

hypnoversity

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What is Medical Hypnosis and how can hypnotherapists help clients with serious neurological disorders?

Dr Nicholas Wright

Dr Nicholas Wright, Doctor of Osteomyology and Clinical Hypnotherapist has researched and developed a new approach/therapeutic technique to Medical Hypnosis, with particular reference to the treatment of Neurological Disorders that result in dysfunction of controlled movement.

Here he answers questions about his work and teaching.

What is medical hypnosis and why should hypnotherapists be interested in it?

The use of hypnosis in medical practice has long been controversial, but recent developments in medical hypnosis in particular, the understanding that the power of hypnosis resides mainly in the patient have profound implications for treatment. The most clinically significant recent development in medical hypnosis is our understanding that the power of hypnosis actually resides in the patient and not in the practitioner. This simple statement has profound implications because it implies existence of useful potential within each patient. The goal of modern medical hypnosis is to help patients use this unconscious potential, a revolutionary shift from the direction-focused, authoritarian therapeutic techniques of the past. Historically, medical hypnosis was identified with surgical anaesthesia and with removal of symptoms. Medical hypnosis was defined as a state of heightened suggestibility in which something is done to a patient. From this interpretation, one in which hypnosis commands away the symptoms; our definition has evolved to a subtler form that more effectively brings basic, long-lasting change. Medical hypnosis offers practitioners the ability to effect beneficial change even in difficult cases. Often this change occurs quickly, and sometimes it appears in unexpectedly beneficial ways. To the disadvantage of patients as well as practitioners, medical hypnosis is underutilised as a therapeutic modality.

Isn't it true that neurological disorders such as Parkinson's and Dystonia are 'hard wired in' physical disorders? Can hypnotherapy really make a difference?

That depends on your definition of 'hard wired'.

Neuroscience is confirming that our nervous systems want us to connect with other human beings. A good example of this is mirror neurons, which are located throughout the brain and help us read other people's feelings and actions. They may be the neurological underpinnings of empathy - when two people are in conversation they are stimulating each other's mirror neuron system. Not only will this lead to movement in similar muscles of the face (so the expressions are similar) but it also allows each to feel what the other is feeling. This is an automatic, moment to moment resonance that connects us. There have been studies that look at emotions in human beings such as disgust, shame, happiness, where the exact same areas of the brain light up in the listener who is reading the feelings of the person talking. We are, literally, hardwired to connect.

Neurological disorders are health conditions involving the nervous system. A neurological disorder is a disease or injury of the central nervous system that causes paralysis of any part of the body. Sometimes physical injury to the brain, spinal cord, or nerves can be the cause of neurological disorders. Sometimes they can result from biochemical causes. Other times, the cause may be unknown and only the effects are seen.

The nervous system is a complex, sophisticated system that regulates and coordinates the body's basic functions and activities. It is made up of two major divisions, including the central nervous system (consisting of the brain and spinal cord) and the peripheral nervous system (consisting of all other neural elements).

Neurological disorders include diseases of the central and peripheral nervous system such as, the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles. These disorders include epilepsy, Alzheimer's disease and other Dementias, Cerebrovascular diseases including Stroke, Migraine and other headache disorders, Multiple Sclerosis, Parkinson's disease, Dystonia, neuroinfections, brain tumours, traumatic disorders of the nervous system such as brain trauma, and neurological disorders as a result of malnutrition.

Hypnotherapy, the language of the subconscious, in conjunction with other modalities, creating an integrated approach has proved to be very effective in treating the physiological and psychological effects associated with these conditions.

Is hypnotherapy can help with the above, what evidence supports it?

My six years of research and associated results.

Can learning medical hypnosis help therapists to build more profitable relationships with doctors, and if so how?

Treating these conditions effectively requires the practitioner to have a level of medical knowledge relating to those conditions. This is taught on the course and enables them to interact on a more professional level with Doctors, thus raising their acceptance within the general medical profession.

As a successful, experienced and creative hypnotherapist, are you willing to share a tip for successful client work and if so what is it please?

'Your eyes show you only the surface of reality ...'

LM

Dr Nicholas Wright is a clinical hypnotherapist and Dr of Osteomyology with a practice in Rugby. On Sunday 16th February 2014 at Central England College Nick is presenting his fully certificated CPD course, 'One Mind – One Body, an integrated approach to neurological disorders'. The attendance fee is £90. See CPD information below.



