

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Quality Assurance Document

Summaries

National Hypnotherapy – Psychotherapy Register
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Incorporating the Irish Hypnotherapy Examiners Board

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ATTENTION OF

Statutory Registration Section

Department of Health & Children

PRESENTING

THE QUALITY ASSURANCE DOCUMENTS

FOR THE

**NATIONAL HYPNOTHERAPY/ PSYCHOTHERAPY
REGISTER**

(N. H. P. R)

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(Institute of Clinical Hypnotherapy & Psychotherapy)

January, 2003.

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List of Acronyms Used

ACHE.....	American Council of Hypnotist Examiners
AIH.....	American Institute of Hypnotherapy
AIRI	Asthma Insights and Reality in Ireland
APHP	Association for Professional Hypnosis & Psychotherapy
CFS.....	Chronic Fatigue Syndrome
CPD.....	Continuous Practical Development
DCH	Diploma in Clinical Hypnotherapy
EAHP	European Association for Hypno - Psychotherapists
EAP	European Certificate of Psychotherapy
EDCH.....	European Diploma in Clinical Hypnotherapy
EFT	Emotional Freedom Therapy
FICTA.....	Federation of Irish Complementary Therapy Associations
FMS.....	False Memory Syndrome
GHR.....	General Hypnotherapy Register
GHSC.....	General Hypnotherapy Standards Council
HAS.....	Health and Safety Authority
HETAC.....	Higher Education
IACP	Irish Association of Counselling & Psychotherapy
IACT	Irish Association of Counselling & Therapy
IBS.....	Irritable Bowel Syndrome
ICH.....	Institute of Counselling & Hypnotherapy
ICHP	Institute of Clinical Hypnotherapy & Psychotherapy
ICHP HQ	Institute of Clinical Hypnotherapy & Psychotherapy Head Quarters
ICP	Irish Council for Psychotherapy
ISAI.....	Irish Society of Actuaries in Ireland
ISEAH.....	Irish School of Ethical & Analytical Hypnotherapy
ME.....	Myalgic Encephalomyelitis
NALA.....	National Adult Literacy Agency
NCC	National Crime Council
NCH	National Council for Hypnotherapy
NFQ.....	National Framework for Qualifications
NHPR.....	National Hypnotherapy - Psychotherapy Register
NLP	Neuro Linguistic Programming
OCD	Obsessive Compulsive Behaviour
PGA.....	Post Graduate Association
PLT	Past Life Therapy
PTSD.....	Post-Traumatic Stress Disorder
QAD	Quality Assurance Document
UKCHO	United Kingdom Confederation of Hypnotherapy Organisations
VHI.....	Voluntary Health Insurance
WHO.....	World Health Organisation

This document is divided into Part 1 and Part 2

- **Part 1** is a summary version of all the Quality Assurance Documents.
- **Part 2** is composed of the original, detailed Quality Assurance Documents. Each QAD has an index for quick referencing, as well as a full index at the very beginning of this document.

PART 1

SUMMARY

NHPR and NHPR Quality Assurance Documents (1 – 14)

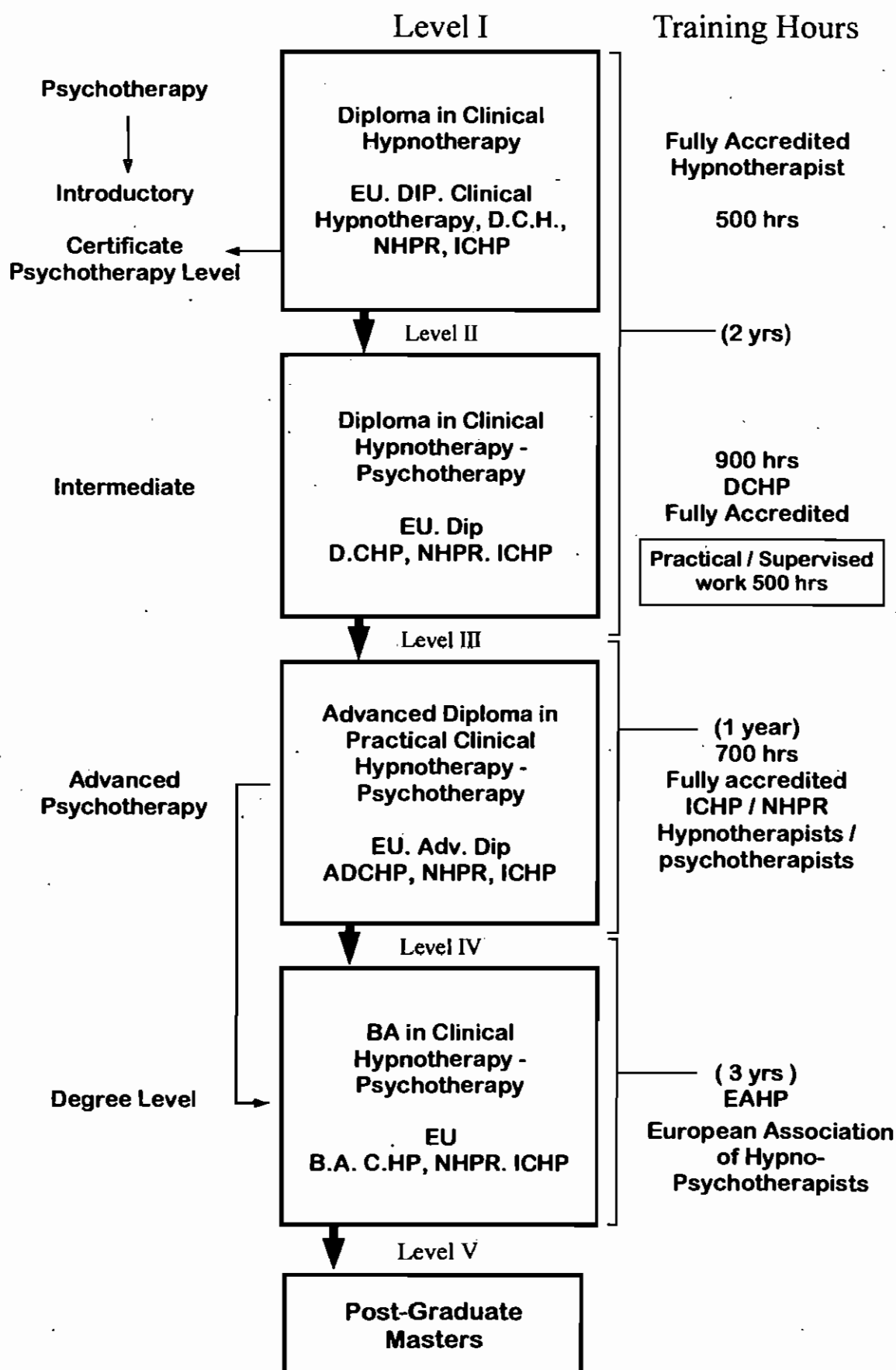
The National Hypnotherapy / Psychotherapy Register (NHPR) is a Voluntary System, currently facilitated by ICHP (Institute of Clinical Hypnotherapy and Psychotherapy). Its overall aim and objective is to encourage the highest standard of Hypnotherapy and Psychotherapy throughout Ireland. Criteria and standards established to achieve this is outlined in the attached NHPR Quality Assurance Documents (QAD), fourteen in total. These Documents are draft documents, subject to change based on professional recommendations by NHPR, Government Offices, Public Needs or ICHP Advisors. The NHPR was initially established in 1979 by ICHP, and in 1997 it was officially registered. It has its own Mission Statement, outlined in QAD 1, pg. 1. Each QAD has an index for quick reference.

Membership of the NHPR encompasses the following categories:

- Organisation Membership (See QAD, 9)
- Training Provider Organisation (See QAD, 8)
- Therapist Membership (See QAD, 7)
- Student Membership (See QAD, 7)
- Supervision (See QAD, 10)

Each category can enter at the level appropriate to its current training and development hours (See following page for flowchart titled '*Required Hours of Training and Development for Membership Levels*'

Required Hours of Training and Development for Membership Levels



Quality Assurance Document No. 1:

Title: 'Introduction to NHPR and Mission Statement'
Draft: First Draft
No. of Pages: Twenty-One

Summary: This QAD briefly outlines why NHPR was established, the NHPR Mission Statement and its Aims and Objectives. Plans for NHPR include the enlargement of its current structure by bringing together various Therapy groups under the one umbrella of NHPR; the NHPR will consist of representatives from each group. QAD 1 gives a detailed account of how this will be achieved and what membership of NHPR will entail (pg. 6, Twelve Steps to NHPR Registration). QAD 1 introduces how the applications are processed (pg, 8). Please see QAD 7, pg. 8 for more details of how the application is processed.

As part of its commitment to quality, NHPR members will be encouraged to research the current market to ensure it is meeting its customer's needs. Current research suggests a real need for the establishment of ethical and professional therapies and system's which ensure quality service in these fields. Results of the current research can be seen in QAD 1, pg. 11 (point 15 – 47).

Quality Assurance Document No. 2

Title: 'Management Structure & Articles of Association'
Draft: First Draft
No. of Pages: Seven

Summary: Although ICHP currently manages the NHPR, the Management of NHPH will eventually be handed over to the NHPR when it becomes an established independent body. To give an insight into how ICHP is managed, QAD 2 looks briefly at its structure and the Articles of Association, which are the guidelines for managing ICHP (please see pg 2 – 7). In 2002 ICHP began the process of preparing their Degree Programme for HETAC approval (aim: to be completed by April 2003 and ready for presentation to HETAC by Summer 2003). This facilitated the development of new membership levels of NHPR, outlined in QAD 2, pg. 7.

Quality Assurance Document No. 3

Title: 'Advisory Board and Executive Advisory Board'
Draft: First Draft
No. of Pages: Three

Summary: This document gives a brief description of the ICHP policy which states the need for external and professional consultation to avoid bias and maintain professionalism at all times. ICHP established an Advisory board in its early years and this board of people is growing every year in numbers; a list of people on the Advisory Board can be seen on page 2. ICHP have, as part of its commitment to quality to HETAC, established an Executive Advisory Board to help guide its decisions in academic issues. This board already consists of members who are involved in setting standards in the profession of Hypnotherapy within Europe. A brief outline of what this Executive Board is about is given on page 1.

Quality Assurance Document No. 4

Title: 'Code of Ethics, Practice & Standards'
Draft: First Draft
No. of Pages: Twelve

Summary: This is the 'foundation stone' upon which the ICHP was established. These ethics, practice and standards will initially serve as the starting point of the NHPR and will be monitored by the Ethics Review Board, part of the NHPR when it becomes an established body. The details of how this board will work are outlined in QAD 4, pg. 2. So far, these Ethics, Practice and Standards have been a successful guide for all ICHP students, graduates and long-term members, keeping therapy standards at professional levels. It addresses areas such as responsibilities to clients, non-exploitation, confidentiality and a procedure for clients to follow who have a grievance about an ICHP therapist. Disciplinary & Complaints Procedure is dealt with in more detail in QAD 5. On page 12 there is a reference to Research Ethics for Graduates and Members to follow when doing research.

Quality Assurance Document No. 5

Title: 'Disciplinary & Complaints Procedure'
Draft: First Draft
No. of Pages: Six

Summary: This QAD addresses in detail the ICHP procedures for handling complaints from the public about ICHP therapists. When the NHPR becomes an independent body, they will use the Disciplinary procedures until they have established their own guidelines. The Disciplinary and Complaints Procedure outlines how to deal with issues such as:

- Requirements of therapists – brochure to show ICHP address for possible complaints against therapist.
- Complaint about an ICHP member or an Official
- Levels of procedures
- Notification of a Complaint
- Complaints against Non – ICHP Members
- Time Scale
- Suspension
- Investigation
- Confidentiality
- Appeals
- Publication

Quality Assurance Document No. 6

Title: 'Membership Categories, Levels
& Progression Routes'
Draft: First Draft
No. of Pages: Two

Summary: The two pages in this QAD provide a table and flow chart to show what an Individual, Organisation, Training Institute or Supervisor must have to progress from level one membership to level five.

Quality Assurance Document No. 7

Title: 'Accreditation Procedure of Membership
Levels 1, 2, 3, 4 & 5'
Draft: First Draft
No. of Pages: Twelve

Summary: Due to the various levels of standards in the Therapy World, NHPR acknowledge that not everyone or every organisation will have identical levels of training, experience or expectations. To accommodate the varying levels, NHPR have devised a structure that allows any person or organisation to come in at a membership level appropriate to their current status, providing they meet the requirements (a summary of these requirements can be seen on page 3).

Providing different levels of membership has many purposes including that of facilitating the growth of a person or organisation; there is an incentive for them to reach higher levels thus constantly improve their service. Membership at each level will have its own advantages, encouraging the highest standards regardless of the level. The QAD 7 looks at the details involved in accrediting each level and guidelines for assessment for membership. If ICHP have the Degree programme approved by HETAC, it is proposed to have a EU Diploma in Clinical Hypnotherapy; QAD 7 briefly explains the aims of this (pg 3, 4). This Diploma will also be accredited by the NHRP.

Quality Assurance Document No. 8

Title: 'Accreditation Requirements of
Hypno – Psychotherapy training courses, Schools,
providers'
Draft: First Draft
No. of Pages: 34

Summary: QAD 8 is a document which concerns Training Schools of Hypno Psychotherapy who wish to become accredited members of the NHPR. Training Schools and Institutes can teach various levels of Hypnopschotherapy such as: Diploma, Advanced Diploma, BA and Masters. NHPR aim to accommodate the various schools by providing five different levels; the school can join the most appropriate level for their training. The document outlines in detail the requirements and procedures for training schools to become a member of the NHPR.

Quality Assurance Document No. 9

Title: 'Accreditation Procedure of
Organisation Membership'
Draft: First Draft
No. of Pages: Eleven

Summary: There are many organisations that wish to become accredited to a quality assurance body to demonstrate their commitment to quality service. In light of this, NHPR has created an opportunity for such organisations to join NHPR. A detailed procedure for becoming an Organisation Member is outlined on page 5 – 9. Some of the organisations it has accredited so far are detailed on page 2, 10, 11 of QAD 9. Some of the areas of therapy, which can be accredited by the NHPR, are listed on page 2.

The NHPR have long been seeking to participate in creating and maintaining standards, before the introduction of Statutory Registration for Therapy. Through ICHP, NHPR has gained recognition by other external accreditation bodies, which monitor the quality of the NHPR. These Accreditation bodies are detailed on page 2 – 3, QAD 9. The need for standards and credibility is addressed on page 4 - 5.

Benefits of NHPR are outlined on page 7; these include Nation – Wide referrals facility, Insurance Scheme, A Quarterly Journal, Supervision, External Examiners, Professional Development Programme.

Quality Assurance Document No. 10

Title: 'Accreditation/Training Procedure/ Standards of
ICHP/NHPR Supervisors'
Draft: First Draft
No. of Pages: Five

Summary: At present, NHPR is not aware of any other body in Ireland who seeks to accredit Supervisors, or the training and standards of same. NHPR sees Supervision as being an important aspect of any graduate training. It is often difficult to find Quality Supervisors and so to encourage quality supervision, NHPR have established a system of accrediting Supervisors and the Training of same. ICHP are currently in the process of Training Supervisors and hope to have these accredited by NHPR to ensure top quality supervision for its graduates. QAD 10 outlines the Accreditation procedure, requirements of Supervisors, and their training.

Quality Assurance Document No. 11

Title: 'Professional Development'
Draft: First Draft
No. of Pages: Six

Summary: QAD 11 addresses the ethical requirement for Therapists to partake in Continuous Practical Development (CPD) and how the NHPR propose to encourage same in conjunction with the ICHP. The NHPR will aim to offer the opportunity of CPD to Therapists, always introducing them to new concepts and therapies in Ireland. A list of therapies which have been introduced to its current members so far are listed on page 2 of QAD 11; they include therapies such as Psychoneuroimmunology, Creative Analytical Hypnotherapy, Treating Depression with Hypnosis (integrating Cognitive Behavioural Approaches). Evidence of the interest in these new developments is seen in the list of therapists who have attended some of these already (page 4 – 6). A Certificate of Attendance (sample copy page 3) is given to each therapist to attend as a means of keeping record of CPD hours.

Quality Assurance Document No. 12

Title: 'Communications & Professional Issues'
Draft: First Draft
No. of Pages: Four

Summary: Communication between the ICHP/NHPR and the member is of utmost importance if the member is to keep up to date with developments in its field. QAD 12 outlines the methods used by ICHP/NHPR to communicate with its members and also, those who wish to use its service. Methods of communication include: Journal, Website, and Quarterly Manual. On page 2 – 4 is a printout of website pages which shows what services the website offers.

Quality Assurance Document No. 13

Title: 'Insurance of Members'
Draft: First Draft
No. of Pages: Eight

Summary: Part of the requirement of becoming a member of ICHP/NHPR is that the therapist is covered by Professional Indemnity Insurance. This is stated in the ICHP Code of Ethics and Insurance.

Guidelines are set out in QAD 13, informing the therapist of the name of the Insurance Group for ICHP members and the application procedure/requirements provided by the Insurance Company.

Evidence that ICHP members are insured is detailed in the Insurance Listings and a letter from Network Insurances page 2 and 3.

Quality Assurance Document No. 14

Title: 'Appendices'
Draft: First Draft
No. of Pages: Six

Summary: The appendices outline a core argument for the Hypnopschotherapy NHPR Register, page 1. It looks at the need for Hypnopschotherapy alongside the more traditional models of Psychotherapy. This leads to looking at a need, therefore, for a separate registration board to deal with Hypno Psychotherapy. The registration board for the more traditional Psychotherapy models would not be in the experienced position to monitor those with a more Hypnotherapy – Psychotherapy dimension.

This document looks at some of the current aspects of health, which can be helped with Hypnopschotherapy in a different capacity to that of the more traditional Psychotherapy.

QAD 14 also addresses some of the concerns and views ICHP has concerning the Statutory Registration for all Therapies (page 3 – 6).

Higher Education and Training Awards Council

ICHP preparations for HETAC approval of BA programme 2002/2003 and why Statutory Registration would play an important part in the Graduates Development

In January of 2002, ICHP began to prepare its BA programme for HETAC approval. It hopes to present the BA before summer of 2003.

HETAC require that ICHP create a Quality Assurance Manual for its organisation to demonstrate how the BA programme will be managed, monitored and reviewed. This Manual is almost completed. ICHP has been creating quality structures to ensure quality at the highest level in every aspect of the Degree Programme. These quality structures will aim to support the NHPR in its progress, providing guidelines for its development in its initial stages as an independent body.

ICHP has, as part of its preparation for HETAC, recruited National and International experts in the field of Hypnotherapy and Hypnoanalysis to teach its students. It is currently training Supervisors in anticipation of the need for specialised supervision for BA students while on Clinical Placements. Therapists have been recruited and are prepared to give students suitable experience in Clinical Placements, monitoring their progress and feeding back same to ICHP.

ICHP also have established an Executive Advisory Board, consisting of International experts in the field of Training and Development in Hypnopsychotherapy. This Board will guide and advise ICHP, especially in its first five years. It aims to avoid bias in the ICHP education system.

Part of the requirement for approval of the Degree course is the need for it to be academic. The BA programme is being structured in such a way that there is one third theory, one third practical and one third research and development. This ensures that the course has a high academic and practical aspect to it.

Statutory Registration would play an important part for the NHPR and ICHP in that it is a quality system to help guide standards of BA graduates when they become therapists. It is essential that the graduates have a board that understands their particular field and needs, guiding them with the help of experts who know every aspect of Hypnotherapy – Hypnopsychotherapy.

