

SACH International

**School of Analytical and Cognitive
Hypnotherapy and Integrative
Psychotherapy**

**Advanced Diploma in
Hypnoanalysis and Integrative Psychotherapy**



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Advanced Diploma in Hypnoanalysis & Integrative Psychotherapy

The Advanced Course

- will provide you with a practical experience of working with a client over 10 sessions
- will give you a deeper understanding of the theoretical approaches that underpin the therapeutic process
- will prepare you to work within the therapeutic relationship and to gain a deeper understanding of how behaviour is changed and maintained
- will provide significant progress towards an academic qualification
- will provide you with an NVQ Level 3 qualification in
- is delivered by expert tutors who hold relevant academic qualifications and have undergone the required training that qualifies them to teach at this level.
- develops your therapeutic skills and enhances your professional future, status and credibility

Entry Requirements

This course is provided for those students who wish to continue their training subsequent to successful completion the Diploma in Analytical Hypnotherapy & Psychotherapy. Students and therapists who have previously trained elsewhere to a level equivalent to the SACH Diploma may also apply, subject to assessment. Subject to APL (Assessment Prior Learning)

As a practising therapist, you will quickly realise that your income potential is limited by the number of clients you can see. During the advanced course you will learn many techniques that can improve both your therapy and business, and this will include a substantial emphasis on working with groups and corporate clients.

The tutors of SACH have a wealth of knowledge and the relevant academic qualifications in working and teaching in this area, and the course equips you with the knowledge to expand your business beyond the consulting room, to the many groups and companies that require your expertise.

Advanced Diploma in Hypnoanalysis & Integrative Psychotherapy

Course Requirements

The Advanced Diploma in Hypnoanalysis and Integrative Psychotherapy has been designed according to the latest requirements of various professional organisations and provides 180 hours of face-to-face tuition. Anyone who wishes to become a therapist capable of helping those suffering from emotional disorders requires a thorough and comprehensive training which includes a study of psychology, theories and methods of psychotherapy and a variety of hypno-therapeutic techniques.

Students are expected to take full case histories, to maintain confidential records and to communicate with practitioners engaged in other fields of therapy. Opportunities are provided for students to present and offer case histories for open discussion. Students are expected to submit 3 case histories per course weekend for assessment and feedback based on their work in long-term therapy roles as therapist, client and observer, and will be expected to demonstrate a progressive development of their skills.

Throughout the training there will be an emphasis on developing self-awareness, personal growth and self-development. Students are encouraged to develop their own counselling style, integrating various approaches for the benefit of the client, and to practice co-counselling with other students. Study groups are run in various locations for this purpose.

Course Duration

Appreciating the pressures of modern life, time and financial constraints, the training is conducted at weekends. Students are expected to attend one weekend per month for 12 months, providing a total of 180 hours face-to-face tuition in accordance with current guidelines from professional organisations.

The training days combine an appreciation and study of theoretical approaches with the opportunity for plenty of practical experience.

Times: 10:00 – 18:00

There are two breaks of 20 minutes and a one hour lunch break. Students are encouraged to bring food to share with the group and the lunch break is an integral part of the course, providing opportunity for students to share their experience, converse with or question the tutors and relax together.

Students are also encouraged to meet regularly between the course weekends to enhance practice and gain benefit from the exchange of information with students who are already working in the caring professions. Study groups are run in various locations for this purpose.

The course is taught and supervised by tutors who are all professional practitioners. Guest lecturers who specialise in a particular field are also invited to provide course instruction from time to time.

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Course Content

We believe that every human being has the potential to learn and to achieve. There will be an emphasis on the support system provided by the school. As future support providers, students will have to learn to ask for support and to be prepared and able to give it to their fellow students. Each teaching day will start with a brief sharing to provide space for students to express their feelings and to ask for support, with emphasis towards the impact / bearing of the course.

During the course, students will contract to work within the same group of three students for ten sessions. This will provide students with the ability to manage long-term therapy, to develop a therapeutic relationship and to assess and work with underlying issues and sub-personalities. Students will have the opportunity to work with the same client for ten sessions, to be a client for ten sessions and to observe ten sessions. This amounts to a total of 30 sessions of continuing therapy.

There will be an emphasis on diagnostic criteria, to enable students to diagnose and treat a variety of emotional and physiological disorders and to adapt themselves to the variety of presenting problems imposed by the stressful reality of daily life.

