

hypnoversity

The Journal for Hypnotherapy, Coaching and NLP



Issue 16 – Winter 2011/2012

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Welcome to the Winter edition of Hypnoversity.

Hello and welcome to the winter issue of Hypnoversity. The feedback we received from you about our pilot 'supersize' autumn edition was overwhelmingly positive, so the quarterly model and new layout will stay. Those of you who saw a copy of the printed version were very complimentary too. Thanks to all of you who took the trouble to contact us with your thoughts.

Our theme for this issue is stress...Oh we are a jolly lot! We have articles on this topic by CEC principal Nick Cooke and another by Nick Wright of Hypnost. Nick Wright is running his first training course at Central England College next year.

We are pleased also, to include articles from two CEC graduates, one by Amanda Copsey who writes about attitudes to wealth and another by Sally Coombs who was awarded the title 'Most Promising Newcomer' 2011 at the APHP annual conference in October. Well done Sally! Nick Cooke is also delighted that Central England College is once again the APHP 'Training School of the Year'.

Submissions or ideas for articles are always welcome, so if you specialise in a specific type of therapy or condition or have news about you or your practice that you believe will help or interest readers, please email me your draft idea or finished piece for consideration. Our forthcoming issues will focus on the Mind/Body Connection and Personal Performance and Coaching, but submissions on other themes are welcome too.

We hope you enjoy this final issue of 2011 and we'd like to wish you all a happy and healthy festive break and a prosperous 2012.

Happy Holidays!

Lorraine McReight



Psychological Awareness and how to read our client's Non Verbal Communication

Frankie with David Kato

Would you like to know what people are thinking and feeling?

Do you want to improve your interactive communication skills with others and understand human behaviour?

If you answered 'yes', then we have the perfect opportunity for you!

Back by popular demand, David Kato presents another fascinating and informative event at Central England College.

Psychological Communication & Body Language

- Detect clients underlying thoughts and feelings
- Be a successful communicator
- Understand human behaviour
- Discover new rewarding techniques
- Learn what you may give away about yourself to others
- Enhance your practice with increased recommendations
- Gain In-depth knowledge of psychological communication & Body language

This highly informative workshop on Psychological Communication and Body Language provides you with an in-depth knowledge, about the way people reveal their underlying thoughts, maybe by the way they stand or move. Understand their mood, if they are submissive, if they are committed to what they are conveying, are anxious, dominant, bored, lying, telling the truth.

The course covers linguistics and voice tonality, even down to micro-movements. These movements are produced at a subconscious / unconscious level, with the individual being unaware. Often people say things that are incongruent to what they really mean.

This skill can be used not only with clients / patients, but also with friends, family and in social or business situations.

The ability to 'read' these signals, gives you a new and better understanding of how a person thinks and feels.

This comprehensive workshop will give you a great opportunity to discover and understand human behaviour, and what indicators you give away yourself.

Attendees will receive a free interactive CD of course material - no notes needed!

David is presenting this CPD training day at Central England College on Friday 16th March 2012 (See CPD list later in this journal)

Spotlight: David Kato

For those of you who have attended one of David's training courses, you may be aware that there's a lot more to him than meets the eye. On the very popular 2-day Eating Disorders and OCD training in March this year, David revealed that he teaches anti-terrorism courses to police and border agencies in the USA, which includes identifying criminal activity, the use of questioning techniques and psychological communication and Body Language! As understanding other people better (especially clients) can be only good for building rapport in our work, I pestered David for more information. The result is the one-day course described below.

On David's training courses it soon becomes apparent to learners that he has a very good understanding of medical as well as psychological matters. On talking to him recently, I discovered that following some years in the MOD police and security Close Protection Unit, he went on to become a paramedic. In this role his interest in medicine grew and he decided to train as a nurse, specialising in intensive care, initially with neonatal and paediatrics, then adults. David spent 11 years in charge of a cardiac intensive care unit and lectured in advanced resuscitation and in 1998 he devised breathing monitoring equipment for neonates, which I'm told is still in use today.

Semi-retired now, David works only 1-3 days per week as a therapist in a local community practice in Bristol, using a combination of CBT and hypnotherapy to help clients many of whom are suffering from depression, OCD and eating disorders.

This doesn't mean however that David has his feet up much. He spends vast amounts of time producing new courses for his teaching work both here and in the USA, where he spends several months of the year, and speaks about with passion. Anyone who has been on one of David's courses and come away with a ring binder of comprehensive notes and/or an interactive CD will bear testament to the quality of his training materials. It seems that whatever David does, he does it thoroughly and with enthusiasm and that includes exercising and training his rescue yellow labrador Frankie.

