entitled to use the initials GQHP. This will also give you eligibility for fast track registration with the Complementary & Natural Healthcare Council (CNHC)

More information on the General Hypnotherapy Register (GHR) is at [www.general-hypnotherapy-register.com](http://www.general-hypnotherapy-register.com)



For more information about the Complimentary & Natural Healthcare Council (CNHC) visit <http://www.cnhc.org.uk/>



## Eligibility of Applicants

There is no formal qualification required to attend this course, anybody can attend without any prior knowledge of hypnosis and hypnotherapy. That being said, although there is no formal pre-requisite qualification to becoming a hypnotherapist there is an eligibility criterion which should be noted.

Being a hypnotherapist requires you to be of certain character. You must have a genuine interest in people and their well-being. It is also very likely that you are going to be assisting clients with some deep emotional issues of a very personal nature so professionalism, empathy, understanding and an ability to listen is a must. Many clients will be of an emotionally vulnerable nature so it is important that Students of this course are of a suitable character to be helping such people. You ought to be equipped to listen to traumatic experiences of your clients whilst maintaining a professionalism focussing on the clients experience and treatment.

**Note:** Those with bi-polar, schizophrenia and epilepsy will unfortunately be unable to attend as these are contra-indications to hypnosis.

Prior to booking on the course, all students will undergo an informal interview with one of the course tutors either by phone or in person to determine suitability for the course. If you are unsure of your eligibility, please get in touch to discuss.

## Syllabus

What is Hypnosis? And what it isn't  
 Suggestibility Testing  
 VAKOG  
 Direct and In-direct approaches  
 The language of the subconscious  
 Human psychology  
 Hypnotic Language  
 Sub-modalities  
 Conscious / Sub conscious minds  
 Establishing rapport  
 Different types of Inductions (rapid, instant, progressive)  
 History of Hypnosis  
 Script writing  
 Psychoneuroimmunology  
 Brain wave frequencies (beta, alpha, theta, delta)  
 Current legislation  
 Ethics, transference & boundaries  
 Contraindications  
 Up-time / down time language  
 Chunking up/chunking down  
 Eye accessing cues  
 Sensory acuity  
 Listening skills  
 Evaluating effectiveness of treatment  
 Powerful Pre-talk  
 Pleasure / pain principle  
 Past Life Regression  
 Convincers (eye lid lock, arm levitation)  
 Achieving a well-formed outcome for therapy

The use of confusion, fractionalisation, pace, tone  
 New behaviour generator  
 Ego Strengthening  
 Swish technique  
 Forward pacing  
 Anchoring  
 Weight loss hypnotherapy  
 Regression to root cause  
 Inner child therapy  
 Gestalt therapy  
 How to deal with abreactions  
 Creative hypnosis  
 Successful stop smoking session  
 The use of metaphors  
 How to deliver hypnosis to a group  
 How to structure a hypnotherapy session  
 Milton Model Language patterns  
 Eriksonian hypnotherapy  
 Dave Elman techniques  
 Austin technique  
 Fast Phobia Cure  
 Pain relief hypnosis  
 Working with resistance  
 Goal setting  
 Setting up practice  
 The therapy room  
 Working in the corporate arena  
 How to attract clients  
 Record keeping  
 Working within the wider health & social care sector

## Continual Professional Development (CPD)

On completion of this course you will be a fully qualified clinical hypnotherapist however, we strongly encourage all of our students to keep up to date with the latest developments and techniques within the industry by way of continual professional development.

Furthermore, registration to the GHR requests that newly qualified therapists are expected to engage in a minimum of 2 hours' supervision within any 3-month period during the first 2 years after qualification. With this in mind, every quarter a 2-hour supervision session with the trainers will be open to all students of MindMasters Academy free of charge for the first year (£47 per annum thereafter) as well as on-going telephone / email support.

Plus, all students of MindMasters Academy will be invited to join the on-line private members Facebook group which is a great opportunity for newly qualified hypnotherapists to swap skills and to gain the support and insights from fellow students to ensure that your practice is successful and your skills are current. This group is moderated by the Trainers of MindMasters Academy.

Please note; All GHR registered therapists are expected to participate in relevant CPD activity for a minimum of 25 hours each year. The GHR's definition of CPD includes appropriate reading, internet research or personal attendance at relevant workshops.

## Course Fees

A deposit of £250 will secure a place on your chosen course and is to be paid upon enrolment. The balance of the tuition fee is to be paid in full 28 days prior to commencement of said course (or module).

All fees include;

- ✓ 16 days of face-to-face hypnotherapy training (practitioner level)
- ✓ Course manual
- ✓ Supporting CDs, DVDs, reading list for home study (books purchased by Student)
- ✓ Membership to the private members WhatsApp support group
- ✓ 3 hours of face-to-face supervision every 3 months (free for 1 year)
- ✓ Certificate of Accreditation
- ✓ Discounts on further specialised training
- ✓ All courses include light refreshments

Please be aware that this course does not include books, meals, overnight accommodation and travel expenses. Should a student wish to go on to register into practise a further cost will be incurred to the GHR for registration and also professional indemnity insurance is required.

### Payment Options & Discounts

The total fee for the Hypnotherapy Practitioner Training is £2200.00

**Option one** - Students have the option to pay per module. Payment must be made for each module 28 days prior to module commencement.

Deposit - £275 (payment 1)

Balance Instalments - 7 payments (to be paid prior to end of course) x £275 per month

Total payable £2200

**Option two** - A £150 discount is offered to students who wish to pay the total course in full  
=Total payable £2,050

\*Further discounts can be applied by way of a 10% commission payment (off set against the cost of training) for any introduction which leads to a booking paid in full onto a MindMasters course.

## Terms & Conditions

All course fees to be paid 28 days prior to commencement of the course. Failure to pay on time may result in the delegate losing the place on the course. If difficulties arise, please discuss prior to commencement of course.

All students MUST complete the 16 days of face-to-face tuition as per the guidelines for accreditation. Should you fail to attend any of the training days (due to illness for example) you may have to attend further training for which an additional cost may be incurred. We will try to accommodate where possible.

All students MUST behave in a respectful manner towards each other and tutors. Any abusive, disruption anti-social behaviour (verbal or physical) towards the other students or tutors will result in the person being dismissed from the course and all course fees paid will be lost.

## Cancellation Policy

A £200+vat deposit is required to secure your place. This is non-refundable UNLESS the course is cancelled.

Once your deposit has been paid you are liable for the balance of the course fee, unless we receive written notification of cancellation.

If you have paid your deposit and are unable to attend the course, you may be able to carry the deposit forward as payment towards another course providing 28 days' notice has been given.

If a booking is cancelled more than 28 days prior to the start of the course 100% of the balance of the course fee will be refunded.

No refund will be given for no attendance of the course except under extreme circumstance. This is at the discretion of the MindMasters Academy.

If in the unlikely event that the course is cancelled by us, then a full refund will be given but we will not be liable for any extra expenses incurred other than the course fee paid.

## Contact Details

Adel Houten (Principal Trainer)  
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Web: [www.mindmastersacademy.co.uk](http://www.mindmastersacademy.co.uk)

Also Available at MindMasters Academy;

EFT (Emotional Freedom Techniques) Levels 1,2,3 (Practitioner and Advanced Practitioner)

2-day Adult Mental Health First Aid (MHFA England)



EFT & MINDFULNESS CENTRE



MHFA England