INTERNATIONAL COLLEGE
of CLINICAL HYPNOSIS
PRACTITIONERS

Prospectus

The International College of Clinical Hypnosis Practitioners (ICCHP) welcomes our prospective students to explore and participate in a new dynamic learning and teaching programme in Clinical Hypnosis and Hypnotherapy.

The programme offers students three distinct levels of training leading to three representative awards. Each level is structured and delivered in a blended learning modular format, therefore students have total flexibility in managing and optimising their learning. Students can progress through each level of the programme at their own pace.

The overall goals of the programme are to provide:

- students with the highest quality learning and teaching, with a focus on the development of clinical skills required in the practice of clinical hypnosis and hypnotherapy;

- an in-depth knowledge and understanding of the application and practice of clinical hypnosis and hypnotherapy;

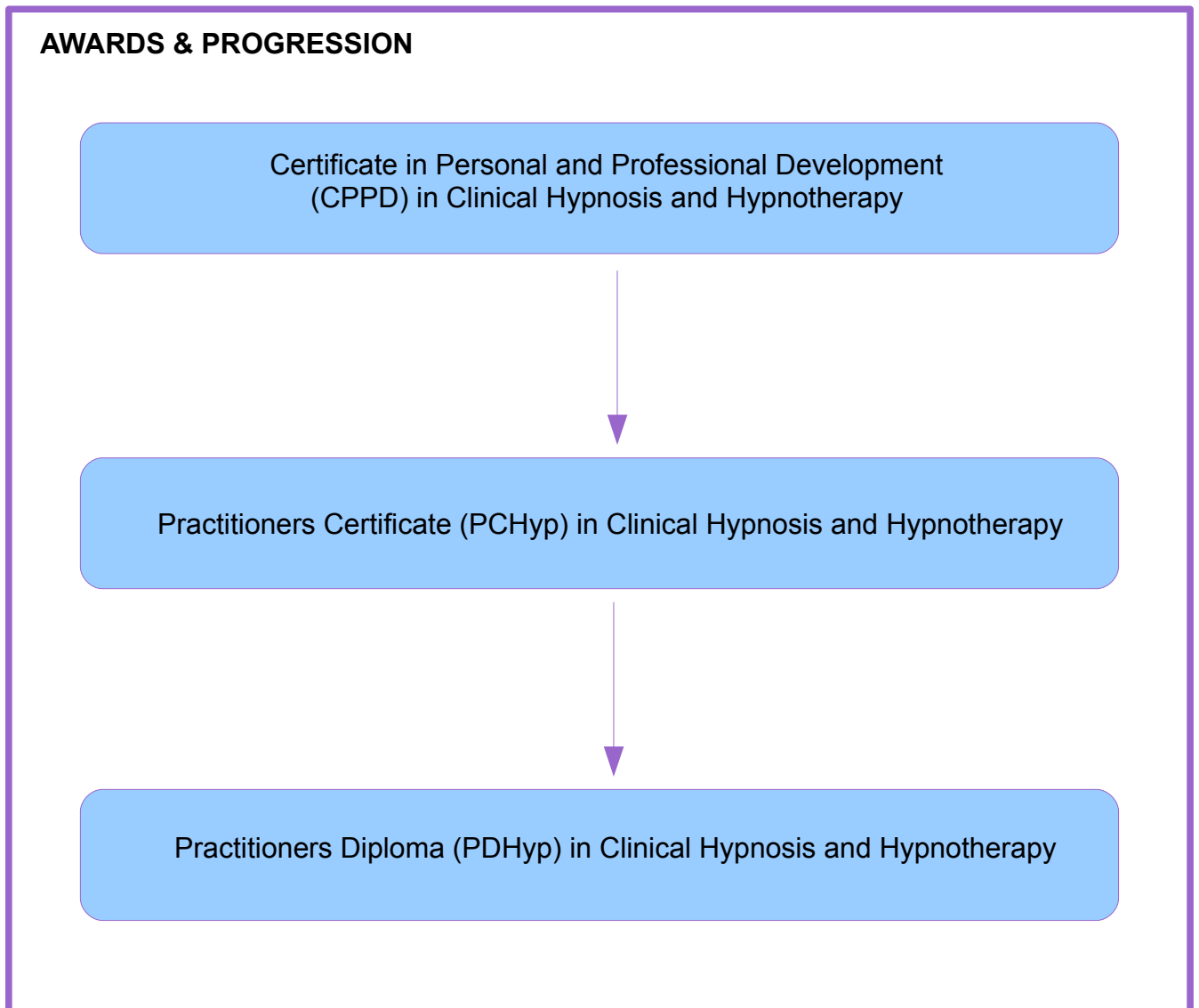- a fully supportive and enjoyable student learning experience.

