



SRU COLLEGE OF PARAMEDICAL TECHNOLOGY SunRise University Campus, Alwar, Rajasthan, India

SYLLABUS

Post Graduate Diploma in Hypnotherapy

1 Year Full Time Course

Hypnotherapy Training

Career in Hypnotherapy

Comprehensive Training

Our course provides you with the knowledge and skills needed to begin a new career in hypnotherapy.

Knowledgeable Tutors

Only knowledgeable therapists with extensive experience train Hypnotic World course students.

Practical-Based Classes

Live demonstrations and supervised practice sessions empower students to develop new skills.

Learn essential skills and practise hypnotherapy techniques at training workshops

I SEMESTER

Paper Code	Subject	Internal	External	Total
1PGDHT01	Basic Anatomy & Physiology	40	60	100
1PGDHT02	Basic Psychology	40	60	100
1PGDHT03	Fundamentals of Hypnotherapy Modalities	40	60	100
1PGDHT04	Technical Aspects of Hypnotherapy	40	60	100
1PGDHT05	Applied Diagnosis & Therapy Protocols	40	60	100
1PGDHT06	Hygiene & Infection Control	40	60	100
1PGDHT07	Practicals I	40	60	100

II SEMESTER

Paper Code	Subject	Internal	External	Total
2PGDHT01	Hypnotherapy Principles & Practice	40	60	100
2PGDHT02	Ethics And Law to Hypnotherapy	40	60	100
2PGDHT03	Hypnotherapy & Illness	40	60	100
2PGDHT04	History & Philosophy of Hypnotherapy	40	60	100
2PGDHT05	Applied Diagnosis & Therapy Protocols	40	60	100
2PGDHT06	Hygiene & Infection Control	40	60	100
2PGDHT07	Practicals II	40	60	100

Hypnotherapy Training Course Teaching Hours : 450 Academic Hours per Year

Syllabus:

Module : 1

- Introduction
- A Brief History of hypnosis
- Mesmer
- Charcot
- Braid / Breuer
- Freud/Esdaile/Hull
- Jung
- Erickson/Bandler and Grinder
- Preparing for your new business
- The Hypnotherapist
- First Impressions
- The First Session
- Some Physiological Signs of Hypnosis
- After Trance
- Everyday Hypnosis
- Split Brain Phenomenon
- Therapeutic Relationship
- Building Rapport
- Pacing
- Representational System
- Suggestion Therapy
- The Subconscious Mind
- Memory
- Emile Coue's Law of Reversed Effect
- False Memory Syndrome
- Court Evidence
- A Truth Test

- Character Formation and Symptoms
- Repression
- Disavowal/Symptom Substitution/Types of Symptoms
- Freudian's Character Formation
- Reactions/Anxiety Types/Effects of Anxiety
- Neurotic –v- Psychotic/Phobias/Gain to Intellect
- Description of an Anxiety Attack
- Ideomotor Techniques
- Hypnoidal States
- State Dependent Memory
- Verifying the Causative Event
- Finger Movement for Ideomotor Signals
- Lightening the Trance
- Case History 5
- Case History 6
- Introduction to Chevreul's Pendulum
- Experiencing Ideo-Dynamic Signals
- Giving Suggestions to the Subconscious Mind
- Inadvertent Suggestions/Hypno-Analysis
- The Future of Hypnosis

Module : 2

- Rules of analysis
- Dealing with common effects such as abreaction, resistance, transference and neurosis
- Methods of dream interpretation
- How to formulate hypnotic suggestions
- Methods of induction
- Explanation of the causes of phobias
- Functions of the subconscious mind
- Module Two Syllabus:
- Introduction
- Conscious and Subconscious
- Critical Censor, Organ Language
- Childhood View
- Causes of Phobia
- Conscious Awareness during Anaesthesia
- Fight or Flight
- Repeated Thoughts
- Trust the Subconscious
- Brain Wave Patterns
- Dreams and Interpretations
- Interpreting the Dream
- Keeping a Dream Journal

