

# SACH

## School of Analytical and Cognitive Hypnotherapy and Integrative Psychotherapy

**Foundation Diploma in Clinical Hypnotherapy,  
Counselling Skills and NLP  
&  
Diploma in Analytical Hypnotherapy and  
Integrative Psychotherapy**



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## Welcome to SACH

Thank you for your enquiry regarding training in Hypnotherapy, Counselling, Psychotherapy and NLP with the School of Analytical & Cognitive Hypnotherapy & Integrative Psychotherapy. SACH International prides itself on the quality of our training. All prospective students are welcome to see us in action by attending weekend training and to speaking with the tutors.

Every effort has been taken to ensure that these internationally recognised courses are fully professional and have been properly validated by an external accrediting body.

*“Historically, it has always been left to the training body to validate itself. This has resulted in a plethora of generally meaningless ‘qualifications’, which have simply served to confuse anyone seeking either the services of a competent or a credible and professional course of study. Now at long last, there is a viable option to this unacceptable situation.”*

(From the National Council publication).

SACH prides itself on the quality of our training. All prospective students are welcome to come and see our course training weekends in action and to speak to the tutors of the courses prior to enrolment.

This prospectus provides information about the first course which is structured in two parts. When combined, this provides a one year practitioner level course:

### **The Foundation Diploma**

This is the first step to training to become a hypnotherapist. The course is open access as we strongly believe that everybody has the potential to self-actualise. The course assumes no prior knowledge of counselling or hypnotherapy and is open to all students.

*Duration 4 months*

### **The Diploma**

Further training following on from the Foundation Diploma which includes a study of psychology, theories and methods of psychotherapy and a variety of hypno-therapeutic techniques. Provides a practitioner-level qualification enabling professional membership of the GHR and Hypnotherapy Association and the necessary insurance to practise as a hypnotherapist.

*Duration 8 months*

## **Entry Requirements**

None. This is an open-access course because we strongly believe that everyone has the potential for self-development.

All you need is a heart and a voice and we will do the rest.

No prior knowledge of counselling, hypnotherapy, psychotherapy or psychology is assumed.

Applicants must show evidence of the ability and willingness to undertake the necessary study and students are required to have sufficient emotional maturity to be able to cope with the course requirements. Applicants should also be able to demonstrate appropriate interest, enthusiasm and life experience and to show aptitude and potential for study both at home and on course weekends.

It is our opinion that, as a rule, applicants under the age of 22 have yet to develop this maturity and would, therefore, find the rigours of the course too demanding. However, in some circumstances, students who can demonstrate the emotional maturity to adequately cope with the course requirements will be accepted. This age-restriction is also applied with consideration for the student's protection. Such graduate practitioners are likely to be seen as "too young" and, as a result, may find it difficult to establish a client-base.

## **Course Requirements**

The Foundation Diploma in Clinical Hypnotherapy, Counselling Skills and NLP has been designed according to the latest requirements of various professional organisations and provides 64 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.

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.

## **Personal Therapy**

Students, as future practitioners, are expected to be mentally and emotionally fit to help others. Due to the sensitive material that will be handled during the course, it is inevitable that one's own issues will surface. These issues will be worked with during the course, but as the course is not regarded as therapy, students will be required to work with these issues outside of the course hours as necessary. If students feel they need to refer to therapy at any point within the course, a list of recommended and competent therapists, trained by the School, can be provided. Ongoing therapy is not a requirement of the diploma course, but with some professional bodies it is expected as part of their membership requirements.

## **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 4 months, providing a total of 64 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 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.

## **Course Content**

### **Weekend 1**

Introduction to the course.  
Preparations - good study practices.  
History of hypnosis.  
Psychological & physiological phenomenon of hypnosis.  
Self-hypnosis.  
Data-gathering.  
Ideo-motor responses.

### **Weekend 2**

Egan's 3 Stage Model of Counselling, Stage 1.  
Principles of the mind.  
The subconscious mind.  
Intelligence and cleverness – mind projection  
Laws of the mind.  
The fight & flight response.  
Working with modalities.  
Biofeedback techniques.  
Jo-Hari window.

### **Weekend 3**

Egan's 3 Stage Model of Counselling, Stage 2.  
Building empathy – body language – reading character  
Pre/post hypnotic suggestions  
Use of imagery in hypnosis  
Principles of hypnotic suggestion  
Suggestion and its effects  
Suggestibility tests  
Visualisation in therapy  
Habit control – addictions  
Anchoring, reframing, rehearsal, future pacing  
Fast phobia cure

### **Weekend 4**

Egan's 3 Stage Model of Counselling, Stage 3  
The Ericksonian approach  
The management of trance state  
Methods of induction – deepening techniques and indirect suggestion  
Process instructions – hypnotic language patterns  
Common problems – anxiety, obsession, compulsion, phobias etc.  
Resistance to hypnosis – depth and deepening trance.  
Hypnotic scripts  
Smoking cessation, slimming etc.

*We will continually assess, review and update the course content, material and method. We reserve the right, whilst maintaining the stated syllabus, to effect changes in emphasis in any part of this prospectus.*

## Assessments

Assessments for the course consist of:

- Completion of 30 case histories
- A practical assessment in counselling and psychotherapy
- A practical assessment in hypnotherapy

In order to maintain a high standard of practice as required by the major accrediting and professional bodies, students will be constantly assessed by the tutors.

## Qualifications

On successful completion of the course you will be able to become a Member of GHR (General Hypnotherapy Register) and apply for professional indemnity and public liability insurance covering all aspects of hypnotherapy, psychotherapy and counselling practice.

## Investment

The total cost of the course is £640. This is divided as follows:

Non-refundable registration fee	£100
Four monthly instalments of	£120
Examination fee	£ 60

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

The registration fee is refundable for unsuccessful applicants. 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 us with an A4 summary of your life-experience, including your reasons for wishing to attend the course. The School will process your application to ensure that you possess the qualities that will enable you to become an able, responsible and capable therapist.