Hilary Norris-Evans

Is your anxious client narcissistic?

Understanding and Treating Anxiety States and Panic Disorders with Hypnotherapy

Anxiety and panic attacks prompt large numbers of prospective clients to contact therapists seeking help to manage or eradicate their anxiety and many therapists report that the number of anxious clients appears to be increasing. So when these anxious people arrive in your therapy room, what do you do to help them? Do you use scripts, teach self-hypnosis or use a CBT approach? Anxious behaviour is often learned, so in theory, it can be unlearned, but some anxiety disorders and panic attacks often seem hard for people to stop. As with other issues, the key to good outcomes is adapting your approach to suit your client. Hilary Norris-Evans, an experienced therapist and hypnotherapy tutor, who runs training courses in Anxiety and Panic Disorders, believes that therapists sometimes rely too heavily on standard scripts. She advises her students, "Do not think that because you have the techniques, that you can help clients - you have to listen to them and then choose techniques."

Hilary raises too, the role of narcissism in stress and anxiety and rightly so. There are obvious similarities between anxious and narcissistic individuals. Both will desperately seek approval and need regular reassurance about their performance, and both groups can be fearful of being judged as imperfect or lacking, and narcissists, like clients with anxiety disorders will often fail to meet the demands of a harsh internal critic. The anxious patient however, is distressed and seeking help to change their feelings, whilst the narcissist is proud and happy with who they are and will have an inflated self-image. Most clients, says Hilary, will present not because they are narcissistic, but because they have come into contact with one. They will often feel confused, manipulated or bullied, says Hilary and so for such clients an explanation of narcissism is useful.

In her one-day CPD training day in London in December, Hilary will help therapists to move beyond ego-strengthening scripts, so that therapists can develop a more creative approach with clients who are running anxious behaviour patterns. "I won't be dishing out scripts on anxiety" says Hilary, but I will offer a small group of therapists an experiential training experience." If you'd like to gain confidence in or learn more about working with anxiety or panic disorders, Hilary is inviting those who book onto this course to send in requests of what they'd like

covered on the day at the time of booking. Group sizes are limited to ten, so you can expect a great learning event.

LM

On Saturday 7th December 2013 Hilary Norris-Evans is presenting her fully certificated CPD course, 'Anxiety States and panic disorders' at The Hypnotherapy & Natural Health Centre in SW London. The attendance fee is £125 There is a limited number of early bird places at only £99 (Book & pay by 31.10.13.) See CPD information below.

From the desk of the Principal



Why EQ can be more important than IQ and how we can help our clients to develop Emotional Resilience

Emotional intelligence (EI) can be thought of as the ability to identify, assess, and control the emotions of oneself, of others, and of groups. Having a high level of emotional intelligence can be far more useful in helping us to have a happy, healthy and stable life, than any amount of traditional, cognitive – problem solving intelligence (IQ).

In 1983, Howard Gardner's 'Frames of Mind: The Theory of Multiple Intelligences', introduced the idea of multiple intelligences which included both interpersonal intelligence (the capacity to understand the intentions, motivations and desires of other people) and intrapersonal intelligence (the capacity to understand oneself, to appreciate one's feelings, fears and motivations). In Gardner's view, traditional types of intelligence, such as IQ, fail to fully explain cognitive ability.

Although the concept of EI was introduced in the 1920s, it was popularised by Daniel Goleman's 1995, best-selling self-help book 'Emotional Intelligence'. Here, Goleman focuses on EI as a wide array of competencies and skills (mixed model) that contribute significantly to our ability to 'succeed' in life, to be self-motivated, emotionally resilient and to relate successfully to others.

A couple of years ago I worked with a client who, from a very early age was academically brilliant, a national chess champion at 10 years old, gained a scholarship to a top public school and went on to become a highly

successful and respected academic. His issues in consulting me were that he was unable to form close personal relationships, loneliness and social phobia which meant he was finding it very difficult to function other than in his university laboratory. He really seemed to have no life at all outside his work and was starting to become very negative.