PART 2

DETAILS

OF

**NHPR and NHPR Quality Assurance
Documents (1 – 13)**

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Introduction & Mission Statement

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

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ICHP / NHPR Quality Assurance Document

QAD 1

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National Hypnotherapy / Psychotherapy Register Institute of Clinical Hypnotherapy & Psychotherapy

Introduction and Mission Statement

Mission Statement

The primary purpose of the National Hypnotherapy / Psychotherapy Register and the Institute of Clinical Hypnotherapy & Psychotherapy is the advancement of the art, science, and practice of ethical hypnotherapy and hypno-analytical psychotherapy as a separate and distinct healing profession for the relief and rehabilitation of persons suffering from nervous disorders and emotional problems and those suffering from psychological distress.

ICHP / NHPR treats clients in non-ordinary states of consciousness (hypnosis) by investigating the client's inner most conflicts, trauma, and distress at the deepest subconscious level in order to bring about resolution and beneficial change.

Hypno-Psychotherapy differs from traditional forms of psychotherapy in that treatment is combined with hypnosis as the medium through which therapeutic intervention can be facilitated.

The ICHP / NHPR exists to promote widespread personal empowerment through the profession of Hypnopsychotherapy, and to promote the training of it's members to the highest National and International standards. Some of the most important insights into the human condition are contained in the hypno-analytical literature which requires specialised training to fully comprehend the possibilities.

The ICHP / NHPR is a non-doctrine Institution, who are devoted to education, research, and the application of theories and methods of Hypnotherapy, Hypnoanalysis and Hypnopsychotherapy. Modern Hypnopsychotherapy has become the most effective short-term therapy developed to date. We therefore aim to foster therapists who think independently, are theoretically well informed and able to skilfully apply the methods of Hypno-Psychotherapy in Clinical Practice.

The ICHP / NHPR's Secondary Mission Statement is to act as a centre of innovation for the development of new courses, theories and methods in hypnopsychotherapy that will enrich the existing professional body of knowledge and expertise. The ICHP / NHPR is a catalyst for the professional development and use of ethical hypno-psychotherapy.

The ICHP / NHPR has a commitment to basing it's teaching on a combination of theoretical and practical methods and is dedicated to both academic excellence and to achieving the highest vocational and professional standards.

The Institute / Board seeks to establish and update Codes of Practice and Ethical in line with National and International bodies and leaders in the field of psychotherapy.

The Institute / Board will carefully balance the needs of the general public with the requirements of academic integrity, and the highest professional standards.

ICHP / NHPR - Aims & Objectives

The purpose of both the Institute of Clinical Hypnotherapy & Psychotherapy and the above Board / Register / Institute is to encourage the highest standards of hypnotherapy / psychotherapy practice throughout Ireland. It sets out to achieve this objective by :-

1. Assessing courses of study for hypnotherapy / hypnopschotherapy and approving those courses (such as those provided by ICHP) which meet the highest standards of professionalism.
2. Conducting examinations / accreditations for membership to the Institute / Board or for those who wish accreditation from the Board and maintaining a Registrar of Members who qualify in this way.
3. Requiring registered members to observe standards of practice and codes of ethics as prescribed by the Institute / Board.
4. Investigating and adjudicating on complaints against members.
5. Promoting the recognition of hypnotherapy / hypnopschotherapy / hypnoanalysis as a separate and distinct professions.
6. Publishing a directory of persons registered and certified, accredited and referring them to anyone seeking help through hypnosis / hypnopschotherapy.
7. Promoting continuing education programmes e.g. conferences, lectures, workshops, seminars also printing and circulating journals on the practice of ethical hypnotherapy / hypnopschotherapy.
8. Maintaining a public information office that will provide information to the general public and other interested parties.
9. Providing a structure which will allow professionals to share experiences with members of the ICHP.
10. Raise the awareness of hypnotherapy / hypnopschotherapy and the beneficial outcome of treatment amongst the general public.
11. Promote the ICHP as an ethical and professional body in the field of hypnopschotherapy.
12. To make the work of the ICHP / NHPR relevant to the ordinary members of the public and to de-mystify the art, science and holistic application of therapy.
13. To cooperate with any recognised body, association, either in Ireland, the UK, Europe, or the USA, who have similar aims and objectives. To federate, or affiliate, or become affiliated, whether incorporated or not, to promote the ICHP / NHPR's aims and objectives.
14. To promote ICHP / NHPR's interests in any proposed statutory registration or proposed act of Oireachtas, or proposed EEC Directives. To take any steps required either alone or jointly, to the acquisition of Hypnotherapy & Hypnopschotherapy' as a completely separate and distinct professions.

National Hypnotherapy / Psychotherapy Register (Irl)

Facilitated by

Institute of Clinical Hypnotherapy & Psychotherapy

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(1) Foreword

Welcome to the National Hypnotherapy / Psychotherapy Register (NHPR) which is currently being facilitated by the Institute of Clinical Hypnotherapy & Psychotherapy (ICHP).

The Minister for Health recommended to ICHP a System of Voluntary Regulation as a prelude to Statutory Registration in 1991. The National Hypnotherapy / Psychotherapy Register (Irl) was established a decade earlier to organise the hypnotherapy, hypnopsychotherapy professions and was officially registered in 1997.

The NHPR is an initiative taken on behalf of the hypnopsychotherapy profession in response to our understanding of recommendations made by the Minister of Health to the Institute of Clinical Hypnotherapy & Psychotherapy on the 12th of April nineteen hundred and ninety one, for the criteria and standards required for the registration of the profession of hypnopsychotherapists.

The enclosed submission is presented in the form of **ICHP / NHPR Quality Assurance Documents** to the Department of Health as a direct response to the following government publications.

- (a) "Statutory Registration for Health and Social Professionals"
Proposal for *'the Way Forward'*
Department of Health and Children - October 2000
(Received by ICHP/NHPR on 23/5/2002)
- (b) The Health and Social Care Professionals Bill 2002
Outline of Draft Legislation
(Received by ICHP/NHPR on 12/11/2002)

(2) History of the National Hypnotherapy / Psychotherapy Register (Irl) - NHPR

The *National Hypnotherapy / Psychotherapy Register* began life with the establishment of a register for qualified hypnoanalytical psychotherapists in Ireland in 1979, which subsequently became the register for graduates of the *Irish School of Ethical and Analytical Hypnotherapists* in the *Irish Association of Hypnoanalysts*. As a direct response to the guidelines for proposed registration of psychotherapists in 1991 by the Minister of Health, ICHP set about forming the following:

The Institute of Clinical Hypnotherapy & Psychotherapy	-	ICHP
The Irish Hypnotherapy Examiners Board	-	IHEB
The National Hypnotherapy / Psychotherapy Register (Irl)	-	NHPR

The NHPR was officially registered in 1997 as a means of ensuring that every hypnopsychotherapist registered was examination qualified, bound by a code of ethics, insured, supervised, committed to ongoing training, completed a training analysis.

In 2002 as the lead body of hypnopsychotherapists in Ireland with over 300 members, ICHP has taken the initiative to facilitate the process of hypnotherapy - hypnopsychotherapy registration with the Department of Health & Children in response to Statutory Registration for Health and Social Professionals. The NHPR Umbrella Body hopes to represent professionals directly associated with hypnopsychotherapy professions.

(3) Status of the NHPR Registration Board

The NHPR is a voluntary registration of professional hypnopsychotherapists who have agreed to the ICHP articles of association, Code of Ethics, Practice and Standards, and the Registration Process for the purpose of Statutory Registration of the profession. Although ICHP is the relevant lead body in the profession, it sees its role as one of *facilitator* of a Registration Process in which an eclectic Registration Board will emerge representative of all bodies participating in the Registration Process.

(4) Statutory status of the NHPR Registration Board

(a) Hypnopsychotherapy is a separate and distinct profession

The aims and objectives of the ICHP / NHPR is to promote the recognition of Hypnotherapy, Hypnopsychotherapy (Hypnoanalysis) as a distinct and separate profession.

(b) The Hypnopsychotherapy Profession

The *Institute of Clinical Hypnotherapy & Psychotherapy* (ICHP) and the *National Hypnotherapy / Psychotherapy Register* (NHPR) are totally autonomous associations of like-minded therapists, ICHP Post-Graduate members and suitably qualified ethical

hypnopsychotherapists. They are dedicated to the professional and ethical use of eclectic hypnopsychotherapy allied to the practice of psychoanalysis, hypno-analysis, and psychotherapy, for the treatment of nervous disorders and emotional problems.

(c) **The Primary Purpose & Philosophy of the Hypnopsychotherapy Profession**

The primary purpose of the *Institute of Clinical Hypnotherapy & Psychotherapy* and NHPR is the advancement of the art, science, spiritual, holistic, philosophy, and practice of ethical hypnopsychotherapy as a therapy for the relief and rehabilitation of persons suffering from nervous disorders and emotional problems. The ICHP / NHPR exists to promote widespread personal empowerment through therapeutic techniques, and to promote the professional training of its members and education for the general public.

(d) **Eclectic NHPR Registration Board**

ICHP / NHPR is currently mandated by its members and *Articles of Association, Code of Ethics, Practice and Standards* to:

Promote ICHP's interests in any proposed Statutory Registration or proposed act of the Oireachtas, or proposed EEC Directives, to take any steps required, either alone or jointly, to the acquisition of hypnopsychotherapy, hypnotherapy as a complete separate and distinct professions.

ICHP / NHPR are aware of the obvious pitfalls of 'closed shop' and conflict of interests of becoming the relevant lead professional body of the NHPR Registration Board, therefore, ICHP has no ambitions in becoming the NHPR Registration Body.

(e) **Avoidance of Conflict of Interests between Professional Bodies**

In facilitating the NHPR Registration Process, ICHP is determined to meet the needs of all the relevant bodies participating in the process of registration by creating NHPR *Sections* which each body will be responsible to restructure according to their professional needs in line with the registration criteria, and Organisational Membership (*Refer to Quality Assurance Document No. 9 - Accreditation Procedure of Organisation Membership*).

The interests of each Membership Body will be catered for within the relevant NHPR Section and represented on the NHPR Registration Board. The ICHP / NHPR understands that each therapeutic approach is a unique contribution to the hypnopsychotherapy profession and wishes to foster the growth of each modality.

Both the ICHP / NHPR intends to avoid all conflicts of interest between professional bodies by structuring the NHPR Board in the following manner:

- (i) A member of each professional body will be represented on the NHPR Board.
- (ii) An *Organisational Section Representative* will be represented on the NHPR Board.

This structure will ensure that the NHPR Statutory Registration Board will be truly

representative of all the participating bodies so that NHPR can always progress in a manner which is truly representative of the entire hypnotherapy profession.

(f) **Facilitating the NHPR Statutory Registration Process**

ICHP's role in the NHPR Statutory Registration Process is one of a facilitator or catalyst between the professional hypnotherapy bodies until such time as NHPR is established as an *Independent Statutory Registration Body*. The independent NHPR bodies are currently working on the requirements for accreditation of organisation membership. The organisations in the process of bringing their structures up to NHPR registration standards currently enjoy NHPR *Association Membership* and on completion of the requirements are entitled to full membership.

Once the Registration Process is completed, then ICHP will have served its role as facilitator of the Registration Process as the National Hypnotherapy / Psychotherapy Register emerges as an Independent Registration Body.

(g) **Sectional Organisation Membership**

The NHPR Registration Board will consist of the following sections which represent the professional bodies.

1. Hypnotherapy / Hypnoanalysis
2. Hypnotherapy / Counselling
3. Hypnotherapy - Trancework
4. Integrative - Hypnotherapy
5. Psychodynamic Hypnotherapy
6. Hypnotherapy - Neuro Linguistic Programming
7. Brief Hypnotherapy
8. Holistic Psychotherapy
9. Cognitive Hypnotherapy
10. Dynamic Hypnotherapy

Each representative body will form a *section* (while remaining independent in its own rights) to allow unconditional involvement for all professional groups with regard to Statutory Registration. All groups operating in the hypnotherapy profession will have their views taken into account and all bodies will have an equal voice.

(h) **Types of Organisation Membership to NHPR Registration**

There are two type of NHPR Membership:

- (i) Organisation / Association
- (ii) Training Provider Organisation

(i) **Twelve Steps to NHPR Registration**

Each body participating in the NHPR Registration Process automatically joins one of the NHPR Sections (*see 3:g above*) to bring their respective structures up to the following NHPR required standards:

1. An Administrative Structure
2. Management Committee and Organisational Structures

3. A Code of Ethics and Practice
4. A Complaints and Disciplinary Procedure
5. A Policy of Supervision
6. A Procedure for Accreditation
7. A Procedure on Training Criteria if a Training Organisation is applying
8. A Monitored Professional Indemnity Insurance Scheme for each member
9. A Monitored Professional Development Programme
10. Its Name Registered or a Company Formed
11. A Register of Qualified Therapists
12. A Programme for Ongoing Professional and Personal Development

- (j) **Accreditation Organisation Membership Committee and Procedures**
Each Section will met the required standards for NHPR Accreditation Requirements by completing a 'Seven Step' process of accreditation outlined in the *Quality Assurance Document No. 9 - Accreditation Procedure*.

(5) **NHPR Aims and Objectives**

The NHPR seek to provide:

- Nation-wide Referrals Facility
- Website with Membership Links
- Insurance Scheme
- Golden-Pages Advertising Scheme
- A Quarterly Journal
- Events Guide
- Professional Development Programme
- Full dedicated office facilities with specialised staff
- An Advisory Board / Executive Advisory Board
- Complaints and Disciplinary Procedures
- Supervision
- External Examiners
- Links with other professional associations with similar aims
- Professional Recognition in hypnopsychotherapy
- Quality Assurance in Professionalism, Training and Practice
- Statutory Registration with entitles them to work within:
 - Irish Health Care system covered and administer by the Department of Health.
 - Hypnopsychotherapy, hypnotherapy as a completely separate and credible profession.

(6) NHPR Registration Body & Psychotherapy Professions

- (a) Both ICHP / NHPR understand that there are three distinct professional bodies who represent themselves as psychotherapists in Ireland :

1. IACT - represents the 'scientific' counselling profession
2. ICH - represents the 'scientific' classical psychotherapy profession
3. NHPR - represents an eclectic mixture of hypnotherapy of the art, science, holistic, spiritual, brief, ICHP subconscious, trancework, hypnosis, altered states, energy, etc., recognised schools of the hypnotherapy profession

Three Distinct Psychotherapy Professions

Hypnotherapy, Psychotherapy and Counselling

Hypnosis was originally defined as being '*an altered state of consciousness*', to quote Dr. Braid who first used the term 'hypnosis' in 1842. He explained the condition as meaning that the patient was deeply relaxed yet at the same time alert. A more modern definition would indicate the creation for a client of a state of increased suggestibility and willingness to comply with positive suggestions. Hypnosis is the tool that enables the hypnotherapist to tap into the unconscious mind, thereby revealing pleasant or unpleasant incidents which the client may have experienced years before, all of which are filed away somewhere and some of which may be detrimental to a client's psyche and happiness. There is a reliable body of evidence that strongly suggests hypnosis can exert a powerful influence over a variety of psychological and bodily functions. Hypnosis can help facilitate subconscious reprogramming by allowing the individual to address problems in the unconscious and where new ideas may be suggested which result in a more satisfactory pattern of behaviour and thinking. Using hypnoanalysis the hypnotherapist can find and remove the root causes of symptoms in the client's subconscious mind.

(* **Brief Therapy Usually 1-15 session approach - Average 8 Clinical Sessions**)

Psychotherapy is the treatment of emotional and psychological disorders, unwanted habits and undesirable feelings, using scientific psychological techniques alone. The aim of therapy is to consciously assist clients in finding meaningful alternatives to their present unsatisfactory ways of thinking, feeling or behaving. Therapy also tends to help the clients become more accepting both of themselves and others and can be most useful in promoting personal development and unlocking inner potential.

(* **Long Term Therapy may take years to complete**)

Counselling is typically non-directive. The counsellor is trained to listen with both empathy and understanding and to request such information and clarification as will enable the client to shed light on their own problems. By airing their anxieties sufficiently, some clients will come to understand the possible ways forward and be helped in choosing future directions. Counselling may be one to one, with couples or in groups. Typically, counsellors do not offer suggestions or solutions.

(* **Usually non-determined amount of sessions and may take years to complete**)

(7) "One Registration Board per Profession"

- (a) According to the *'Proposals for the Way Forward'* document on Statutory Registration for Health and Social Professionals - *"Statutory Registration is a system whereby each individual member of a profession is recognised by a specific body as competent to practice within that profession under a formal mechanism that is provided by law."*

ICHP / NHPR recognise along with the other international bodies that :

- Hypnopschotherapy is a distinct and separate profession recognised.

- (b) **Can the three psychotherapy bodies unite ? i.e. (IACT, ICT, ICHP / NHPR)**

The question should be *"Do the three psychotherapy bodies want to unite ?"*

At present ICHP / NHPR meet the *'Twelve Steps to Accreditation'* (4-1 above) which may act as a point of unity among the other two bodies representing psychotherapy, however, fundamental differences remain. Which are discussed in the appendices to this document.

Psychotherapy is not just 'scientific' it is also holistic and artistic

The term *'psychotherapy'* is derived by combining two words with roots in classical Latin and Greek. The prefix *'psycho'* is derived from *'psyche'* meaning *'breath, soul, life'* (Shorter Oxford English Dictionary 1973). The word *'Therapy'* is derived from the verb *'Therapeuo'* meaning *'wait on, cure'* (therapeia = 'healing'). Similarly, *'therapist'* comes from *'Therapeutikos'* meaning *'a servant of attendant'* (TAFT, 1933; Concise Oxford Dictionary, 1990; Shorter Oxford English Dictionary, 1973). In the light of this is a question - Since this therapy is about soul life, how can one branch of psychotherapy be superior to another, when any form of psychotherapy serves to increase the quality of an individuals life? How can a 'one size fits all' approach be considered when the individuality of the client is the essence of what all therapists have to consider?

(8) NHPR - Levels Registration

The ICHP / NHPR are presently introducing a Five Level System of Registration.

The ICHP / NHPR levels of registration / accreditation are clear and transparent and allow both the therapist and organisation to join the register at a level which accurately reflects their qualifications. The ICHP / NHPR system of levels of registration also allows the practitioners / associations to develop it's training / qualification to progress to the next level.

	Level 5		Level 5		Post Graduate / Masters
	Level 4		Level 4		BA
	Level 3		Level 3		Advanced / Practical
	Level 2		Level 2		Diploma
	Level 1		Level 1		Diploma / Certificate
Hypnopsychotherapists Membership Registration		Organisational Membership		Accreditation Requirements	

(9) Hypnosis Treating Psychosomatic Symptoms

Our knowledge of psychosomatic symptomology has greatly improved in recent years firmly establishing the essential role of hypnotherapy in treatment. Whenever psychotherapy is indicated, so are specific identifiable patterns of hypnotic influence, since the two are fundamentally inseparable.

Hypnotherapy provides many valuable insights into the highly subjective realm of human experience and since psychosomatic symptoms are rooted in subjectivity, hypnosis can be an invaluable ally in the treatment process.

- In recent years our understanding of psychosomatic symptoms has changed.
- Our understanding of hypnosis has changed.
- Therefore hypnosis used in therapy can be very effective in the treatment of psychosomatic symptoms.

(10) ICHP / NHPR Brief Solution Focused Hypnotherapy / Hypnoanalysis

Just as all aspects of modern medicine is becoming more transparent with professionals needing to demonstrate the evidence of the effectiveness for their treatments and procedures which is now termed 'Evidence Based Medicine'. The Psychotherapy communities results and forms of therapy are also under scrutiny and what is emerging is revolutionary.

ICHP has always advocated Brief Solution Focused Hypnotherapy, Hypnoanalysis (10-15 session on average) as other scientific psychotherapists viewed our work as superficial with long term therapy being somehow more profound. The accusation was that if you were involved in Brief Therapy then it wasn't real therapy.

