



INTERNATIONAL COLLEGE OF CLINICAL HYPNOTHERAPY

August 2017 – Summer Newsletter. New venue in London. Paul McKenna recommends our Transformational Training in Clinical Hypnotherapy



Since my last newsletter the location of the NLP & Hypnosis Practice Group has changed location. We are now at Regents College, Regents Park, London NW1. A great location and only 10 minutes walk from Baker Street Tube.

When booking your place on Eventbrite remember to use the code VIP to receive a 20% discount on your investment. Book your place here:

<https://www.eventbrite.co.uk/e/nlp-hypnosis-practice-group-day-tickets-35560551567>

Next meeting September 16th

We will be recording the practice group meetings in future and are looking at putting these on line. Members of our Practice Group will receive access to these free of charge, those who wish to just review our meetings on line will be able to do so. The on line facility is primarily being set up for our Clinical Hypnotherapy Diploma.

Ours is the only course recommended by Paul McKenna.

We are constantly looking at ways in which to improve our students experience whilst we deliver the only Diploma course that incorporates not only the latest up to date Hypnotherapeutic Methods we also incorporate the latest training methods of Dr Richard Bandler.

Using NLP and Hypnosis to teach our unique training.

Our course is accredited with the

General Hypnotherapy Council, and graduates of our Foundation and Diploma in Clinical Hypnotherapy can achieve an accreditation of 360 cat points; giving them access to a MSc. Information is available for those who wish to use their Diploma accreditation towards an MSc.

We are currently in the process of receiving accreditation from the British & EU Psychological Society

Birmingham NLP & Hypnosis Practice Group contact Debbie Williams for details
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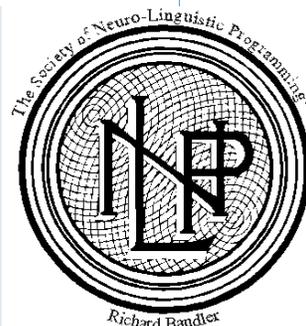
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RENEWING YOUR SOCIETY OF NLP CERTIFICATES

To renew your Society of NLP Certificates go to

www.society-of-nlp.net

click on "Renewals". Fill in the form with your contact details, follow the instructions and your request will be processed.



Hypnotherapy is gaining in popularity. The biggest problem that we come across is too many people fail to get relevant training. Its important to go to an accredited school of hypnotherapy, and spend time learning your craft.

Many complete their NLP Practitioner and Master Practitioner training then wonder how to put it all together some want to be coaches and others consider becoming a hypnotherapist.

For some people It's easier to think of hypnotherapy in the context of a hypnotic stage show, believing that it's some kind of magic trick designed to make 'unsuspecting' contestants do crazy things.

Even though many people think of hypnosis in this way, they still seek the help of a hypnotherapist. Sometimes as a last resort having tried everything else.

Many believing that the all powerful hypnotist will make them make the changes. They come expecting magic and many leave having achieved their goals if not in the way they expected.

Hypnotherapy is used for a range of different problems including medical, psychological and dental treatments.

One questions I'm asked regularly is, does it really work? And is it real?



How Effective IS Hypnosis ??
Results of Comparative Study
by *American Health Magazine*:

Psychoanalysis:
38% recovery after 600 sessions

Behavior Therapy:
72% recovery after 22 sessions

Hypnotherapy:
93% recovery after 6 sessions

~Awakening Hypnosis, LLC~

The state of mind we nowadays call Hypnosis has a very old history. It may only have been known as hypnosis since the mid 18th century but it has been used for centuries.

In the past 150 years it has been used to conduct surgeries, amputations and assist people with chronic pain. I've used it to teach women how to have painfree childbirth – yes painfree!

It has a long, experimental and clinical history and has been scientifically reviewed.

Its a really powerful tool for clinicians to have in their toolkit.

Can I be hypnotised?

Hypnosis, trance, is a state of focused inner awareness. A state that we can enter into in many ways, through meditation, prayer, day dreaming, guided imagery and relaxation.

It's a state of mind that we are all capable of entering.

How does hypnosis work?

Hypnotism is a means of inducing a responsive state of mind. A good way of think of this is as a way of programming your mind so that it functions through your automatic nervous system, enabling you to take control of processes that are usually considered to be outside of your conscious control.

Imagine a scenario where your mind had the power to cure debilitating anxiety, eliminate chronic pain or kick an addiction.

Hypnotherapy is used to help people overcome these problems every day.

When I attended my NLP Practitioner training almost 20 years ago, I became fascinated with hypnosis and the power of the unconscious mind.

Like many before me and since I attended a course in Clinical Hypnotherapy; the course taught me all about hypnosis and gave me information on working with people and a huge reading list.

Unfortunately, it didn't teach me how.

How to use the information they taught.

Whilst I built up my private practice I began to explore how and to create strategies for successfully helping my clients achieve their goals. Incorporating my NLP skills with Hypnotherapy.

Many attend their NLP training and then decide to be a hypnotherapist and over the years I have been asked how I achieve the successes that I have.

Being a trainer/teacher at heart, I got together with an old friend who is a psychotherapist as well as a hypnotherapist and NLP'er.

Between us we created our Clinical Hypnotherapy Course and achieved accreditation with the GHR and GHC.

Our two main trainers are Gloria Hammett who is also Psychotherapist, Clinical Hypnotherapist and NLP Trainer with around 30 years experience of working with people to facilitate change. And myself, a Licensed Master Trainer of NLP, one of Richard Bandler's core team, a Clinical Hypnotherapist, Author and International Trainer.

Between us we have created a course that not only gives you strategies for facilitating change for your clients

we also incorporate Richard Bandler's latest methodologies and give you the information you need to set up your practice within the UK. Covering all the relevant legalities.

We teach strategies for working with weight loss clients including how to install a hypnotic gastric band as well as how to deal with chronic pain, OCD and Depressive clients and much more.

Saving you the time we took in learning how to put it all together and create a lucrative business.

Our next course begins in September; we currently have a special offer for NLP Practitioners. Contact me via email tina@tina-taylor.com for more details.



When it comes to training in clinical hypnotherapy, it is important to choose a college that is reputable, has the highest standards and experienced teachers. There are so many hypnosis organisations around these days, so if you want to be assured that you are getting cutting edge training in clinical hypnotherapy, then, in my opinion, The International College of Clinical Hypnotherapy is the best place for you.

Paul McKenna Ph.D

Tina Taylor