I started a process of helping my client to explore in an open and honest way, his negative emotional states and to begin a self-healing process that I call 'natural healing'. This involves examining what it is that you really want in life and formulating a plan to move towards it. At the same time finding ways to admit and to express to yourself the truths and the hurt of the present reality. Natural therapy also involves accepting and forgiving yourself and others. Its tools include gaining and changing perspective, laughter and relaxation both in the form of self-hypnosis and mindfulness meditation.

Successful therapy is always a collaboration between therapist and client and learning the skills of emotional resilience is no exception. I like to think of therapy as a process of teaching the client, rather than doing something to the client. Clients learn, over the course of a few sessions, how to let go of unwanted feelings, interrupt unwanted emotional patterns and learn ways of cultivating nourishing emotions such as curiosity, excitement, flexibility, confidence and determination, as well as gratitude and appreciation.

1. In his trainings Anthony Robbins describes ways of 'mastering your emotions' which I've found very beneficial in teaching emotional resilience. I ask my clients to focus on a number of key steps:
2. Identify just what the emotion is, and what it's telling them that they need to act on.
3. Clarify just what message the emotion contains and whether they need to change their perception of it, or their behaviours in respect of it.
4. Recall a previous experience of this emotion which they managed to successfully overcome. Recall the success state and anchor it.
5. Experiment with imagining different ways of dealing with this emotion until they find one that works well – then take action!

There will be times when clients are locked into patterns of emotional trauma where it appears that there is no way out. In that situation nowhere feels safe and nothing feels any good. Life loses its sparkle and often people experiencing Post Traumatic Stress Disorder (PTSD) have frequent upsetting flashbacks of traumatic memories which just seem to come 'out of the blue'.

The most successful ways of helping clients with emotional trauma seem to come from the category of approaches that can best be described as mind/body interventions which employ a kinaesthetic, sensory input. These are described by Dr Ronald Ruden in his book 'When The Past is Always Present' as 'psychosensory therapy, and it includes his ground breaking approach 'Havening™'. These kinds of approaches can be described as truly holistic and I've found that EFT and EMDR can be particularly helpful. However, I've found that Havening, although I was initially sceptical, seems to be consistently producing some brilliant results in a short timescale.

Nick Cooke is presenting his approaches to emotional trauma therapy, including Havening, in his one-day CPD training on Sunday 24th November at Central England College. The attendance fee is £90 and includes a training manual. See CPD listing on the back cover.



Getting creative with CBT

Lorraine McReight talks with David Kato

"Hi David, thanks for taking the time to talk about Cognitive Behavioural Therapy.

Firstly, if you were to describe CBT and its benefits in a sentence or two, how would you describe it?"

"Cognitive Behavioural Therapy helps break-up dysfunction belief patterns and old habits, providing clients with better coping skills and mechanisms that they can use now and in the future, creating new and better habits."

"So why would hypnotherapists who already offer a brief therapy wish to qualify in it?"

"Due to the vast research taken place over the past few years with CBT, has lead to most physician's referring their patients with mental health problems to CBT therapists. CBT is most often their therapeutic choice, with other therapies such as psychotherapy now out of fashion, due to elongated therapy and poor outcomes. NICE - National Institute of Clinical Excellence which recommend the best

drugs, surgical techniques, diagnostics etc, recommend CBT for almost all mental health issues."

"At the risk of sounding controversial David, it has been said that CBT is too much of a 'form filling' approach and lacks creativity – What's your response to that?"

"Well Lorraine, it's the clinician's responsibility to be flexible and creative in their approach to the disorders with which they are presented. Problems such as ambiguity, controllability issues and many other dysfunctional factors can be helped with CBT and the clinician should use their imagination and experience to provide useful self-help assignments which will benefit the individual patient. Form filling is only a very small part of CBT."

"Some hypnotherapists have found it quite tough in the last two or three years David, how will attending your CBT diploma course for therapists help them to broaden their client base, gain more referrals and grow their practice?"

"This CBT diploma course contains many varied techniques - the ones which are the most beneficial for their clients / patients. The theoretical knowledge they will learn, plus the practical part and the scenarios they will consider, will help attendees to understand how, why, when to use CBT, including adopting their own techniques. Because this modality works exceedingly well, changes occur relatively quickly in the client, not just during the therapeutic sessions, but well after the event and into their future. As behaviourists we are changing behaviour patterns. Patients will often refer the CBT therapist to many other people with problems, friends, family, colleagues. Therapists can also get patient referrals from G.P.'s, other physicians and some institutes or clinics.