Course Aims

- a) To further develop self-awareness and reflect on how life experiences may facilitate or impede the counselling & hypnotherapy skills process.
- b) To increase knowledge, skills and awareness of the counselling & hypnotherapy skills interaction and process, and the inherent structural inequality in the process.
- c) To increase student understanding of the tasks, processes and dynamics of the learning group and the impact the group has on personal and professional development.
- d) To enable students to recognise and use a complete set of core counselling & hypnotherapy skills within the framework of the analytical therapeutic model.
- e) To further develop the student's understanding and ability to operate, as appropriate, within the framework of the humanistic model of counselling.

Main theoretical model of course.

The main theoretical approach is integrative, drawing on the common ground across therapies, identifying higher order values which can assist future change beyond the level of any single approach. Students will be able to adapt their skills to the needs of their clients.

The model of the course is mainly Humanistic with integration of the psychodynamic-analytical approach, based on Maslow's theory of self-fulfilment and actualisation. The model operates from a point of view that humans are basically good and worthy of respect, and that they will move towards realisation of their potential if the environment and conditions are right. The skills will be based on Rogers' three core conditions. The approach to the usage of skills will be mainly based on Client Centred Therapy. Also there will be reference to Transactional Analysis to comprehend the different ego states as well as reference to Freud and Melanie's Klein work and Bowlby's attachment theory.

Course Objectives

By the end of the course students will be able to demonstrate:-

- a) An ability to reflect constructively on:
 - (i) themselves and their own experience;
 - (ii) their interactions with individuals and groups through exposure to personal and professional growth processes.
- b) a respect for other people's views, attitudes, belief structures and cultures, with particular respect to those who are disadvantaged in society by reason of class, race, religion, disability, age, gender or sexual orientation.
- c) a commitment to anti-oppressive and non-discriminatory use of therapeutic skills.
- d) an acceptance of and commitment to the BACP ethics and code of practice for the use of counselling skills.
- e) an understanding of the differences between a therapist and a person who uses counselling skills and/or hypnotic scripts.
- f) a working understanding of the psychodynamic theory of counselling
- g) an ability to use therapeutic skills in their own settings, appropriately and with sensitivity.
- h) an awareness of other models and ways of working and of the need to avoid the danger of using techniques based on limited understanding.
- i) the ability to value and make use of supervision in their own practice in which they use counselling & hypnotherapy skills.
- j) an ability to be able to understand and analyse how a therapeutic relationship is being developed and maintained.

Course Content

Weekend 1

Welcome

House rules – timekeeping – confidentiality

Expectation exercise – Something I am expecting from the course, myself and the group – formulation of group contract – student develop own personal learning contract for the course.

Feeling exercise. “I feel

Assessment criteria:

Practical skills - Journal - Essay.

Hypnoanalysis – structures and goals

Favourable outcome theory

Demonstration of a structured hypnoanalysis session

Reflecting feelings and meanings exercise. Reflecting content

Practice management - Marketing strategies

Weekend 2

Sharing

Video – Gloria

Discuss, analyse and critically evaluate the skills used

Trio work – Listening – Reflecting feelings and meanings & silence.

Establishing the working alliance.

Weekend 3

Sharing

Melanie Klein – theory

The Paranoid – Schizoid Position

Our adult world and its roots in infancy

The psychodynamic approach

Working with and within the transference & countertransference

Trio work – the underlying problem –the purpose of the session

Practice the skills

Weekend 4

Sharing

The internal supervisor – self assessment techniques

Winnicott – theory

Object relation theory

Triaxial identification

Erickson – Theory

Stages of development

The therapeutic relationship

The analytic encounter

Trio work – hypnoanalysis – exploring the roots in infancy

Weekend 5

Sharing

Bowlby – theory

The attachment theory in the context of the therapeutic relationship.

Attachment and loss theory – critical evaluation

Unfocussed listening

Introduction to BAC code of ethics for counselling skills – copy will be provided

Establishing a contract

Trio work – hypnoanalysis continued

Weekend 6

Sharing

The humanistic approach

Organismic self / The locus of evaluation

The core conditions – (congruence.)

Focusing and challenging

Appropriate use of self in the counsellor role.