About the ICCHP

The International College of Clinical Hypnosis Practitioners delivers the highest quality blended learning and teaching programme in clinical hypnosis to students throughout the world, with franchises in Europe, Asia and South Africa.

The ICCHP believes that by having students share their learning experiences with each other, through a global online learning community, they gain a number of significant and advantageous benefits, which will enrich their overall learning experience.

Through its open and shared global learning portal the ICCHP brings together students, teachers, mentors and practising therapists, so that theory, practice and experience are bridged, integrated and shared.

About the ICCHP Programme and Awards

AWARDS & PROGRESSION

Certificate in Personal and Professional Development (CPPD) in Clinical Hypnosis and Hypnotherapy

Practitioners Certificate (PCHyp) in Clinical Hypnosis and Hypnotherapy

Practitioners Diploma (PDHyp) in Clinical Hypnosis and Hypnotherapy

At a fundamental level, students can explore and learn the basic concepts of clinical hypnosis and hypnotherapy by completing a single introductory module of study, leading to a **Certificate in Personal and Professional Development (CPPD) in Clinical Hypnosis**. This is the first step for students wanting to continue and progress through the practitioners programme. It is also ideal for those students interested in familiarising themselves with the subject who may not intend to further their studies. The CPPD is open and available to all students and no prerequisites or educational qualifications are required to enrol.

Students who have completed the CPPD award are eligible to progress onto the **Practitioner Certificate in Clinical Hypnosis and Hypnotherapy** course. The CPPD module is a prerequisite before students are allowed to enrol on the Practitioner Certificate course. The Practitioner Certificate course consists of five individual modules which students must successfully complete in order to gain the representative award (PCHyp). Students successfully completing the Practitioner Certificate course are then eligible to enter clinical practice under the supervision of a clinical supervisor/mentor.

Students who have successfully completed the Practitioner Certificate course are eligible to progress onto the **Practitioner Diploma in Clinical Hypnosis and Hypnotherapy** course. The Practitioner Certificate course is the prerequisite before students can enrol on the Practitioner Diploma course. The Practitioner Diploma course consists of four individual modules which the student must successfully complete in order to gain the representative award (PDHyp). Students on the Practitioner Diploma course are eligible to enter clinical practice under the supervision of a clinical supervisor/mentor. Students awarded the Practitioner Diploma in Clinical Hypnosis and Hypnotherapy are able to practice independently in a clinical setting.

Course Module Progression

Students are required to enter the programme through the Clinical Hypnosis 101 CPPD module. After successful completion, students will be eligible to enrol onto the Practitioner Certificate course modules. Students are required to complete Certificate Studies Module 201 as a prerequisite to enrolling onto the other certificate course modules. Once students successfully complete all five certificate course modules they are eligible to enrol onto the Practitioner Diploma course modules. Students are required to complete Diploma Studies Module 301 as a prerequisite for enrolling onto the other diploma studies modules.