- Recall during Analysis
- Abreaction
- Resistance
- Rules of Analysis
- Case History
- The Initial Contact
- Underlying Cause
- Anxiety
- Suggestion Therapy
- Explaining the Different Approaches
- Suggestibility
- The First Session of Analysis
- The Second Session of Analysis
- The Third Session of Analysis
- Transference
- Neurosis
- Transference and Resistance
- Dissolution
- Hypnotherapy and the Media
- Precautionary Measures
- No Shows
- Groundwork
- Formulating Suggestions
- Fixation
- Authoritarian Approach
- Indirect Induction & Use of Metaphors
- Construction of Metaphors
- The Induction Language
- Synonyms
- Time Designations
- The Hypnotic Voice
- Monotone/Rhythmic Voice
- Word Distortion
- Uninterrupted Rhythm/Silent Pauses
- Safe Phrases/Verification
- Use of Repetition
- Mixing Suggestions/Removing Unwanted Ones

Module : 3

- Module Three covers:
- The process of trance development in depth
- How to deepen the hypnotic state
- How to define the client's problem

- How secondary gain can influence the outcome of therapy
- Symptoms of anorexia, bulimia and obesity
- Helping survivors of child abuse
- Multiple Personality Disorder
- Using anchors in hypnosis to increase the self confidence of your clients
- Step-by-step through the second session of analysis
- Module Three Syllabus:
 - Introduction
 - Trance Development
 - Focus of Attention
 - Immediate Awareness
 - Deepening the Trance
 - Introducing a Visual Experience
 - Giving Post Hypnotic Suggestions
 - Trance Deepeners
 - Hypnotic Susceptibility Scales
 - Reinforcement
 - Truisms
 - Contingent Suggestions
 - "Yes Yes" Statements
 - The Polarity Response/The Double Bind
 - Confusion Technique/Overload
 - Deepening Suggestions
 - Visualization
 - Defining the Problem
 - Weight Problems
 - Barriers to Achieving Weight Loss
 - Causes of Obesity
 - Secondary Gain
 - Psychological Reasons for Overweight Issues
 - Weight Gain as a Defence Mechanism
 - Inner Belief System
 - The Second Session
 - Anorexia and Bulimia
 - Anorexic Recovery
 - Confidence
 - Persona/The Eight Psychological Types
 - Improving Confidence
 - Approaches for Helping with Confidence
 - Anchoring
 - Merging Selves
 - Assertiveness
 - Distraction Techniques/Self Esteem
 - Regression to Birth Experience

- Childhood Abuse
- Boundaries/Counter Transference
- Inner Child Techniques
- Multiple Personality Disorder
- Parts
- Timelines
- Guilt Release

Module : 4



- Module Four covers:
- The use of hypnosis with pain relaxation using glove anaesthesia visualization and other techniques
- Providing relaxation for living with various disorders that your clients are likely to seek help for. These include anxiety, arthritis, children's allergies, depression, drug addiction, fears and phobias, irritable bowel syndrome, ME, obsessive compulsive disorders, skin conditions and sleep disorders, amongst others
- Changing a client's personal history
- The use of hypnosis for child-birthing
- Module Four Syllabus:
- Pain Relaxation Techniques/ Types of Pain
- Persistent Pain Relaxation
- Pain Descriptions
- The Gate Control Theory
- Burns Relaxation
- Phantom Pain Relaxation/Mind Body Pathways
- Muscular Relaxation
- Imagery for Pain Relaxation
- The Magic Finger
- Relaxation for Children in Pain/Control Room Visualization
- Relaxation Induction for Clients in Pain
- Glove Anaesthesia Visualization/Time Distortion
- Headaches/Nervous Twitch Relaxation
- Fractures Relaxation
- Dental Hypnosis/Fear of Injections
- Case Histories
- Cancer Relaxation
- Guided Imagery
- M.E. Relaxation
- Plan
- Entering Trance and Utilizing Imagery
- Relaxation for Immune System
- Audios / Teaching Self Hypnosis
- Arthritis/Stroke Relaxation