This is a very different therapy regime for helping patients and the therapist needs to enjoy being completely flexible in their approach. The most important aspect for the clinician, is finding the individual's dysfunctional beliefs and they need to be able to identify these in order to help the patient."

"Thanks David. I'm sure the course will be very popular with hypnotherapists and other therapists and I look forward to seeing you in London in February."

LM

On Saturday and Sunday 1st and 2nd February 2014 Dr David Kato is presenting his CBT Diploma Training at The Hypnotherapy & Natural Health Centre, SW London. The cost of this course at other venues is normally £395, but for London 2014 only, the attendance fee is only £350. There are a limited number of early bird places at only £310 (Book and pay by 15th November 2013). See CPD information below.

How can rapid inductions have a useful place in hypnotherapy?

Stuck in a trance-inducing rut?

When you did your initial training, whether it be recently or eons ago, did you have a favourite style of hypnosis induction? And if you did, can you recall why you favoured it over other techniques? Maybe it was because it seemed easier than the alternatives. Maybe it was because you could remember how to do it without a script. Maybe it was because it worked best for you, when you were hypnotised. Maybe it was because there was less risk of it 'not working' than other options. And if you had a preferred method then, is that still your first choice with clients?

Human beings, as we know from our clients, often feel most comfortable doing the same thing over and over, rather than doing something different and straying out of their comfort zone. Maybe a touch of laziness can creep into our choice of inductions as we become more confident as therapists. After all it's the content that matters, right? So if, on reflection, you regularly use one method over another, is that to do with what's best for the client, or is it about you? After discussing this topic with Hilary Norris-Evans recently, I decided to ask around, and found that I wasn't alone in having half a dozen 'favourites'. In fact one therapist I spoke to proudly told me "I use the Dave Elman technique with my clients".

Hilary, who is an NLP master practitioner as well as a hypnotherapist, linguist, tutor and assessor, believes that it's best for clients if we decide on our approach after talking to, and listening to them, and who could argue with that? After speaking with many therapists, lack of confidence in using rapid or creative inductions and fear of appearing like a stage hypnotist, seems to hold many of us back from being completely creative in our therapy. Utilising herself, a wide range of inductions, but appreciating the benefits of 'rapids', Hilary has devised an interactive training day in innovative and rapid inductions. In this one-day CPD event Hilary will not only teach attendees rapid induction techniques, but show them how to 'prime' their clients for these approaches. The secret, she tells me, is in the preparation. Hilary rarely uses rapid inductions at a client's first session, but fast inductions can allow more time for therapeutic interventions or content, so feeling confident in inducing hypnosis quickly, can prove very helpful.

A great fan of Milton Erickson, Hilary will also discuss the art of multiple embedded metaphors and will encourage therapists to use their creativity to construct tailor-made inductions for clients. Even if you've been qualified and decade or more, it can be interesting to experiment with techniques that haven't appealed to you before, and if you

feel resistant to certain types of therapeutic inductions, you might want to explore what's at the root of your discomfiture.

LM

On Friday 6th December 2013 Hilary Norris-Evans is presenting her fully certificated CPD course, 'Rapid and Innovative Inductions' at The Hypnotherapy & Natural Health Centre, SW London. The attendance fee is £125 There is a limited number of early bird places at only £99 (Book & pay by 31.10.13.) See CPD information below.



Steve Johnson

Practising Safely

Your questions answered by an expert

Dear Steve...

"I have put together a basic form that my clients fill out on their first consultation with me. It captures their contact details, where they heard about me, what they want to achieve and requests their permission to keep in touch with them with tips and offers. The final paragraph reads, "I understand that I am the key to my success and agree to make changes to achieve my goal. I am aware that hypnotherapy cannot make me do anything I do not wish to do and appreciate my part in the process, and I will play the CDs that I am given to reinforce the therapy". Although I have never had any problems with clients challenging me if they have not achieved some of their expectations, could this form be worded better, or differently, to ensure that I am protected against any such challenges in the future?"

Di. (Hypnotherapist and coach).

"Hello Di,

Thanks for your question.