ICCHP Programme Outline

Certificate in Personal and Professional Development (CPPD)

Introductory Module in Clinical Hypnosis and Hypnotherapy
Clinical Hypnosis CPPD 101

Practitioner Certificate in Clinical Hypnosis & Hypnotherapy (PCHyp)

Introduction To Hypnotherapy Practice
Certificate Studies Module 201

Behavioural Hypnotherapy
Certificate Studies Module 202

Psychodynamic Hypnotherapy
Certificate Studies Module 203

Indirect (Erickson) Hypnotherapy
Certificate Studies Module 204

Applied Hypnotherapeutics
Certificate Studies Module 205

Practitioner Diploma in Clinical Hypnosis & Hypnotherapy (PDHyp)

Advanced Hypnotherapy Practice
Diploma Studies Module 301

Applied Advanced Hypnotherapeutics
Diploma Studies Module 302

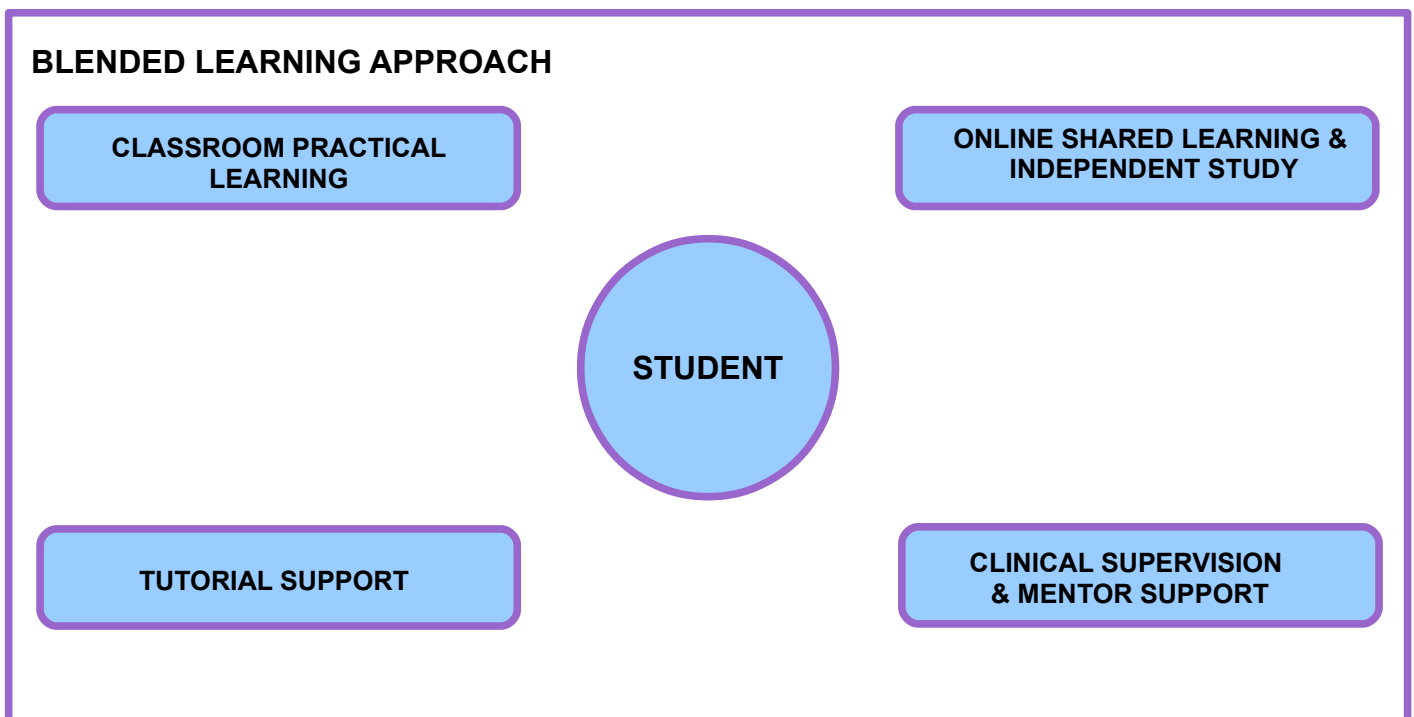**Cognitive Behavioural Hypnotherapy (CBH) Practice**
Diploma Studies Module 303