LM



Conversation with Steve Burgess

“Tell me more about Inner Child Therapy, Steve”

Inner Child therapy covers a range of techniques designed to help heal clients who have had dysfunctional, abusive or difficult childhoods. It's been said that only 4% of people are truly functional, which means that 96% of us are carrying emotional baggage from childhood. The therapy helps clients to become aware that they have an inner process and that their inner process is 'faulty' in some way. This awareness is important as they realise that their inner process can be changed in order to re-design themselves as more functional human beings. Inner Child therapy helps a client to become more 'free' inside themselves, thus they are more able to live their lives with a deeper sense of ease and joy.

“What exactly is the 'Inner Child'?”

The concept is that inside us we all have a child part of ourselves, and that how our Inner Child is feeling is how we are feeling as adults. If our Inner Child is wounded, hurt or frightened, then that is how we live in the world as adults. It doesn't matter how old, grey or wrinkly we become, our Inner Child is influencing us all day, every day. Therefore, healing the Inner Child means that we are able to live more freely as adults.

“So what would be a good reason for using Inner Child therapy with a client Steve?”

Any client who shares with us that they've had a difficult childhood will benefit from it, but especially those clients who have been abused in childhood, either emotionally, physically or sexually. Also, it can be a good intervention to use if you're stuck. I remember one client who didn't respond to anything I was doing with him. When I'd emptied my 'toolbox' and hadn't helped him at all with his issues I went into structured Inner Child work with him. To my amazement (because I'd foolishly made the assumption that he was too logical for this type of intervention) he took to it like a duck to water and his re-connection to his Inner Child was incredible. The improvements in his life were deep and profound, his confidence was strengthened and he found a sense of happiness that had evaded him all his

life. It brings a warm glow to my heart just thinking about how he began to blossom as a result of the process.

“How is Inner Child therapy better or different from other strategies?”

I like Inner Child work for a variety of reasons, not just because of the depth of the healing that can result from using it. It's a wonderfully creative therapy, allowing the client to tap into creative abilities that they'd forgotten they had. We can use a variety of methods including writing and drawing to heal the Inner Child. I love the way it opens up the emotions in a person, especially when they re-connect with their Inner Child for the first time. It's also good because it gives the client a degree of control over the therapy process.

“There are quite a few Inner Child scripts out there Steve, so why attend training?”

On the course we look in real depth at using Inner Child work in a variety of ways, both structured and unstructured. I believe that learning these methods from an experienced trainer and therapist is a very 'deep' way of learning, much more effective than just reading it from a book. The course is also quite experiential, and participants are able to work with their own Inner Children to do some healing themselves.

We begin by introducing the concept of the Inner Child and the wide range of client issues that can be helped with the therapy. Participants then connect to their own Inner Child and introduce them to the group. We then look in depth at John Bradshaw's 5 Inner Child areas: the Inner Infant; the Inner Toddler; the Inner Pre-schooler; the Inner School-age child; the Inner Adolescent. Using Inner Child dialogue, letter writing and visualisation the healing process takes place. This is structured Inner Child work that I find many clients really enjoy, even if they are initially reticent.

We involve ourselves with Inner Child drawing (real fun) and look at working with Mistaken Beliefs that we live with as a result of childhood dysfunction, that affect us all our lives. Neutralising Mistaken Beliefs can be liberating for our clients. We also look at visualisations designed to heal childhood abuse.

The course (as with so many of my courses) is packed full of content and designed to give participants a mass of effective techniques to put in their 'tool boxes'. These are techniques which I have used very successfully for many years and as such they are tried and tested. Learning Inner Child therapy really does deepen a therapist's knowledge and ability-be there or miss out!!

Steve is presenting a CPD training course at Central England College on Saturday 21st and Sunday 22nd January 2012 on the topic of 'Inner Child Healing' (see CPD listing later in this journal).



Isabelle Callan of Central England College & Sally Coombs

An Eventful Year! Sally Coombs, CEC graduate

2011 started with me resigning from my very stressful job, deciding to train as a Hypnotherapist and booking on the Central England College course. I

had been thinking of doing this for some time but had not been able to find the courage to take what felt like a huge step. I knew however that my heart was really not in my job, and that I needed to open myself up to new ideas and challenges. I had worked since my early twenties as a Social Worker and I really wanted to do something different, yet still use my existing skills and experience, and to do something that I felt passionate about. So my aim at the beginning of 2011 was to re-train, and re-focus my work before I reached the age of 50.