The challenge for all psychotherapists is to become more productive in a specific period of time, to become more accountable.

Again due to experiments and research into hypnotherapy, Brief Solution Focused Hypnotherapy has emerged as one of the most rapidly growing treatment models in psychotherapy - either directly or through such derivative as

Hypnoanalysis, Solution Focused Therapy, NLP, etc.

(11) Evidence of Demand for a Hypnopsychotherapy Register

In recent years there has been a massive growth in hypnotherapy, hypnopsychotherapy, psychotherapy and counselling courses to meet the public demand for psychological therapies to treat psychosomatic and stress induced symptoms. Hypnopsychotherapy has a proved track record (10,000 research papers) to successfully treat psychological problems.

The main evidence of demand for the hypnopsychotherapy is presented in the following pages.

(12) Careers for a New Age

Hypnopsychotherapy is fast becoming the most effective and preferred treatment of choice in this new computer age of change, for example, our social and environmental order have changed more in the last 30 years than they have in the previous 300 years. The increased pace of modern society, combined with the increased financial, work and home pressures combined with the increased rate of technological change, have created an environment which breaths stress, anxiety and insecurities. To compound this situation, people find it difficult in modern society to experience a sense of stability or consistency in their lives because of the lack of external standards traditionally prescribed by society and religion and the extended family and community. Psychological symptoms including anxiety disorders are simply one outcome of a diminished ability to cope with the resulting stress, as are addictive disorders, depression, and the increased incidents of degenerative diseases. For example in a recent study at the School of Information Management Systems at the University of California, Berkeley (2001). The study found that it took mankind 30,000 years to accumulate 12 exabytes of information and yet this amount will double in less than two years.

(13) Rapid change is required for a new age

There is a perception in this modern age that change should be instant and clients consulting hypnopsychotherapists are no different. Modern psychological research states that the conscious mind can only cope with 7 + 2 bits of information per second as in contrast the subconscious mind is capable of 2 million bits of information per second. The qualified hypno-psychotherapist is able to focus the power of suggestion which is inherent in all therapies to quickly effect rapid change in the client's symptomology. The ICHP / NHPR are not necessarily stating that instant change is possible though the client does benefit immediately from the therapeutic intervention.

(14) **New-age symptomology requires radical new approaches!**

- It is widely accepted that 80% of all symptoms are caused by psychological forces therefore ICHP believes that utilising these same subconscious forces in a positive way in hypnosis can bring about a transformation of those same symptoms. The ability of the mind to heal the body is increasingly gaining prominence and acceptance in the 21st century's rapidly changing world of alternative education, psychosomatic psychology and research.
- In any given week, 12.3% of men and 19.5% of women have a neurotic disorder (prevalence of psychiatric morbidity among adults (UK) living in private households. HMSO 1995). According to the largest epidemiological study of prevalence of psychiatric disorders. (Human Givens - Vol. 9 No. 2 - 2002)

(15) **Hypnosis is a Proven / Recognised Psychotherapy**

Hypnosis has played a significant role in the evolution of psychotherapy from its very conception. Hypnosis is a proven scientific therapy modality accepted by the American and British Medical Associations and positively evaluated by the by the Catholic Church and other orthodox religions.

Scientists have proven that hypnosis causes clear change in the brain producing biological, as well as, psychological effects.

(16) **The power to change comes from the inside out:**

All change happens unconsciously

Recent research agrees that human behaviour is largely determined by the unconscious mind and hypnosis acts as a 'doorway' into the unconscious to activate positive change through hypnotherapy. In addition, contemporary research in neuroscience has arrived at conclusions that agree with Freud and his theories of the unconscious mind.

Symptoms are rooted in subjectivity and therefore hypnosis, which utilises the subjective experience, is a vehicle to release the client from these same negative subjective symptoms.

(17) **Psychotherapy**

The general effectiveness of psychotherapy has been confirmed by a new statistical research technique – meta-analysis – in which the outcome from active psychotherapy is compared to the variation in treatment control. Repressed emotion from childhood can cause disease.

(18) The urgent need for hypno-psychotherapists

Hypnotherapy can lead to long-term, permanent physical and emotional health by removing deep-seated subconscious blocks that trigger negative emotional and physical responses.

(19) Problem Children Fail To Get Psychological Support in Schools

- Recorded crimes increased by 212% between 1950 and 1998.
- While serious crime fell between 1988 and 1998, levels of lethal violence, murder and manslaughter, sex crimes and drug offences increased.
- Only 5% of prisoners in Wheatfield Place of Detention in Dublin have sat their Leaving Cert.
- Over a quarter of pupils in Dublin's north Inner city have significant behavioural problems.
- According to a report by the National Crime Council (NCC) in 2001 there were 1,302 primary school pupils in one area of high deprivation (Dublin's North inner city) and that 271 (28%) were found to have 'significant behavioural problems'. Of these, 163 children (13%) were identified as having serious emotional and behavioural problems, and only 26 of these pupils could get access to the National Educational Psychological Service, as each school is only allowed two assessments for every 100 pupils. - *Irish Examiner* (25/10/02)

(20) Depression

Depression according to the World Health Organisation will become the second most common cause of human suffering by the year 2020. A report by the British Journal of Psychiatry states that Dublin has one of the highest rates of depression in Europe with 1 – 8 people suffering from depression. Depression is fast becoming the number one mood disorder in the world and the cause of tremendous suffering and pain worldwide. Hypnotherapy had a proven record of accomplishment in treating depression.

300,000 people are suffering from depression in Ireland according to AWARE (14/8/02 *Irish Examiner*).

- 13% of the public would not visit their GP if depressed.
- 41% wrongly believe there is no permanent cure.
- 25% think alcohol helps cure the disease.
- 5.1 million work days are lost annually in Ireland due to absenteeism.
- Up to 500m is lost to small companies due to absenteeism.
- Monday is the most common day for people to phone in sick

- ISME

(21) Suicide | Parasuicides

6000 people in Ireland attempt to kill themselves every year.

The Irish Society of Actuaries in Ireland (ISAI) says Ireland has one of the worst suicide rates among developing countries for young males aged between 15 and 24.

And, it adds, the rate has risen sharply in the last 10 years.

Up to 33% of parasuicides end up killing themselves within five to ten years and 439 suicides were reported in 1999. Suicide levels have increased six fold in the last 30 years. Dr. Connolly, secretary of the Irish Association of Suicidology (April 2001)

- Almost 500 people commit suicide in Ireland every year.
- There are up to 6,000 attempted suicides annually.
- Hanging and drowning are the most common forms of suicide in Ireland.
- Overdoses of medication and cutting are the two most common forms of parasuicide.
- Of those who overdose, 50% have taken a form of alcohol.
- About one third of all suicides in Ireland are preceded by parasuicide.

Recent research indicates eight out of ten people (77%) suggested, Irish people are under increased levels of stress (Dr. David Lewis, research commissioned by manufacturers of Dairy Gold Light - Irish Independent 6/7/99)

Stress is being linked to a host of both physical and psychological symptoms which contribute to mental health and suicides.

Hypnotherapy has a long and proven track record with stress related symptoms.

(22) Literacy problems

500,000 Irish people have literacy problems - National Adult Literacy Agency (NALA) 26/7/01)

Hypnotherapy has a proven track record and help find and remove blocks that would interfere with learning.

(23) Medicine Junkie

2 million prescriptions each year in Ireland.

Doctors are turning patients into drug addicts (Irish Examiner Headline 21/5/01)

Thousands of patients are becoming addicted to drugs because of over-prescription by doctors. In 1994 it was estimated that more than 1.5 million prescriptions were written to people on medical cards or through the G.M.S. each year. It is estimated that two million prescriptions are issued each year. - Reported by Dr. Ide Delargy of the Irish College of General Practitioners (21/5/01).

Hypno-psychotherapy has a proven track record in helping with addictions and overcoming the needs for medication.

(24) M.E.

10,000 people in Ireland suffer from M.E.

Chronic Fatigue Syndrome (CFS) is a disease caused by pure and utter exhaustion -
(The Irish ME Support Group P.O. Box 2075, Dublin 2)

Hypno-psychotherapy is ideally suited to assist M.E. sufferers.

(25) Bullying

- 7% of employees in Ireland are bullied.
- According to Impact (union) conference in Ennis (18/5/01) 7% of employees are bullied including one in ten women.
- Bullying can erode a workers health and lead to a host of psychological problems.
- Hypno-psychotherapy has a long track record of helping people to be more confident and assertive and cope with the pressures.
- Bullying can be a sole factor in teenage suicide - *Dept of Education and Bullying Study (Exam 29/11/02)*

(26) Sexual abuse

Four in ten women and one in four men have been abused or sexually assaulted in their lifetime.

Hypno-psychotherapy has a proven track record in treating the array of post-traumatic stress disorders suffered by those who have been abused.

Third of young offenders sexually abused:

- One-in-three juvenile offenders are either perpetrators of victims of sexual abuse.
- UK statistics show 30% of sexual offenders are under 21 years while 16% are under 16.
- A follow-up study of 240 sexually-abused boys in the UK found 12% had been convicted of sexual offences.
- For every sexual crime committed, about 75 people are indirectly affected.

- *Irish Examiner November 2002*

Thousands seek counselling for child abuse:

- 54% suffered sexual abuse.
- 44% reported multiple abuse by multiple perpetrators including sexual, physical and emotion abuse.
- Over 20% said they were experiencing multiple problems, including depression and anxiety.
- 5% cited suicidal thoughts or behaviour.
- 16% said they had relationship problems.
- 15% had physical health problem, including sleep and eating disorders and chronic pain.

- *Irish Examiner (6/10/02)*

(27) Work place stress

Work place stress effects one in four of the 41 million employees in the US:

One in four employees experience stress in the workplace with many suffering physical or mental illness as a result of the problem. The EU agency for Health and Safety at work estimated more than 600 million working days are lost in the E.U. each year due to stress related causes.

Workplace stress double likelihood of fatal heart attack. - *British Medical Journal*

The Health and Safety Authority (HAS) :

- Work-related stress costs the EU €20 billion annually.
- Almost one in three employees in the EU say they are affected by work-related stress.
- Women suffer slightly more than men.
- Common causes include lack of job security, control and work overload.

(28) Cancer

One in four Irish people can expect to die from cancer and every year there are 20,000 new cases of the debilitating disease diagnosed.

Increasingly European doctors are looking to complementary medicine when dealing with cancer or chronic illnesses. Hypno-psychotherapy has a long proven history of helping with reduction of physical pain and improved coping mechanisms as well as using the mind to fight the cancer cells and prolong life.

(29) HIV / Aids

100 million world-wide will be affected by the year 2005.

2,000 diagnosed in Ireland in 2001 and the total Irish AIDS deaths up to 2001 is 362. As with cancer, hypnotherapy is effective in conjunction with orthodox medicine.

(30) Obesity

39% of the Irish population are overweight. Since 1990, obesity has increased by 67% in Ireland.

One in four girls are on a diet by the age of 15 (Journal of Epidemiology and Community Health Aug 02)

More than half of Irish men are overweight compared to one third of Irish Women - a reversal of normal weight trends in the Western world. - *Irish Examiner November 02*

(31) Eating Disorders

Eating disorders have the highest mortality rate of any psychiatric illness.

Children suffering from eating disorders 2% Anorexia effects up to 2% of the Irish population.

(32) Violence

One in five women will experience violence in an intimate relationship at some stage of their lives in Ireland.

Children who grow up in domestic violence situations carry a greater risk of experiencing domestic violence either as a perpetrator or a victim in their adult lives.

(33) Annual Figures for the Irish Health Care Services

[Figures issued by the Dept of Health 2002]

Irish population	3.8 million people
The big killer	circulatory disease and cancer
Inpatients in hospital	500,000
Day cases in hospital	200,000
Casualty admissions	1.5 million
Admissions to mental hospitals	25,000
The average length of stay in hospital	4.6 days
The main illnesses seen	digestive problems, cancers, heart disease
The number of people with medical cards	1.1 million
Public waiting list for operations	25,000 people
Prescriptions	over 50 million items a year
The cost of seeing a GP	35-45 euro
The cost of seeing a consultant	80-90 euro
The main areas for which drugs are prescribed	heart, nervous system, stomach
The big inequality	The richer you are the healthier you are
The big problems	Waiting time to be seen by a consultant to be put on the waiting list; many health 'entitlements' are not fixed in law and are at discretion of health boards.
Govt spending on health	8 billion euro
No. of people with private health insurance	1.7 million
No. of public hospital beds	12,000
The future	More taxes to fund health service. Irish population is ageing and will become more expensive to care for.
Outlook	It's going to get much worse.

(34) Male Issues in Ireland

- 90% of violent crimes are committed by men.
- 90% of inmates in prison are men.
- 90% of the behavioural problems in school are manifested by boys.
- 80% of children with behavioural problems are boys.
- 60% of all adults who are alcohol or drug users are male.
- The divorce rate in the UK is 50% and 70% of these are initiated by women.

- Common heart problems for men, like heart attacks, are associated with loneliness and stress.
- Men are four times more successful in taking their own lives.

(35) Irritable Bowel Syndrome

IBS affects 20% of the Irish population.

IBS is quite common, as many as one in five people suffer from it. Hypnotherapy has a proven track record of 75% success rate with IBS, it is the only known therapy to be successful with IBS.

(36) Anxiety Disorders

15% of the Irish population suffer from anxiety disorders.

Anxiety disorders are one of the major mental health problems among Irish people. Approximately fifteen percent of the population are suffering from panic attacks, phobias, or other anxiety disorders. Hypno-psychotherapy is ideally suited to these disorders and has a proven track record and a very high success rate.

30% have social phobia.

20% have a specific phobia.

25% have a generalised anxiety disorder.

60% have obsessive compulsive disorders.

% Others post-traumatic stress disorders, acute stress disorder.

(37) Heart Disease

Heart Disease is the number one killer in Ireland. A recent government report showed that around 12,000 are dying each year because of fatty foods, smoking, and lack of exercise.

(38) Stress

- 10% of Irish workers suffer from occupational stress as a risk hazard the VHI estimates. (14/8/02 Irish Examiner)
- 35% of the Irish population suffer from stress.
- One in 10 members of the Irish population have sought professional help for stress.
- 35% of the Irish population claim to have suffered from notable levels of stress in recent past.
- Work place stress interferes a lot with family life for more than 300,000 people.
- Almost 20% of people resort to potentially harmful methods of coping with stress such as alcohol, cigarettes, drugs, etc.

- Excess stress can cause disease, and some of the conditions in which stress is known to play an important role are;

High blood pressure
Asthma
Migraine
Insomnia
Depressive illness

Stroke
Eczema
Diabetes
Anxiety
Cancer

Coronary heart disease
Psoriasis
Peptic Ulcers
Panic Attacks

Hypnotherapy is ideally suited to treating the negative stress and has a high success rate which is documented.

(39) Pain

Pain is the most frequent symptom seen by G.P's.

There is ample research to prove that hypnosis is effective with all kinds of pain and is also used as an anaesthetic by thousands of patients to eliminate pain during surgery.

- 40% of adults suffer from back pain (DH UK)
- 80% of people will suffer back pain at some point in their lives.
- 5% of people suffer from migraine and tension headaches.

(40) Migraine and tension headaches

5% of the Irish population suffer tension headaches and migraine. Hypno-psychotherapy has a proven track record in pain control.

(41) Insomnia & Sleep Difficulties

5% of the population suffer from Insomnia and Sleep Difficulties.

Hypno-Psychotherapy is ideally suited for sleep disturbances and has a proven track record with these symptoms.

(42) High Blood Pressure

20 % of the Irish Adult population suffer from high blood pressure.

Hypno-psychotherapy has a proven track record in reducing blood pressure.

(43) Smoking

- 7000 smokers die each year in Ireland.

According to the Irish Cancer Society & ASH Ireland 16/8/02 Pub. Irish.

- 1500 cases of lung cancer are diagnosed in Ireland annually and 95% of them were caused by smoking.

- 30% of all cancer deaths are caused by smoking.
- 31% of all Irish people smoke.
- 40% of women in Ireland aged between 18 & 24 smoke.
- 75% of smokers aiming to kick the habit will fail.
- Smoking increases colon cancer risk by 40% (WHO)

Hypnotherapy has a proven successful track-record with assisting people to stop smoking.

(44) Drug Abuse

- Drugs in Ireland amongst the student population.
- 51% of students take drugs.
- 11% use drugs daily.
- 14% of users fear they are addicts.
- 66% started in Secondary school
- 23% started at 17 years of age.
- 96% of first time users began taking cannabis.
- 85% were introduced by a friend.

"The Irish are the biggest users in the EU of illicit drugs other than cannabis, according to an EU survey." - Irish Examiner (21/10/02)

(45) Alcoholism

Alcohol abuse is the number one public health problem and the number one drug problem in Ireland today. It is now the number three killing disease behind, cancer and cardiovascular disease.

- Alcohol abuse is of huge concern in Irish society and a growing number of men and women are presenting with alcohol-related illnesses. (Roland Anderson, Irish College of General Practitioners 10/8/02 - Irish Examiner.)
- Alcoholic liver disease is up to 8 deaths per 100,000.

Violence detected on our streets since February 23 - Garda Commissioner Pat Byrne:

- 7,274 assaults, including 1,266 assaults causing serious harm.
- 14,314 incidents of threatening, abusive or insulting behaviour.
- 21,386 cases of public drunkenness.
- 6,480 incidents for refusing to obey a garda direction.
- 3,276 cases of disorderly conduct.

(46) Asthma

Over 25% of the Irish population has asthma with as many as 20% of children suffering from the condition. 79% of children do not have their asthma under control.

Hypnotherapy has a proven track record in asthma control.

Asthma Society of Ireland www.asthmasociety.ie conducted the first national study investigating the impact of asthma in Ireland.

The Asthma rate in Ireland is higher than that in seven EU states.

According to AIRI (*Asthma Insights and Reality in Ireland*) - *Irish Times* 10/12/02

- 480,000 people suffer from asthma in Ireland
- 12% of the Irish Population suffer from Asthma compared with 6% in Sweden and 3% in Italy and Spain
- The study of 3,278 households in the US (2002).showed how Irish people with Asthma are affected
- 32% report sleep difficulties
- 25% said asthma affected their career
- 27% needed emergency treatment in the last year
- 46% reported restrictions during sport and recreation
- 75% said they had never received a lung function test

Hypnosis in treating Asthma with other techniques has been found to be very successful

Learning for Life: White Paper on Adult Education

"The government recognises the contribution of alternative medicine (Hypno-Psychotherapy) in enriching the lives of the many Adult Education participants in the area; in their contribution to expanding the concept of health and treatment and in the promise of the holistic, innovative approaches in working with people with disabilities or who are otherwise disadvantaged."

The recognition it is receiving in the context of this White Paper is to acknowledge the contribution it is making to the Adult Education Field generally.

(47) Orthodox Medicine Vrs Complementary mind Approaches

Despite the remarkable achievements in some aspects of orthodox medicine, the worlds leading conventional institutions are responsible for a truly awesome death toll across the globe. For instance, the Journal of the American Medical Association (Vol 284, 26/7/2000) reports that Western healthcare;

- Is responsible for 225,000 deaths annually which makes western healthcare the third leading cause of death.
- Approximately 25% of hospital admissions are for Iatrogenic reasons, i.e. caused by medical treatments or procedures.