Applied Cognitive Behavioural Hypnotherapeutics (CBH)
Diploma Studies Module 304

ICCHP Blended Learning Approach

There are four main components of the ICCHP blended learning approach. Each component is designed to support and assist students in developing a specific and unique set of skills, so that they can gain the knowledge, understanding and skills needed in order to confidently practice clinical hypnosis in a safe, ethical and professional manner. Combined together these components provide students with a comprehensive learning experience.

BLENDED LEARNING APPROACH

CLASSROOM PRACTICAL LEARNING	ONLINE SHARED LEARNING & INDEPENDENT STUDY
	STUDENT	
TUTORIAL SUPPORT	CLINICAL SUPERVISION & MENTOR SUPPORT

Classroom Practical Learning

For each module students are required to attend 16 hours of facilitated classroom practical learning activity. Hypnosis and therapeutic techniques are demonstrated and students have the opportunity to practice these techniques in a structured, safe and supervised learning environment with fellow students.

Online & Independent Study

For each module students are required to complete 75 hours of online theoretical learning, consisting of reading and research assignments, online assessments, and the participation in shared learning activities.

Tutorial Support

For each module students are required to complete at least 4 hours of tutorial instruction. Tutorial instruction provides students with the opportunity to address and work through any issues or challenges related to their learning, that they may be experiencing. Students are also able to practice the techniques learned and discuss, evaluate and reflect on their learning during tutorial sessions.

Clinical Supervision and Mentor Support

Student practitioners are required to complete at least 2 hours of clinical supervision for each 6 hours of patient clinical session time. Students can use as much mentor support as needed. This support is available as part of the student's Continuing Professional Development (CPD) even after the student completes their studies and continues in their professional practice.

Flexible Learning

The ICCHP understands the diverse nature of its students and appreciates that many students have personal and professional responsibilities and demands. The majority of our students are in full or part-time employment and therefore need to balance their work life and studies. Our students' desire to learn and succeed with their studies requires the ICCHP to fully support a flexible student learning experience. Our modular approach allows students to integrate their studies into their work life balance. Classroom time is scheduled at weekends and this time is dedicated to learning and practising hypnosis and therapeutic techniques. In addition, fees are only paid on a per module basis, allowing students to better manage their financial commitments.

Our Moodle based online virtual learning environment allows students to study and share their learning by participating in online discussion activities with other students. This includes the theoretical aspects of clinical hypnosis, therapeutic case studies and patient skills. Students can access the portal from their home computers, laptops and smart-phones.

Assessment

Students are continuously assessed through a variety of methods. Theoretical knowledge and understanding are assessed online through the student learning portal. Students participate in a number of learning activities in each module and must complete an online assessment for each module. In addition, students are peer and tutor assessed for their participation and contribution to the online discussion board activities. Students are required to obtain a 50% pass rate for all online learning activity. Online tutors are available to provide constructive feedback to students and help them during their online learning and assessment.

Practical assessment is ongoing and takes place during the classroom practical sessions and during student tutorials. These assessments are made by the teaching and tutoring staff, who provide continuous constructive feedback to students to ensure that they are working in a safe, ethical and effective way.

Transfer and Advanced Standing Students

Students who have attended and completed other non ICCHP courses in clinical hypnosis and hypnotherapy may be eligible to transfer into the ICCHP programme. Students will need to demonstrate that their training is at least equivalent to the prerequisite level for entry into the ICCHP programme level that they are applying to advance stand in. For example, a student wishing to advanced stand onto the Practitioner Diploma course will need to demonstrate that they have completed training equivalent to the ICCHP CPPD and Practitioner Certificate course modules.