I started the Hypnotherapy Practitioner Course at Central England College in May 2011 and as I wasn't working was able to do all the modules in a short period, completing the course in July and qualifying at the end of August. I really loved the course which helped me to rediscover myself and gain a new sense of purpose and direction. I also met some amazing people, many of whom were also going through significant transitions personally and professionally.

Whilst I was on the course I was delighted to be offered the opportunity to work at a local Complementary Health Care Centre, 'Healing Touch', once qualified. The Centre referred a number of people as volunteer clients for my case studies so I gained very valuable experience of working with a range of different issues and people and was also able to use a room at the Centre for my case studies. This support was invaluable to me after completing my training and before starting paid practice, which I did in September.

At about this time, I was amazed to learn from Nick Cooke that he had nominated me for the APHP Annual £1,000.00 Bursary Award. Each APHP accredited school can nominate one of their graduates for this award. I was asked by APHP to submit a written summary of my background and experience, and outline how I would use the Bursary, and why I should be given the Award. I was then invited to an interview at the APHP HQ in Southend on Sea.

The interview was with three people, who each asked questions, such as why I had chosen to train in Hypnotherapy. I spoke about my own experience of having hypnotherapy and how this had contributed to my decision, about the transferability of my social work skills, about my commitment to complementary, holistic health care and to this being accessible to everyone. I also talked about the work that I do at Healing Touch, and about a local charity that provides financial assistance which enables people on low incomes to

access complementary health care – 3 Counties Holistic Healthcare. At the end of the interview I had absolutely no idea what the interviewers thought of me, but knew I had been very honest about what I believed in and why.

The award was announced at the APHP Annual Conference in London on 29 October. Able to attend only the first day and part of the evening event, I sadly missed the awards presentation and only found out later that I had won the Best Newcomer to Hypnotherapy Award, which included a glass trophy, framed certificate and bursary (cheque for £1,000.00). I really enjoyed my day at the conference where I heard some very interesting speakers and despite being unable to receive my prize in person, was really appreciative of the Awards from APHP. I was delighted too that Central England College won a related Award as School of the Year 2011, which is a fitting tribute to all the excellent work that Nick and Isabelle do to train and support students.

So looking back on the year, it has been a bit of a whirlwind experience since making that momentous decision. Along the way I have been very fortunate and had a lot of support. The Award was really the icing on the cake and has confirmed that I made a good decision for myself. I have achieved my ambition and now am in a position to take it further and look forward to building on this whole experience and seeing what 2012 brings!



Nick Wright talks about Stress in the Workplace and his new course for 2012

The Health and Safety Executive (HSE) define stress as "the adverse reaction people have to excessive pressures or other types of demand placed on them".

There is a growing awareness of the importance of health and safety and recognition that healthy employees make a greater contribution to a business. People are more aware of the harmful effects of stress in workplaces but it is not new - psychologists have been studying stress since the 1950s.

Stress is costly, especially for small firms where cover for sick employees is difficult to arrange. Stress can reduce the effectiveness of employees and lead to higher rates of absence. Research estimates that 12.8 million working days were lost to stress, depression and anxiety in 2004/5. Each new case of stress leads to an average of 29 days off work. Work-related stress costs society about £3.7 billion every year.

Work-related stress is widespread. About one in five people in a stress study said that they found their work either very stressful or extremely stressful.

Everyone needs a certain amount of stress to live well. It's what gets you out of bed in the morning and gives you the

vitality and zest to do all sorts of things. Without it, we would have no motivation for many of life's chores.

Stress becomes a problem - 'distress' - when there's too much or too little. A lack of stress means your body is under-stimulated, leaving you feeling bored and isolated. In an effort to find stimulation, many people do things that are harmful to themselves (such as taking drugs) or society (for instance, angry behaviour).

Too much stress, on the other hand, can result in a range of health problems including headaches, stomach upsets, high blood pressure and even stroke or heart disease. It can also cause feelings of distrust, anger, anxiety and fear, which in turn can destroy relationships at home and at work.

People often feel over-stressed as a result of some event or trigger. This doesn't have to be negative (such as the death of a loved one, redundancy or divorce); it can also be seemingly positive (a new partner, new job or going on holiday). Such feelings can also be acute (as the result of bereavement or loss of a job) or chronic (coping with long-term unemployment or being in a bad relationship).

