

STUDENT PROSPECTUS

91235NSW Diploma of Clinical Hypnotherapy
&
91236NSW Certificate IV in Neuro Linguistic Programming

91475NSW Advanced Diploma of Clinical Hypnotherapy, Psychotherapy and Neuro Linguistic
Programming (NLP)

CHC51708 Diploma of Counselling



NSW Vocational
Education & Training
Accreditation Board

The Holistic Healing Company Pty Ltd RTO # 91275
Trading as The Australian College of Hypnotherapy ABN 34 097 426 303 ACN 097 426 303



The Australian College of Hypnotherapy (ACH)

The Australian College of Hypnotherapy (ACH) was founded over fifteen years ago by *Rhondda Stewart* and is now a Registered Training Organisation (RTO).

The training offered by ACH is designed to educate students and build their practical skill base so they are able to set up their own professional therapy practice in the fields of Clinical Hypnotherapy, Neuro Linguistic Programming (NLP), Psychotherapy and Counselling.

Theory and practical application of training are blended at ACH to ensure the student has underpinning knowledge and practical skills. This enables the student to successfully design their therapy practice and therapeutic programs to suit the needs of their clients.

At ACH we are continually updating our knowledge of global developments in Therapy Training and are able to then add new material to our curriculum to support our student's needs based on improvements in techniques and designs.

When trainers move with the students through the training program over one, two or even three years, we have discovered they are able to offer a more individual level of supervision and ongoing support and mentoring.

The Process of Clinical Hypnotherapy

Clinical Hypnotherapy is now recognised worldwide as an accepted and effective form of Therapeutic Treatment and is fast becoming the preferred choice of treatment for people with busy lifestyles.

Hypnotherapy is a results-focussed form of treatment that does not involve the emotional pain, time and expense of some other forms of Psychotherapies. By dealing directly with the subconscious mind, Hypnotherapy by-passes many of the obstacles and barriers the conscious mind creates.

Hypnotherapy is able to fast track the process of "real change" and does so by first isolating the core problem. Long-term change is then facilitated through use of trance state, anchors and other Clinical techniques.

The results of treatment using Hypnotherapy can take effect immediately. Patients often experience profound change over the course of several treatments and are equipped with tools such as Self-Hypnosis that they can utilise and access for the rest of their lives. For the client, the experience is painless, relaxing and enjoyable.

Discover how Clinical Hypnotherapy can help client's move into their desired goals and outcomes. ACH students learn all styles of Hypnosis and a range of Clinical techniques. These techniques enable them to practice at various levels to meet the diverse range needs clients may have. Students initially work with habits such as Stop Smoking, Weight Loss, Nail Biting and performance areas and progress toward more complex Clinical and Psychological areas as their experience deepens. Regular supervision supplied by ACH helps accelerate this process.



Vocational Applications for Hypnotherapy

The study of Hypnotherapy is equally suited to people who wish to progress within their chosen profession and individuals looking for a more fulfilling career. Studying Hypnotherapy enhances rapport building and communication skills. These skills are applicable to people in many different fields such as: counsellors, psychologists, doctors, nurses, managers, coaches, trainers, lawyers, police officers, security service staff and a variety of other professions.

Neuro Linguistic Programming (NLP)

What is NLP?

NLP is the practice of understanding how people organise their thinking, feeling, language and behaviour to produce the results they do. NLP provides people with a methodology to model outstanding performances achieved by geniuses and leaders in their field.

A key element of NLP is that we form our unique internal mental 'Maps of the World' as a product of the way we filter and perceive information absorbed through our five senses from the world around us.

The ACH Certificate IV in NLP is also a Practitioner Certification in NLP. The student will learn all elements of NLP from foundational knowledge, techniques and processes to the relevance and application of its use, the graduate as a practitioner will be well equipped to utilise these new skills in both therapy and corporate arenas.

There are also the foundational elements of **Ericksonian Hypnosis** within the NLP program.

Hypnotherapy principles have been woven throughout the course. Students benefit at graduation with the Certificate IV or by continuing on with the Medical Hypnotherapy units of competency. They can be also awarded the Diploma of Clinical Hypnotherapy. This level of Clinical Certification is exclusively available to students that study here with us at The Australian College of Hypnotherapy.

While Hypnotherapy allows a greater understanding of the subconscious mind, NLP assists in communicating on a deeper, more effective level. Teachers, managers and people in sales will find NLP to be invaluable tool. Naturally NLP is also highly beneficial to those in other people-skill related professions along with areas of Therapy and Psychotherapy.

Students will learn underpinning knowledge and practical application in the field of NLP.

The course outline is comprehensive and includes

| | | |
|-----------------------------------|------------------|--------------------------------------|
| | Emotional State | Metaphor |
| The Definition and History of NLP | | Designing Scripts |
| | Inside the Mind | |
| The Key Presuppositions of NLP | Strategies | Understanding |
| | Language | Framing |
| Outcomes | | |
| Learning | Chunking | NLP Resources |
| | Outcomes/Goals | Elicitation of a Well-Formed Outcome |
| TOTE's | | |
| Relationship | The Meta Model | Sensory Acuity |
| | The Milton Model | |
| The Senses | | |



| | | |
|------------------------|--------------------------|-----------------------------------|
| Well Formed Conditions | Modelling | The Six-Step Reframe |
| Calibration | Association\Dissociation | Reframing - Conscious\Unconscious |
| Representation Systems | Fast Phobia | Time-Line Patterns |
| Sub-modalities | Anchoring | Putting it all together |
| NLP Patterns | Frames | |

91235NSW Diploma of Clinical Hypnotherapy

This Diploma of Clinical Hypnotherapy is a comprehensive training program designed to teach you underpinning knowledge (theory) and practical skills required to be able to set up your own professional practice in this therapy based industry. The Diploma has nested within it **91236NSW Certificate IV in NLP** (Practitioner Certification) and includes Meridian Energy Therapy Techniques (Hypno-Kinesiology, EFT, EMDR).

