

# The United Kingdom Academy of Integrative Therapy



Course Prospectus  
Student Handbook  
Counselling  
Hypnotherapy

UKAIT: promoting flexibility and diversity in the field of applied therapy



## A Unique Opportunity

Welcome to the United Kingdom Academy of Integrative Therapy. This is your chance to take a unique, two-year part-time course and attain two professional, practitioner level diplomas in Integrative Counselling and Clinical Hypnotherapy

As a training provider, The United Kingdom Academy of Integrative Therapy (UKAIT) has a responsibility to produce competent and effective therapists; therefore, the course has been designed in accordance with regulatory guidelines for training set out by both **The National Council of Psychotherapists (NCP)** and **The General Hypnotherapy Standards Council (GHSC)**. To meet growing Government interest in the minimum training criteria for practitioner level courses in psychotherapy, the following guidelines have been devised:

- One year full time or minimum of two years part time, (i.e. not less than 900 hours) consisting of a minimum 450 Guided Learning Hours.
- Reading assignments
- Preparation of reports / theses;
- Opportunities for group interaction;
- 100 hours supervised training, in the ratio of 1 hour of supervision for every eight client hours.

The Counselling accredited by the **National Council of Psychotherapists**

The Counselling diploma is accredited by the **National Council of Psychotherapists**



The course also meets the criteria for membership of the **BACP**

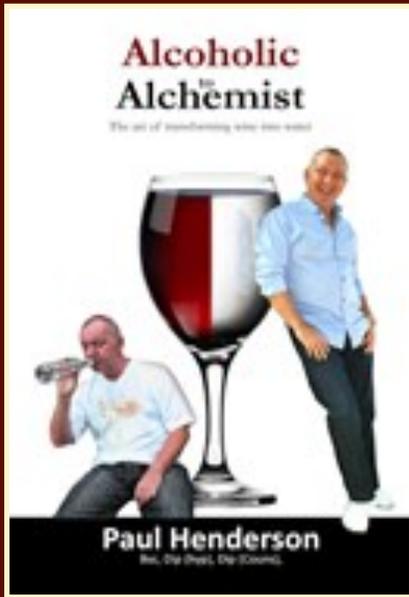
The Hypnotherapy Diploma is accredited by the

**General Hypnotherapy Standards Council**



This prospectus will outline the units and criteria for both courses separately (please note the curriculum evolves each year so there may be some changes), and, in addition, give you information on prices, venues, governing bodies, and much more.

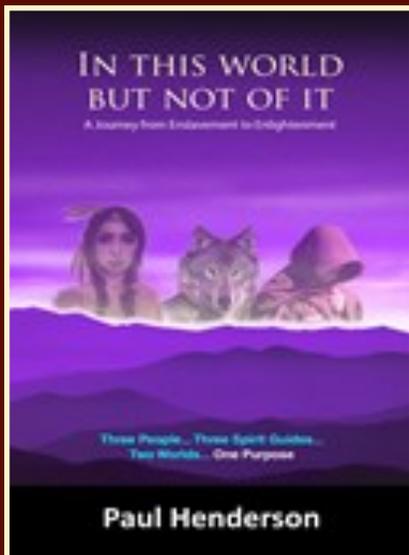
**Note:** The Diploma in Clinical Hypnotherapy is available as a standalone course, but the counselling course is not.



Books

By

Paul Henderson



### Founder: Paul Henderson

BSc.(psychology), Dip (Hyp), Diploma in Psychodynamic Counselling,  
Personal Development Trainer, Coach,  
NLP – Master Practitioner / Trainer,  
Author

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Paul is the founder of the United Kingdom Academy of Integrative Therapy (U.K.A.I.T.). After developing a profound interest in the mind / body connection, he has spent a twenty-year period training in both the personal and transpersonal aspects of human development. During the course of his degree, he studied child development and social psychology. A growing interest in the psychodynamic strand of psychology (which holds the view that childhood experience shapes psychological development and relationships in adulthood), left Paul with a strong desire to investigate the mechanisms of the subconscious and unconscious minds; consequently, after attaining a diploma in clinical hypnotherapy, he underwent a four year formal training period in psychodynamic counselling / psychotherapy. In addition, Paul has attained Practitioner, Master Practitioner, and Trainer level certification in NLP. From a transpersonal perspective, Paul has studied the mechanisms of consciousness through the teachings of Vedic science, and attained his masters / teacher degree in Reiki.