- Deaths from medication errors more than doubled between 1983 and 1993 in the US. (National Health Naturally 2002)
- Every drug which doctors prescribe has a long list of potential side-effects, many of which are not discussed with patients for whom they are prescribed.
- Vested interests funding medical research and dictating the outcome of drug trials.
- Vested interests funding medical schools and dictating the syllabus. (Health Review 2002)
- Lay members of the public may be startled by widely quoted research which the US Office of Technology assessment and other reputable sources which claim that only 10% to 20% of medical interventions are supported by scientific evidence. (Evidence Based Medicine: an overview and guide to the literature, by Lesly Grayson 1997, Published by British Library Science Reference and Information Service).
- British Medical Journal, October 5th, 1991 - 303(6806)P.P 798-99 - Summarises that debate which alleges that only a relatively small proportion of medical treatments are scientifically validated.
- Burnout among G.P's is an epidemic as they cope with a colossal workload (between 30 and 60 patients a day) while being expected to respond immediately to patients (P.R.O. for the Irish College of Medical Practitioners 16/8/02 Irish Examiner).
- Recent research seems to indicate that the placebo effect (mind/body response) amounts for 60% of the effectiveness of medical interventions including drugs, medication and treatments (Lancet Diblasi et al 2001)

One of the most important developments in health care in recent years has been the remarkable growth of alternative approaches including hypnotherapy, psychotherapy in both Ireland and indeed in all western countries. Even most small towns in Ireland where 20 years ago the concept of alternative medicine and hypnotherapy was unheard of, now have several alternative medical practitioners as well as psychotherapists, counsellors, many of whom are as busy as the local G.P.

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Management Structure & Articles of Association

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

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ICHP / NHPR Quality Assurance Document

QAD 2

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National Hypnotherapy / Psychotherapy Register

Institute of Clinical Hypnotherapy & Psychotherapy

Current / Future States

The current structure of the National Hypnotherapy - Psychotherapy Register (NHPR) is currently being facilitated by the Institute of Clinical Hypnotherapy & Psychotherapy (ICHP) until such a time as NHPR is established as an independent body.

The future independent NHPR body will consist of a representative from each accredited organisation member when they have met the current required standards.

Management Structures of NHPR

The NHPR is a non-statutory umbrella association which aims to represent the following hypnopschotherapy organisations in Ireland.

Section Membership

1. Hypnopschotherapy - Hypnoanalysis
2. Hypnopschotherapy - Counselling
3. Hypnotherapy - Trance work
4. Integrative Hypnopschotherapy
5. Psychodynamic Hypnopschotherapy
6. Neuro - Linguistic Programming (NLP)
7. Brief Hypnopschotherapy
8. Holistic Psychotherapy
9. Cognitive Hypnopschotherapy

Organisation / Association Membership

There are two types of membership to NHPR.

1. **Organisational Membership** of which one member of each association / organisation will be elected to represent the views of that group on the NHPR.
2. **Section Membership** of which one member of each section will represent the views of that particular section (*See 1 to 9 above*).

Facilitation Period

Until such time as all the participating sections meet the NHPR criteria, they shall be considered Associate Members of NHPR and ICHP Management Structures & Articles of Association shall apply until the facilitation period has been completed. (*See Page 1 - QAD 2*)

Management Structure & Articles of Association

(1) Structure of ICHP

1. The Institute consists of; (1) The Hypnotherapy / Psychotherapy School, (2) The ICHP Post Graduate Association Administration and Offices, (3) The Post Graduate Association of the ICHP School. The Articles of Association deal only with 2, and 3 above.
2. The ICHP school's responsibility is for training hypnotherapists / psychotherapists and it's function is to organise ongoing post-graduate training which includes bi-annual conferences, masterclasses, workshops, seminars, in hypnotherapy / psychotherapy. On going training is imperative to ensure a minimum of 14 hours continuous training each year (Code of Practice No.20) and also to give graduates an opportunity to prolong their therapy studies to meet any future EEC Legislation which may arise.

(2) Articles of Association

Post Graduate ICHP Association The Institute of Clinical Hypnotherapy & Psychotherapy

1. (a) The Principal office of the Membership Institute shall be located in a county and town as determined by the Post-Graduate Association Committee.
(b) The registered office of the Institute shall be I.C.H.P., Therapy House, 6, Tuckey Street, Cork City, Ireland.
Registered in Dublin, Registration No. 203483.
2. The Institute is under the control of of the P.G.A. Committee drawn from the membership. All officers of the Committee shall be unpaid.
3. The P.G.A. Committee will consist of not less than three members. All officers shall have not less than three years of professional experience in a profession in which the use of hypnosis / psychotherapy is an integral part. The majority of the Committee must be made up of non-licensees who are identified publicly by the primary professional titles of hypnotherapist, hypno-analyst or psychotherapist. The election of Committee members shall take place at the annual general meeting of the Institute. The P.G.A. Committee shall meet at least twice annually to discuss the affairs of the Institute Membership and all decisions of the Committee must be ratified by the Director of the Institute and shall be binding and absolute upon all of the membership.
4. All meetings of the P.G.A. Committee shall be recorded in the form of minutes and such minutes shall be available at the Institute headquarters to any of the membership upon request.
5. The ICHP shall appoint a full-time paid Director / Administrator to look after the welfare of the members. The Director / Administrator's duties shall be as follows;
 - Organising On-going Hypnotherapy / Psychotherapy training.
 - Bi-annual Conferences on Hypnotherapy / Psychotherapy.
 - Supervision.
 - Referral of inquiries to members countrywide.

-
- Processing new applications for membership.
 - Establishing and implementation of complaints and disciplinary procedures.
 - Accreditation procedures for hypnotherapy / Psychotherapy training courses on a national basis.
 - Block insurance scheme.
 - Golden Pages corporate advertising scheme.
 - Maintaining and constant updating of all records with respect to Annual Subscriptions - insurance payments - members contact addresses - Membership grades, etc.
 - Annual subscriptions.
 - Insurance payments.
 - Members contact addresses.
 - Membership grades, etc.
 - Issuing membership certificates.
 - Dealing with the constant flow of general inquiries from the general public who seek their services.
 - Accounts and financial matters
 - 'The HypnoAnalyst' issued quarterly to all members.
 - Representing ICHP in matters pertaining to public interest.
 - Encouraging public awareness of all the benefits of Hypnoanalysis / Hypnotherapy / Psychotherapy.
 - Implementing and acting on the decisions of the P.G.A. Committee.
6. All meetings of the P.G.A. Committee shall be quorate when three of its membership attend and all decisions shall be arrived at by a simple majority of Committee members present and ratified by the Director of the Institute. All Committee members shall be of equal standing and shall have equal voting rights with the proviso that one Committee member shall be elected by the wish of the majority to the post of Chairman to have control of the conduct of the Committee meetings and to ensure that any decisions of the Committee are implemented and that any employee of the Institute is made aware of such decisions. Individuals co-opted onto or invited to meetings of the Institute, its Committee or sub-committees, which they would otherwise not be entitled to attend, shall not vote. If at any meeting, the chairman or committee members are not present, then the ICHP administrator will be chairman of the meeting.
7. The Institute shall hold a meeting each year known as the Annual General Meeting.
- The date and venue of this meeting shall be notified to all fully paid-up associates and members of the Institute whose membership remains in good standing not less
-

than one calendar month before the date set for the meeting. The venue of the meeting shall be decided by the Director of the Institute in consultation with the P.G.A. Committee.

The P.G.A. Committee shall also be empowered to convene or establish such additional general meetings, committees and subcommittees as are considered useful to the conduct of the affairs of the Institute, at the Council's absolute discretion.

8. The Director / Administrator shall prepare and keep an accurate and full set of books of accounts, showing every detail of the Institute's financial accounts and all other receipts and disbursements. All monies received by or on behalf of the Institute (i.e. membership fees) shall be paid into a bank account maintained by the Institute's Director / Administrator which shall be used for Administrative purposes only.
9. All finances raised separately by the Committee (other than 8 above) shall be paid into a bank account maintained separately to the Administration account, which shall be at the discretion of the P.G.A. Committee. The Committee may elect a treasurer who is responsible for maintaining a bank account, and financial records of this separate ICHP Committee account.
10. Any change in any rule or article in the document, may be effected by the P.G.A. Committee in consultation with the Director of the Institute acting in accordance with the conduct of businesses set down elsewhere in these articles. Such a change may be implemented forthwith, but shall be submitted to the whole eligible membership for ratification at a general meeting or by postal vote. It shall also be open for changes in rule or article (as described above) to be initiated and effected by a general meeting at which a minimum of fifty per cent of the eligible membership is present. All decisions (within the context of this clause) of a general meeting or a postal vote shall be deemed carried by a single majority of those present, or (in the case of a postal vote) of those responding, and must then go before the Director of the Institute for ratification.

(3) Administration Income

The income to run the Administration shall come from the Annual Membership Fees of the ICHP and the Bi-annual Conferences, and shall be used for the follow expenditure;

- Telephone & Communications.
- Printing, Postage & Stationary.
- Golden Pages.
- Consultants fees.

- Journal expenses.
- AGM & Conference expenses.
- Equipment.
- Bank charges.
- Indemnity Insurance.
- Advertising (website).
- Office rental.
- Use of equipment.
- Heating & lighting.
- Insurance administration.
- Management fee.
- Employees / Labour costs.

(4) Benefits

1. Members and associates are entitled to use the appropriate designatory letters (or wording) of accreditation after their names on all official correspondence or professional and promotional material, e.g., Mr Smith M.I.C.H.P.
2. Seminars, workshops, conferences, etc., at reduced fees for I.C.H.P. members.
3. Register of practitioners will be supplied, without charge to individuals and organisations enquiring about the Institute and its work.
4. Telephone referral service.
5. Annual conference.
6. Research assistance.

(5) Membership Annual Dues

1. The annual dues shall be determined by the Director of the Institute in consultation with the P.G.A. Committee in accordance with the exigencies of the Institute.
2. Membership shall run from 1st August to 31st July following.
3. If application for membership is made after 1st March in any year, the dues payable for the remainder of the year (until 31st July - immediately following) shall be 50% of the full annual rate appropriate to the category of membership granted.
4. There shall be a once only joining fee for membership decided by the Director of the Institute.

(6) ICHP Advisory Board

The ICHP Advisory Board consists of recognised professionals in the field of hypnotherapy / psychotherapy who have been selected to advise the ICHP on all aspects of the practice of therapy performed by graduate. The board is also a mechanism by which the ICHP can confer a 'Fellow' of the ICHP for achievement in the profession. Advisory Board members are exempt from the ICHP Committee Office because of possible conflicts of interest.

(7) Membership Eligibility

- Up to the end of 2002 ICHP has always accredited Levels I, II, III
- From 2002 onwards ICHP aims to accredit Levels IV, V

The Institute comprises of seven levels of membership in accordance with accreditation procedure of membership Levels I to V in Quality Assurance Document No.7.

LEVEL V	Masters Post-Graduate	
LEVEL IV	BA in Clinical Hypnotherapy - Psychotherapy	B.A.CHP, MICHHP
LEVEL III	Advanced Diploma in Practical Clinical Hypnotherapy - Psychotherapy	A.D.CHP, MICHHP
The required hours for accreditation is 500 hours of Supervised Clinical Work.		
LEVEL II	Diploma in Clinical Hypnotherapy - Psychotherapy	D.C.H.P., MICHHP

LEVEL I	Diploma in Hypnotherapy Diploma in Therapy Cert in Psychotherapy	D.C.H., MICHP
AFFILIATE LEVEL	Affiliate Membership of ICHP (Affil)	ICHP (Affil.)
ASSOCIATE MEMBERS	Associate Membership	MICHAP (Assoc.)

Associate Membership (Designatory Letters M.I.C.H.P. Assoc)

This class of membership is open to those who have received an ICHP Diploma but for various reasons do not want to go into private practice. The Associate Membership do not want to go into private practice. The associative membership is enjoyed by past graduates of ICHP or graduates of similar schools of thought who wish to study with ICHP to pursue a particular interest. Associated wish to retain contact with ICHP and obtain information on up to date developments in the field of hypnopschotherapy are entitles to do so by attending ICHP functions.

Affiliate Membership (Designatory Letters, *ICHP (Affil.)*)

This class of membership is open to those who are students of ICHP and are presently enrolled in the Diploma in Clinical Hypnotherapy (Equivalent to the Certificate in Psychotherapy). This membership allows students to participate in ICHP events and obtain student membership insurance.

LEVEL I Diploma in Hypnotherapy

(Designatory Letters DCH, MICHP)

Certificate in Psychotherapy

(This award allows the graduate to work in a suggestive cognitive mode as opposed to the analytical approach.)

LEVEL II Diploma in Clinical Hypnotherapy / Psychotherapy

(Designatory Letters DCHP MICHP)

This class of membership is open to those who have completed the ICHP Diploma course in Clinical Hypnotherapy / Psychotherapy.

LEVEL III Advanced Diploma in Clinical Hypnotherapy / Psychotherapy

(Designatory Letters ADCHP MICHHP)

This class of membership is open to those who have completed the ICHP Advanced Diploma in Clinical Hypnotherapy & Psychotherapy

New Developments in 2002

The following are proposed Levels introduced in 2002 in anticipation of the demand of the ICHP proposed BA Degree Programme.

LEVEL IV BA in Clinical Hypnotherapy / Psychotherapy

(Designatory Letters BACHP MICHHP)

This class of membership is open to those who have completed the ICHP BA Degree Programme.

- LEVEL V**
- (a) **Post Graduate Level**
 - (b) **Masters Level**

NOTE:

- (a) ICHP have an accreditation procedure for the different levels of membership.
- (b) Membership is open to those who have gained a diploma from a training school in hypnopschotherapy - hypnotherapy approved of by the ICHP and/or Irish Hypnotherapy Examiners Boar and who are willing to abide by the Articles of Association and Code of Ethics and Practice of the ICHP.
- (c) Accreditation hours (500 hours) of supervised clinical work can be completed between Levels I to III.

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Advisory Board & Executive Advisory Board

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ICHP / NHPR Quality Assurance Document

QAD 3

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Introduction

ICHP Advisory Board

Since its development, ICHP have maintained a policy of consulting with external experts for professional advice and guidance. One of the ICHP's earlier visions was to ensure that both ICHP staff and members benefited from the expert advice of external and internal consultants. ICHP turned this vision into a reality by creating an ICHP Advisory Board, where experts were asked to volunteer their expertise to all ICHP professionals. This board of external and internal consultants developed over the years and continues to grow from strength to strength as people volunteer to help ICHP in its promotion of quality standards, recognising the value of ethical hypnotherapy and psychotherapy in Ireland.

The Advisory Board currently consists of thirty-eight people with experience in all kinds of areas relevant to the hypnotherapists / psychotherapists. Having this Advisory Board gives confidence to both the graduate and experienced hypnotherapist, psychotherapist safe in the knowledge they can contact people who will help them in the relevant area.

New Developments - ICHP Executive Advisory Board

This year, 2002 ICHP are currently preparing their Degree Programme for HETAC approval. As part of this process, and their commitment to quality, ICHP have now created an Executive Advisory Board made up of International experts at the highest level; people who are in positions of setting standards in training, education and development of hypnotherapy and psychotherapy in other countries.

ICHP have received letters from these people confirming their willingness to be on this board and provide support for ICHP as it continues to push up the standards of Clinical Hypnotherapy - Psychotherapy.

The Executive Advisory Board will serve to:

- (a) Ensure standards, training and development in Hypnotherapy / Psychotherapy will be kept at a premium level in Europe.
- (b) Ensure ICHP will be supported as it seeks to promote the ethical use of Hypnotherapy / Psychotherapy in Ireland.

Each board member will have equal say in any area of Hypnotherapy / Psychotherapy, working together as a team to promote quality. ICHP's vision for the future is for all countries to eventually agree International standards in training and developments for Hypnotherapy / Psychotherapy worldwide, promoting quality service to the public at all levels.

Institute of Clinical Hypnotherapy & Psychotherapy

A d v i s o r y B o a r d

Accelerated Learning	Kevin Hendrick	Dublin	01-6612222 087-2787798
AcupunctureAddictive Disorder (Alcohol)	Carol Cunningham Fahey	Galway	091-761487
Cancer/Terminal IllnessCharismatic Christian Healing	Damien Stones	Waterford	051-392929
Childbirth with Hypnosis	Bernadette Kelly	Galway	091-582561
Counseling / Nursing	Margaret E. Cunningham	Down	028-40628988
Depression	Aidan Noone	Louth	042-9371980 042-9371990
F.I.C.T.A. ICHP Representative	Tony Ridgeway	Dublin	01-8867706
Gay Awareness / PsychologyWorkplace Bullying	Paul Marsden	Dublin	01-2805621
Hôlistic Awareness	Anne O' Loughlin	Dublin	01-4544181
Homeopath	Martha Glron de Flynn	Dublin	01-8416272
Hypnoanalysis	Joe E. Keaney	Cork	01-4273575
Hypnoanalysis	Theresa Mc Namee	Dublin	01-4945835
Hypnoanalysis	Ken Keane	Sligo	071-50255
Hypnoanalysis	Kevin Hogan	USA	
Hypnotherapy Equipment	Kevin Gray	England	0044-1724-720909
ICHP Consultant for Proposed Degree Programme	Shelley Vaughan	Wexford	053-43512
ICHP Germany	Sven Frank	Germany	0049-7273-8997204
ICHP Australia	Peter George	Australia	61-885527885
ICHP Northern Ireland	Tom Herron	Tyrone	048-87725741
Legal & Disciplinary Committee	John J. Kelly	Wexford	054-83425
Legal & Disciplinary Committee	Michael Walsh	Wicklow	087-2421704

NLP	Brian Colbert Owen Fitzpatrick	Dublin Dublin	01-4921447 087 - 6984419
Parts Therapy	Roy Hunter	USA	
Past Life Therapy	Henry Leo Bolduc	USA	
Past Life Therapy	Shelia Iverson	Cork	021-4201020 086-8246950
Personal (Life) Coaching	Sean Weafer	Dublin	01-481370
Personal Development Programming	Ken Mc Cready	Dublin	088-2525003
Post Graduate Programme Lecturers in ICHP Proposed Degree Programme	Jane Banninter Dr. Keith Heame Gil Boyne Roy Hunter Peter George	UK Dublin USA USA Australia	61-885527885
Psychiatry & Medical	Pradeep Chadha	Dublin	01-8571145
Rapid Cognitive Therapy	Terrence Watts	England	0044-1702-471646
Reiki, Spiritual Awareness	Asmund Knutson	Norway	47-61348018
Relationship Problems	Mary Joe Moloney	Dublin	01-8462570
Sports Psychology	Conor Kilgallen	Galway	087-7903011
Spiritual Awareness	Mary Grogan	Dublin	01-8415036
Swedish School of Ethical & Analytical Hypnotherapy	Jorgen Sundvall	Sweden	46-390-12288
Time Lining Therapy EFT and the Meridian Psychotherapies	Allister Bredee	Cork	027-70680
Transforming Therapy	Gil Boyne	USA	
Universal Methods of Hands on Healing Seichem, Reiki, Karma	Ruth Allen Derek O' Neill	Kildare Dublin	01-6291743 01-4515166

National Hypnotherapy Psychotherapy Register

The Institute of Clinical
Hypnotherapy & Psychotherapy

Code of Ethics, Practice & Standards

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

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ICHP / NHPR Quality Assurance Document

QAD 4

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National Hypnotherapy / Psychotherapy Register Institute of Clinical Hypnotherapy & Psychotherapy

Code of Ethics, Practice and Standards

The foundation stone on which the Institute of Clinical Hypnotherapy & Psychotherapy (the ICHP) was built is the Irish School of Ethical and Analytical Hypnotherapy. From its inception in 1979, a fundamental principle of the ICHP has been its absolute commitment to the highest standards of ethical and professional principles and codes of procedure at all levels of its endeavours and organisation. Accordingly, the ICHP has constantly updated its *Code of Ethics, Practice and Standards* in line with the demands and expectations of the evolving therapeutic environment.