This Diploma is a fusion of some of the most noted work in our field today and reflects the knowledge and practical application of people like *Edgar Barnett, Michael Yapko, Stephen Gilligan, Ernst Rossi* and of course one of the most noted Psychiatrist and Hypnotherapist/Psychotherapist of his day, *Erickson* is considered a central figure in the foundation and current designs of both Clinical Hypnotherapy techniques and Neuro Linguistic Programming (NLP).

The outcome of the course is to train students to the level of a Practitioner of Clinical Hypnotherapy and NLP. The format for delivery and assessment is designed around a twelve to fifteen month program.

Upon successful completion of the entire course the formal qualifications achieved will be

- A nationally accredited Diploma of Clinical Hypnotherapy with a Certificate IV in Neuro Linguistic Programming nested within the Diploma and a Practitioner Certificate in NLP. Students may choose to exit the course after completing the Certificate IV in Neuro Linguistic Programming and not go on to complete the Diploma of Clinical Hypnotherapy.
- Students who have completed the Diploma course are eligible for membership with the **International Medical and Dental Hypnotherapy Association (IMDHA)**. Students who apply and are accepted will receive an International Diploma from IMDHA as a Certified Hypnotherapist (CHt).

Course Prerequisites

The course has no academic prerequisites however, to undertake this course, the student must:

- Be 18 years of age or over.
- Have an adequate command of English
- Have normal sensory awareness and capability including adequate hearing and vision.
- Have adequate physical/psychological abilities necessary for establishing and maintaining professional working relationships with clients in the Hypnotherapist vocation.
- Attend an interview with the Principal or Delegate.
- Read, understand and accept the Student Handbook.
- Have a current e-mail address for contact and communication.

Diploma of Clinical Hypnotherapy Course Content

PART 1

| | |
|--|--|
| Definitions | Treatment Plan |
| History of Hypnosis | Abreactions |
| Principles of Induction | Secondary Gain |
| Introduction to NLP | Ethical Issues |
| Introduction to Self-Hypnosis | Creating Metaphors and Therapeutic Metaphors |
| Demonstrations and Practical Exercises | Trance Indicators |
| Neuro Linguistic Programming | Sensory Language – predicates |
| Ericksonian Hypnosis | Neurological levels |
| Naturalistic Hypnosis | Rapport – Pacing & Leading |
| Health Issues | Filters Inductions Anchors |
| Trance Deepening | Resourceful State |
| Rapid Inductions | New Behaviour Generator |
| Catalepsy | Client Intake Sheet |
| Milton model | Meta Model |
| Introduction to Waking Hypnosis | Post Hypnotic Suggestion - embedded |
| Naturalistic Hypnosis | Commands and Ego Strengthening |

PART 2

| | |
|--------------------------------|--|
| Subconscious Mind Healing | Hypno-Sleep |
| Association and Disassociation | Design a Program for Change |
| Dreams | Dream Inductions |
| Running a Practice | Business planning |
| Attracting Clients | Elman Technique |
| Legal and Ethical Issues | Occupational Health & Safety (OH & S) |
| Age Regression | Well Formed Outcomes |
| Six-Step Reframe | Counselling |
| Design Program for Change | Emotional Freedom Technique (EFT) |
| Demonstration and Practicum | Language & Communication |
| Hypno-Kinesiology | EMDR |
| NLP Components | Ericksonian/Analytical and Naturalistic Hypnosis |
| Advanced Metaphor Design | Gestalt- Satir Modules |
| Physiological Processes | Medical Anatomy & Physiology |
| Pre-surgical Anxiety Relief | Post Surgical Healing |
| Stop pain, Bleeding, Swelling | Human Sexuality |
| Psychopharmacology | Auto-induction Trauma Management |
| Hypnotic Coma / Esdaile | Analgesia/ Anaesthesia |
| Injection Magic | Glove Anaesthesia Medical/Dentistry |
| Medical Hypnosis | |

We also recommend that prospective students experience Hypnotherapy as a patient with a qualified Hypnotherapist prior to commencement.

Please Note: Due to the nature and demands of the course and profession the *Australian College of Hypnotherapy* reserves the right to refuse entry to any individual on the basis of suitability.



91235NSW Diploma of Clinical Hypnotherapy

Units of Competency

| Code | Unit of Competence | Field |
|----------|---|-------|
| DCH0104 | Work within a therapeutic framework | Core |
| DCH0204 | Establish relationship with the individual being hypnotised | Core |
| DCH0304 | Induce trance, conduct intervention and re-orient client to an alert state. | Core |
| DCH0404 | Use hypnotherapy terminology to communicate with others | Core |
| DCH0504 | Utilise hypnosis techniques for relaxation and self hypnosis | Core |
| DCH0604 | Respond holistically to clients | Core |
| HLTCOM6A | Make referrals to other health care professionals when appropriate | Core |
| DCH0704 | Deal with Abreactions when hypnotising clients | Core |
| HLTHSE1A | Follow the organisation's occupational health and safety policies | Core |
| DCH0804 | Work within a legal and ethical framework | Core |
| HLTCOM3A | Manage a practice | Core |
| DCH0904 | Reflect and improve upon professional practice | Core |
| DCH1004 | Manage personal emotional state | Core |
| DCH1104 | Create a positive emotional state | Core |
| DHC1204 | Work within a structured counselling process | Core |
| DCH1304 | Provide support for clients implementing a course of action | Core |
| DCH1404 | Facilitate the counselling relationship | Core |
| DCH1504 | Use Hypno-Kinesiology to achieve client outcomes | Core |
| DCH1604 | Use Eye Movement Desensitization and Reprocessing (EMDR) to achieve client outcomes | Core |
| DCH1704 | Use Emotional Freedom Technique (EFT) to achieve client outcomes | Core |
| DCH1804 | Apply knowledge of anatomy and physiology to treatments | Core |
| DCH1904 | Manage pain and trauma using hypnotic techniques | Core |
| DCH2004 | Use hypnotic techniques in medical and dental situations | Core |