The ICCHP normally recognises other programmes of study and training courses that have met the training requirements and standards set by the General Hypnotherapy Standards Council (GHSC), the British Society of Clinical Hypnosis (BSCH) and the UK Complementary & Natural Healthcare Council (CNHC). Other courses and programmes of study will be evaluated on an individual basis.

Current hypnotherapy practitioners who may want to enrol in the programme at any stage will have to fulfil the above requirements, or as a minimum, complete the assessment requirements of each module and progress as normal. Only one attempt at the assessments is allowed per enrolled student. Therefore it is suggested that a review of the literature is made prior to any attempt at the assessments. Practical assessments can be fulfilled through classroom study or individual tutorial arrangements.

Application, Submissions and Fees

Students are able to enrol directly online at www.icchp.com, each module fee is £225.00 payable on enrolment. Tutorials and Clinical Supervision session fees (approximately £50 per hour) are arranged and paid direct to tutors and supervisors. Two references and an interview are required.

Accreditations, Validations and Standards

The ICCHP is continuously working with recognised independent professional bodies and standards agencies to ensure that our quality of teaching meets and exceeds the standards that our students expect from us. We want to assure our students of the highest level of integrity and professionalism in our teaching and in the hypnotherapy profession.

The General Hypnotherapy Standards Council (GHSC)

The Practitioner Certificate in Clinical Hypnosis & Hypnotherapy offered by the ICCHP programme has been Assessed and Validated at Foundation Level by The General Hypnotherapy Standards Council (UK). Successful graduates are eligible for registration with The General Hypnotherapy Register (the GHSCs' Registering Agency) at Affiliate Status.

The Practitioner Diploma in Clinical Hypnosis & Hypnotherapy offered by the ICCHP has been Assessed and Validated at Practitioner Level by The General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with The General Hypnotherapy Register (the GHSCs' Registering Agency) at full Practitioner status, together with the acquisition of the industry-based award - the General Qualification in Hypnotherapy Practice (GQHP).

The General Hypnotherapy Register (GHR)

The GHR offers free Student Registration to all students on GHSC validated courses throughout the duration of their training.

ICCHP Practitioner Diploma graduates are advised and encouraged to join the GHR as a full member. Membership allows the display the GQHP initials after your name and also qualifies you for practice indemnity insurance at preferential rates.

Professional Standards

The ICCHP has adopted the training and professional standards for hypnotherapy outlined by the United Kingdom Complementary & Natural Healthcare Council (CNHC). This includes the CNHC's Code of Conduct, Performance and Ethics relating to the practice of Hypnotherapy, along with the established learning outcomes and principles of good practice.

Students who graduate from the ICCHP Practitioners Diploma and become members of the General Hypnotherapy Register (GHR) are eligible to join the CNHC.

In addition, the ICCHP has adopted the National Occupational Standard (NOS) for Hypnotherapy, developed by Skills for Health.

The ICCHP programme aims to meet and exceed these professional standards

Standards in Learning and Teaching

The ICCHP promotes excellence in the learning and teaching of clinical hypnosis and hypnotherapy by ensuring that the ICCHP programme and staff meet the standards in design and delivery of the teaching that would be expected of higher education. The ICCHP bases its programme standards of good practice on those developed and encouraged by the UK Higher Education Academy (HEA).

ICCHP Programme Staff

Amanda Benbelaid, Senior Lecturer

DHyp, PDCHyp, FBSCH

Amanda has 10 years experience as a practising hypnotherapist and over 5 years as a senior lecturer. Amanda is a Fellowship member of the British Society of Clinical Hypnosis (BSCH) and serves on the BSCH Executive Committee. In addition to her senior tutor post with the ICCHP, Amanda is the resident hypnotherapist at the Stanmore Chiropractic Clinic in Harrow, and has an outstanding reputation for working with phobias, anxiety, smoking cessation, and many other health and emotional related issues. Amanda also provides training to schools and major companies such as Autotrader and Apple.