In order to cope with their stress, many people look to things that are not only ineffective but also unhealthy.

Negative stress-management techniques include:

- Drinking alcohol
- Denying the problem
- Taking drugs
- Overeating
- Smoking cigarettes
- Angry behaviour

There are many positive stress-management techniques available and for the practitioner, working in this arena can be a very satisfying and lucrative business.

Look out for a new Diploma course in Stress Management coming early in 2012.

The aims of this course are:-

- To provide training excellence in the management of stress and stress related conditions.
- To enhance your knowledge of the nature of stress, its management and prevention.
- To empower you to be able to apply this knowledge to recognise stress in self, others and stressors within organisations.
- To equip you with the knowledge and confidence in using a multimodal cognitive behavioural approach to stress management in its many applications.
- To provide you with the necessary principles, theories and models of stress to help you understand the physiology and psychology of stress.
- To equip you with the necessary strategies to allow you to formulate and market your own Stress Management training programme.

LM



From the desk of the Principal

How the 'Relaxation Response' can help to reduce stress, even for people who don't think they are stressed – in just a few minutes a day!

"I exercise and play golf twice a week – I can't be stressed, can I?"

Tony is a very successful businessman, even in today's stretched financial circumstances. He manages security for wealthy people. He's been doing this for over twenty years and his business stretches around most of the globe. He lives in the glorious Warwickshire countryside and is, I'm happy to say, a client of mine.

Upon examining his life/work style it was hard to find any possible stressors. His business, in his words, is "something which I can run from my laptop computer virtually wherever I am, even when I'm away on holiday" – Hold everything! That must be a clue. Running my business when I'm on holiday!

Tony described to me his relaxed and happy life style which includes a high income, lovely country home, a loving wife and family, good health and plenty of exercise. We discussed his exercise. Tony plays golf twice a week and (clue number 2) he has to win!!

"I don't have time to relax"

Forgive me if this sounds really obvious but, one of the great benefits of relaxation is that it's not possible to be stressed and relaxed at the same time. It's also true that many are unaware of their own level of stress and that stress may be behind their unwanted feelings/symptoms. That was Tony's problem. He was suffering from stomach upsets and had been at the receiving end of every human indignity, as he described it, or medical tests known to man – all of which gave him the reassuring news that there was nothing seriously wrong with him – "It's probably stress".

I asked Tony if he would be willing to spend 15 minutes a day to learn how to relax. Everyone can find 15 minutes surely! Tony could not but he did settle for 5 minutes and he learned

from me something called Dr. Herbert Benson's Relaxation Response. This is a gentle brief meditative approach which encourages mind-stilling.

The steps of the relaxation response (slightly modified by me) are:

- Sit or lie comfortably
- Breathe in an easy regular way
- Endeavour to let your mind clear (Maybe visualise wiping the screen clean)
- With each breath out say out loud or to yourself a word such as 'one', or any other word or phrase and create a mental picture to accompany it
- Keep repeating the word or phrase with each out breath
- If any other thoughts intrude just say to yourself "that's OK" and let it go
- Continue for a few minutes – 5, 10 or more if possible

Just a few minutes a day made a great difference to Tony. He now hardly ever has any stomach upsets and he knows how to relieve them if he does get them. He's taught the Relaxation Response to some of his family and work colleagues. I've helped him over the years with some other issues and he's recommended me to other people. Tony tells me that the best thing we did together was when I taught him the Relaxation Response.

Try it with your clients and see how an elegantly simple meditative technique can really help to banish stress forever.

NB. Client's permission given and name changed to preserve confidentiality

New – Practical Skills Workshop

Listening to feedback from students and graduates I'm aware that they really enjoy the practical element of their training and enjoy too, demonstrations by me and our other tutors. However getting practise isn't always easy once you've graduated and newly qualified therapists are often reluctant to 'try' new or different styles or techniques with paying clients. Getting practise helps to build confidence and broaden skills.

As a new service to CEC students and graduates, Lorraine McReight, who many of you know as the editor of Hypnoversity is running the first of a planned series of monthly workshops on Sunday 8th January 2012 for students, newly qualified practitioners or for those who feel they lack confidence or experience. This workshop is experiential, so come to see demos, learn or practise techniques, gain confidence in writing or delivering scripts or ad-libbing and more. This is an informal day designed to help you to build confidence as a therapist and also offers you the opportunity

to ask questions and experiment with different styles and techniques.