91475NSW Advanced Diploma of Clinical Hypnotherapy, Psychotherapy & Neuro Linguistic Programming (NLP)

The Advanced Diploma of Clinical Hypnotherapy, Psychotherapy & Neuro Linguistic Programming is designed for practising Clinical Hypnotherapists and Counsellors who may wish to upgrade their current skills and advance their present qualifications with Psychotherapy and advanced training in Hypnotherapy and NLP.

The outcome of this course is to enhance the existing skills of current practitioners already working in these fields. The format for delivery and assessment is designed around a 24 month program.

Students enrolling in this course will need to be experienced in both Hypnotherapy and Counselling and have an existing Practice. Course assessment will require reference to existing clients, their progress and review of clinical notes.

This program incorporates a more expansive model of Advanced Clinical Hypnotherapy and Master Practitioner Certification in Neuro Linguistic Programming as well as integrating Psychotherapeutic approaches with Cognitive Behaviour Therapy (CBT) along with Brief Therapy and expanding on Meridian Energy Therapies.

Milton Erickson was a Master of Psychotherapy and Brief Therapy using Clinical Hypnotherapy as his primary tool. To a great extent he developed this himself. Erickson's approach was popularised by *Jay Haley* in the book *'Uncommon Therapy'; The Psychiatric Techniques of Milton Erickson M.D.*

Richard Bandler the Co-Founder of Neuro Linguistic Programming is another firm proponent of Brief Therapy. After many years of studying Erickson's therapeutic work he wrote, *"It's easier to cure a phobia in ten minutes than in five years."*

You will learn Brief Therapy - an umbrella term for a variety of approaches to Psychotherapy. It emphasises (1) a focus on a specific problem state and (2) direct intervention moving the client toward solution state. This is done through a Client Centred approach using observational skills. You will also learn how to work with the utilization of the client's natural resources to assist them in developing new perspectives.

Jung (1964) suggested that Psychotherapy is the only movement within western culture that partly has, and should have, an understanding of the nature of Zen. In this Advanced Diploma Program you will learn a contemporary style of Psychotherapy which recognises not just a Psychological "self" that is often in need of restorative work, but also a more encompassing spiritual whole. These therapeutic techniques work in bringing about Psychological and behavioural change.

Once you have completed your training with ACH it is anticipated you will develop your own integrative approach over time. This is how the large majority of experienced Psychotherapists Practice.



The 91475NSW Advanced Diploma in Clinical Hypnotherapy, Psychotherapy & Neuro Linguistic Programming qualification is comprised of ten *core* and two *elective* Units of Competency.

| Code | Unit of Competence | Field |
|------------|--|----------|
| CHCORG28A | Reflect and improve upon professional practice | Core |
| CHCCSL601A | Work within a structured counselling process | Core |
| CHCCSL602A | Provide support for clients implementing a course of action | Core |
| CHCCSL603A | Facilitate the counselling relationship | Core |
| CHCCSL604A | Reflect and improve upon counselling skills | Core |
| CHCCW13B | Work with clients intensively | Core |
| CHP0207 | Orientation to mental health work | Core |
| CHP0207 | Apply clinical hypnosis techniques to psychotherapy situations | Core |
| CHP0307 | Apply clinical hypnosis techniques to cognitive based therapy | Core |
| CHP0407 | Apply NLP techniques to counselling situations | Core |
| CHP0807 | Use meridian energy techniques in counselling situations | Elective |
| CHPO607 | Apply NLP techniques to performance enhancement | Elective |

The course comprises four 6 month long semesters. The first week of each semester contains a full time study block based in the ACH Leichhardt offices or at a training room in Sydney's Inner West. The study blocks are designed for intensive training sessions with some face-to-face assessments. The balance of assessments is to be completed over a scheduled time frame.

At the conclusion of each study block the student is provided with assessments, reading lists and other study material that will be required to be completed during the following six month period.

Block 1

Delivered in week one over a five day period 9.00am – 5.00pm. In this Block, students are inducted into the training program with review of the training program, electives, teaching and assessment methods used. If the course does not meet expectations, students may opt out at this time.

Continuing students are provided with case studies, worksheets and assignments that will require consistent application in their workplace with their clients for the remainder period of semester. All written case studies, worksheets and written assignments are to be submitted by the scheduled due date, this is generally the end of semester one, however the date is confirmed on student's first day. Practical skills assessments will be held during the scheduled intensive training session during the first session of Block 2. Students interact with teachers and the Principal as scheduled or as required by e-mail, scheduled telephone conference calls or by face-to-face support.

Block 2

The students meet for a week of intensive training and assessment in the first week of semester two. This period is called Block 2. Practical assessment sessions are conducted during the week with some assessments requiring a demonstration of skills over a period of time. The demonstrations in Block 2 sessions are designed to achieve this.

As with Block 1, students will be provided with the next series of case studies, worksheets and assignments requiring consistent application with their clients for the remainder period of the semester.

All written case studies, worksheets and written assignments are to be submitted by the scheduled due date advised to the students on day one of Block 2 (usually end of semester two).

An assessment of practical skills gained during Block 2 will be held during the scheduled intensive training session that makes up the first session of Block 3.

Assessment submissions that fail to meet the required standards are to be amended as required. In some cases students will be unable to commence studies if they have not achieved the required pre-requisites.