Alison Munro, Programme Tutor
Bsc (Hons) Psychology, EFT ADV, AMET, PDCHyp, MBSCH

Alison has over 10 years experience as a practising hypnotherapist and over 5 years as a senior lecturer. Alison is a certified Emotional Freedom Technique (EFT) trainer and an Advanced EFT Practitioner. Alison is a senior lecturer and is responsible for overseeing the tutor support and clinical supervision aspects of the ICCHP programme. Alison also manages the ICCHP programme in South Africa and specialises in the integration of Emotional Freedom Therapy (EFT) and hypnotherapy.

Tod Cury, Programme Director

BSc, PGCert(Dist), PDCHyp, PDCBHyp, GQHP, MBSCH, FHEA

Tod has been a practising clinical hypnotherapist based in central London since 2003 and has overall responsibility for the ICCHP programme and its delivery. Tod has worked as a hypnotherapy tutor and lecturer for 8 years and was previously the Clinical Hypnosis MSc programme leader for a collaborative partner college with the University of West London. Tod is a member of the General Hypnotherapy Register (GHR), the British Society of Clinical Hypnosis (BSCH), and the Complementary & Natural Healthcare Council (CNHC). In addition, Tod holds a postgraduate certificate in learning & teaching and is a Fellow of the UK Higher Education Academy.

Programme and Module Syllabus

Module CPPD 101

Hypnosis & Hypnotherapy Defined

History & Theories of Hypnosis

Modern Perspectives

Laws of Suggestion

Mind States & Memory

Trance States & Depths

Hypnotic Phenomena

Therapeutic Approaches

Direct Suggestion Hypnotherapy

Indirect (Erickson) Hypnotherapy

Psychodynamic/Analytical Hypnotherapy

Cognitive Behavioural Hypnotherapy

Neuro Linguistic Programming (NLP)