Some of the mechanisms through which this process has taken place include the following:

- The ethical internal decision-making culture of the ICHP membership;
- The ethical recommendations of the ICHP Advisory Board;
- Ethical recommendations made by the ICHP Disciplinary Committee in accordance with the long-established ICHP Complaints Procedures;
- Incorporation of ethical recommendations made by accreditation organisations with which the ICHP is associated;
- Incorporation of ethical guidelines and injunctions arising on a regular basis from scientific research and development;
- Embracing ethical guidelines of analogous and leading organisations in the international fields of psychotherapy, psychology, and research internationally;
- Incorporating such ethical guidelines as introduced from time to time by the Department of Health and Children and as are applicable to the health profession and Irish healthcare system generally;
- Embodying, as appropriate, the spirit and the letter of Government Acts appertaining to the developing therapeutic environment in Ireland.

The *Code of Ethics, Practice and Standards* of the ICHP is a comprehensive and prescriptive framework of professional standards to which all ICHP therapists, tutors, supervisors, students, graduates, guest lecturers, and members at all levels are obliged to comply. The *Code of Ethics, Practice and Standards* addresses all areas of training, practice, and performance, including professional conduct, confidentiality, duty of care towards clients, the necessity for professional insurance cover, and a myriad of other topics.

All members of the ICHP are obligated by virtue of their membership, to study, understand, and implement the provisions of the ICHP's *Code of Ethics, Practice and Standards*.

The ICHP is recognised internationally by many reputable, professional bodies as a provider of the highest standards of hypnotherapy and psychotherapy. Among such organisations are:

- The National Council of Psychotherapists of the United Kingdom;
- The European Association of Hypno-Psychotherapists;
- The American Council of Hypnotist Examiners of the United States of America;

- The American Institute of Hypnotherapy of the United States of America;
- The United Kingdom Confederation of Hypnotherapy Organisations;
- The General Hypnotherapy Standards Council of the United Kingdom, and
- The National Council for Hypnotherapy of the United Kingdom.

A principal objective of the ICHP is to encourage the highest standards of excellence in hypnotherapy and psychotherapy practice throughout Ireland and internationally.

In this context, the philosophy of the *Code of Ethics, Practice and Standards* of the ICHP is to guarantee ethical and professional protection of both client and therapist. ICHP has always advocated and implemented its *Code of Ethics, Practice and Standards* in the hypno-psychotherapy curriculum at all levels of training as a touchstone and a guiding set of principles in the making of informed decisions on all issues relating to therapeutic matters.

Establishing the Code of Ethics Review Board

ICHP fully accepts that changes in law and in the general culture affecting therapeutic issues must be fully taken into account in its evolving structures, programmes and procedures. In this context, the ICHP's *Code of Ethics, Practice and Standards* reflects the needs and aspirations of both public opinion and governmental requirements.

Every year, the ICHP and the National Hypnotherapy/Psychotherapy Register (the NHPR) grow in numbers of students, members, graduates and therapists. In response to the ever-increasing demands placed on them as leading entities in this therapeutic area, the ICHP / NHPR are currently taking the lead in establishing the necessary structures to guarantee standards of excellence in the therapies under their aegis, ideals which are reflective of first-rank professional standards, evolving governmental requirements and public expectation.

One of the elements thus created comprises a *Code of Ethics Review Board*, made up of external and independent advisors, whose responsibility will be to monitor and propose necessary changes to the *Code of Ethics, Practice and Standards* as required. Such proposals for improvement will take place only after extensive consultation with all NHPR constituent members and with the ICHP Executive Advisory Board. Thus will be put in place a wholly accepted and profession-wide procedure for the approval and implementation of any change to the *Code of Ethics, Practice and Standards*.

During the evolution of this process, the ICHP affirms its commitment meanwhile to uphold the professional standards of excellence required of all its students, graduates and members, in line with governmental requirements, public expectation, its own *Code of Ethics, Practice and Standards*, and the ICHP traditions of ethical practice in this context.

The *Code of Ethics, Practice and Standards* of the ICHP

All members of the ICHP, at all levels, commit themselves to the full acceptance of the *Code of Ethics, Practice and Standards*, accepting that *Code* as a systematic set of regulations and procedures for the making of ethical decisions and the resolution of ethical issues in the therapeutic context.

The *Code of Ethics, Practice and Standards* relates to the professional activities of all hypnotherapists and psychotherapists who are members of the ICHP; it acknowledges of course that the resolution of ethical issues may not always be simple and that there may be occasions when such a process is challenging, depending on subjective value systems, personal experience, and the individual's interpretation of the human condition. Thus, it is the acknowledged responsibility of members to initiate whatever enquiries may be necessary, howsoever and from whomsoever, including reference to supervisors, peers, administrators, the *Code of Ethics, Practice and Standards*, the internal Disciplinary Committee structures, legal advisors, medical advisors, and any other relevant area of expertise, in order to resolve ethical dilemmas where they may arise, and to avoid entering into agreements or contracts which might encourage members to contravene in any way any provision of the *Code of Ethics, Practice and Standards*.

The ICHP's *Code of Ethics, Practice and Standards* also recognises that we are all human and prone to human frailty; as with all professions, it cannot be reasonably expected that all members will get it right all of the time. In essence, the main purpose of the *Code of Ethics, Practice and Standards* is to help the ICHP practitioner make professional and ethical therapeutic judgement in a systematic manner in accordance with accepted ethical principles and practices.

'Explanatory Brochure' and 'Client-Therapist Contract Form'

In advance of any treatment, ICHP hypno-psychotherapists are obliged to explain fully to clients, the fee levels, precise terms of payment and any charges or financial conditions which might be imposed for non-attendance or cancelled appointments. The ICHP practitioner is recommended to use a 'Client-Therapist Contract Form' to explain the basis of the relationship between therapist and client; a written document may well be preferable to verbal understandings and is less likely to give grounds for confusion should any dispute between client and therapist subsequently develop.

ICHP hypno-psychotherapists are also obliged to produce an 'Explanatory Brochure' which the client is given and is expected to have read and understood prior to the commencement of the therapeutic process. Such a document is expected to set out all services and products in an unambiguous manner, including realistic assessments with regard to fees and the outcomes of treatment; it should also assist the client in retaining complete control over the decision to purchase such services or products, or indeed whether to engage with the ICHP therapist.

Each ICHP member is expected to print the ICHP website details, www.hypnosiseire.com in their 'Explanatory Brochure', website and advertising.

The Clients' Right to Complain

All members of the ICHP are also requested to print on their 'Explanatory Brochure' and 'Client-Therapist Contract Form' the following wording:

*In the event of a cause for concern, in addition to his or her statutory rights the client has at all times a right of recourse to the Institute of Clinical Hypnotherapy & Psychotherapy, ICHP Headquarters, Therapy House, 6 Tuckey Street, Cork City, Ireland
Tel: 353 (0) 21 4273575; Fax: 353 (0) 21 4275785;
Email: hypnosis@iol.ie Website: www.hypnosiseire.com*

Introductory Statement

1. The ICHP's *Code of Ethics, Practice and Standards* is established in accordance with the bye-laws of the Institute of Clinical Hypnotherapy & Psychotherapy Post-Graduate Association (ICHP PGA), and the Irish Hypnotherapists' Examiners Board. (ICHP, IHEB).
2. Expressions defined in such bye-laws and used in this *Code of Ethics, Practice and Standards* shall have the same meaning unless the context otherwise requires. In this *Code of Ethics, Practice and Standards*, the expression 'Hypno-psychotherapy member' shall mean a member of the ICHP practising, or training to so practice, hypnotherapy and/or psychotherapy.
3. It is a condition of ICHP membership that each applicant for membership undertakes in writing to be bound by the terms of the *Code of Ethics, Practice and Standards*.
4. Breach or violation of the terms of the *Code of Ethics, Practice and Standards* may lead to termination of membership of the PGA of the ICHP.
5. 'Professional Misconduct' shall mean any action by a member of the ICHP PGA, in the exercise of his professional career, which is unethical or contrary to the specific requirements of the *Code of Ethics, Practice and Standards*.
6. The resignation of an ICHP PGA member shall not impede any investigation or proposed disciplinary action, if the alleged complaint or breach of the *Code of Ethics, Practice and Standards* took place during the ICHP PGA member's membership.
7. A member whose conduct is under investigation and who resigns from the ICHP PGA, will not be allowed to rejoin the ICHP PGA prior to the completion of any relevant investigation or disciplinary action.

Responsibilities to Clients

1. ICHP PGA members are expected to work to resolve the distress and promote the well-being of their clients. Thus, ICHP PGA members should endeavour to use their abilities and skills to their client's best advantage, without prejudice, and with due recognition of the value and dignity of every human being.
2. ICHP PGA members are required to immediately provide clients or potential clients who so request with the data relating to their training and qualifications.
3. ICHP PGA members are required to discuss with clients the expected number and duration of sessions, the fees, if any, which will be charged, the method of payment, and all the financial and other implications of the proposed client-therapist engagement.
4. ICHP PGA members are responsible for discussing with clients the client's own expectations of the outcome or preferred outcome of the consultation, the proposed methods involved in attaining that outcome, relevant relationships with supervisors or others to whom the ICHP PGA member owes accountability, and methods of recording and storing client information, including any relevant electronic systems.
5. ICHP PGA members should establish clearly with their clients, prior to the commencement of therapy, whether other professional, therapeutic relationships, methodologies, or medical advices are in place. The client's permission must always be obtained by the ICHP PGA member if contact is proposed with other healthcare professionals dealing with the client.
6. ICHP PGA members who become aware of a conflict between their obligations to a client as set out in the *Code of Ethics, Practice and Standards* and any legal or ethical obligation to another agency or organisation, or other personal conflicts of interest, will clearly explain to the client the nature of those loyalties and conflicts.
7. ICHP PGA members accept at all times that there are limits to the competence of any professional dealing with any client in any profession. ICHP PGA members must therefore be prepared, in consultation with the client, to make an appropriate referral to another professional if and when that need becomes apparent. Where possible, a choice of other professionals shall be made available to the client. In making such a referral, it is the responsibility of the ICHP PGA member, in consultation with the client and in so far as it is reasonable, to verify the competence and integrity of the professional to whom the client is referred.
8. If a client so requests, a chaperon may be present during any consultation, including but not limited to the introductory talk, suggestion therapy and dynamic therapy, with the single exception of hypno-analytical therapy sessions.
9. An ICHP PGA member shall not accept any form of commission or split fee arrangement with regard to a client referred to him or her, or by him or her, in the context of dealings with another member of the ICHP PGA.

‘Publication’ to Third Parties and Otherwise

1. All aspects of the client-therapist relationship are wholly confidential to the ICHP PGA member and the client. The fact that a person is, or has been, a client, or has enquired about becoming a client, must remain confidential.
2. Client notes and records must always be kept secure and confidential; the uses of computer records remain bound by the terms of the Data Protection Act.
3. Client confidentiality is to be maintained at all time. Standards of confidentiality applied in professional contexts generally are based on the Common Law concept of confidentiality where the duty to keep confidence is measured against the concept of the 'greater good'. In the most exceptional circumstances therefore, where a court order is made insisting on disclosure, or where there is good cause to believe that not to disclose would cause danger or serious harm to the client or to others, disclosure may be permissible.
4. If required or appropriate, the strongest possible basis for client-therapist confidentiality may be provided for by the use of a written contract containing a confidentiality clause. The sharing of anonymous case histories with supervisors and peer-support groups is not deemed to be a breach of professional confidentiality; the sharing with supervisors of open case histories in the context of concern for the client's safety and the therapist's duty of care, without reference to names or such other personal attributes of identity, is also not a breach. Written permission must be obtained from the client, or his properly authorised representative, prior to recording client sessions, or discussing undisguised cases with any person whatsoever. 'Recording' in this context means recording by any method other than the usual taking of written case notes. 'Undisguised' in this context means cases in which reference material related to the case has not been sufficiently altered in order to offer the certainty of anonymity to all relevant parties.
5. Contact by an ICHP PGA member with third parties, including relatives or friends of a client, regarding that client's therapeutic relationship with the said ICHP PGA member, should happen only with the express knowledge and clear consent of the client.
6. Exceptions may only be made in extraordinary circumstances and only where minors (under 18) are involved, or in the case of a client whom the ICHP PGA member has reason to believe would be a danger to himself or others, or if disclosure is ordered by a judge of the Courts following appropriate legal proceedings.
7. Personal information about a client, whether obtained directly or indirectly from the client, or by inference, must at all times be regarded as confidential and a client must be informed before any disclosure is made, in accordance with this *Code of Ethics, Practice and Standards*. Death of the client shall not invalidate this obligation.
8. ICHP PGA members must obtain the verifiable consent of the client for the publication of clinical material relating to that client and shall not publish such material without such consent. The anonymity of the client shall be preserved unless prior written consent has been obtained.
9. ICHP PGA members are required to clarify with clients the nature, purpose, and conditions of any research in which clients are to be involved and to ensure that information and verifiable consent is given before commencement.

10. Material about clients held in computer files shall be secure and conform to the requirements of relevant legislation.
11. Should the ICHP PGA member be faced with a conflict between responsibility to the client and any legal obligations as ordered by the Courts, the ICHP PGA member must act lawfully and conform to such legal requirements.
12. In a case where notes are kept about a client, such notes, including any case history or correspondence, shall be retained in safe custody by the ICHP PGA member for not less than six years.
13. ICHP PGA members, when making statements or when involved in public activity, or in dealings with the media, shall make it clear whether they are acting as members of a specific organisation or group, or as representatives of a discipline of psychotherapy/hypnotherapy, or indeed are speaking in a personal capacity.
14. The ICHP member's primary obligation is to the client; where necessary, relevant third parties, for example families or other relatives, should be made aware of this.
15. ICHP hypno-psychotherapists are obligated to promote an ethical approach to, and integrity in, the art and science of hypnotherapy and psychotherapy. They shall not participate in or allow themselves to be associated with stage hypnosis provided for popular entertainment purposes alone.
16. ICHP members should avoid conflicts of interests; neither should they exploit any professional relationship to further their own personal, political or business interests.

Non-Exploitation of the Client

1. The client-therapist relationship is a professional relationship; thus, in social situations, a clear distinction between personal and professional relationships must be maintained and it is the responsibility of the ICHP PGA member to fully respect that distinction.
2. ICHP PGA members shall not sell to clients products to such an extent that he/she derives a significant proportion of his/her hypnotherapy income from such sales.
3. ICHP PGA members must regularly review the effectiveness of their approach with the client. ICHP PGA members have an obligation to seek appropriate advice from a Supervisor or other qualified ICHP representative if they feel unable for any reason to perform effectively and appropriately.
4. An ICHP PGA member shall not solicit or in any way, or disclose without the consent of the writer, any testimonial or commendatory letter.
5. ICHP members must not permit considerations of religion, nationality, gender, age, disability, politics, or social standing to influence client treatment.
6. ICHP hypnotherapists and psychotherapists should ensure that their workplace, and all facilities offered to both clients, and their accompanying companions where relevant, are in every respect suitable and appropriate for the services provided.
7. ICHP PGA Members must not exploit clients in financial, emotional, sexual, or other ways so as to gain benefit to themselves from another, and must not touch the client in any way that may be open to misinterpretation.

Provision of a Contract

All therapy is undertaken as a result of a contract between the client and the therapist. It is preferable that this should not be a verbal contract that is possibly loose and open to dispute or misinterpretation. Ideally therefore, the client-therapist contract should be in writing, either by means of a comprehensive, informative, explanatory letter, or a more formal document that includes statements of the proposed costs, and the fact that there can be no guarantee of a 'cure'.

The inclusion in such documents of a clause relating to, and defining, the scope of confidentiality within therapy will raise confidentiality issues from a duty in Common Law to that of an obligation in the context of contractual limitations and the associated responsibilities.

Such a written document can only enhance the likelihood of all parties understanding their rights and duties within the therapeutic relationship and can lower risks of abuse or misunderstanding. Typical contracts are outlined in the ICHP *Code of Ethics, Practice and Standards* under the sections dealing with the 'Explanatory Brochure' and 'Client-Therapist Contract Form'.

Why there is a *Code of Ethics, Standards and Practice*

Professional hypnotherapists and psychotherapists are dedicated to serving the welfare of their clients and to the ethical and disciplined use of a recognised body of knowledge relating to hypnosis. Indeed, modern theories of hypnosis and hypnotherapy are overwhelmingly based on scientific, humanitarian and holistic ideals.

The capacity to provide effective therapeutic services in the hypnotherapy and psychotherapy fields relies on a public confidence and trust that require of its practitioners the highest standards of integrity, compassion, belief in the dignity and value of human beings, a commitment to serve one's fellow-man, and a dedication to truth.

It also requires mastery of a body of knowledge and skill gained through professional education and experience. Each member of the profession carries a major responsibility for maintaining and improving the quality and efficacy of hypnotherapy and psychotherapy.

The ICHP *Code of Ethics, Practice and Standards* is intended to aid both hypnotherapists and psychotherapists individually and collectively in maintaining those necessary high levels of ethical conduct. In essence, that *Code of Ethics, Practice and Standards* provides standards and practices by which the hypnotherapist/psychotherapist may determine the propriety of his conduct in his relationship with the client, his colleagues, members of allied professions and with the general public.

Philosophy of the Hypnotherapist and Psychotherapist

1. The principal objective of the hypnotherapy/psychotherapy profession is to render service to humanity with full respect to the dignity of man. Hypno-psychotherapists must earn the confidence and respect of their clients and offer to each a full measure of professional service and humanitarian devotion.
2. Hypno-psychotherapists should strive to continually improve their knowledge and skill and should make available the benefits of these skills to all their clients.
3. Hypno-psychotherapists should observe all laws, uphold the dignity and honour of the profession and accept its regulations and disciplines.

4. The hypno-psychotherapist must always recommend that a client seek other professional advice when such is prudent or necessary.
5. The hypno-psychotherapist should never use hypnosis, and suggestion within hypnosis, to eliminate the effects of a medical symptom, the origins of which are not readily apparent, unless authority has been obtained in writing from the relevant qualified medical practitioner.
6. The hypno-psychotherapist should at all times be cognisant of having a 'Duty of Care' towards clients, and be aware of the implications of such, never for example offering assistance unless the presenting problem falls within the scope of the therapy being offered.
7. The hypno-psychotherapist should discharge forthwith from treatment, at the earliest appropriate moment consistent with the good care of the client, each and every client who presents him or herself for treatment.
8. The hypno-psychotherapist should avoid dual relationships with clients and should never offer his or her services under terms or conditions which might impair the free and complete exercise of his professional judgement and skill, reduce the quality of his service or risk exploitation.
9. The hypno-psychotherapist, in the exercise of his professional duties, must never say, do, carry out, or otherwise perform any word or action, by deed or by inference, which could result in bringing into disrepute either the use of hypnosis as a form of therapy or the good name of the ICHP.
10. Hypno-psychotherapists should always comply with the current rules and regulations relating to advertising as laid down by The Advertising Standards Authority for Ireland, and their advertising and other public representations should present a true and accurate picture. In advertising their services as an ICHP PGA member, ICHP PGA members shall limit promotional and other material to details of their name, relevant qualifications, address, telephone, consultation hours, and a brief listing or summary of services being offered.
11. A hypno-psychotherapist should freely consult with other professional hypno-psychotherapists, including relevant supervisors, on a regular basis, especially when it seems that such consultations might result in the enhancement of the quality of service being provided to the client.
12. Hypno-psychotherapists in private practice will maintain at their own expense, a form of malpractice insurance known generally as Professional Indemnity Insurance; they will only conduct a private practice in hypnotherapy, or offer assistance via the use of hypnosis, where they are covered by such a Policy. Students of the ICHP also need to have insurance when working with clients and to inform the relevant insurance Company once they become qualified.
13. Hypno-psychotherapists should pay the annual dues of the ICHP on or before the due date of payment; they accept that in the absence of such payment membership shall lapse and that the benefits of membership shall cease.
14. All Certificates, Diplomas, Letters of Accreditation or other written communications issued by the ICHP shall remain the property of the ICHP and shall be returned to the ICHP when membership ceases or upon the written request of the Director of the ICHP based on justifiable cause.
15. Hypno-psychotherapists are committed to on-going education and training and undertake to participate in a minimum of fourteen hours continuing training and education each year, though much more extensive training and education are

recommended. Hypno-psychotherapists should keep themselves up to date with relevant scientific knowledge, research methods and techniques, through the reading of relevant literature, peer consultation, and engagement in ICHP and other education activities generally, in order that their services and research activities and conclusions shall be of maximum benefit to their clients.