In addition, Paul has travelled extensively conducting workshops and seminars on a wide variety of psychological and esoteric topics. His passion for the holistic approach to self-development led to his first novel - 'In This World But Not Of IT' - a parable that integrates the domains of mind, body and spirit, into a compelling adventure.

Paul's second book 'Alcoholic to Alchemist' has been widely accepted as a comprehensive Twelve-step guide to optimal living.

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## What is Counselling / Psychotherapy?

It is not possible to make a generally accepted distinction between counselling and psychotherapy. There are well founded traditions which use the terms interchangeably and others which distinguish between them. If there are differences, then they relate more to the individual psychotherapist's or counsellor's training and interests and to the setting in which they work, rather than to any intrinsic difference in the two activities. P

Psychotherapists employ a range of techniques based on experiential relationship building, dialogue, communication and behaviour change that are designed to improve the mental health of a client or patient, or to improve couple, or group relationships (such as in a family).



## Integrative Counselling Diploma

In addition to an intensive programme of skills development, the diploma course relays a thorough understanding of the theoretical frameworks and concepts underpinning different psychotherapeutic approaches. The ethos of the course is integrative, focusing on the following five core models:

- Psychodynamic Counselling
- Cognitive Behavioural Therapy
- Transactional Analysis
- Neuro Linguistic Programming
- Phenomenological and humanistic Counselling

Over two years (part-time) students will combine experiential learning and group discussion, consolidating practical application with relevant theory.

### Course Philosophy and Design

The course contains a careful balance of theory and process, within a broad, yet clearly defined, framework – providing:

1. Structured experiences and regular opportunities for observation, practice, feedback (from staff and fellow students), discussion and review.
2. Opportunities to practise the blend of skills appropriate to the model(s) of psychotherapy being learned --- these skills being identified and developed so that students can describe, analyse and utilise them.
3. A progressive monitoring and assessment of skills development.

### Teaching and Learning

The course provides sufficient psychotherapy theory, drawing upon relevant social science disciplines, to enable students to make explicit:

1. Change and how it takes place;
2. Models of the person and concepts of the self;
3. Systems in which we live and the ways in which social, cultural, ethnic, philosophical, ethical and political issues affect these systems;
4. Self-understanding and personal development as the course proceeds.

### Code of Ethics

The UK Academy of Integrative Therapy course team adheres strictly to the Code of Ethics set out by both the National Council of Psychotherapy (NCP) and the British Association of Counsellors and Psychotherapists (BACP). The course emphasizes and underpins the professional practice and management guidelines set out by the NCP and BACP, adopting an in-depth exploration into moral, ethical, and legal issues.

By the end of the course candidates should be proficient in the use of the following range of psychotherapeutic counselling skills:

- Initiating a counselling interaction (contracting, confidentiality with limitations, time boundaries, organisational requirements)
- Using active listening skills learned to function competently in the counselling interaction.
- Concluding each individual session and ending a series of sessions.
- Presenting an adequate understanding of the counselling process, including client assessment and intervention planning.
- Demonstrate a commitment to anti-oppressive practice and non-discriminatory use of counselling skills.
- Articulate their own philosophical approach to counselling to conceptualise case material and the counselling process and to show a deep understanding of an integrative model of counselling.
- Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes



## UNITS

### Unit 1:

#### Counselling Skills and Theory update

The Structure of Counselling  
 Theoretical Approaches in Counselling  
 Paraphrasing, Summarizing, Reflecting  
 Guided Discovery through open ended questioning,  
 challenging

### Unit 2:

#### Professional and Organisational Issues

Empathy, Defining and Maintaining Boundaries, Code of Ethics and Practice, Moral, Ethical and Legal Issues, The Counselling Relationship, Confidentiality, Transference and the Counselling Relationship, Ending Counselling, Referral, Client in Crisis , Supervision