Block 3 and Block 4 follow the process laid out in Block 2.

The students are supported with supervision and mentoring through internet, emails, phone calls and where needed face to face support of teachers and by the Principal.

Upon successful completion of course assessments the student will be awarded an Advanced Diploma of Clinical Hypnotherapy, Psychotherapy and Neuro Linguistic Programming (NLP).

Course Prerequisites

Students in this course will need to be experienced practitioners with an existing practice. Course assessment requires reference to existing clients, progress of existing clients and review of their clinical notes.

Potential students will be interviewed by the ACH CEO to ensure that tier practises are suitable for the student to draw upon as a suitable learning and assessment resource.

As always, client confidentiality will be required and expected with all assessments where client records may be accessed. To undertake this course the student must:

- Be 18 years of age or over.
- Have an adequate command of English.
- Have normal sensory awareness and capability including adequate hearing and vision.
- Have adequate physical/psychological abilities necessary for establishing and maintaining professional working relationships with clients in this vocation.
- Read, understand and accept the Student Handbook.
- Have a current e-mail address for contact and communication.
- Be an experienced practitioner with an existing clinic/ practice.

CHC51708 Diploma of Counselling

There is a time in many people's lives when they seek support from a counsellor. This is your opportunity to build a new career and become a qualified counsellor.

Counsellors do not give advice, but help clients move toward possible choices within the framework of an agreed counselling contract. Our thoughts cause our feelings and behaviours, not external things like people, situations and events.

The benefit of understanding this fact is that we can change the way we think to feel and act better even if the situation does not change. It is important to have a good trusting relationship but, that is not enough, we believe clients change because they learn how to think differently and they act on that learning.

Counsellors focus on teaching their clients rational Self-Help skills. They seek to learn what their clients really want out of life - their goals and aspirations - and then help their clients achieve those goals. The therapist's role is to listen, teach and encourage. The client's role is to express concerns, learn and implement that learning.



Although there are many providers of training in the counselling arena, the Australian College of Hypnotherapy has a particular emphasis on developing the kind of skills that work with client centred counselling.

The Diploma of Counselling is designed around a 24 month period involving a combination of theory, practical sessions conducted in ACH training rooms, as well as assessments drawing from the students' own clinical practices.

An ongoing practice during the training program is a must for this course. Students who lose access to a functioning practice will need to make alternative arrangements. These arrangements will need to be approved by ACH so as to ensure effective training and assessment.

Training and assessment is delivered in ACH training facilities in Leichhardt or other location in Sydney's Inner West with assessment evidence being drawn from the students' own workplace.

The program is conducted over a 24 month period. A single day per month is allocated to the formal delivery of theory and receipt of assessments in the Leichhardt training rooms (generally the first Monday of the month) as per the detailed delivery schedule contained later in this document.

Tutorial days are to assist students with their progress and are scheduled on the second Friday of the month. The tutorial days are a method to allow students to commence their learning activities and assessments with sufficient time for them to be able to seek assistance to enable assignments to be submitted on time and to maintain the continuity of the timetable.

- Students will be provided with all necessary text books and learning resources.
- Students need to provide case notes and other client related materials as part of their assessment program.
- Assessment tasks: Competency determination is made after all relevant evidence is gathered. Holistic Healing Company is receptive to evidence gathered from a variety of sources including its own assessment processes.
- Australian College of Hypnotherapy assessment processes include:
 - Recognition of Prior Learning/Credit Transfer
 - Written/Oral Questions
 - Written Reports
 - Observation/Demonstration
 - Scenarios/Role Play

This Diploma of Counselling is designed for those wishing to become a client centred therapist or for those practising counsellors who may need to gain formal counselling qualifications or upgrade their existing qualifications through a Recognition of Prior Learning process, (outlined below).

Successful completion of this program will allow graduates to work as qualified Counsellors. And they will be able to demonstrate an expert command of highly specialised therapy skills in specialised contexts.

The CHC51708 Diploma in Counselling qualification comprises fourteen core and three elective units of competency. The course is made up of face-to-face hours and distance education.

Upon successful completion of the following course assessments you will be awarded a CHC51708 – Diploma of Counselling.



91235NSW Diploma Clinical Hypnotherapy

Units of Competency

| Code | Unit of Competence | Field |
|------------|--|----------|
| CHCCM503C | Develop, facilitate and monitor all aspects of case management | Core |
| CHCCS514A | Recognise and respond to individuals at risk | Core |
| CHCCSL501A | Work within a structured counselling framework | Core |
| CHCCSL502A | Apply specialist interpersonal and counselling interview skills | Core |
| CHCCSL503A | Facilitate the counselling relationship | Core |
| CHCCSL504A | Apply personality and development theories | Core |
| CHCCSL505A | Apply learning theories in counselling | Core |
| CHCCSL506A | Apply counselling therapies to address a range of client issues | Core |
| CHCCSL507A | Support clients in decision-making processes | Core |
| CHCCSL508A | Apply legal and ethical responsibilities in counselling practice | Core |
| CHCCSL509A | Reflect and improve upon counselling skills | Core |
| CHCCSL512A | Determine suitability of client for counselling services | Core |
| HLTHIR403B | Work effectively with culturally diverse clients and co-workers | Core |
| HLTOHS300A | Contribute to OHS processes | Core |
| CHCCS403B | Provide brief intervention | Elective |
| CHCCSL510A | Work effectively with relationship issues | Elective |
| CHCCSL511A | Provide interventions to address family issues | Elective |

Please Note: Participants who exit the training program without completing all assessments will be issued with a statement of attainment for those units in which they have demonstrated competency.