16. Hypno-psychotherapists undertake to treat a client in hypno-analysis free of charge once their treatment goes beyond the recommended maximum of 12 sessions; the optimum number of sessions is eight. Should the treatment extend to more than 15 sessions a written report must be submitted to the headquarters of the ICHP.
17. Hypno-psychotherapists accept the principle of supervision and are committed to regular supervision with a designated member of the ICHP.
18. Hypno-psychotherapists agree to undergo hypno-analysis with an ICHP-designated therapist.
19. Hypno-therapists agree never to visit the house of a client or potential client for hypnotherapy purposes, unless there are extraordinary reasons for such a visit, such as the disablement of the client, or if an agreed observer is present.
20. Hypno-therapists agree never to induce hypnosis in a juvenile under the age of sixteen years without the approval of the parents or guardian, and then only if an agreed observer is present.
21. ICHP students are advised to become Associate Student Members of the ICHP PGA in order to take full advantage of all workshops, conferences and seminars organised for the membership, and also to receive the Association's Journal. Involving the student at this early stage enables the would-be practitioner to speedily orient themselves to the ethos, ethical principles, philosophy and practices of the ICHP.
22. An ICHP PGA member shall be free to choose whom he or she accepts as a client.
23. Any ICHP PGA member who wishes to practice in partnership with, or share clerical or reception facilities with, another health professional who is not a member of the ICHP PGA, shall satisfy himself or herself that the proposed arrangement is in no way detrimental to the profession and practice of the ICHP PGA member.
24. An ICHP PGA member shall keep the ICHP PGA informed of any amendments to his or her actual practice name or address, relative to such data registered with the ICHP PGA.
25. Hypno-psychotherapists recognise the need for informed consent of clients in order to ensure that among the issues clearly understood prior to the commencement of therapy are the following: the purpose and nature of the therapy, the mutual responsibilities involved, the financial implications of the therapy, the likely benefits, the possible risks if any, the likely consequences of non-action, the option to cease therapy or withdraw at any time and without prejudice, and the likely period of treatment involved.
26. Hypno-psychotherapists should inform the ICHP in writing of any disciplinary action taken against them by any professional body, or by members of the public, and also of any criminal offence of which they have been convicted, or of any other alteration in their professional or personal circumstances that might affect their ability as practitioners, including such issues as long-term illness, trauma, drug or alcohol abuse.
27. Hypno-psychotherapists should make available all relevant information requested in the course of an investigation by the relevant appointed Complaints and Disciplinary Committee, or by the ICHP administration, without hindrance or unreasonable delay

and consistent with the demands of client confidentiality, and should comply fully with all requirements inherent in any Complaints and Disciplinary Procedure to which they have subscribed as part of the *Code of Ethics, Practice and Standards*.

28. The hypnotherapist is expected to ensure that whenever a client is seeking assistance for the relief of physical symptoms, he or she is advised to consult a registered medical practitioner.
29. Hypno-psychotherapists must explain fully to clients in advance of any treatment, the fee levels, precise terms of payment and any charges which might be imposed for non-attendance or cancelled appointments and must represent in general all services and products in an unambiguous manner, including any limitations and realistic outcomes of treatment, and ensure that the client at all times retains complete control over the decision to purchase such services or products.
30. Hypno-psychotherapists must accept the need and obligation to study and understand the provisions of the ICHP's *Code of Ethics, Practice and Standards* and to apply those systematic procedures in making ethical decisions and resolving ethical dilemmas.
31. Hypno-psychotherapists should act in emergencies - for example, where a client threatens suicide - on the basis of their professional judgement, and if necessary without consent, and always on the basis of the best interests of the client.
32. Hypno-psychotherapists should do everything reasonably possible to stop or offset the consequences of the actions of a client where such actions are likely to cause serious physical harm or death. Action may include reporting to appropriate authorities or an intended victim, and may be carried out even when a confidential relationship is involved.
33. Hypno-psychotherapists should satisfy themselves that discontinuation of therapy will cause no harm to the client; if in doubt of any kind, they should contact their Supervisor or the ICHP Administrator.

Dealing with Registered Medical Practitioners

1. The ICHP practitioner should never knowingly offer advice to a client in relation to medical treatments being rendered by the client's registered medical advisor. If the ICHP practitioner has any cause whatsoever for doubt or concern with regard to the possible or perceived impact of such medical treatment, the practitioner should discuss the matter with the medical advisor involved, but only with the client's clear and express permission.
2. The ICHP practitioner accepts that any client referred to them by a registered medical practitioner or relevant health-care Agency remains the clinical responsibility of the referring practitioner or Agency and, subject to the clear and express permission of the client, agrees to keep such practitioner or Agency suitably informed of the client's progress.
3. To ensure that whenever a client is seeking assistance for the relief of physical symptoms, unless having already done so, that the client be advised to contact a registered Medical Practitioner.

The Safety of the Client

1. The ICHP practitioner will always take reasonable steps to ensure, within the therapeutic context, the physical and general safety of the client. The practitioner will ensure that his or her workplace, and all facilities offered to clients, and their companions where such arises, will be in every respect suitable and appropriate for the services provided.
2. Before employing tactile hypnotic induction or deepening techniques, an explanation should always be given and permission always received from the client or parent/guardian.

Ethics relating to Research

1. In the context of research being undertaken by a practitioner of the ICHP, for all practical purposes a 'research subject' should enjoy precisely the same ethical and professional standards and treatment as a 'client'; consequently, all relevant Clauses within the ICHP's *Code of Ethics, Practice and Standards* are applicable to such 'research subjects'.
2. Equally important is the need on the part of the ICHP PGA member to accept that all participation by 'research subjects' must be on a completely voluntary basis and that no pressure of any type should be exerted in order to secure participation. The ICHP PGA member must ensure that full consent has been obtained prior to the commencement of any research project, and especially so in the case of minors or persons with special needs.
3. ICHP PGA members must consider any possible adverse consequences to the 'research subject' as a result of any intended research project, and where relevant, must provide for the ongoing therapeutic care of participants in relation to any such adverse effects that might arise as a consequence of, and within a reasonable time period after, their involvement with any such research project. The ICHP PGA member always accepts that the psychological well-being of the individual subject is more important than the research itself.

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Disciplinary & Complaints Procedure

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

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ICHP / NHPR Quality Assurance Document

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Disciplinary & Complaints Procedure

ICHP Code of Ethics and Complaints from the Public

The ICHP hypnopsychotherapists are requested to state on their Explanatory Brochure the following;

"If a client has any genuine cause for concern then they have immediate access to the ICHP Legal & Disciplinary Procedures Committee. Firstly they should produce a detailed outline of their grievance in writing and forward it to ICHP HQ - Therapy House, 6 Tuckey Street, Cork City - enclosing all relevant information regarding their complaint."

ICHP Relationship to the Public

ICHP policy on issues relating to complaints is based on:

- Balancing peoples rights to complain and ICHP's responsibility to the wider community.
- Developing and maintaining effective relationships with the public and maintaining the integrity of these relationships through setting up appropriate procedures to address their concerns.
- Maintaining confidentiality of information provided that this does not place others at risk.
- Balancing peoples right to complain with the therapists rights under law and his/her rights under the ICHP's Code of Ethics and Practice, and Conduct.
- Recognising the public have a voice to be heard and to develop a framework to ethically and adequately deal with their genuine concerns.
- Developing ICHP's therapists private practice and improve the quality of service offered.
- To operate a Complaint's and Disciplinary Procedures in a fair, open and transparent manner against any ICHP member who is alleged to be in breach of the ICHP Code of Ethics, Standards and Practice.

The following pages outline how any complaint is to be reported and processed for dealing with same.

(1) ICHP Complaints, Legal & Disciplinary Procedures

(1) THE COMPLAINTS PROCEDURE: (AVAILABLE TO ANY MEMBER/CLIENT/STUDENT WHO FEELS THEY HAVE A COMPLAINT BY ANY OTHER MEMBER OR OFFICIAL OF THE ICHP)

A complaint may concern the general conduct or manner in which they carry out any formal process of the ICHP PGA. The intention is to conciliate issues and problems without resort to sanction. It aims for resolution by negotiation and mediation. Unless the accused person(s) request then the complaint shall be treated as confidential. Any person raising a complaint or assisting with information in connection with a complaint must not be victimised nor harassed in any way, by any party.

This procedure does not limit the aggrieved rights (as an ICHP Member) or access to any other procedure, e.g., Tribunal. The grievance shall be dealt with as quickly as possible and each level shall be limited to 28 days except in exceptional circumstances.

Information gathered during the course of the grievance procedure shall be assessed on the balance of probabilities. If at any stage it becomes clear that the grievance is of such a serious nature that it may constitute a breach of discipline then the full Complaints Procedure shall be made available.

(1.1) LEVEL 1

The members concerned will be invited to meet with the Administrator and/or a senior member (s) of the ICHP to air their differences and try to achieve a resolution of the grievance. Where possible the senior member should ascertain beforehand whether there is any misunderstanding or other minor issue that can easily be cleared up.

If this is not possible then the complaint should move to Level 2.

(1.2) LEVEL 2

A written account of the grievance shall be sought and a response invited from the accused. The written response from the accused shall then be offered to the aggrieved member for comment. If the response does not satisfy the aggrieved member then any further comments, or any shortcomings of a response, may be offered to the accused member. If they are unable to offer any supplementary response that answers all the issues raised, then the parties to the grievance shall be given the choice of (1) arbitration, or (2) the complaints procedure, or (3) termination of the complaint.

(2) Complaints & Disciplinary Procedures

(2.1) AIM

The aim of this procedure is to afford protection to the public and to protect the name of the profession of Hypnotherapy as conducted by members of the ICHP.

(2.2) BRINGING A COMPLAINT

A complaint may be brought by a member of the public seeking or using the services of a member of the ICHP, either in person or via a third party acting on their behalf

and with their authority, OR by a member of the ICHP in respect of another member. The complaint must be forwarded to the Director of the Institute or member of the Disciplinary Committee within 48 hours of the making of a complaint. A verbal complaint must be notified in writing and the person taking the complaint should have it signed by the person making the complaint.

(2.3) NOTIFICATION OF A COMPLAINT

A therapist will be notified of a complaint within 48 hours of a meeting of the Disciplinary Committee. The meeting of the Disciplinary Committee will be held within 48 hours of a serious complaint. The severity of the complaint to be decided by the Disciplinary Committee.

(2.4) COMPLAINTS AGAINST NON-ICHP MEMBERS

The ICHP cannot deal with complaints against individuals or organisations that are not members or accredited to the ICHP.

(2.5) TIME SCALE

A complaint shall be lodged within 5 years of the event(s), which form the substance of that complaint.

All documentation records of complaints shall be held for the duration of membership of the ICHP including lapses and for 5 years thereafter.

Even though a member is found innocent, the contents of the complaint will not be held against them, but records will be held as above.

(2.6) EXPENSES

The ICHP is not responsible for travel or any other expenses incurred either by the Complainant or the Member Complained.

(2.7) DUAL ACCOUNTABILITY

The ICHP may decide to investigate a complaint against a member that may be involved in a similar process with another body if it arises from the same material circumstances. Members of the ICHP and accredited organisations have to accept that membership / accreditation involves obligations to observe the ICHP Codes of Ethics and Practice, and as such these obligations must be considered in their own rights.

(2.8) RECEIVING COMPLAINTS ETC.

On receipt of a serious report or complaint of a breach of the Code of Conduct and Ethics of the ICHP, the Administrator shall forward it to the Complaints Committee **within 48 hours of receipt** along with any letters or notes or audiotapes, etc. relating to that complaint, will complete Part 1 of the Complaints Form and register the complaint.

N.B. All 'unused material' must be preserved!

All Complaints Procedures Shall be Conducted in Confidence

On receipt of the Complaint the Complaints Committee shall contact the complainant / informant within 14 working days, unless the complainant / informant has been made themselves unavailable. The Committee will then clarify any ambiguity and assess the

seriousness of the complaint. If it appears suitable then informal resolution will be sought. If the Complaint is of such a nature that it appears a criminal act may have been committed then the procedure will be suspended pending the outcome of any Garda enquiry and all parties shall be informed of the suspension.

(2.9) SUSPENSION

The therapist may accept no new clients on notification of suspension. This shall take effect immediately. Suspension will take place as soon as is practical. The following information will be produced by the accused if necessary, No. of clients on books, whether full/part time practice and any other relevant details. Allowances shall be made for Legal Authorities to access computer records if necessary.

Depending on the size of the clinic the matter of clients attending the Therapist will be discussed by the committee with a view to appointing a Supervisor. If a Supervisor is to be appointed by the *Disciplinary Committee* they should be independent and should have had nothing to do with the Therapist.

(2.10) INVESTIGATION

If the Complaint is of a sufficiently serious nature and informal resolution is not possible then an investigation will be initiated. At the earliest practical opportunity, the member, subject to the complaint, shall be served with a Complaint Notification in writing. This shall contain information in plain language of the nature of the report, allegation or complaint, an official form of caution - allowing any response to be taken within the Rules of Evidence - and information of their rights to legal / friendly representation. At the same time, they should be given the ICHP Code and Complaints Procedures detailing their rights and explaining the procedures.

In the process of any Formal Investigation of a Complaint all enquiries and interviews shall be fully documented and all unused materials, e.g., notes, messages, audio and videotapes, etc., shall be preserved and held on file.

If an investigation is not completed within 120 days of the receipt of the complaint then an interim report shall be completed and interested parties shall be advised of the state of the enquiry.

If any member of the Disciplinary Committee feels that they have any connections with the Therapist they shall excuse themselves and be replaced by another member of the ICHP

(2.11) INDICTMENT

On completion of the Investigation a file will be prepared and a Discipline Sub-Committee will be convened to assess the file and its recommendations. If the committee decides that there is/are allegation(s) to answer then a Form detailing the allegation(s) or charge(s) will be prepared and served upon the accused. The accused will also be summoned to appear before a sub-committee to answer the allegation(s) and a copy of the file of evidence will be served on the subject no less than 7 working days prior to the hearing, to allow proper legal representation and defence.

(2.12) HEARING

The hearing of the allegations with evidence presented supporting the allegations and the defence shall take the form of an informal tribunal. The Rules of Evidence shall apply though the Committee may hear any evidence presented and shall give the evidence what weight it considers correct, on the basis of the Best Evidence Rule.

The Committee will base its findings on the balance of probabilities and will state its reasoning for its findings. Its findings should be given to the subject on completion of the hearing, though a statement of reasoning may be given in writing within 14 days. Any sanction applied by the committee will be notified in its findings.

The refusal or failure of either the Complainant or the Member Complained Against to attend the hearing without good reason or prior notice (at least 15 days) shall be noted by the chair of the Sub-Committee. The Sub-Committee may either adjourn the hearing to a date not less than 28 days after the date of the hearing or it may hear the matter in the parties absence or it may terminate the procedure.

(2.13) APPEALS

The subject of the proceedings will have 28 days in which to lodge notice of appeal. Having lodged notice they will have 21 days to give their grounds for the Appeal. The Appeal will then be heard by the next scheduled meeting of the Full ICHP PGA Committee after receipt of notice and grounds.

At that Appeal hearing the Defence may present any new evidence, subject to it having been notified in writing to the committee 7 days prior to the hearing. The Appeal shall be heard under the same Rules of Evidence and again shall be decided upon the balance of probability.

On hearing the Appeal, the Committee may confirm, vary or set aside the findings of the Sub-Committee. Its findings shall be notified to the subject on completion of hearing the appeal and its reasoning may be given in writing within 7 days of the Hearing.

All parties will also have recourse to appeal to ICHP or any Association accredited to the ICHP on questions of failure to apply the procedures correctly.

(2.14) WITHDRAWAL

A report, allegation or complaint may be withdrawn at any stage of the procedure by the complainant(s) / informant(s) Under complete agreement, *(if more than one party, is involved - i.e., if one decides to continue the complaint it will be carried to completion.)*

(2.15) PRE-EMPTIVE RESIGNATION / LAPSED MEMBERSHIP

Any member subject of a Complaint Under Investigation that tenders their resignation from the ICHP should have their resignation received but not accepted until the procedure is completed or the complaint withdrawn. The resignation shall be on file until completion of the procedure. Also, if a member fails to renew their membership while under investigation it shall be treated in the same manner as a resignation and

held over till the procedure is complete.

(2.16) PRESENCE OF A 'FRIEND'

At all stages of the procedure, a 'friend' may accompany both the Complaint and the Member Complained Against. That 'friend' may be a fellow member of a legal advisor or any person the Party wishes to be there to support them. Each party will be limited to one 'friend'. If a 'friend' is attending the hearing, the Disciplinary Committee shall be notified of who the friend is and the profession of that 'friend'.

(2.17) SUB-COMMITTEE

Sub-Committee will be drawn up with a chair from the management committee, two members of the Legal and Disciplinary Committee (or two ordinary ICHP), to examine the file and determine if there is sufficient evidence to support an allegation (Prima Face Case).

Members of any Sub-Committee appointed to sit on a hearing committee have a duty to declare any interest that may be considered to compromise their impartiality in any way. The views of all parties to the complaint shall be considered when deciding if the impartiality of a Sub-Committee member is so compromised and requires their replacement.

(2.18) CONDUCT OF THE HEARING

The Chair of the Sub-Committee hearing the Complaint is responsible for ensuring that the hearing is conducted in a manner which shows due regard to; the gravity of the situation, each party's rights, and to confidentiality. Formal and informal hearings will be taped.

The Disciplinary Committee may seek legal advice on any matter and if necessary all documentation may be forwarded to the relevant authorities for appropriate investigation.

The initial hearing shall take place within 28 days of the date of suspension. The dates for further hearings shall be determined at each hearing.

(2.19) WRITTEN EVIDENCE

All written evidence and submissions by either party or witnesses must be submitted in advance to the Chair of the Disciplinary Committee. All evidence and submissions will be open and available to all parties to the complaint.

(2.20) NEW EVIDENCE

The only new evidence that may be produced at a hearing will be short oral or written submissions or by cross-examination of a witness on a point in their statement or any matter allowed on the discretion of the Subcommittee.

(2.21) ATTENDANCE OF WITNESS

Witnesses may be requested to attend if either party indicated they might wish to question points in their respective statements. If no party makes such a request or accepts the Witness's evidence then their attendance will not be requested.

(2.22) FAILURE TO ATTEND

The refusal or failure of the Complaint or Member Complained of without good reason, or without at least 15 days notice, at any Hearing the Chair of the Disciplinary Committee may, after considering any representations from any other party involved that is present, **either**;

- (a) Terminate the proceedings and bring the Complaint to an end, Or
- (b) Adjourn the Hearing to a date not less than 28 days hence, Or
- (c) Hear the evidence offered, if admitted by the other party(s) and reach adjudication.

(2.23) PUBLICATION

The ICHP reserves the right to publish such details of complaints, as it considers appropriate. Any notification that the ICHP, under these procedures, is entitled to publish in its Journal may, at its discretion, be published elsewhere by the ICHP.

The Termination of Membership Under the Complaints Procedure will be Reported in the ICHP's Journal.