### Unit 3:

#### Psychodynamic Counselling

Key Concepts  
 Defence Mechanisms  
 Freud's Structural Theory  
 Transference and Countertransference  
 Object Relations Theory

### Unit 4:

#### Gestalt Therapy

Wholeness and Integration  
 Awareness  
 Energy and blocks to energy  
 Growth Disorders  
 Unfinished business

**Unit 5:**

**Transactional Analysis**

Introduction

Ego States

Life Positions

Life Scripts

Summary

**Unit 6:**

**The Fragmented Self / Parts Conflict**

Synthesizing Transactional Analysis and Gestalt Therapy for utilization in the dissolution of parts conflicts.

**Unit 7:**

**Counselling in a Diverse society**

Social, cultural, ethnic, philosophical, ethical and political issues affecting systems

**Unit 8:**

**Phenomenological and Humanistic Approaches**

The Meaning of Phenomenology in Relation to Clients

Rogers and the Person-Centred approach

Maslow and Humanism

The Existential Approach

Summary

**Unit 9:**

**Attachment theory and the Strange Situation**

Introducing the Work of John Bowlby and Mary Ainsworth



**Unit 10:**

**The Group context**

How Groups Evolve

Psychotherapy and Counselling Groups

Setting up a Group

Stages of Group Life

Theoretical Approaches to Group Work

**Unit 11:**

**Couples ' Counselling**

Unconscious Dynamics of Relationships

Transactional Analysis and Couples' Counselling

**Unit 12:**

**Cognitive Behavioural Therapy**

Evolution of Behaviour Therapy

Behaviour Therapy and its view of the person

The Cognitive Emphasis

Rational Emotive Behaviour Therapy

**Unit 9:**

**Counselling Skills and Theory update**

The Structure of Counselling  
Theoretical Approaches in Counselling  
Paraphrasing, Summarizing, Reflecting  
Guided Discovery through open ended questioning,  
challenging

**Unit 10:**

**Professional and Organisational Issues**

Empathy, Defining and Maintaining Boundaries, Code of Ethics and Practice, Moral, Ethical and Legal Issues, The Counselling Relationship, Confidentiality, Transference and the Counselling Relationship, Ending Counselling, Referral, Client in Crisis , Supervision

**Unit 11:**

**Psychodynamic Counselling**

Key Concepts  
Defence Mechanisms  
Freud's Structural Theory  
Transference and Countertransference  
Object Relations Theory

**Unit 12:**

**Gestalt Therapy**

The Structure of Counselling  
Theoretical Approaches in Counselling  
Paraphrasing, Summarizing, Reflecting  
Guided Discovery through open ended questioning,  
challenging

**Unit 13:**

**Psychodynamic Counselling**

Key Concepts  
Defence Mechanisms  
Freud's Structural Theory  
Transference and Countertransference  
Object Relations Theory

**Unit 14:**

**Psychodynamic Counselling**

Key Concepts  
Defence Mechanisms  
Freud's Structural Theory  
Transference and Countertransference  
Object Relations Theory





## Hypnotherapy

### What is Hypnosis?

Healing by trance state (or an altered state of awareness) is among the oldest phenomena known to man and is found, in one form or another, in virtually every culture throughout the world. It could also be legitimately described as the original psychological therapy and somewhat more contentiously, as the basis for many of the more recent styles of psychological intervention.

Although such altered states have been known for thousands of years, the term 'hypnosis' (from the Greek 'hypnos', meaning 'sleep') was only coined circa 1840 by Dr James Braid, a Scottish physician, and remains a somewhat less than accurate description of the experience as the hypnotic state is, in most respects, entirely dissimilar to sleep.