Course Prerequisites

To undertake this course the student must:

- Be 18 years of age or over.
- Have an adequate command of English.
- Have an adequate command of basic Tertiary Learning Skills.
- Have normal sensory awareness & capability including adequate hearing and vision.
- Have adequate physical/psychological abilities necessary for establishing and maintaining professional working relationships with clients in this vocation.
- Read, understand and accept the Student Handbook.
- Have a current e-mail address for contact and communication.



Recognition of Prior Learning (RPL)

The CHC51708 Diploma in Counselling qualification process recognises existing skills and knowledge. RPL is a process where existing skills and knowledge are matched against the requirements (the educational units) of the qualification. This qualification has 12 units of competency in total. For example, if you are recognised as having achieved competency through your existing skills and knowledge in, 8 units, then you would only need to complete the balance of 4 to be eligible for the full qualification. Call the ACH office to find out more about the RPL process.

The advantages of undertaking training through ACH

Completion of your training with ACH will equip you with the practical skills necessary to build your current practice or set up a new business as a fully qualified professional in the field of Clinical Hypnotherapy; NLP, Psychotherapy and/or Counselling. Whether you work from home or share a workplace, you can be confident in the skills and expertise you develop while training with ACH.

About the Australian College of Hypnotherapy

Our vision is to have recognised Clinical Hypnotherapists as established, registered and recognised Allied Health Professionals and have Clinical Hypnotherapists understand and work in collaboration with other allied Health Professionals.

Our mission is to be the best provider of recognised qualified training, learning and development in Clinical Hypnotherapy, Communication, Neuro Linguistic Programming, Psychotherapy, Counselling and exceptional graduate therapists in Allied Health.

At ACH we value:

Training Excellence

The provision of excellent professional training in line with the **AQTF** standards.

Professional Guidance

The guidance of students when setting up their own professional practice and assisting them to establish themselves as qualified Clinical Therapists.

Clinical Leadership

The leadership of Undergraduates in the practical application of Clinical Hypnotherapy, NLP, Psychotherapy and Counselling.

Quality and Continuous Improvement

We maintain a duty of care in the provision of services, materials, support and guidance. Continuous improvement will be attained through the use of feedback, regular review and auditing.

Training Facilities

The Australian College of Hypnotherapy has training rooms in Leichhardt and other suburbs within Sydney's Inner West. Our aim is to maintain small and realistic class sizes to promote more opportunities for mentoring and personalised attention for our students.



Our Professional Focus

ACH is committed to comprehensive and up-to-date training. With a strong emphasis on practical application ACH is a school that continues to graduate Professional Therapists in Clinical Hypnotherapy, NLP, Psychotherapy and Counselling. The importance we at ACH place on graduating students with a broad practical skill base is what sets us apart from other schools.

Only Specialist Trainers, who are also highly qualified professionals in their chosen fields, are employed by ACH to ensure quality delivery. Each trainer is constantly looking for ways to improve course content and teaching methods. You can be assured that the training and information presented will place you at the forefront of this therapy based career.

All ACH trainers undergo a Comprehensive Education Programme to ensure they are up to date with the latest techniques and skills. It is a prerequisite that ACH trainers already enjoy the benefits of running and managing their own successful practices. It is their hands-on knowledge and practical experience that we make available to every student.

Our course is more than just learning to be a Clinical Hypnotherapist. It's about learning the business of being involved in a successful practice and reaching your full potential in life. When you study with ACH you'll not only be a fully qualified and competent hypnotherapist, you'll also be equipped with all the life skills required to be successful at any chosen profession.

The Advantages of our Approach

Students of ACH are guided through training programs with a structured approach that focuses on:

- Understanding the clinical theory involved.
- Mastering the clinical skills required to perform.
- Learning the component skills required to treat a range of conditions.
- Building the business skill base required to run a successful practice.

We believe the key advantages of our approach are:

- Training small group sizes.
- Personal supervision and mentoring to develop students into skilled Practitioners.
- Ongoing mentoring and supervision available after graduation.



Assessment Processes

Our training focuses on clinical theory and practical application through experiential training. Practice management issues are worked through in class, which enables students to be ready to succeed in their own therapy practice.

We employ a variety of practical assessment processes to prove competency, with assignments and research. Students will do assessments such as, case studies, observation, role-play exercises, reading, discussion and journal keeping.

A list of assignments to be completed for proof of competency, along with their submission dates, is included in the course materials. Students are expected to familiarize themselves with all deadlines.

Grievance on assessment results is dealt with through our complaints handling and continuous improvement process, provided in the student handbook.

This, along with the support and guidance of our tutors during the course, helps ensure motivated participants find the course requirements to be more than attainable.

Client case studies are integral to building clinical knowledge and expertise. The design of the formal training and practical application activities means that by the end of the course you have worked with a large number of clients to achieve different outcomes such as:

- Smoking cessation
 - Body reshaping
 - Weight loss
 - Stress problems
 - Dental phobias
 - Pain management
- Anxiety and Phobias
 - Irritable Bowel Syndrome
 - Performance, Study and Learning
 - Sleep Disorders
 - Medical areas from A to Z and much more

The ACH teaching method ensures that students who earn the Diploma are well equipped to help their clients in addressing a wide variety of concerns. The clinical supervision sessions provided by the College re-enforce and support students developing their clinical skills.



Post Graduate Support

The College is committed to your success as a practising professional and to support this goal the Australian College of Hypnotherapy offers all graduate students opportunities for ongoing training and supervision.



Registration and Accreditation

We are registered by VETAB to deliver the following qualifications:

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|---|--|---|
|  | <p>91235NSW Diploma of Clinical Hypnotherapy</p> <p>91236NSW Certificate IV in Neuro Linguistic Programming</p> <p>CHC51708 Diploma of Counselling</p> <p>91475NSW Advanced Diploma of Clinical Hypnotherapy, Psychotherapy and Neuro Linguistic Programming (NLP)</p> |  |
|---|--|---|

Australian Accreditation

Courses conducted at the Australian College of Hypnotherapy are Nationally Accredited Training qualifications under the AQTF. This means ACH courses have met the stringent requirements of government regulation.