National Hypnotherapy Psychotherapy Register

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Membership Categories, Levels & Progression Routes

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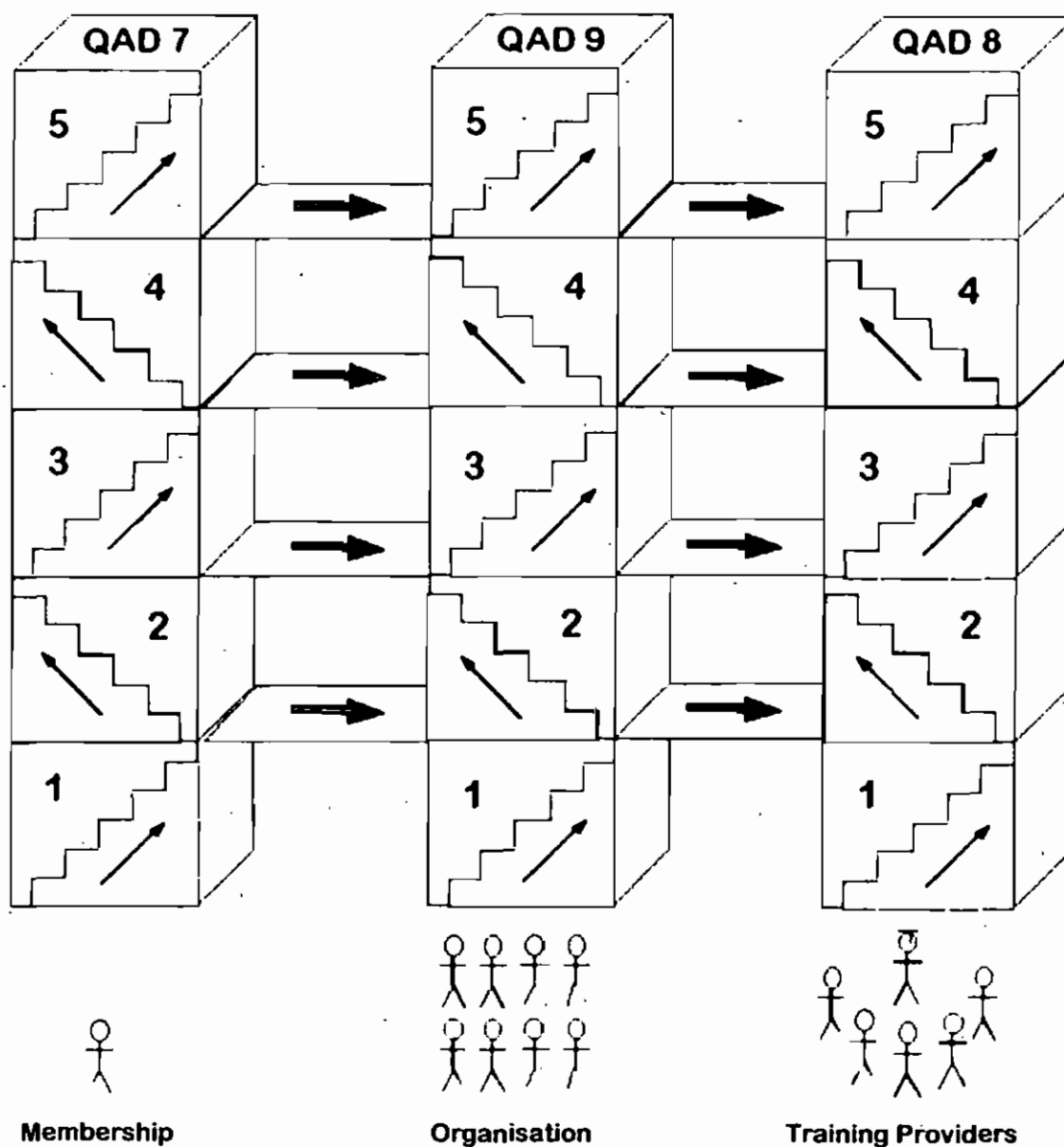
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ICHP / NHPR Accreditation of Categories, Levels Progression Routes



QAD 7

See relevant QAD = Quality Assurance Document

Level I - Membership

(Reference to ICHP / NHPR Quality Assurance Document No. 7)

Being accredited at Level I acknowledges that the member has completed all the membership requirements and has attained the required standard:

- Completed a recognised course in training or equivalent.
- Completed 500 hours of training.
- Completed 450 hours of Supervised therapy.
- Currently in Supervision, Insurance, and participating in C.P.D
- Completed Personal Therapy

Level I - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No. 9)

The successful applicant organisation who prior to application have completed or established a course of training of 500 hours.

Level I - Training Course, Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No. 8)

Training course recognition are of 500 hours over 2 years.

Level I

On completion of Level I the graduate members, association are now thoroughly familiar with the basic foundation skills of therapy and can apply therapeutic skills in a wide variety of settings.

Therapists work under supervision to develop their knowledge and skills appropriate to this Level of accreditation. As hypnopsychotherapists work in a variety of ways to help people from private practice to enhancing their professional skills in the work-place, some are content to stay at Level I as it suits their needs and expertise. Others wish to gain more knowledge and experience and do so by progressing to Level II.

The skill of the hypnotherapist is an invaluable adjunct to any psychotherapy setting offering relief from emotional physical symptoms.

Graduates at this Level operate in a more Suggestive - Brief Solution Focused Therapy as opposed to hypnoanalytical interventions which are usually carried out by Level III graduates, members.

Graduates - Hypnotherapist - Therapist

Hypnopsychotherapists work in a wide variety of fields from private practice nursing, teachers, voluntary agencies, hospitals, schools, colleges, addiction centres, trauma centres, police, insurance, learning difficulties, counselling / psychotherapy centres.

Level II - Membership

(Reference to ICHP / NHPR Quality Assurance Document No.7)

Being accredited at Level II acknowledges that the member has completed the required membership criteria for this Level of membership.

- Completed Level I or equivalent.
- Completed a recognised training course 900 hours or equivalent.
- Completed supervised therapy equivalent to this level.
- Currently in supervision, Insured and participating in C.P.D.
- Completed personal therapy.

Level II - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No.9)

The successful applicant organisation who has completed or established a course of training of 900 hours.

Level II - Training Course, Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No.8)

Training course recognition are of 900 hours over 18 months.

Level II

Those therapists who have successfully completed Part 1 training, accreditation, etc., and are wishing to expand their knowledge, experience and studies can now progress to Level II.

Level II focuses the therapist, association and school on developing expanding and deepening the skills techniques already utilised in Level I. This Level lays the theoretical foundation of psychotherapy to be applied in Level III and allows the members to begin to specialise in therapeutic specific symptomology.

This Level lays the foundation of developing and array of therapeutic technique and skills to be further developed and utilised dynamically in Level III specifically. Although this Level is highly experimental and theory focused, the member is not expected to perform major dynamic interventions, however in observing and developing these techniques the graduates / member will be exposed and experiencing different aspects applicable to this Level.

Graduate - Members - Association

Graduates and members work in a wide variety of fields as mentioned in Level I, but also provides a platform from which to explore possibilities of clinical placements in areas of interest to the graduate and member.

Level III - Membership

(Reference to ICHP / NHPR Quality Assurance Document No.7)

Being accredited at Level III acknowledges that the members has completed the required membership criteria for this Level of membership.

- Completed Level I, II, & III or equivalent.
- Completed a recognised training course of 700 hours, or equivalent.
- Completed supervised therapy equivalent for this Level.
- Currently insured, supervision and participating in C.P.D.
- Completed personal therapy.

Level III - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No.9)

The organisation who has completed or established a course of training of 700 hours.

Level III - Training Course / Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No.8)

Training course recognition are 700 hours over 12 months.

Level III - Member Organisation - Training Provider

Advanced Practical, Clinical Hypnotherapy

The use of 'advanced' reflects a number of advanced concepts central to the development of hypnotherapy.

1. The terminology of Dr. Milton H. Erickson, who described hypnosis as one of the tools of advanced methods of psychotherapy.
2. The model known as 'Neuro-Linguistic Programming' (NLP) and 'Brief Solution-Focused Therapy' was developed by students of Dr Erickson.

Working at Level III the graduates, members practice hypnotherapy for the relief and rehabilitation of persons suffering from nervous disorders and emotional problems.

Utilising a variety of skills and techniques in a series of dynamic interventions to assist client / patient to overcome their symptoms.

Graduates / Members

This Level offers graduates not only the expertise to work in private practice but to specialise in a specific area of interest e.g. addiction psychotherapy or pain control. This Level also prepares the graduate or member who wishes to continue their studies to Degree Level which in turn is a stepping stone to Post-Graduate & Masters Level.

Level IV - *Membership*

Being accredited at Level IV acknowledges that the members has completed the required membership criteria for this Level of membership.

- Completed Level I, II, III & IV or equivalent.
- Completed a recognised training course of 6000 hours, or equivalent.
- Completed supervised therapy equivalent for this Level.
- Currently insured, supervision and participating in C.P.D.
- Completed personal therapy.

Level IV - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No.9)

The organisation who has completed or established a course of training of 6000 hours.

Level IV - Training Course / Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No.8)

Training course recognition are 6000 hours over 4 years.

Graduates / members are expected to find employment in a variety of psychotherapy mental health settings including the health and social services. Those already working in such areas are likely to find themselves better placed for promotion as a result of achieving graduate status. The combination of academic and practical therapeutic training is likely to enable graduates to teach on training courses, take up positions as psychotherapists, counsellors in various agencies or establish themselves in private practice.

They will also be ideally placed to continue their studies in Psychotherapy and Counselling or relevant post-graduate degree programmes of other institutions of higher education. Graduates awarded degrees may be able to progress directly to research degrees in the field of counselling and mental health as well as related areas of philosophy, psychology, or sociology.

Level V - *Membership*

Being accredited at Level V acknowledges that the member has completed the required membership criteria for this Level of membership.

- Completed Level I, II, III, IV & V or equivalent.
- Completed 1500 hours for Post-Graduate Level.
- Completed 1500 hours for Masters Level.
- Completed supervision work, research, training or equivalent for this Level.
- Currently in Supervision, Insured and Participating in C.P.D.

Level V - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No.9)

The organisation who has completed or established a course of training of 1500 hours. Post Graduate, 1500 hours Masters.

Level V - Training Course / Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No.8)

Training course recognition are 1500 hours Post-Graduate, 1500 hours Masters.

Graduates / Members

Graduates / Members at this Level may be employed in a variety of hypnotherapy settings - teaching training courses, consultancy work, private practice, doctoral research in various institutions.

This Level of training / accreditation is ideal for hypnotherapist who wish to develop their knowledge and extend their qualifications in hypnotherapy - psychotherapy to fulfil additional requirements leading to accreditation of similar bodies as NHPR.

These programmes can provide an ideal opportunity to develop research and training to meet the training needs of businesses and other organisations.

Level V - Membership

Being accredited at Level V acknowledges that the members has completed the required membership criteria for this Level of membership.

Completed Level I, II, III, IV & V or equivalent.

Completed 1500 hours for Post-Graduate Level.

Completed 1500 hours for Masters Level.

Completed supervision work, research, training or equivalent for this Level.

Currently in Supervision, Insured and Participating in C.P.D.

Level V - Organisational Membership

(Reference to ICHP / NHPR Quality Assurance Document No.9)

The organisation who has completed or established a course of training of 1500 hours. Post Graduate, 1500 hours Masters.

Level V - Training Course / Schools Providers

(Reference to ICHP / NHPR Quality Assurance Document No.8)

Training course recognition are 1500 hours Post-Graduate, 1500 hours Masters.

Graduates / Members

Graduates / Members at this Level may be employed in a variety of hypnotherapy settings - teaching training courses, consultancy work, private practice, doctoral research in various institutions.

This Level of training / accreditation is ideal for hypnotherapist who wish to develop their knowledge and extend their qualifications in hypnotherapy - psychotherapy to fulfil additional requirements leading to accreditation of similar bodies as NHPR.

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Membership Categories, Levels and Progression Routes

(See Page 2 for details of requirements)

Flow Chart Showing Progression Routes

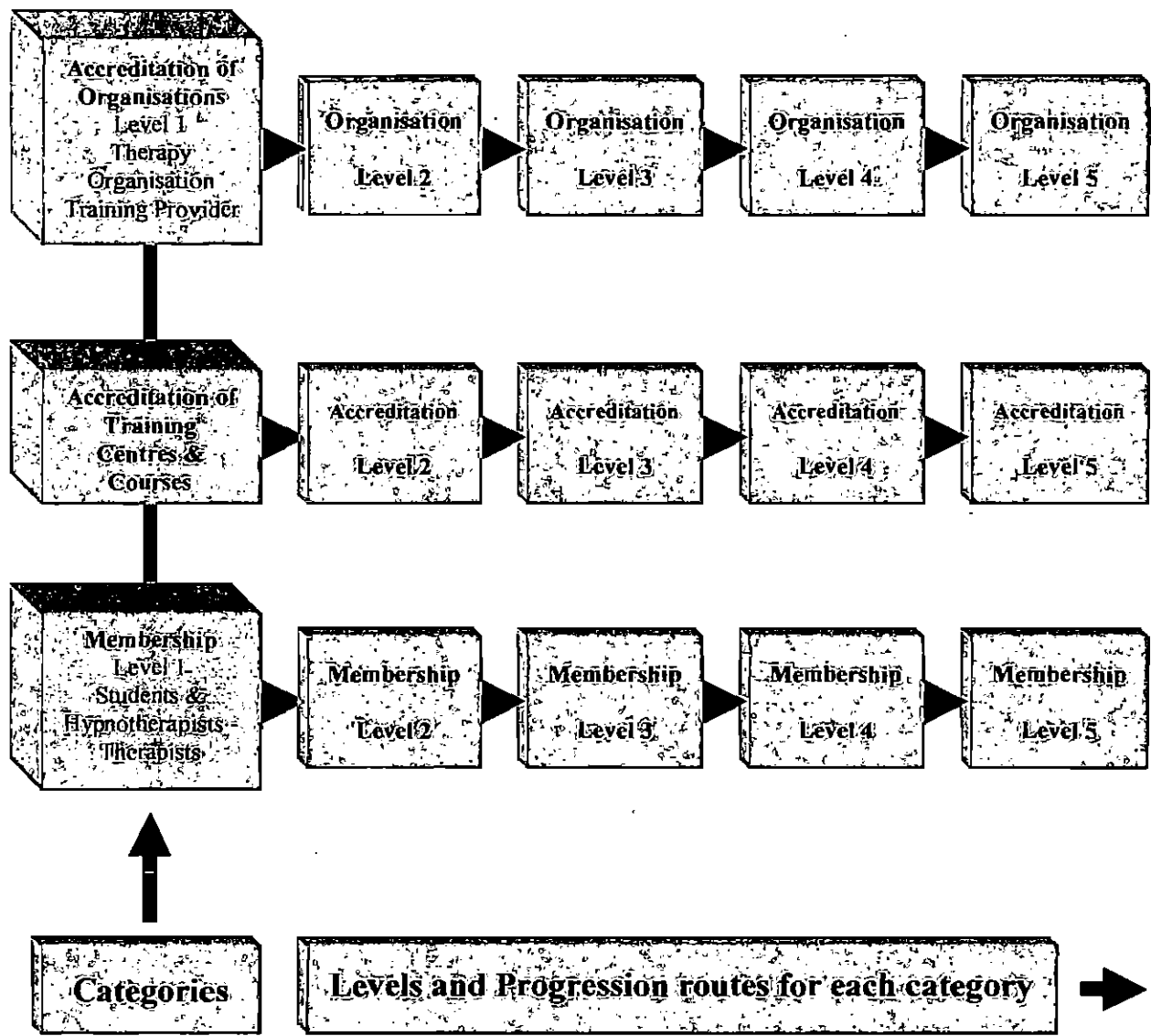


Table: Showing Categories, Levels and Accreditation Requirements
(where to look, i.e. QAD No. and Page No.)

Accreditation of Organisations	Accreditation of Training Centres & Courses	Membership Level for Therapists / Hypnotherapists
NHPR Umbrella Therapy Organisation Training Provider Organisation	(Schools & Institutes)	(Students – Training Membership)
Requirements	Requirements	Requirements
LEVEL 1 See QAD 9, Pg. 6	LEVEL 1 See QAD 9, Pg. 8 & QAD 8	LEVEL 1 See QAD 9, Pg. 8
Organisation must have graduated at Level 1 Qualification and Training Requirements & meet 12 Steps required for Accreditation of Organisation	See Course Training Requirements & Qualification	Qualification: Diploma / Certificate Training for Qualification must have reached standard set in QAD9, Pg. 8
LEVEL 2 See QAD 9, Pg. 6	LEVEL 2 See QAD 9, Pg. 8 & QAD 8	LEVEL 2 See QAD 9, Pg. 8
Organisation must have graduated at Level 2 Qualification and Training Requirements & meet 12 Steps required for Accreditation of Organisation	See Course Training Requirements & Qualification	Qualification: Diploma Training for Qualification must have reached standard set in QAD9, Pg. 8
LEVEL 3 See QAD 9, Pg. 6	LEVEL 3 See QAD 9, Pg. 9 & QAD 8	LEVEL 3 See QAD 9, Pg. 8
Organisation must have graduated at Level 3 Qualification and Training Requirements & meet 12 Steps required for Accreditation of Organisation	See Course Training Requirements & Qualification	Qualification: Advanced / Practical Training for Qualification must have reached standard set
LEVEL 4 See QAD 9, Pg. 6	LEVEL 4 See QAD 9, Pg. 9 & QAD 8	LEVEL 4 See QAD 9, Pg. 8
Organisation must have graduated at Level 4 Qualification and Training Requirements & meet 12 Steps required for Accreditation of Organisation	See Course Training Requirements & Qualification	Qualification: BA Training for Qualification must have reached standard set in QAD9, Pg. 8

LEVEL 5 See QAD 9, Pg. 6	LEVEL 5 See QAD 9, Pg. 9 & QAD 8	LEVEL 5 See QAD 9, Pg. 8
Organisation must have graduated at Level 5 Qualification and Training Requirements	See Course Training Requirements & Qualification Accreditation of Supervisors & Training Please see QAD 10 & QAD 5, pg 5	Qualification: Post Graduate / Masters Training for Qualification must have reached standard set in QAD9, Pg. 8 Associate Membership for Hypnotherapists See QAD 2, Pg. 6 Student Affiliate Membership QAD 2, Pg. 7

National Hypnotherapy Psychotherapy Register

Facilitated by

the Institute of Clinical
Hypnotherapy & Psychotherapy

Accreditation Requirements Of Membership Levels I, II, III, IV, V

National Hypnotherapy – Psychotherapy Register

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ICHP / NHPR Quality Assurance Document

QAD 7

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Institute of Clinical Hypnotherapy & Psychotherapy (ICHP) National Hypnotherapy - Psychotherapy Register (non statutory) (NHPR)

ICHP / NHPR Accreditation Procedure

Re. References to Psychotherapy in this Document

ICHP do not claim to set standards for all hypnotherapy, psychotherapy associations schools - models. All referenced to Psychotherapy in this document refer only to ICHP's modality of hypno-psychotherapy (also the same criteria applies to the NHPR - National Hypnotherapy - Psychotherapy Register [non - statutory])

Supervision

The supervisor's report is seen as a vital part of the accreditation procedure hence details of the supervisor's status, training and experience are collected. The supervisor is the person closest to the hypnotherapists / psychotherapists clinical work, who should be able to comment directly on the quality and professionalism of work with clients. Supervisors are required to discuss their comments with the hypnotherapist / psychotherapists. There is an implication in the scheme that supervisors will only recommend hypnotherapists / psychotherapists for accreditation when they feel the therapist is ready feel that the therapist is ready. However that can be difficult for supervisors, who come from a range of different backgrounds, including varied theoretical orientations and professional trainings and who may have no way of knowing how the performance of their supervisee compares with others who gain accreditation. The second reference may be from someone associated with the hypno-psychotherapist work such as an agency manager or colleague.