At our current level of knowledge, the phenomenon of hypnosis cannot be conclusively defined but perhaps a reasonable interim definition might be that: **Hypnosis is a state of mind, enhanced by (although not exclusively) mental and physical relaxation, in which our subconscious is able to communicate with our conscious mind.** It may be better to define 'hypnosis' by what it does rather than what it is and in this regard it is widely accepted as a most excellent method by which we may access our inner potential. The state of mind referred to may be brought about either by oneself, unaided (self-hypnosis) or with the help of another person. If this other person is a trained professional, who utilises the resultant state of mind to encourage beneficial change to occur, the process is referred to as 'Hypnotherapy'.

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# What Is Hypnotherapy?

Psychological therapy and counselling (sometimes referred to as the 'talking cure') is the treatment of emotional and psychological disorders, unwanted habits and undesirable feelings, using psychological techniques alone. The aim of all such therapy is to assist people (usually referred to as clients) in finding meaningful alternatives to their present unsatisfactory ways of thinking, feeling or behaving. Therapy also tends to help clients become more accepting both of themselves and others and can be most useful in promoting personal development and unlocking inner potential.

There are many forms of psychological therapy but Hypnotherapy is distinctive in that it attempts to address the client's subconscious mind. In practice, the Hypnotherapist often (but not exclusively) requires the client to be in a relaxed state, frequently enlists the power of the client's own imagination and may utilise a wide range of techniques from story-telling, metaphor or symbolism (judged to be meaningful to the individual client) to the use of direct suggestions for beneficial change. Analytical techniques may also be employed in an attempt to uncover problems deemed to lie in a client's past (referred to as the 'there and then') or therapy may concentrate more on a client's current life and presenting problems (referred to as the 'here and now'). It is generally considered helpful if the client is personally motivated to change (rather than relying solely on the therapist's efforts) although a belief in the possibility of beneficial change may be a sufficient starting point.

Regardless of the techniques employed, perhaps the most important thing is that a client should expect to feel comfortable and at ease with their therapist. This is of particular importance in Hypnotherapy, in which the value of the treatment is greatly enhanced when there is confidence in the practitioner. For this reason it is recommended that a single session only is initially booked, leaving the client subsequently free to decide if they wish to proceed with more.

Unlike many other psychological therapies, Hypnotherapy is generally considered to be a fairly short-term approach in which beneficial change, if it is to occur, should become apparent within a relatively few sessions.

(N.B. In actual practice, most Hypnotherapists will combine hypnotic procedures with other appropriate counselling and therapeutic techniques. Should there be any doubt about the combination of skills utilised in individual cases, the therapist should be asked directly for a further explanation of their preferred methodology.)

## Who Can Be Hypnotised?

The answer to this question is undoubtedly 'virtually everyone'. This claim must, however, be qualified by the observation that some are more readily hypnotisable than others and that it will also depend upon one's willingness to be hypnotised at the time. This willingness will itself depend upon a number of factors, not least of which will be the strength of the person's particular need and their trust and confidence in the therapist concerned. A corollary to this question is 'What level of trance is required in order to achieve a beneficial outcome?' Although there remains some disagreement over the answer, most researchers concur that the actual level (or depth) of trance experienced does not relate to the beneficial results that might be obtained. In practice, this means that even where a person feels that they have not been hypnotised, given time (and this is a very important factor), the desired outcome of therapy might yet materialise. This matter of time is especially important in our current society, which has, in many respects, been coerced into believing that gratification of every desire should be instantaneous. Hypnotherapy can be extraordinarily effective but it is not magic. However, if the right ingredients are present, if the time is right and if a suitable practitioner can be found with whom the client is willing to work, then all their (realistic) goals are achievable.

## Who may benefit from Hypnotherapy?

Again, the answer to this question is 'virtually everyone'. Given that hypnotherapy can be utilised to access a person's inner potential and that probably no one is performing to their actual potential, then this answer is literally true. However, it is not just potential which Hypnotherapy is well placed to address but also one's inner resources to effect beneficial change. In this regard, it is the innate healing capacity of our own body that may be stimulated by Hypnotherapy. Consequently, the list of problems which may be amenable to Hypnotherapy is far too long and varied to catalogue but certainly includes: stress, anxiety, panic, phobias, unwanted habits and addictions (e.g. smoking, overeating, alcoholism), disrupted sleep patterns, lack of confidence and low self-esteem, fear of examinations and public speaking, allergies and skin disorders, migraine and irritable bowel syndrome (IBS). Additionally, it has proved of value within surgery, where normal anaesthetics have not been practical, in the wider sphere of pain management and in the areas of both sporting and artistic performance enhancement. As an adjunct to other counselling techniques, it can also assist in helping to resolve relationship difficulties and be useful within anger management strategies.