The feedback from Lorraine's previous interactive sessions at the college has been extremely positive and Lorraine returns by popular request. Places are strictly limited and since they are good value at £50 for the day (10.00 AM to 5.00 PM) it's essential to book in advance (you only need to book one workshop at a time) by calling Isabelle or Michael on 0121 444 1110 or emailing us at info@cecch.com.

NC



Hypnotherapy and its potential benefits to cancer patients

For many of us our experience of cancer may be a personal one – either living with or having beaten the disease ourselves or knowing someone in that situation. But clients with cancer or who have loved ones with cancer may be in need of our professional help or support. Do you feel comfortable or equipped to work with such clients?

If you would like to work in this rewarding area or would like to have a better understanding of cancer and its impact on patients and their loved ones, you may want to book on our forthcoming CPD event. Michael Mahoney (who some of you may know from his work and training in IBS) is running this specialised course at Central England College for the second time in April 2012 when he will give therapists an introduction to the disease, will explain current treatment options and also describe the benefits and uses of hypnotherapy in cancer care.

Attendees will learn about the causes of cancer and what it is; about benign and malignant tumours, metastasis, staging, and tumour classifications. The cancer journey will be looked at, including surgery, radiotherapy, chemotherapy (what they are and their side effects) and other treatment options. Also covered will be the mitigation of causes, patient experience, survivorship and end of life issues.

The role of the immune system will be reviewed, along with the recognition of spirituality, the psychological impact of diagnosis and treatment and understanding the impact of bad news on patients and loved ones, as well as lifestyle factors. Explored too will be the integrating of complementary therapy and clinical governance (basics contract with patients) and basic terminology.

This will be a very full and busy day for those considering working in or extending their work in this area and will include Hypnotherapy scripts for relaxation, anticipatory

nausea, pre / post surgery, pain control, emotional recovery, and end of life.

Michael Mahoney qualified as a clinical hypnotherapist in 1986 and though possibly better known for his gastroenterology work, has extensive experience working with cancer patients. Michael has a particular interest in breast cancer and emotional recovery and is the author of the CD 'An aid to Emotional Recovery after Breast Cancer' for which he received an Innovation and Research Award in 2005. The CD is used or recommended as an additional treatment option in many NHS hospitals.

Michael is presenting a CPD training day at Central England College on Sunday 22nd April 2012 on the topic of 'Working with Cancer Patients – The value of hypnotherapy' (see CPD listing which follows).



Wealth – a practitioner's perspective

My Journey to Wealth by Amanda Copsey

Starting up my business, Cloud Nine Hypnotherapy, in March 2011 marked a major turning point in my life. No longer was I going to be 'just a single mum, stay-at-home parent' (my own label), I was going to become a successful therapist, with a thriving business, and loads of money in the bank. I saw it all clearly. I had plenty of wealthy role models in my immediate circle and in the affluent neighbourhood overpopulated by 4x4's and private schools that I call home. Simple. Or was it? My first hurdle was how much I was going to charge for my services. I had actively contributed to the discussion on this matter during my course at CECCH. I was vociferous on the worth of the therapist. But when it came to my own pricing structure, I fell into the same trap, telling myself that 'no one would pay me that amount', 'people haven't got enough money to pay me that', and, worst of all, 'I can't charge that, I'm nowhere near experienced enough'. The power of my thoughts was terrifying. They were sabotaging my dream of owning a Bentley within three years. So, in true NLP style, I started looking around. How did wealthy people actually become wealthy? Are wealthy people born lucky? Or, as I hoped, could anyone become wealthy? And if this was the case, how was I going to join them? I watched people I admire closely, read as much as I could about wealth, and asked myself honestly, 'Could this be me? Am I worth it? Can I do it?' Trying to answer these questions threw up many surprising attitudes that I'd never realised I had about money. Having lived on a fairly low income for quite a while, I had come to expect little. I had adapted, and realise that I had become rather scornful of those who displayed a wealth that I had been telling myself, deep down, was out of my reach.