- Hypertension/Drug Addiction Relaxation
- Communicating with a Sleeping Person
- Anxiety
- Reciprocal Inhibition/Visualizing Thought Stopping
- Useful Strategies/Blow Aways
- Visualizing Fading Away Pain
- Obsessive Compulsive Disorder
- Phobias
- Treatment Plan for Phobias
- Depression Relaxation
- Symptoms Associated with Depression
- Assumptions
- Relaxation for Depression
- Changing Personal History/IBS
- Plan for IBS
- Sleep Disorder Relaxation
- Narcolepsy Relaxation
- Accessing Neurotic Beginnings
- The Source of the Problem
- Confirming the Significance
- Tinnitus/Skin Conditions Relaxation
- Relaxation for Warts
- Hypnosis with Childbirth
- Pre Menstrual Tension
- Psychosexual Disorder
- Children's Allergies/Enuresis Relaxation
- Enuresis Relaxation

Module : 5

- Module Five covers:
- Memory, learning and photo reading techniques
- Sports and performance improvement
- Hypnotherapy for public speaking
- Age-progression and regression
- Past life regression with hypnosis and other methods such as the Christos Technique
- Hypnotherapy for stress management
- Post-Traumatic Stress Disorder
- Eye movement desensitization reprocessing (EMDR)
- Instructions for utilizing self hypnosis
- Module Five Syllabus:
- Regression
- Regression to Childhood
- Sense Memory

- Pseudo-Revivification
- Precautions
- Inner Child
- State Bound Memory
- Recovered Memory
- Ericksonian Regression
- The Affect Bridge Technique
- Age Progression
- Confusion/Talking Cure
- Past Life Regression
- The History of Regression
- Bridey Murphy
- Clients Reasons/The Regression Session
- When to Use Regression
- The Christos Technique
- Tapping into Creative Abilities
- Deep Trance Identification
- Hypnosis and Learning
- Improving Study Skills
- Performance Problems
- Public Speaking
- Sport and Hypnosis
- Memory
- Memory Recall
- Mnemonics
- Photo-Reading
- Tangerine Method/The Photo-Reading Technique
- Foreign Language Study
- Stress Management
- Causes of Stress
- Information Overload/Fight or Flight
- Reactions
- The Complete Diaphragm Method
- Making Changes
- Post-Traumatic Stress Disorder
- Using EMDR with PTSD Victims
- Self-Hypnosis Instructions

Module :6

- Module Six covers:
- Several methods of inducing hypnosis in both adults and children
- How to create amnesia with your subjects
- Methods of transferring pain, fractionalization and catalepsy

- Problems likely to arise with children such as hair pulling, nail biting and thumb sucking
- The silent (pantomime) technique
- The Esdaile State
- Module Six Syllabus:
- Methods of Induction
- Relaxation in Hypnosis
- Rapid Induction versus Progressive
- Chakra Colours Induction
- Fixation
- Ganzfield Unit
- Blue Light/Odd Numbers
- Telephone Hypnosis
- Group Hypnosis
- Fractionalization
- Catalepsy
- The Esdaile State
- Amnesia
- Erasing the Memory
- Metaphors
- Dissociation
- Silent (Pantomime) Technique
- Hypnosis and Children
- Techniques with Children
- Point of Hand/Favourite Song
- Flying Blanket
- Dropped Coin
- Eye Closure
- Ego Strengthening Techniques with Children
- Thumbnail/Lighted Globe
- Visualizing Transferring Pain/Comfort Recall
- Biofeedback/Story Telling
- Finger Magnets/Clasped Hand
- Rigid Arm
- The Hypnotic Stare/Fear of Dark
- Children's Allergies Relaxation
- Thumb Sucking/Nail Biting/Hair Pulling
- Stuttering
- Further Procedures
- Summary