Although there remain many other areas of human suffering in which Hypnotherapy may bring relief, there are instances in which it may be contra-indicated. These could include some manifestations of depressive illness, epilepsy, psychosis (e.g. schizophrenia) and some breathing problems.

## Some Common Concerns

People are sometimes concerned that they will 'lose control' in hypnosis. However, general consensus indicates that regardless of how deeply people may go in hypnosis and however passive they may appear to be, they actually remain in full control of the situation. They are fully able to talk if they wish to (or not, as the case may be) and can stand up and leave the room at any time. Neither can a hypnotised person be made to do anything against their usual ethical or moral judgement or religious belief. It is likely that the notion of a loss of control stems from most people's misconception of stage hypnosis, wherein participants are apparently made to perform all manner of (usually foolish) acts. However, the reader should be aware that participation in a stage act is an entirely voluntary process (thus 'permission' is already given to the hypnotist) and that there can be no such volunteer who is unaware of exactly what they are letting themselves in for!

## Accreditation

Our Foundation and Diploma courses are accredited by the General Hypnotherapy Standards Council (GHSC), and graduates of our courses are eligible to enrol on the General Hypnotherapy Register (GHR).

### GHSC

The General Hypnotherapy Standards Council (GHSC) and General Hypnotherapy Register (GHR) are the UK's largest and most prominent organisations within the field of Hypnotherapy and together present an exemplary model for the simultaneous protection of the public and the provision of practitioner credibility and services. The GHSC is responsible for overseeing the criteria for the ongoing registration of individual practitioners within the GHR, all complaints brought by the public against such registered practitioners and for the assessment and accreditation of hypnotherapy training courses which lead to that registration. It comprises more than 140 separate affiliated Professional Bodies & Training Schools, which can be viewed via our online **hypnotherapy directory**.

### GHR

The GHR is overseen by the GHSC and is responsible for its day to day administration together with the implementation of all GHSC decisions. It is a professional association and register of practising hypnotherapists, comprising in excess of 3,000 UK based individual practitioners, together with registered therapists in some 35 countries around the world, which can be viewed via our online **hypnotherapy directory**. We are additionally a verifying organisation for those practitioners who wish to register within the Hypnotherapy section of the profession's Voluntary Regulator, the Complementary & Natural Healthcare Council, set up with Department of Health funding.

## Some Benefits of Registration

Eligibility for a standardised, professional award, the **General Qualification in Hypnotherapy Practice (GQHP)**, for graduates of Practitioner Level accredited training courses.

Eligibility for fast track registration for training school graduates of Practitioner Level validated courses within the Hypnotherapy Sections of the **Complementary and Natural Healthcare Council (CNHC)** – the voluntary regulator for complementary medicine set up with government funding and support – and the alternative regulatory body, *the General Regulatory Council for Complementary Therapies (GRCCT)*.

**Free registration** of training school students within the GHR throughout their period of tuition.

The provision of essential information from the **Department of Health** and all other relevant agencies.

The distribution of regular **News E-bulletins**.



## UNITS

### Unit 1:

#### Introduction

Introduction to Hypnosis, History of hypnosis  
Common misconceptions, Every day forms of hypnosis  
Hypnoidal states, Trance states  
The six depth stages in hypnosis  
Four criteria for judging depth of trance

### Unit 2:

#### Session Structure

Induction process  
Induction methods  
Closing a session  
Direct/Authoritative vs. Indirect/Permissive  
Complete session script

### Unit 3:

#### Effective Voice Usage

Embedded Commands  
Maximizing the effects of intonation and voice emphasis  
Incorporating distractions