What we are talking about here is a contract. Whenever goods and services are purchased or exchanged there is a contract between the parties. This could be an implied contract (such as when buying goods from a shop) or a verbal agreement but what we are considering here is a form of written contract. A verbal agreement is just as legally binding as a written contract, but the benefit of a written contract is that it is far easier to evidence the terms of the agreement in the event of a subsequent dispute. It is important, therefore, to ensure that the terms of the contract properly reflect the services that are being supplied so that the parties understand what to expect before they commit to enter into the

agreement and sign the contract and I think that the contract should be written in a way that the client can easily understand. In the part of the contract in question the therapist is emphasising the fact that there is no guarantee that the therapy will achieve the desired outcome and that its success is, to a large extent, dependent on the willingness of the client to participate and contribute towards achieving the hoped-for outcomes. Many therapists will have similar clauses in their contract, written in words with which they feel comfortable. Advice on contract wordings really needs a lawyer, which is why I haven't gone into the specifics, but it's important to convey that there is no guarantee of success and to manage the expectations of the client properly."

Steve Johnson

Steve Johnson will continue to feature in future issues of Hypnoversity where he will answer one reader question per publication. If you have a question on insurance or risk please send your question to editor@hypnoversity.org and we will forward your questions for consideration. Only one question will be answered per publication and you won't be contacted directly. If you are concerned about a claim or possible claim against you, please contact your insurer and professional association.

If you'd like to contact Steve for a quote for professional insurance only, please call Oxygen Insurance on 01274 760460 or email: steve.johnson@oxygeninsurance.com

Could you be missing out on a great weekend in London?

If you've not yet booked to attend the APHP conference in London on October 26th & 27th, time is running out. Held as usual in the Thistle Hotel at Marble Arch, this is a great opportunity to enjoy presentations from speakers and therapists from all round the globe. The dinner and dance on Saturday night is always good fun and is a chance to meet therapists and students from other schools and to let your hair down on the dance floor. And at the risk of sounding a bit shallow, The Thistle Hotel is a brilliant location for a bit of retail therapy, with the fabulous shops of London's Oxford Street only 60 seconds from the hotel! If you're still dithering, have a look at the programme below...

John Lawrence (UK) - Freud, Fraud and Fire - The Psychology of Catastrophism

Controversial and stimulating, a contemporary of Freud and Jung, this presentation introduces the work of Immanuel Velikovsky. We learn his theory on catastrophism garnered from a ten year long interdisciplinary search into the roots

of human fear. Useful for understanding those deepest fears within the human psyche and very helpful in understanding why we are the way we are.

Olf Stoiber (Germany) - Rapid Hypnotic Inductions - How to Hypnotise almost anybody, anywhere - in the blink of an eye!

Ever wondered how TV hypnotists seem to be able to hypnotise anyone in seconds? Do you believe it's actually possible to hypnotise someone in the blink of an eye — or is it all fake? Olf Stoiber is a German TV station sensation. He knows that a powerful, quick induction can be the key to success. In this presentation, he will not only explain how rapid inductions work, but will teach you how to use them. You will walk away with great new tools for working with groups - or even the media.

Tim Shurr (USA) - The Secrets To Being A Highly Paid Hypnotist and Speaker

How To Eliminate Self-Sabotage and Grow Your Practice! Is your appointment book empty? Marketing not working? Clients getting only average results? Overcome the most common types of self-sabotage and gain practical marketing insights that will increase your revenue! Make more money, get better client outcomes, and feel great doing what you love! Tim will highlight the common business mistakes that cause therapists to struggle financially. He will also show you how to correctly utilise free publicity, as well as offer perhaps the only marketing formula you will need to succeed!

Franky Kossy (UK) - Health Kinesiology for Everyday Life Foszia Turner-Stylianou - Exploring Inner Space

Life Between Lives - Groundbreaking Exploration or Confabulation? This presentation explores the data compiled by Dr Michael Newton outlining his methodology that systematised his research and asks how can we truly know what lies beyond physical experience. Delegates will come away with an understanding of the LBL process, appreciate what it is that clients are seeking when they enquire after an LBL, as well as be aware of the conditions against which LBLs are not advised.