Module :7

- Module Seven covers:
- The use of hypnosis with dentistry

- Forensic hypnosis
- Body image visualizations and infertility relaxation
- Learn precisely how to write and record your hypnosis scripts
- Promoting your own hypnotherapy business
- Legal aspects of hypnotherapy explained
- Dealing with relationship issues
- Using NLP with clients
- Lüscher Color Testing
- How to deal with clients with suicidal tendencies
- You will also receive our special Confidence for Hypnotherapists CD with this module to help you as you get closer to achieving your goal of becoming a professional Hypnotherapist.
- Module Seven Syllabus:
 - Introduction/Hypnosis in Dentistry
 - Patient Co-operation
 - Controlling Anxiety and Fear
 - Visualizing the Control of Bleeding
 - Breast Enhancement Visualization
 - Fertility Issues
 - Child-birthing
 - Creative Visualization
 - Forensic Hypnosis
 - Safeguards
 - Hypnosis as a Truth Drug
 - Hypnosis in Relationships
 - Personalities where Caution should be Used
 - Severely Disturbed Clients
 - Lack of Trust/Bi-polar
 - Suggestions to Deter Suicide
 - NLP and Hypnosis
 - Pre-suppositions
 - Six Step Reframe
 - The Swish Pattern
 - Time Lines/Reframe Outline
 - The Path of Life
 - Emotional Freedom Techniques (EFT)
 - Self-Hypnosis Instructions
 - Eye Fixation
 - Writing and Recording Scripts
 - Environmental Factors
 - Stage Hypnosis
 - Hypnotherapy and the Law
 - Professional Indemnity Insurance/Statute
 - Breach of Confidence/Data Protection Act

- Sex Discrimination Act
- Ethical Considerations
- Associations & Societies
- Promoting Yourself
- Promoting on the Internet
- Advertising on Radio & TV
- The Press Kit
- Forming a Support Group
- Questions and Answers
- Luscher Colour Testing

Module :8

- Module Eight contains all the resources that you will need in your practice, including:
- Client assessment forms
- How to write press releases and effective advertisements
- Responsible advertising and compliance with ASA regulations
- Introductory letters to GPs
- Instructions for using Autogenic Programming with clients
- Handouts for clients wanting to stop smoking
- Details of the quick phobia release
- Common questions and answers that you may need for clients who come to you for help
- You will also receive the bound Book of 70 Hypnotherapy Scripts.
- Module Eight Syllabus:
- Resources
- Newspaper Adverts
- Press Release
- Example Press Release
- Referral Letter to GPs
- Acknowledgement Letter
- Forms
- Consent Form
- Contract Form
- Weight Information Form
- Child Profile
- Fear/Phobia Form
- Smoking Information Form
- Outcome/Reality Thinking Questions
- Parts Therapy
- Exercise in Ideomotor Exploring
- Pain Questionnaire
- Enuresis Sheet
- Anxiety Inventory
- Alcohol/Drug Diagnostic Form

- Autogenic Programming
- Stopping Smoking Hand-out
- Quick Phobia Release
- The Swish Pattern
- Question and Answers
- Names of Phobias
- Ideomotor & Regression
- How to Build a Successful Hypnotherapy Practice
- Marketing Guide
- Research/Competition/Brochures
- Needs of the Client
- Promotional Ideas
- Design
- Printing
- Responsible Advertising
- The Advertising Standards Authority (ASA)
- How This Affects The Hypnotherapist
- How Can You Attract Clients?
- The Needs Of The Client
- Code of Ethics
- Final Words
- Further Reading Materials
- On enrolment you will be provided with an optional reading list of course-related books. Whilst not essential to the course, it is anticipated that you will find each one of these books a valuable source of additional information and inspiration.