Not that I particularly wanted that level of wealth, but the question was 'What level of wealth did I want?' I realised for the first time that I was in control of my destiny, and I could actually achieve whatever I wanted. (I recommend, for those of you who are fascinated to discover the characteristics of the wealthy versus the 'pay-check to pay-check' lifestyle, a book called 'The Difference' by Jean Chatzky) Through soul searching, research and meditating on prosperity I uncovered my money influencers: parents, family, ex husband, and others in my circle. I considered all things which were perhaps contributing to my under-earning. And how exactly did I perceive the career I had chosen? Was the disdain/disapproval/raised eyebrows/negativity of my 'others' contributing to my fear of 'leaping into a financially secure future?' Or was I really sure of my choice and my worth? The answer is yes! I have looked hard and long at what I want to achieve. And what I'm worth. I have a business plan, and an attitude to rival any of the dragons in the den. I'm walking the talk, maybe a little slowly, but the path is definitely leading to prosperity. Studying wealth is now my hobby, impacting on how I look at my whole business ethos, making my business work for me as well as my clients.

Resources: 'Twelve months to your ideal private practice – a workbook' by Lynn Grodzki 'Make money not excuses' and 'The difference' by Jean Chatzky 'Overcoming Underearning' by Barbara Stanny

Book Review

The Myth of Stress

Intrigued by the title, I borrowed this book from my local library. Written by Andrew Bernstein, the creator of 'ActivInsight,' this book is fundamentally a self-help approach to CBT. Interestingly, Bernstein, in the preface, describes how he came to understand how stress is created through his association with Byron Katie, the founder of the transformational process called 'The Work', who he says changed his life. Appreciating how stress is created, he then understood, he claims, how he could take it apart.

As a therapist reading this book, I already understood that stress doesn't come from what's going on in your life, but your thoughts about what's going on in your life, but as we know from our clients, many people do believe that stress is an inevitable part of modern living and this belief can be difficult to shake off. Therapists often talk to their clients about 'managing stress' as do employers and doctors.

This book offers a very practical and easy to use approach to changing cognitions and encouraging insight. But is it just for public consumption or could therapists benefit? Well, that's for you to decide, but its concept is certainly easy to grasp and theoretically easy for individuals to use. Bernstein however suggests that cognitive therapists or friends could assist readers to complete the worksheets, if or where they struggle to complete them alone.

So what's the difference between this layman's approach and the cognitive behavioural therapy model? Well it's described as less directly challenging than CBT and that is probably true. The Myth of Stress is certainly worth looking at, if not reading cover to cover. If interested in trying out the exercises, worksheets can be downloaded from www.ActivInsight.com. According to the website, therapist accreditation is likely to follow. Andrew Bernstein can be seen talking on this subject on many YouTube videos.

LM

To come in future issues:

To come in future issues:

- Top ten tips for success as an NLP Coaching Practitioner
- A successful form of niche coaching
- The power of innovative regression therapy
- NLP readers quiz – win a free CPD training day
- Clinical Supervision – help or hindrance?
- Post Traumatic Stress Disorder (PTSD) – how hypnotherapy can help

Continuing Professional Development (CPD) 2012

Hypnotherapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 15 hours, or two days of CPD during each twelve month period. The list below shows CPD and other training events for hypnotherapists currently scheduled for 2012 but new events are being added all the time.

CPD Training Days at Central England College – 2012

Friday 6th January 2012

Nick Cooke

Quit 4 Life – Smoking Cessation Masterclass

The attendance fee is £90 (fully booked)

Saturday 21st and Sunday 22nd January 2012

Steve Burgess

Inner Child Healing – Advanced Practitioner Training (see article earlier in this journal)

The attendance fee is £220

Saturday 25th and Sunday 26th February 2012

Karen Duignan

Hypnotherapy for Childbirth (Practitioner Training)

The attendance fee is £220

Friday 16th March 2012

Dr. David Kato

Psychological Awareness – How to Read our client's non-verbal communication

(see article earlier in this journal)

The attendance fee is £90

Sunday 22nd April 2012

Michael Mahoney

Working with Cancer Patients – the value of hypnotherapy (see article earlier in this journal)

The attendance fee is £90

Sunday 20th May 2012

Carol Weatherall

Effective techniques for helping clients with Post Traumatic Stress Disorder (PTSD)

The attendance fee is £90

Sunday 10th June 2012

Terence Watts

Innovative Regression Work

The attendance fee is £90

Booking information

All courses are certified and training notes are provided. The courses are open to practitioners of hypnotherapy, NLP, coaching, counselling and related fields. Numbers are strictly limited and places can be booked by calling:

Central England College on 0121 444 1110

info@cecch.com

Competition Winner

Many congratulations to our reader Susan Flint who won a free copy of **The Fertile Body Method: practitioner's manual** by Sjanie Hugo Wurlitzer (Crownhouse 2009)