Accreditation is the quality assurance process used to formally recognise national qualifications and the guarantee of a superior learning experience.

ACH is a member of the Australian Council for Private Education and Training (ACPET) and is a member of the Australian Student Tuition Assurance Scheme (ASTAS) which safe guards student fees paid in advance. ACH abides by the code of ethics for private education providers.

Because ACH is recognised by the Australian Hypnotherapy Association and other associations, students of the college are eligible to join an association on completion of their training program.

Please note: to be eligible to gain Professional Indemnity Insurance graduates are required to hold membership with a major Hypnotherapy Association.

International Association and Accreditation



The Australian College of Hypnotherapy is an accredited member of the prestigious International Medical and Dental Hypnotherapy Association (IMDHA). In addition, the course has been accredited by the association. Our training meets the requirements for All Australian Hypnotherapy Associations and all their guidelines have been taken into account in our course design.

So whether you choose to establish your practice in Australia or Internationally, you can be confident in the knowledge that your qualifications are Internationally recognised.



Other Important Information

Student Handbook

It is important to review the Student Handbook prior to enrolment. It can be viewed and downloaded from the ACH website www.careerinhypnosis.com.au. If you have any problems reading or downloading the handbook, please contact ACH so we can distribute it another way.

Recognition of Prior Learning (RPL)

The qualification process also recognises your existing skills and knowledge. Recognition of Prior Learning (RPL) is a process where the participants existing skills and knowledge are matched against the requirements of the qualification. If the participant is assessed as already having achieved competency the course is reduced in duration. Additional information on our RPL process is available from the Australian College of Hypnotherapy Office.

Questions to ask when choosing a Hypnotherapy course

We suggest you ask these questions to help establish the credibility of any **Clinical Hypnotherapy Course** you are considering:

- What is the total cost of the course to a Diploma level?
- Is Supervision, Mentoring and any additional training included in the Diploma Cost?
- How long does the course take to complete?
- How much practical training is involved?
- Do you have a list of Graduates I can speak with?
- What books and resources are used to teach the course?
- How long before I am able to work as a Hypnotherapist?
- What is the balance between theory and practice in this course?
- What specific support is offered during and after the course?
- Will I be able to obtain professional indemnity insurance when I complete the course?
- Will I be internationally accredited once I complete the course?
- Who is teaching the course, what are their credentials and how long have they been training?

Student Induction and Orientation

In the first session of your course you will receive a clear outline of what you will be studying and how it will be assessed. Your induction and orientation will include the following areas:

Student Handbook

Assignment Policy

Prohibited Employment Declaration

Course Participation Agreement

Written Assignment Presentation

“Not Yet Competent” Assessment Results

Statement of Attainment

Written Assignments List

Storytelling design

Treatment Plan outlines

Client Consent Form

Client Intake Sheet

Worksheets

Anatomy and Physiology Workbook

OH&S Introduction and Overview

OH&S Assignment Task Review

Manage a Practice Assignment Task Review

Practitioner CDs for Therapeutic Change – Children

Practitioner CDs for Therapeutic Change – Adults

Application for Association Memberships



Our People



Rhondda Stewart – College Founder, CEO and Educator

Rhondda is a Qualified and Registered Professional Counsellor, Clinical Hypnotherapist, NLP Master Practitioner and Trainer. Over the last 30 years she has built up a thriving Sydney practice and is also well known for her skills in design and development of therapy based curriculum for doctors, dentists and therapists in Australia, New Zealand and other countries. Rhondda is a Fellow of the Australian Hypnotherapy Association.

Rhondda designed and developed the ACH Diploma in Clinical Hypnotherapy and NLP which is Government accredited nationally by VETAB. She is Internationally recognised as an Author, Journalist and Trainer and considered to be a leading expert in her fields of Clinical Hypnotherapy and NLP. Rhondda was awarded the prestigious international award of “Educator of the Year” in 2004 by IMDHA. She continues to design and deliver training programs for ACH as well as other schools, universities and in the private sector internationally.

Rhondda’s own ongoing learning through professional programs around the world such as Hypnotherapy/Psychotherapy with Stephen Gilligan PhD maintains her current skill and knowledge base. This enables Rhondda to extend that knowledge through her teachings and development work. Students describe her style as warm, relaxed and inclusive.

Qualifications

Clinical Hypnotherapy CHt and Dip. Clin Hyp, Master Trainer NLP, Hypno K, Psychotherapy & Counselling & Cert. IV in Workplace Training; (Internationally accredited by IMDHA); Dip in Clinical Hypnotherapy CHt, Master NLP Practitioner and Trainer, Advanced Hypnotherapy/Psychotherapy training with Stephen Gilligan Ph.D.

The Australian Hypnotherapy Association awarded Rhondda the membership of Fellow in recognition and appreciation for her outstanding work in the Art and Science of Hypnotherapy.

Clinical Memberships

Australian Hypnotherapy Association (AHA) - Fellow 2009 (FAHA)

Australian Society of Clinical Hypnotherapists (ASCH)
Professional Clinical Hypnotherapists Association (PCHA)

Australian Counsellors Association (ACA)

International Medical, Dental Hypnotherapy Association



Hypnotherapy



Peter Leslie – Trainer

Peter trained as a professional masseur and has an excellent knowledge of the human body (anatomy and physiology). Students often comment on the overall support he offers during their training at ACH.

Peter trained in Clinical Hypnotherapy both in Australia and Internationally through Infinity Institute, and International Medical and Dental Hypnotherapy Association (IMDHA), USA. He is also a Master Practitioner and Trainer of Neuro Linguistic Programming and Kinesiology. His formal skills are impressive, covering a wide range of personal change disciplines and education.