- Examination
- On completion of the course, there is a written examination which can be completed in your own time. The examination is free for students who complete the question papers that accompany the first seven modules (question papers are returned to provide valuable feedback for you). The examination includes a selection of case histories for you to choose from which you would be expected to describe in depth a suitable hypno-therapeutic approach for.
- You will also be required to submit an audio recording of yourself (tape, CD or MP3), containing an induction, deepener and treatment session in order that we can provide feedback on your vocal presentation if necessary and an original hypnotherapy script.
- The examination is optional. However, students who have not successfully completed the examination will receive only the Certificate of Completion.
- Remember, individual help and advice are available throughout.
- P.G.Diploma in Hypnotherapy Qualification
- The Professional Hypnotherapy Course is an enjoyable and informative way to learn the useful skills of hypnosis and helps you to develop an understanding of your own psyche as well as that of your clients.
- A Fulfilling Career

- Qualify in months and enjoy a career for life as a hypnotherapist. There is no upper age limit applied to practitioners. You need not to worry about redundancy or retirement or being perceived as being 'too old' to work as your life experience is your most valuable asset.
- The Reward of Helping People
- Training as a hypnotherapist is very rewarding as you are helping others to achieve their potential as well as furthering your own personal and professional development.

- Hypnosis Scripts

- Addictions
- Confidence
- Deepeners Fears and Phobias
- Habits and Disorders
- Inductions
- Memory and Learning
- Personal Development
- Regression and Progression
- Self Hypnosis
- Stress and Anxiety
- Weight Loss and Weight Gain

- Articles on Hypnotherapy

- Children & Hypnosis
- Ericksonian Approaches
- Past Life Regression
- Strategies

- Hypnotherapy Training

- Training Workshops
- Regular workshops offer the additional opportunity to put knowledge into practice, keep up to date with new developments in the field of hypnosis as well as meeting other students and hypnotherapists. Topics covered include rapid inductions, suggestibility tests, working with Time Lines, Emotional Freedom Techniques, Parts Therapy, use of ideomotor techniques and past life regression.

- Practical

- Whilst studying the course, you will be offered practical to compliment the knowledge that you build through reading the course modules. Our one-to-one practical is flexible and can be taken at the time of your choosing. You will practise inducing hypnosis and experimenting with different techniques until find the ones that suit and will receive invaluable feedback afterwards.

Unit : 1

- Introduction to hypnosis and hypnotherapy
- History of hypnosis
- Esdaile, Erickson, Freud and Mesmer
- Theory of hypnosis
- Addressing common misconceptions
- Use of hypnotherapy in the healthcare sector and in complimentary healthcare
- Exploring the conscious versus the subconscious mind
- Brain waves and depth of trance
- Belief systems
- Psychological and physical aspects of hypnosis
- Role of relaxation in hypnosis
- The importance of rapport
- Listening skills and effective communication: understanding the obstacles
- Introducing the basic techniques
- Recognising the signs of hypnosis
- Contraindications
- Client and therapist responsibilities: recognising when to refer
- Identifying barriers to treatment
- An individual approach based on the client's needs
- Practice partners

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• Unit 2

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- Neurology and the science behind hypnosis
- Anatomy and physiology
- Psychodynamic, humanistic and cognitive psychological approaches
- The mind and body connection - understanding emotional balance
- Understanding the importance of a holistic approach to wellbeing
- The fight-or-flight stress response
- Using modalities to adapt to a client's needs
- Effective language, tones and styles
- Hidden agendas and secondary gain
- Inductions and deepening the state appropriately to the client's needs
- The importance of testing
- Appropriate termination of trance
- Rules of suggestion
- Metaphors
- Post-hypnotic suggestions
- The consultation (Part 1)

- Aftercare and suitable contacts
- The basic script
- Abreactions
- Personalization
- The use of visualisation and the favourite place