### Unit 4:

#### Components of the Mind

Freud's Structural Theory  
The Conscious, Subconscious, and Unconscious Minds  
Prime Directives of the Unconscious Mind  
Anchoring  
Discuss Assignment 1

**Unit 5:**

**Safety / Modalities and Sub-Modalities**

Precautions and Safety Mechanisms  
Suppression, Repression and Abreaction  
Dealing with abreaction  
Legal and Ethical Issues  
Modalities and Sub-Modalities  
Safety aspects of Sub-modality manipulation

**Unit 6:**

**Self Hypnosis**

Methods of Self Hypnosis  
Indirect language script  
How To Perform Self hypnosis  
Demonstrations and Review

**Unit 7:**

**The Therapeutic Relationship / Parts Integration**

Congruence  
Maintaining Professionalism  
Rapport building  
Parts integration  
Parts Integration Procedure

**Unit 8:**

Posthypnotic suggestions  
Self-Esteem & Hypnosis  
Two Approaches to Ego Strengthening  
Ego strengthening Script  
The laws of suggestion  
Post hypnotic suggestions  
Three factors that influence positive suggestion management

**Unit 9:**

Fear and Panic Management  
Anxiety and Panic Attacks  
Phobias  
Fast Phobia Cure: (V/K Dissociation or Rewind Technique)  
Systematic De-sensitization  
Future Pacing

**Unit 10:**

Regression  
Past life regression  
Progression  
Swish Patterns  
Chunking  
Sub-modality manipulation scripts

**Unit 11:**

Aversion therapy  
Weight loss  
Smoking cessation  
Hypno-Birthing  
Gastric band

**Unit 12:**

Definition of NLP  
Strategies and Theories  
Five principles for success  
Presuppositions of NLP  
NLP Communication model  
The Meta Model  
The Milton Model

**Unit 13**

Favoured Representational Systems

Eye patterns

Eye pattern chart.

**Unit 14:**

Return to Anchoring

Stacking, Chaining, Collapsing anchors

Keys to an achievable outcome

Ecology

**Unit 15:**

Metaphor outline

Pre-mapping

Mapping Strategies

**Unit 16:**

Confidentiality

Boundaries

Data Protection

Contracts

**Unit 17:**

Introduction to Strategies

Types of Strategies

Strategies Theory

The Five Fundamental Strategies

T.O.T.E Model of Strategies

**Unit 18:**

Advanced Marketing Techniques

Membership of Professional Bodies

Insurance

**Unit 11:**

Aversion therapy

Weight loss

Smoking cessation

Hypno-Birthing

Gastric band

**Unit 12:**

Definition of NLP

Strategies and Theories

Five principles for success

Presuppositions of NLP

NLP Communication model

The Meta Model

The Milton Model

## Venues

**Courses are currently held at the following locations:**

- St Joseph's Retreat Centre, Blundell Avenue, Formby, Merseyside
- Rhyl, Denbighshire, North Wales
- West Derby, Liverpool, Merseyside L12



## Course Fees

### **Diploma in Integrative counselling plus Hypnotherapy Diploma: £1895**

*A monthly instalment plan is available as follows:*  
**£185.00** non-refundable deposit

**18 x** monthly payments of **£95.00**

### **Hypnotherapy Diploma only: £795**

*A monthly instalment plan is available as follows:*  
**£295.00** non-refundable deposit, follow by 5 x £100 monthly payments.

## Tutors

**Paul Henderson** BSc. (psychology), Dip (Hyp), MNCP (Accred)- NLP Master Practitioner / Trainer, Psychodynamic Counsellor/Psychotherapist, Life coach, Author.

**Nicholas Buchanan** BA (Hons), MNCP, Cert.Ed., Nick has worked as a therapist / coach for five years. More recently, he worked as an NHS counsellor in a busy doctor's surgery. Nick also has over 25 years of teaching experience in schools, colleges and other organisations.

**Ian Macdonald** Dip (Hyp), NLP Practitioner / master practitioner, Certified U.K.A.I.T trainer. Ian is an assistant trainer with U.K.A.I.T. He has established a busy private practice in NLP and Hypnotherapy.