Qualifications

Clinical Hypnotherapist (Internationally accredited by IMDHA); Dip in Clinical Hypnotherapy CHT, Master NLP Practitioner and Trainer; Advanced Hypnotherapy/Psychotherapy training with Stephen Gilligan Ph.D.

Clinical Memberships

International Medical, Dental Hypnotherapy Association.
Australian Assoc. For Clinical Hypnotherapy & NLP.



Drew Dwyer – Trainer

Drew brings his Nursing, Psychology and Counselling based background to ACH with a contagious energy and enthusiasm that his students appreciate and enjoy. He always leaves them excited and asking for more. Drew is a qualified trainer and assessor for ACH in areas of health care including Counselling, Psychotherapy, Hypnotherapy, NLP, Anatomy and Physiology & OH& S.

Drew Has over 20 years experience as a professional nurse and educator, he is a member of the Royal College of Nursing Australia, a Qualified Member of the Australian Counselling Association and was previously the Head of School in Aged Care, Disabilities and Community Services at the Group colleges Australia & the Australian Institute of Workplace Learning.

Qualifications

MRCNA, QMACA, BASS, BSN, Adv Dip ASS, Adv Dip Comm Svc Mgt, Dip Health Counselling, (medical Register of Australia), TAA Workplace Trainer & Assessor. Cert IV, Cert IV in Aged Care, Disabilities & Community Services, Cert IV NLP.

Memberships

Member of the Royal College of Nursing Australia (MRCNA).
Qualified member of the Australian Counselling Association, (QMACA).
Member of the Medical Register of Australia.





Ms Neslie Karadeniz – Trainer

Neslie runs a thriving practice as a Psychologist and Counsellor, where she works with people from all walks of life who deal with a range of issues and personal life stressors. She is qualified in the use of Cognitive Behavioral Therapy, Reality Therapy, Dream Analysis, Naturalistic Hypnotherapy and EMDR. Neslie brings her broad experience to ACH as a Trainer in Counseling, Psychotherapy & Clinical Hypnotherapy.

Qualifications

Psychologist (B.A.Hons M.App.Psych. MAPS), Master of Applied Psychology, Master in Political Science, Certified Reality Therapist, Counselor, Accredited Mediator for Community Justice Centers (Conflict Resolution), Accredited Counselor for Victims of Crime, CBT, Brief Therapy, Hypnotherapy and Meridian Energies.

Memberships

Australian Psychological Society (APS).
Member William Glasser Institute – Australia.
Membership Coordinator for APS - Sydney Branch.
APS NSW DIPP (Div. of Independently Practising Psychologists) Chair.



Tony Kyrios – Trainer

Tony runs a private practice in Queensland and contracts to several community organisations.

Within his private practice, Tony finds himself working with children, adolescents, men and women. He is also active in the corporate sector and has spent the last few years working with indigenous people, Docs in Glen Innes along with various schools including St Joseph's College, Toowoomba.

Qualifications

Master Practitioner in Neuro Linguistic Programming, Diploma in Clinical Hypnotherapy and a Cert IV in Neuro Linguistic Programming, Post Graduate Diploma Emotional Release Counselling, Level 4 Group Triple P Positive Parenting Program, Advanced Diploma Emotional Release Counselling, Qualified to offer Supervision at the Workplace Certificate IV Assessment and workplace training.

Memberships

Clinical Membership Australian Counsellors Association (ACA).
Membership Association of Transpersonal and Emotional Release Counsellors Inc.
Member of Australian Hypnotherapy Association (AHA).
Member of the International Medical, Dental Hypnotherapy Association.
GP Connection Associate Member, Toowoomba & District 2007-2008.





Jim Ceraolo - Trainer

Jim runs a Therapy practice in Canberra and has been an educational trainer for over 10 years. He brings to ACH a teaching style that stimulates an awareness of the intuitive naturalistic model of therapy as well as the practical application of some traditional and new techniques in the areas of Kinesiology and Touch for Health. He is a very welcomed addition to ACH as a Trainer in Hypnotherapy, NLP, Kinesiology and Meridian Energy Therapies.

Qualifications

Diploma in Clinical Hypnotherapy CHt, NLP Practitioner, Diploma in Kinesiology and Touch for Health.

Memberships

Member of Australian Hypnotherapy Association (AHA).
Member of the International Medical, Dental Hypnotherapy Association (IMDHA).



Jackie MacFarlane - Trainer

Jackie is involved in running prenatal classes at the Royal Hospital for Women and she has trained extensively both in Australia and internationally.

Jackie is a consultant educator to Sydney's women's hospitals including Royal Women's Hospital and the Royal Prince Alfred Hospital. She facilitates prenatal support groups in Sydney's Inner West and has a successful private practice called 'Birth Sense' working exclusively with women's issues and health. Jackie is our specialist trainer in fertility, birthing and other areas of women's health.

Qualification

Diploma of Clinical Hypnotherapy, Dip. CHt, Certified Hypno-Birthing Practitioner Certificate, Parenting Educator (Childbirth Educator) Counselling in Pregnancy.

Memberships

Advanced Member - National Association of Child Birth Educators.



Graduate Testimonials

"I completed the Intensive Hypnotherapy Course in Sydney and started seeing clients, dealing with simple issues, even before my course finished.

I found the Course empowering both personally and professionally. The techniques taught were clear and precise and our practice sessions consolidated the information given. The teaching was always helpful and supportive and it was the individual attention shown to me that allowed me to feel confident and capable in my professional role.

Thanks to ACH I am now in a successful satisfying career. Becoming a Clinical Hypnotherapist was the best career choice I could have made

ACH's invitation to revisit the course after graduating, free of charge, was of enormous benefit. I continued to learn and refine my skills by attending their graduate program. I highly recommend this course to anyone wishing to change to a more fulfilling and successful career choice."

