



Certified Hypnotherapy Practitioner

Learn Hypnotherapy in one weekend



“Hypnosis is not only a tool to make wonderful changes in your life. It's a way to de-stress. Your pulse slows. Your blood pressure comes down. When that happens, you see things more clearly. You're primed for making changes.” Rhoda Kopy

*“Many hear the word ‘hypnosis’, and picture the mysterious hypnotist figure popularised in movies and stage shows. This ominous, goateed man waves a pocket watch back and forth, guiding his subject into a semi-sleep, zombi-like state. This popular representation bears little resemblance to actual hypnotherapy. Ever driven somewhere and forgotten part of the journey? Ever been in a meeting and found your mind wondering off? These everyday examples prove how natural entering into an altered state of consciousness is. During the course we learn how to take these incredibly pleasant feelings further, and how to use them for powerful positive transformations. **If you are interested in making a difference for others and following a path of self discovery, then this is the course for you!**”*

K.Gallen. WestOne Certified Hypnotherapy Trainer

Why become a Certified Hypnotherapy Practitioner?

During the weekend you will learn how to:

- Manage clients expectations about what hypnosis is and how to take your clients to a place where they are excited and eager to experience hypnotic trances with you
- Learn multiple ways of inducing and entering trance to suit different clients. We all have preferred and more effective ways of relaxing and reaching a place where we can speak with our unconscious mind. Learning these different styles will prepare you for working with multiple clients
- Learn how to prepare unique hypnotic scripts that are ethical and congruent with your client and support them reach their outcomes
- Learn how to use powerful and lasting post-hypnotic suggestions so that your client is benefitting from their time with you well after the session
- Learn the beautiful art of SELF HYPNOSIS. No point learning this incredible skill and not benefitting from it personally!
- During the weekend you will experience trance for yourself multiple times and learn how to access this state more deeply each time



"I loved the course so much and now I have my own practice in Cumbria." Pamela Martin

"I added my new hypnotherapy skills to my existing coaching and nlp skills and the results have been amazing." Dave Hughes



What can I use my Hypnotherapy training for?

Use your Hypnotherapy training to help with many things including:

- **Stop smoking**
- **Weight Loss**
- **Pain Control**
- **Self Hypnosis...**
- **and much more...**

Also learn how to market and run a successful hypnotherapy business during the weekend.

Who is the course accredited by?

After the training you will be issued with a certificate which allows you to register with the ABH (American Board of Hypnotherapy) and as a Practitioner with the GHR (General Hypnotherapy Register) in the UK (if you are registering with the GHR and are also a NLP Practitioner we recommend sending your NLP certificate along with your Hypnotherapy certificate for registration purposes). Please note these boards and registers have joining fees which are not included as part of the course.

I have noticed other courses are much longer than this course – what will I be missing?

There are other courses available that are longer than this course. Many other courses take time exploring the history and background of Hypnosis and of Hypnotherapy. We believe that this sort of information can easily be obtained via books or online research. The real skill of Hypnotherapy comes from **practical** application. The weekend is focussed on building your confidence and skill for using hypnotherapy – not for teaching you technical or historical information.

Working with small groups also gives our trainers the luxury of coaching and supporting you on a one-to-one basis as opposed to many of the longer courses which work with groups of 100+ where a lecture format is more common.

REMEMBER...

Just like WestOne's other courses, you can **re-attend** this course time and time again for **free** to continue to refresh and develop your skills. Many students choose to come back and take advantage of this great offer and give us incredible feedback about the many ways in which it has boosted their confidence and expanded their skills as Hypnotherapy Practitioners.

To reserve your place

This course runs approximately twice per year in London. The course takes a maximum of 25 delegates and tends to get fully booked quickly. Booking early and reserving your place is recommended. If you would like to speak with Toby or Kate about this training, or to reserve your place, then please feel free to call for a chat on 01461 500799. Or email training@w1nlp.com