

Professional Diploma in Hypnotherapy and Psychotherapy. (The weekend "Learn hypnosis to help yourself and others" workshop is a pre-requisite for the Diploma)

Within Sight's professional diploma in hypnotherapy and psychology will enable you to change career or get the edge in everyday situations. You will understand why human beings can experience emotional difficulties, how to quickly resolve problem behaviour and negative instinctive responses.

The course is structured around three basic principles:

- The hypnotic state is an innate part of human psychology. When we understand how hypnosis affects our emotions and physical state, this knowledge gives a key to well being.
- We come to this world with a set of physical and emotional needs, which if met, help us to flourish and if not, can cause mental and physical illness.
- Solution focused or brief therapy is highly effective in bringing about positive change.

Personally or professionally, being able to deal with anxiety, depression, anger, relationship issues and a whole lot more can change your life and those of others around you. Knowing how to deal with fundamental issues that affect all human beings, makes every student more effective, whatever circumstance they apply the knowledge to. The jargon-free, sensible, easily applied psychology helps everyone perform at their best.

Where and when?

The diploma starts February 19th - 20th 2011 at Brighton University, East Sussex.

To book your place or learn more call one of our friendly team on 01273 738663

Or email us on info@within-sight.com

You can also discover more on our website www.within-sight.com

Make the change. You could qualify as a professional hypnotherapist in eleven months.



GHsc

VALIDATED TRAINING
General Hypnotherapy Standards Council

Within Sight

Learn hypnosis to help yourself and others



Weekend workshop
Check out the website for our next workshop dates.

Learn how to hypnotise yourself and others.

In these times of change, we need more than ever to manage our emotional state and care for our physical body. Hypnosis is a powerful skill that will help you to increase your vitality, help you relax, focus your attention and feel good.

When you learn about hypnosis you have the key to changing your negative habits.

From feeling nervous about a meeting to learning how to be a better sports person or communicator, hypnosis takes the hard work out of self improvement. Old unwanted responses to certain people and events melt away as confidence, calmness and strength grows.

You will learn

- The leading edge scientific definition of hypnosis
- How to hypnotise anyone in a natural conversational way
- Key skills for relaxation

And how to

- Make your language more hypnotic
- Hypnotise anyone without a script

- Get on with people at a unconscious level
- Four hypnotic and NLP techniques that will:
 - o enable you to relax
 - o deepen the hypnotic state
 - o gain beneficial perspectives on problem situations
 - o teach you self hypnosis for increased well being, creativity and focus
 - o disrupt old unwanted habits
 - o help overcome anxiety and increase self confidence
 - o help you learn how to access resourceful states in any situation

Understand

- The basic needs: your guide book on how to be a happy human being
- Key skills for emotional health
- How the hypnotic state is a core part of human psychology

We will cover

- What hypnosis is
- Hypnosis without a script
- Trance deepening exercises
- NLP technique anchoring
- Self hypnosis
- Hypnotic language patterns
- Rapport building through NLP
- The basic human needs from a 'Human Givens' perspective
- The structure of a trance session
- The trance state: from anxiety to peak performance

Enjoy learning new skills with our trainers, who have trained thousands of people in hypnosis, and the psychology of wellbeing. This weekend has a strong practical base so you will feel confident to use your skills straight away.

Cost of learning these skills

£139.00, this includes your detailed workshop manual and refreshments throughout the day. We also offer a free one hour phone in session (teleconference) a few weeks after the weekend to help you progress your skills. We are confident that you will benefit and enjoy the training so we offer a money back guarantee if you are not satisfied.