Energy Healing Hypnotherapy

Hypnotic Process

Hypnotic Voice

Patient Treatment Sessions

Handling Distractions

Post Hypnotic Suggestions

The Therapeutic Intervention

Patient Awakening Process

Therapeutic Alliance & Rapport

Persuasive Communications

Suggestibility Testing

Mirror, Pacing & Leading

Ideo Motor Responses

Ego Boosting Techniques

Abreaction

Authoritarian Inductions

Permissive Inductions

Post Hypnotic Inductions

Simple Relaxation Induction

Fractionation Inductions

Tactile Inductions

Eye Roll & Eye Fixation Inductions

Rapid Induction Techniques

Simple Inductions

Arm Levitation Induction

Trance Deepening

Countdown Deepening

Favourite Place Deepening

And Now Cue Deepening

Combined Deepening Techniques

Self Hypnosis

Certificate Module 201

Insurance & Student Practice

Obtaining & Seeing Patients

Maintaining Patient Records

Clinical Practice & Supervision

Good Practice & Continuing Professional Development

Hypnotherapy Practice Management

Ethical Practice & Code of Ethics

Patient Confidentiality & Safety

Patient Autonomy & Boundaries

Medical Considerations

Working with Children

Working with Vulnerable Adults

Ethical Dilemmas

Structure of a Therapy Session

Problem Identification

Goal Setting & Observation Skills

Taking a Patient Case History

Working with Depression

Working with Deaf Patients

Working with Pain

Smoking Cessation

Automatic Writing

Magnetic Field Induction

Rhythmic Eye Movement Induction

Rapid Eye Defocus Inductions

Mind's Eye Deepening

Hand Rotation Deepening

Teaching Self Hypnosis

Healing Light Energy Ego Booster

Pseudo Orientation in Time

Time Distortion

Suggested Amnesia

Certificate Module 202

Behavioural Psychology & Hypnosis

Behavioural Psychotherapy

Cognitive Behavioural Therapy

Rational Emotive Behavioural Therapy

Locus of Control

Flooding & Massed Practice

Aversion Therapy

Systematic Desensitisation

Hypno Desensitisation

Assertiveness Training

Control Room of the Mind

Modifying Thought Patterns

Memory Substitution

Anchoring

Reversed Suggestions

Performance Anxiety

Stress Management

Learning Difficulties

Certificate Module 203

Dissociation

Dissociation & Deepening

Dissociation & Neurosis

One Part Dissociation

Multiple Parts Dissociation

Two Staged Dissociation

Secondary Gains

Sleep & Dreams

Therapeutic Use of Dreams

Inner Child

Psychodrama & Hypnodrama

Regression

Diagnostic Scale Regression

Specific Age Regression

Free Floating Regression

Symptom Manipulation

Miscellaneous Regressions

Past Life Regression

Self Integration Dissociation

Free Floating Pseudo Orientation in Time

Psychoanalysis

Analytical Psychology

Individual Psychology

Gestalt Therapy

Client Centred Therapy

Transactional Analysis

Certificate Module 204

Indirect (Erickson) Hypnosis

Meta Model

Eye Accessing Cues

Generalisation, Deletion & Distortion

Challenging Patient's Statements

Truisms

Truisms Utilising Time

Not Knowing & Not Doing

Open Ended Suggestions

Covering All Possibilities

Compound Suggestions

The Yes Set

Use of Negatives

Use of Questions

Using Metaphors

Positive Phobia Replacement

Pattern Breaking Inductions

Confusion Techniques

Interspersion Technique

Certificate Module 205

Snoring

Stammering

Insomnia & Sleep Disorders

Weight Management

Pain Management

Headaches

Irritable Bowel Syndrome (IBS)

Dermatology

Panic Attacks & Panic Disorder

Dystonia (Nervous Tic)

Asthma

Erythrophobia (Blushing)

Tinnitus

Sport Performance

Obstetrics

Childhood Anxiety Disorders

Enuresis (Bed Wetting)

Psychogenic Infertility

Depression

Hypnodontics & Bruxism

Allergies

Phobias

Dreams & Night Terrors

Hallucinations

Paranoia & Delusional Disorders

Diploma Module 301

Brief Solution Focused Hypnotherapy

Solution Focused Questioning

Solution Focused Goal Setting

Problem Focused Language

Use of Comparative Scaling

Apposition of Opposites

Polarity Dissociation

Overcoming Restrictive Feelings

NLP Fast Phobia Cure

Mind Body Dissociation

Time Lines

Paradoxical Intervention

Advanced Pseudo Regressive Therapy

Hypnotic Eye Movement Desensitisation & Reprocessing (EMDR)

Quantum Psychology

Symptom Deconstruction

Symptom Signalling

Symptom De-labelling

Inner Emptiness Re-integration

Eye Movement Integration Hypnotherapy

Ego State Hypnotherapy

Transference & Counter-transference

Working with Beliefs

Cultural Awareness

Diploma Module 302

Bereavement & Loss

Excessive Grief

Pregnancy Loss

Terminal Illness

Hypnosis in Oncology

Trauma & Post Traumatic Stress Disorder (PTSD)

Anger Management

Excessive Alcohol Consumption

Substance Misuse & Dependency

Emotional Abuse

Physical Abuse

Sexual Abuse

Rape & Sexual Assault

Eating Disorders

Obsessive Compulsive Disorder (OCD)

Cardiovascular Hypnosis

Psycho-sexual Disorders

HIV & AIDS

Attention Deficit Disorder (ADD/ADHD)

Patient Case Studies

Dissociative Identity Disorder (DID)

Diploma Module 303

Cognitive Behavioural Hypnotherapy

Healthy & Unhealthy Beliefs

Psychological Disturbance

Negative Emotions

Change Process

CBH Process & Methodology

Accessing Complex Emotions

Disputing Beliefs

Diploma Module 304

CBH Integration

Obstacles to Integration

Solution Integration

CBH Parts Dissociation

CBH Regression Techniques

CBH & Direct Suggestion

CBH Application & Treatment Protocols

CBH Goal Directed Therapy

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