Michelle O'Donnell
ACH Graduate – 2004

"Studying hypnotherapy at the Australian College of Hypnotherapy has been a life changing experience. I was already working as a counselor and had studied and used all the usual mainstream counselling methodologies - yet so often found it impossible to move people out of a place of 'stuckness'. Learning about and understanding the unconscious mind, and how to effect change through Hypnotherapy and NLP has enabled me to achieve results with clients that I previously thought would have been absolutely impossible.

For anyone already in the counselling profession or thinking about becoming a hypnotherapist this course is a must do. Or if you are just interested in the course from a self-development perspective, the learnings you will take away will be life changing."

Neil Buckley
Dip Teach, Grad Dip Counselling, Cert IV NLP, Cert IV Telephone Counselling
NorthSide Counselling

"I found the Diploma in Clinical Hypnotherapy (91235NSW) offered by the Australian College of Hypnotherapy an excellent and detailed course that provided me with good training in NLP, Ericksonian and other hypnotic applications. The tutors were knowledgeable and helpful, the learning environment relaxed and the hands-on work with clients beneficial for development in confidence in applying the techniques learned in theory.

I would recommend this course to any person wishing to pursue a career in clinical hypnotherapy. I believe that it has benefited me greatly in my pursuit of clinical competency in the hypnotherapeutic sciences. No matter what other courses one does in hypnosis, I would strongly advise that this one be included as main one high up on the list."

Dr Stephen Civadelic – Sydney NSW

B. Dentistry (Hons.) Syd Uni; M.Sc.Med (Pain Mgt) Syd Uni; B.BioMed. Sc UTS; Cert IV Dental Implant Surgery Aus Soc Imp Dent; Post Grad Dip Clin Hyp Aus Soc Hyp; Dip Clin Hyp (91235NSW) Aus Col Hyp; Adv Cert Clin Hyp (Gestalt) Aus Col Med Hyp; Cert Clin Hyp Aus Col Med Hyp; Adv Prac Cert Clin Hyp (RACGP) Aus App Hyp; Cert CBT NSW Institute of Psychiatry.



"I first met Rhondda at a 2 day workshop she was running in Brisbane and I immediately liked her training style. It was obvious that she had years of experience by the way she interacted with the students and the level of skill and knowledge she had with what she was teaching.

I trained with the Australian College of Hypnotherapy after having already trained in Hypnosis and NLP, both here in Australia and Overseas.

I realised I would gain a more practical application from training with ACH and so enrolled in their Diploma in Clinical Hypnotherapy and Certificate IV in NLP. I am extremely happy I did because I have found it to be the most comprehensive training I have ever had.

The content of the course is phenomenal and way above what you would find with other hypnotherapy training. I really enjoyed the small group design, because you are able to connect with the other students as well as the trainers. In other courses I have completed I found it difficult to connect with the trainers.

I would recommend this course to people who are just starting out in hypnotherapy and NLP as well as anyone who has lots of experience, because you will gain so much from training with ACH."

Mark Blacker – Brisbane Qld
ACH Graduate – 2009

"I extend my sincerest thanks and gratitude for the experience and education I have been offered within your organisation as both a client and as a student. Hypnotherapy has made a profound impact on my health (I used to suffer the symptoms of Multiple Sclerosis) and it continues to improve with each day. I highly recommend hypnotherapy as a complimentary treatment the results in my experience are undeniable.

Having discovered the value in this work through this first-hand experience, it was a natural progression for me to enrol in the Diploma course, so that I might be able to share what I've learned and build my own successful business within the Natural Health industry.

So many doors have been opened, goals realised and some of them actualised throughout the duration of this course. The content and practical application is fantastic and the atmosphere is relaxed.

Thanks again".

Lauren Nichols - Sydney
ACH Graduate - 2009



How do I find out more?

Just like any journey, it is hard to describe all of the things you will experience as you complete your Diploma of Clinical Hypnotherapy with The Australian College of Hypnotherapy.

Because of this, we encourage all of our prospective students to attend one or more of our Hypnotherapy events so that you:

- Understand more about Clinical Hypnotherapy.
- See Hypnotherapy demonstrated first hand.
- Have the opportunity to ask questions.
- Experience our training style for yourself.

Come to a Free Mini Workshop

Free information evenings and daytime events are run on a regular basis in Sydney and Interstate. The Mini Workshops are filled with experiential learning that ensures you will take away some new techniques to enjoy working with.

The college provides workshop material relevant to what you have learned which you can continue to refer back to. This is a great opportunity to experience the ACH training style and consider whether it is the type of training you are looking for. It also provides a forum for pre-assessment to aptitude for this field of work.

Attend an Introductory Workshop in Hypnotherapy and NLP

We run one day workshops throughout the year which allow you (for a nominal cost) the opportunity to enjoy developing new skills and to be able to take them away with you to utilise further. It also will assist you in creating change in your life. Lists of current workshops on offer are:

- Communication – Exceptional Presenters & Trainers have a kind of magic. Discover yours in this NLP & Hypnotherapy Workshop.
- First Aid skills – Learn the right language to deal with emergencies (NLP & Hypnotherapy).
- Learn the Art of Charisma – Find that Charismatic you, NOW! (NLP & Hypnotherapy).
- Relationships – All you will need to know about connecting in the right way with the opposite sex (NLP & Hypnotherapy).
- Performance and You – NLP Technology in Sport and Life areas.

At these workshops the trainer will also demonstrate Hypnotherapy and NLP techniques that you would learn if you chose to extend your training further with ACH.

Please phone us on (02) 9550 9673 to obtain the scheduled, dates, venues and costs for these workshops.