## Admission Criteria

- **There are no pre-requisites for this course as comprehensive training will be given**
- **We may, however, request you undertake a personal interview with academy founder**

## Continual Assessment

On-going assessment will be made via submission of written and verbal assignments; these consist of a number of essays (upper word limit 2500), audio taped sessions (one for counselling and one for hypnotherapy) and a written critique for each session, and a classroom presentation.

## Course Materials

In addition to a required reading list, handouts, and a memory stick with videos, audio files, and written literature will be provided.

## Course Duration: 2 years part-time study

1 session per week

**OR** 1 weekend a month

(visit [www.alc2alc.com](http://www.alc2alc.com) or call for details)

## Supervised Placement (not applicable for hypnotherapy only)

Students are required to complete 100 client hours to practice their skills. They must adhere to the NCP guidelines of one hour of supervision for every eight client hours.

## Reading List (not needed for hypnotherapy only)

**Counselling Skills and Theory** (second edition) – Margaret Hough ISBN: 978-0-340-92701-4

**Psychodynamic Counselling in Action** Jacobs, M. 1988 , Sage Publications. ISBN 13: 9781412902151

**Transactional Analysis Counselling in Action**, Stewart, I. 2000, Sage publications

**Cognitive Behavioural therapy for Dummies**, Wilson and Branch, ISBN 13: 78-0-470-01838-5

## Complaints procedure for students

If you are concerned about an aspect of your learning experience with UKAIT, you can use the complaints procedure for students to bring your concerns to the attention of relevant staff. The procedure enables investigation of the concerns with the aim of satisfactory resolution.

### There are two levels to the procedure – informal and formal:

Most complaints are resolved informally by expressing the complaint to a member of staff who is appropriate or with whom you feel comfortable.

Where the above has not produced a satisfactory resolution to the problem, you should contact Paul Henderson directly and arrange an interview. Paul will arrange a thorough investigation. To contact Paul directly use the contact details at the book of this handbook.

## Testimonials

I found that, for me, this course, without doubt, is the best training I have experienced.

Paul provided a good mixture of theory, practical skills development and one to one support.

This course was at times challenging, but a lot of fun; it has been the most life changing, thought provoking, training experience that I have had the privilege to take part in.

I feel that it has, and will continue to, enhance and improve my life as I incorporate the skills into my professional and personal life".

*Ann Wynne (Liverpool)*

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If you wish for the knowledge, experience, and skills to deal with disorders, phobias and inhibiting patterns of behaviour, then this course is for you. Paul encourages and engenders a very supportive and enlightening experience through the many psychological and philosophical subjects he teaches.

Paul is thoroughly versed in both the theoretical and practical aspects of hypnotherapy and teaches with humour, joy, conviction and clarity

*Lyndsey Kevan (Liverpool)*

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The Diploma in Clinical Hypnotherapy has provided me with an opportunity to refresh my previous knowledge, skills and training in psychology, hypnotherapy, and NLP. The course has not only offered an excellent level of professional training but given its pragmatic approach, a path to also enhancing personal development. Many topics have been covered on the course, which highlights the depth and breadth of training.

*Sanjay Pande (psychologist)*

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Paul took us to a world of care and access techniques, of imagination and responsibility, of empowering and release, and allowed us as individuals to use our personalities intuitively whilst acknowledging the importance of procedures and respect for the workings of the unconscious mind. He initiated awareness which grew extensively. He facilitated our understanding of the unconscious mind and the debilitating effects of repressed material and trauma that often translates into behaviours which do not always serve us well. Through guided discovery, he taught us how to accept ourselves and showed us that we all have the necessary resources to effect change. He taught us how to develop empathy and understanding and to use these attributes in empowering our clients.

I could only dream of achieving the level of excellence Paul has attained, but as a role model to follow in the footsteps of, I feel most privileged.

*Lyndon Nicholls (Wales)*



To register your interest, email your details to [enquiries@alc2alc.com](mailto:enquiries@alc2alc.com)

Visit [www.youcanturnyourlifearound.com](http://www.youcanturnyourlifearound.com)

or call 07512562138