The value of supervision

The transpersonal relationship

Trio work – empathy, support

Weekend 7

Sharing

Transactional analysis – racket system

Transactional hypnoanalysis

Voice dialogue – working with sub personalities

Working with archetypes

The multiple personality disorder

Breath integration techniques

Trio work – practical application of THA

Weekend 8

Sharing

Cognitive-behavioural approach

Lazarus – multimodal therapy

Szasz – the myth of mental illness

DSM IV – assessment and diagnosis

Clinical evaluation – evaluations & strategies

How to write a psychological report

The use of metaphors

Obsessive-compulsive disorder

Schizophrenia

The Bi-polar personality

Narcissistic personality type

Post traumatic stress disorder

Trio work - putting it all into practice

Weekend 9

Sharing
Bandler – NLP (Neuro Linguistic Programming)
Timeline therapy
Transformation therapy
Reframing theory
Meta programming
Trio work - putting it all into practice

Weekend 10

Sharing
Group hypnotherapy and hypnodrama
Working with groups
Stress and the general adaptation syndrome
Elizabeth Kubler Ross – loss and bereavement
Trio work - putting it all into practice

Weekend 11

Sharing
The ending of a counselling relationship
Worden - loss and bereavement theory.
Revision of theory
Forming an orientation
Memory and hypnosis
Introduction to the theory and practice of the integrative approach.
Theoretical application within the counselling practice
Trio work – last session – feedback from client

Weekend 12

Sharing
Self hypnosis and relaxation – the course
Setting up courses – human resources
Working with corporate clients
The integrative approach
Integration of therapeutic orientations and hypnotic strategies
Practice management
Future possibilities

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Assessments

The assessment of the course is ongoing and accumulative.

It consists of:

- 30 case histories of sessions as Client, Therapist, and Observer.
- 2 in-depth case studies demonstrating theoretical underpinning of therapeutic practice.
- A written essay on the theoretical elements of the course.

All work should include constant personal statements to show evidence of self awareness and personal growth.

In the event that the student has not achieved the required standard in any part of the assessment, the assessors may recommend that he/she be allowed to represent him/herself for a second assessment within a one-year period.

Qualifications

On successful completion of the course you will be awarded the Advanced Diploma in Hypnoanalysis and Integrative Psychotherapy entitling you to use the letters Adv. Dip. SACH Hyp after your name. You can also apply for membership of the National Council of Psychotherapy (NCP) and the American Council of Hypnotist Examiners (ACHE). You will also be eligible to apply for a City & Guilds NVQ in Counselling Level 3 qualification.

Investment

The total cost of the course is £1980. This is divided as follows:

Registration Fee	£100
Twelve monthly instalments of	£150
Examination fee	£ 80 (payable on weekend 7)

There is a 10% discount for all course fees paid in full in advance.

Alternative payment arrangements may be available provided the full amount is paid by the end of the course.

Funding

Some students have been funded by their local authority. Schemes are available through Career Development Loans from the Dept. of Employment. For further information and application forms, contact your bank.

Applications

Complete the application form and send it to the School. Your application will then be processed and we will contact you upon completion.

Further Study

For those who want to formalise their qualification and gain a full professional status we offer the following Advanced Programs:

Higher Diploma in Hypnotherapy Psychology

This course is believed to be the first of its kind in the world, bridging the gap between psychology and philosophy. Adaptation to the client's belief system and working with identity issues rather than the symptoms is the primary aim of this course. It also covers psychoneuroimmunology for the enhanced treatment of many physical ailments considered untreatable by medical means. Completion of this course completes the requirements of the major accrediting bodies in the UK for training as a psychotherapist.

- Individual membership of BACP

This course structure provides a total of 544 hours face-to-face tuition as required by the major accrediting body for counselling and psychotherapy.

In addition, throughout the year SACH offers Continuing Professional Development (CPD) courses presented by leading international practitioners and researchers in the field of hypnotherapy, psychotherapy, counselling and psychology.

Previous courses have included:

Bill Webster: Bereavement Counselling

Penny Parks: Inner-Child Therapy

David Quigley: Alchemical Hypnotherapy

The SACH Credo

We believe that every human being has the potential for self-fulfilment and personal development.

It is our duty to facilitate the personal growth and development of each and every individual within the learning environment and to find the most appropriate and effective tools for their learning.

The teaching style is holistic, integrative and highly practical. No single theoretical approach is imposed on our students; instead we encourage them to develop their own approach based on a strong theoretical understanding and to be able to adapt their therapeutic style for the benefit of their clients.

Students attending this course will:

- learn about themselves and others
- meet new people
- have fun!

We are here to serve you and make ourselves approachable and available and endeavour to be extremely supportive. The social aspect of the course, with an emphasis on mutual support among students, is encouraged. We aim to teach how to be human as well as professional because therapy is about creating rapport, trust and empathy between human beings.

Our pledge is to bring light into darkness, increase happiness and joy and to combat human misery.