Roy Hunter - Past Life Regressions : Fact or Fantasy

Is PLR real, does it matter and how can we use it? As well as considering the explanations for a Past Life Regression (PLR), Roy will be looking at various methods to initiate a PLR. He will also cover the ethical considerations, as well as discuss how to deal with a spontaneous PLR. After a brief discussion about the difference between leading and guiding, several techniques will be overviewed to initiate the requested PLR...along with guidelines on what to do.

Peter Moule - Introduction To Safeguarding the Therapist

How to protect yourself from rogue complaints and claims. Are you working alone at home or lone working in the evenings? Then you have a duty of care. Not just for others, but yourself. With today's society becoming more litigious than ever before - individuals are seeking

compensation for frivolous reasons or they might just want to attack a therapist for not delivering what they wanted or expected. Peter will show you how to prevent or at least minimise the chances for such claims. And should the worst happen, Peter will show you what you need to do next.

Terence Watts - Helping Clients Really Beat Generalised Anxiety Disorder

Terence has been working effectively with generalised anxiety from almost the day he first went into practice and

over the next 35000 hours of client work developed a client-focussed structure which 'just works'. In this presentation, Terence will be sharing a basic technique which is easy to learn, easy to use and totally effective. As usual comprehensive 'how to' notes will be included.

For further information or to book please call APHP on 01702 347691 or visit www.aphp.co.uk

Continuing Professional Development (CPD) 2013/14

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 2013/14 but new events are being added all the time. Follow us on Twitter @LMcReightHyp for the latest news on training events.

CPD Training at Central England College – 2013/14

Bookings on 0121 444 1110 or email info@cecch.com

Sunday 24th November 2013

Nick Cooke

Emotional Trauma Therapies – including Havening - the new breakthrough Psychosensory therapy

(See 'From the Desk of the Principal' earlier in this issue)

The attendance fee is £90

Sunday 16th February 2014

Dr Nicholas Wright

One Mind – One Body, an introduction to medical hypnosis an integrated approach to neurological disorders

The attendance fee is £90

Saturday and Sunday 26th and 27th April 2014

Steve Burgess

Past Life Regression

(Certificated Practitioner Training)

The attendance fee is £220

Thursday and Friday 26th and 27th June 2014

Nick Cooke

Stress Management Coaching and Consultancy certificated (Wellbeing in the Workplace – Practitioner)

The attendance fee is £220

Sunday 21st September 2014

Dr Brian Roet

Creative Metaphor Work

The attendance fee is £90.

CPD Training at HNHC – SW London 2013/14

Bookings on 020 8947 3338 or email info@hypnotherapytraining-london.co.uk

Friday 6th December 2013

Hilary Norris-Evans

Rapid & Innovative Inductions

The attendance fee is £125 There a limited number of early bird places at only £99 (Book & pay by 31.10.13.)

Saturday 7th December 2013

Hilary Norris-Evans

Anxiety States & Panic Disorders

The attendance fee is £125 There a limited number of early bird places at only £99 (Book & pay by 31.10.13.)

Sunday 12th January 2014

Lorraine McReight

The Marketing Workshop

How to get clients without breaking the bank

The attendance fee is £50

Saturday and Sunday 1st and 2nd February 2014

Dr David Kato

CBT Diploma Training

The cost of this course at other venues is normally £395, but for London 2013 only, the attendance fee is only £350. There are a limited number of early bird places at only £310 (Book and pay by 15th November 2013)

Sunday 9th March 2014

Lorraine McReight

The Marketing Workshop

How to get clients without breaking the bank

The attendance fee is £50

Sunday 23rd March 2014

Nick Cooke

Quit4Life Smoking Cessation

The attendance fee is £150 (includes 1st year's Quit4Life license fee)

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 contacting: Central England College for Birmingham courses on 0121 444 1110

info@cecch.com

www.cecch.com

Hypnotherapy and Natural Health Centre for London courses on 020 8947 3338

info@hypnotherapytraining-london.co.uk

www.hypnotherapytraining-london.co.uk

To come in future issues:

- The boy who wet his pants - being creative with metaphors
- Past Life Regression – what place does it have in serious therapy?
- Delivering wellbeing programmes in the workplace
- Top tips for success with smoking cessation
- Gastric Band Hypnosis – what's the 'real' story and how credible is the technique as part of an effective weight management programme?
- It's all in the eyes! – how EMDR can assist with PTSD and phobias