Unit : 3

- Understanding self-confidence, self-esteem and self-belief
- Mental health
- Stress and anxiety
- The various conditions of mental health
- Depression
- Managing the client's expectations
- Goal setting
- Professional boundaries, the professional relationship and informed consent
- Transference and counter-transference
- When a client should be accompanied
- Self-care awareness
- Weight loss
- Obesity: defining it, the causes and treatment
- Working within the NHS remit: healthy eating/balance
- Weight loss tips
- Therapist's role and responsibilities
- Costs
- Initial consultations
- Psychological issues
- Gastric band hypnotherapy
- Self-hypnosis and affirmations for a client 'toolkit'
- Client pack
- Client emails/sample brochure
- Client handouts
- Scripts

Unit : 4

- Habits versus addictions
- How to treat addictions
- How habits develop into addictions
- Appropriate methods for treating clients
- Bruxism
- Nail biting
- Trichotillomania
- Other issues
- Quitting smoking programme
- Alcohol addiction

- Gambling addiction
- Drugs
- Aversion therapy
- Understanding your limitations as a therapist
- Deciding when to refer
- Anger management
- The Drama Triangle
- Fears and phobias
- The consultation (Part 2)

Unit : 5

- Constructing a client session
- Self-hypnosis and its broad reach for both the therapist and client
- Ideo Motor signals: when to implement them
- Self-development
- Discussing risks to clients of various courses of action
- Introduction to case studies
- Parts therapy
- Fractionation
- Dissociation
- Inner Child therapy
- Gestalt therapy

Unit : 6

- Introducing NLP
- The founders
- NLP principles
- Presuppositions of NLP
- Cause and effect
- Smart outcomes
- Timeline
- Anchoring
- Classical conditioning
- Framing and reframing
- Law of attraction
- NLP technique for confidence
- Eye accessing

Unit : 7

- Loss and bereavement
- False memory syndrome

- Working with groups
- Working with children
- Gestalt and inner child
- Hypnoanalysis
- Types of regression
- The regressionist's role
- Age regression
- Past life regression
- Future life progression
- Purpose of hypnotic regression
- Revivication
- Jungian psyche model
- The Akashic records
- Christos technique
- Pinpointing
- Free association
- Affect bridge technique

Unit : 8

- Sports performance
- Reaching goals: the obstacles
- Public speaking
- Relationships
- Cultures
- LGBT – understanding our diverse communities
- Pain associated with medical conditions, including cancer, Parkinson's, irritable bowel syndrome (IBS), diabetes and menopause
- Additional issues
- The placebo effect

Unit : 9

- Sex and reproduction
- Belief systems
- Relationships
- Sexual dysfunctions and disorders
- Infertility
- Childbirth
- Pain management
- Auto Hypnosis technique
- Types of pain and illness
- Understanding chronic illness
- End of life care
- Terminal illness

Unit : 10

- Setting up your practice
- Obtaining insurance
- Membership to professional bodies
- Creating stationery for your practice
- Marketing strategies
- Website and online presence
- Online advertising
- Data protection
- National Occupational Standards (NOS)
- Current legislation
- Health and safety
- The Children's Act
- Record keeping
- Client confidentiality
- Ethics and boundaries
- Code of conduct
- Principles of good practice
- Supervision - CPD and your wellbeing
- Maintaining accounts
- Opportunities of working with other healthcare professionals
- Employment
- Taking the next steps

The course includes 50 hours to include one-to-one sessions, with the total training time in excess of 450 hours. Students are assessed during training using:

- Continual Practical Assessment - Tutors observe students' learning progress during class practice sessions.
- Structured Case Studies - Students outline their approach to helping volunteering clients in 3 different situations.
- Mid-Term Quiz - A test midway through the course year to evaluate students' learning progress.
- Tutor Appointment - Following the mid-term quiz, students are invited to schedule a one-to-one meeting with their course tutor to discuss their learning progress and to explore any potential areas for development.