National Qualification in Hypnopsychotherapy

Hypnotherapy and Psychotherapy and ICHP's modality of hypno-psychotherapy is an unregulated profession in Ireland to date (2002). The ICHP has endeavoured to align itself with organisations who's ethical and accreditation standards serve our members best, in training and development which allows our members to grow in competence to serve the general public.

I.C.H.P. & N.H.P.R Awarding Bodies in Hypnopsychotherapy

Both the Institute of Clinical Hypnotherapy & Psychotherapy, and the National Hypnotherapy - Psychotherapy Registrar are independent awarding bodies in their own right. We are proud to be hypnotherapists utilising clinical hypnotic skills in psychotherapy to obtain effective rapid lasting results with the clients we serve. We are proud of the fact that all 'modern' psychotherapy & hypnotherapy originated in experiments in hypnosis and suggestions and predates comparable therapies by centuries in the work of Franz Mesmer (1734 - 1815) who is widely acknowledged as

the originator of modern hypnosis. Hypnosis can be integrated with conventional psychotherapy and the acknowledged schools of psychological thought.

In light of the unique historical development of hypno-psychotherapy, over 100,000 published scientific research papers validating our therapeutic modality ICHP needs to continue to operate as an independent awarding body for hypno-psychotherapists which serves the aims and objectives of ICHP / NHPR members.

Hypnotherapy and Psychotherapy (Hypno-Psychotherapy) is a separate, distinct therapeutic profession encompassing holistic philosophical psychological principles (mind - body - spirit) in the art, science, philosophy and practice of ethical clinical hypno-psychotherapy, and hypnoanalytical psychotherapy for the relief and rehabilitation of persons suffering from nervous disorders, emotional problems and those suffering from psychological disorders.

European Association for Hypno - Psychotherapists (EAHP)

ICHP is a founder member of the EAHP.

The European Association for Hypno-Psychotherapists (EAHP) is a constituent member of the European Association for Psychotherapists (EAP). The EAP represents some 200 psychotherapy organisations from 36 countries throughout Europe, including Ireland. The EAP awards - The European Certificate of Psychotherapy and perhaps represents approximately over 100,000 psychotherapists. The EAP is committed to set standards for mutual recognition of psychotherapists in Europe.

National Hypnotherapy / Psychotherapy Register (IRL)

N.H.P.R. Registrar for Ireland

As the lead body in Ireland in the hypnotherapy - psychotherapy modality ICHP established (1997) the N.H.P.R. for Ireland. This registrar is used as a means of accrediting members who have not been trained by ICHP and who wish to become registered as hypnotherapists and/or hypno-psychotherapists in Ireland. The ICHP and NHPR accepts applications from all 32 counties for the purpose of registration and training.

N.H.P.R. as an Umbrella Association

In accordance with ICHP's aims and objectives the NHPR Registrar was constituted in 1997 to provide a framework by which hypnotherapists and hypno-psychotherapists can establish these professions with an agreed common training standards and ethical requirements, and a common accreditation procedure.

Any organisation wishing to become a member of NHPR must fulfil the criteria laid down in the ICHP's accreditation procedure and articles of association, Code of Ethics, Practice and Standards, and fulfil the accreditation to become a member. (*See appendix one*)

N.H.P.R. / I.C.H.P. Approved Training Courses

NHPR / ICHP accredits training courses in hypnotherapy, psychotherapy, hypno-psychotherapy and other similar modalities i.e. NLP, Meridian Therapies, Cognitive, Counselling, Integrated Therapies, and other courses where trance hypnosis is employed. Approved schools may use accredited by NHPR on their certification (May not use EDCH).

Northern & Southern Ireland

The ICHP and NHPR accepts applications from all 32 counties for the purpose of registration and training.

International and Overseas

Schools which have been accredited by ICHP in other countries are requested to form national hypnotherapy psychotherapy registrars in their host countries.

Proposed EU Diploma in Clinical Hypnotherapy EU - European

At present (2002) ICHP are preparing our B.A. Programme for HETAC and on approval will introduce EU Diploma in Clinical Hypnotherapy

The ICHP Diploma in Clinical Hypnotherapy (DCH) incorporates the European Diploma in Clinical Hypnotherapy (EDCH). The EDCH is to facilitate free movement and ease of employment in EU member states for hypnotherapists. This EU Diploma issued by ICHP approved schools will ensure that hypnotherapists are training to highest international standards which will guarantee mobility of professionals within the EU members states. An ICHP Executive Board is being established to monitor all standards for ICHP.

The above also applies to the ICHP Diploma in Clinical Hypnotherapy & Psychotherapy.

United Kingdom

ICHP / NHPR is a founder member of the United Kingdom Confederation of Hypnotherapy Organisations (U.K.C.H.O) which accredits the majority of training organisations in the UK. ICHP / NHPR & ICHP have a mutual agreement on standards and ethics.

The General Hypnotherapy Standards Council (UK) are also an accreditation organisation which ICHP / NHPR are accredited to and have a reciprocal arrangement for accreditation.

United States of America

ICHP / NHPR are accredited to American Council of Hypnotist Examiners, National Guild of Hypnotists (USA), American Institute of Hypnotherapy which are the largest accreditation bodies in the USA, and operates reciprocal arrangements of accreditations.

The NHPR / ICHP Accreditation Scheme

The scheme provides a national 'rite of passage' for experienced hypnotherapists. Given the myriad of qualifications and courses that exist in hypnotherapy and psychotherapy, it gives clients a national standard to refer to when choosing a hypnotherapist. It aims to be the National Standard that hypno-psychotherapists decide to participate in and it is one of the routes to inclusion in the National Hypnotherapy Psychotherapy Registrar (IRL)

Accreditation of Training & Programmes

The ICHP / NHPR accredits five training levels and programmes.

1. ICHP Diploma in Clinical Hypnotherapy D.C.H. & E.D.C.H
This is Level I Qualification in hypnotherapy and also the foundation - certificate level of the psychotherapy aspect of the ICHP course. The graduate is allowed to practice in the suggestive mode only.
Fully accredited hypnotherapist.
2. Diploma in Clinical Hypnotherapy - Psychotherapy
This is the intermediate stage of both the hypnotherapy / psychotherapy programme.
3. Advanced Diploma in Clinical Practical Clinical Hypnotherapy and Psychotherapy.
Accredited Hypnotherapist / Psychotherapist.
4. B.A. in Clinical Hypnotherapy / Psychotherapy.
Fully accredited hypnotherapist / psychotherapist.
5. Post Graduate / Masters Level.

Accreditation of Supervisors Training Programmes N.H.P.R. (Ire)

NHPR accredited training courses outside ICHP who meet the same standard in the four categories outlined in (1) (2) (3) (4) above.

ICHP Accreditation Criteria

Level I - Diploma in Hypnotherapy

Hypnotherapists [also stage one Foundation Course in Psychotherapy]

They are four routes to ICHP / NHPR accreditation. The successful applicant will be one who prior to application :

1. Has completed ICHP, hypnotherapy and or hypnotherapy / psychotherapy training programmes.
2. Has completed ICHP / NHPR recognised hypnotherapy training course and has had at least 450 hours of hypnotherapy practice supervised in accordance with ICHP, NHPR supervision criteria in these articles (II), over a minimum period of two years. (preferably with supervision and if not can now provide evidence of ongoing supervision).

OR

I Has undertaken a total of 500 hours of hypnotherapy training comprising of two elements:

- (a) 200 hours of skills development.
- (b) 250 hours of theory

And has at least 450 hours of hypnotherapy practice supervised in accordance with ICHP / NHPR Supervision criteria in these articles (II) over a minimum of two years.

OR

II Is claiming little formal (course based) hypnotherapy training but can provide evidence of five years experience in hypnotherapy (and/or hypnotherapy used with another modality e.g. counselling, NLP, etc) as understood by ICHP . NHPR, with a minimum of 100 practice hours per year. Demanding evidence of ongoing supervision.

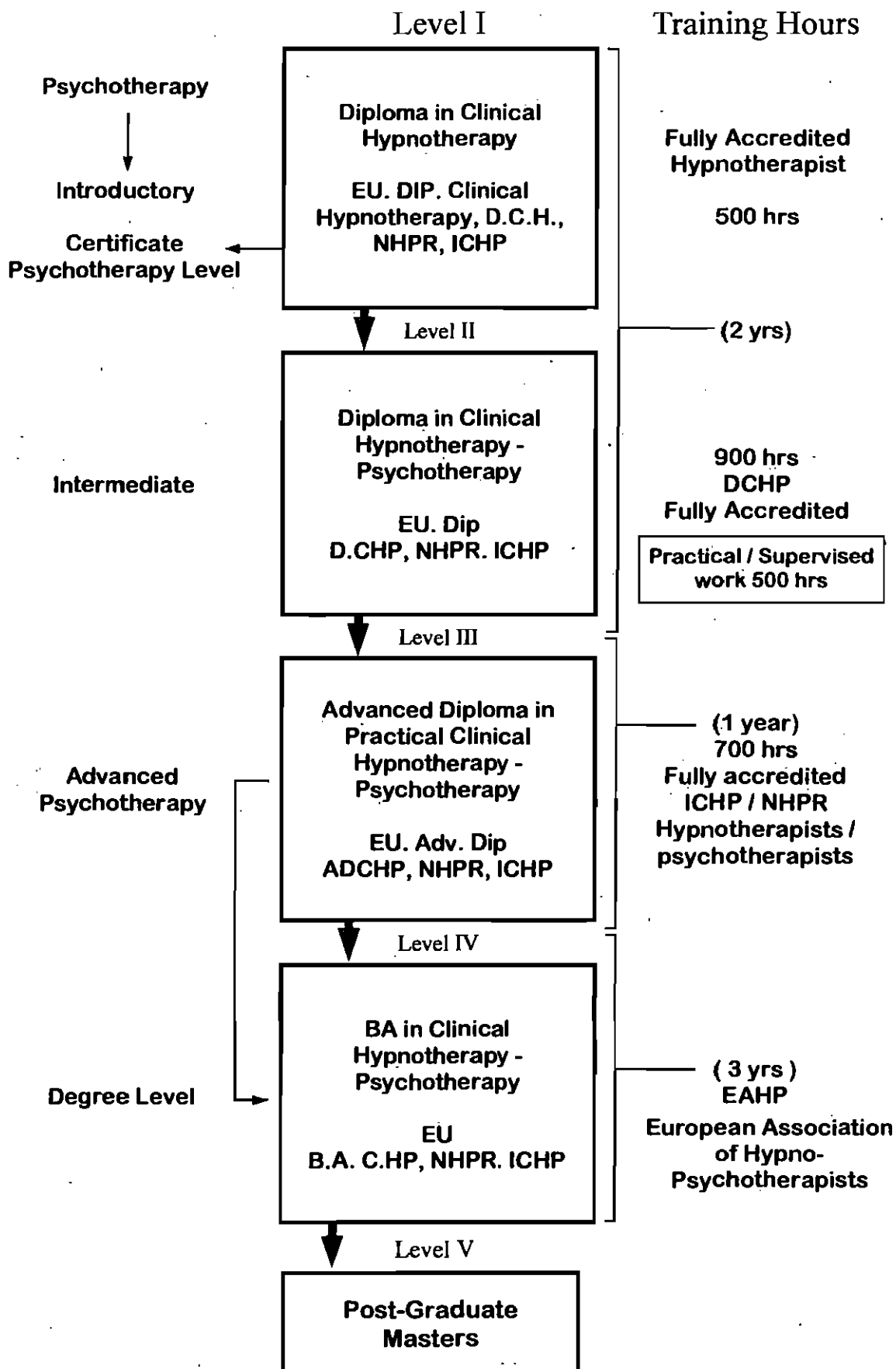
OR

III Can provide evidence of a combination of:

- (a) Some formal hypnotherapy training and
- (b) Two years plus of practice (of 100 hours minimum per year preferably under supervision (or if not can now provide evidence of ongoing supervision).

This included the normal supervision requirements.

Required Hours of Training and Development for Membership Levels



Continuation of Accreditation Criteria

3. Grand parenting:
The concept of grand parenting should apply in conjunction with statutory regulation of the profession of hypnotherapy and psychotherapy. The criteria will be determined by the ICHP / NHPR when the appropriate time comes to implement this system of accreditation. The criteria should be similar to 2-III above with three or more years as a practitioner of hypnotherapy with is recognised ICHP / NHPR.
4. The applicant has agreed formal arrangements for hypnotherapy supervision, as understood by ICHP in these articles.
5. Gives evidence of serious commitment to ongoing professional and personal development such as attending ICHP master classes and personal therapy etc.
6. Is a current member of ICHP and undertakes to remain so for the accreditation period.
7. Has a philosophy of psychotherapy which integrates training, experience, further development and practice. Evidence of at least one course theoretical model should be demonstrated.
8. Demonstrates practice which adheres to the ICHP Code of Ethics and Practice for hypnotherapists - psychotherapists and undertakes to continue working within this code.
9. Applicants are asked to give evidence of the above in the form of a written application including two case studies.
10. Applicants are requested to demonstrate either on audio or video tape, three inductions (not therapy sessions)
(1) Traditional, (2) Instantaneous, (3) Indirect
11. Applicants are asked to demonstrate that they have read and understood the ICHP Code of Ethics and Practice.
12. Applicants are asked to demonstrate the contraindications of hypnotherapy and how to avoid F.M.S.

Renewal of Accreditation

Accreditation, if awarded lasts for five years after which time an application to renew it has to be submitted.

Requirements for Accreditation - 13 Steps to ICHP / NHPR Accreditation

This requirement applies to all levels.

Applicants are required to submit to the following:

1. Completed application form which includes full details of all hypnotherapy training undertaken (photocopies or certs, Dip and ongoing training etc.)

2. A summary of their hypnotherapy work for a recent month - (omitting clients personal details)
3. A summary of hypnotherapy practice in the years submitted and details of current hypnotherapy practice.
4. A copy of their explanatory brochure outlining the services the therapist offers..
5. A statement of their continuing development.
6. A statement of their philosophy of hypnotherapy.

NOTE: (4) above may suffice for (5) & (6).

7. Case studies of their recent work with a client (omitting client's personal details) that gives an illustration of hypnotherapy philosophy, theoretical model, techniques or methods and an account of the hypnotherapy process (1000 words).
8. A second case study which includes an illustration of the content and process of supervision and the integration of supervision and practice (1000 words).
9. A signed statement from their accredited supervisor who can comment on their work.
10. A reference from another person who can comment on their work, and a referee contact details (two separate referees)
11. An audio or video demonstration of three inductions; (1) Traditional (2) Instantaneous, (3) Indirect, in included.
12. To sign a statement demonstrating their knowledge of: (1) Contraindications to hypnotherapy , (2) Read and understood the ICHP Code of Ethics and Practice, (3) Knowledge of Avoidance of FMS (False Memory Syndrome).
13. Proof of being covered by Professional Indemnity Insurance for hypno-psychotherapy

Accreditation Process

The ICHP / NCHP has a sub-committee which is totally separate from its training organisations and management structures. The assessment of accreditation applications is carried out by a team of four professional hypnotherapists and/or hypnotherapists psychotherapists, three assessors and a convenor, (chair person) on a voluntary basis, who are themselves ICHP / NCHP accredited. The sub-committee should be balanced to reflect a wide range of theoretical orientations as possible.

ICHP / NCHP Guidelines for Assessment

How is the application assessed?

(on all points 1 to 13 on the 'Requirements for Accreditation'.)

All applications are carefully scrutinised with close attention being paid to any inconsistencies. Hours of theory and skills training are checked and the diary of counselling work is read to ensure that the therapists is undertaking hypnotherapy as understood by ICHP / NHPR.

The statement of professional development is regarded as an important indicator of the hypnotherapists awareness of the need to continually update their skills and knowledge. Involvement in at least one professional development activity, such as personal psychotherapy attendance at seminars, conferences or workshops, reading hypnotherapy journals and books, etc.

Applicants are required to produce a statement of their own philosophy of hypnotherapy, which must demonstrate that they have a clear sense of what they are doing and the theoretical concepts that underpin their approach. This statement is held in mind by the assessors when reading the case studies presented. The philosophical rationale must be reflected in the case work produced. Inconsistencies perceived may be grounds for failing the application after consultation with the assessment team.

The supervisor's report is seen as a vital part of the accreditation procedure hence details of the supervisor's status, training and experience are collected. *(Please Refer to heading Supervision Pg 1 of this document).*

The Accreditation Procedure

The chairperson of the accreditation committee (convenor) will receive the applications of membership and each member of the team will read and assess each application independently and then convey their decision to the convenor. The chairperson (convenor) has the additional role of collating opinions of the team and taking them to the Individual Accreditation Group meetings where decisions / ratifications are made. This procedure should not take longer than two months.

Unsuccessful applicants are given full written report on their applications identifying all the grounds on which their application has been refused. At this stage they are also given information about appeals, re-submissions and re-applications. Applicants may appeal the decision of the accreditation committee to either the Chairpersons of either or both the NHPR and/or ICHP and have the option of being present during this procedure.

Annual Review of Accreditation Procedure

The ICHP / NHPR Accreditation scheme is reviewed annually to assess the effectiveness of its goal to offer a professional national standard that hypnotherapy / psychotherapists can work towards and thereby everyone can be proud of their national recognised qualification.

Managing Appeals of Complaints from Students Ombudsman

The ICHP / NHPR Accreditation Board has the additional task of managing appeals and complaints from students in training courses accredited by them. Appeals relate to assessed work and complaints on any other aspect of course procedure including selection, organisation and conduct of staff.

The complaints procedure is designed to offer students an independent hearing of complaints about course work, assessment, or ethical or professional issues from students or other members of the public in contact with the course. This procedure is used when informal meetings have failed to resolve

the difficulties or the conflict.

The need for an 'independent' hearing will determine the nature of the complaints procedure. The Accreditation Board which is a neutral body will decide the outcome of the grievance in question and may send a report to the ICHP / NHPS Disciplinary Committee and Complaints Procedures if the complaints warrant their attention.

An appeal may usually be made on the grounds that the course assessment procedures failed to accord with the assessment scheme regulations or that the course providers failed to take proper account of any mitigating circumstances.

Accreditation of ICHP / NHPR Levels II, III, IV, V

Important Notice

All levels of accreditation will be presented to the accreditation board as outlined in level I except where states otherwise. Applicants are requested to submit their curriculum vitae together with all relevant details in Steps 1 to 13 as presented in Level I of this accreditation procedure.

Additional Specific Guidelines for ICHP / NHPR Accreditation Procedures

1. In the event of difficulties in assessing an applicants training and experience the ICHP / NHPR assessors will consult the requirements for accreditation of training schools with the ICHP / NHPR for additional clarification.
2. As a general rule the assessor is requested to ensure that the requirements for accreditation is to the same standard in both requirements. In order to accommodate the various qualifications in hypnotherapy & psychotherapy a myriad of routes in both theoretical and practical training undertaken by applicants the assessors will endeavour to be fair and flexible within these accreditation procedures. As a general rule the assessor may grant an allowance in respect of training in excess of 10% of the requirement for a given level of accreditation, although in special circumstances, a maximum allowance of 25% may be granted.
3. In certain circumstances the ICHP / NHPR accreditation examination may be requested to be undertaken either in theory or practical or both.
4. In the event of the applicants hours being low in the practicals and high in theory or visa versa, an allowance of 10% to 25% may be granted in certain circumstances provided the applicant meets the remaining requirements.

Diploma in Clinical Hypnotherapy & Psychotherapy Level II - Accreditation Criteria

There are three routes to ICHP / NHPR accreditation. The successful applicants are the ones who prior to application have completed:

- (1) The ICHP graduates who have successfully completed Level II Diploma in Clinical Hypnotherapy and Psychotherapy

OR

- (2) Has completed an ICHP / NHPR recognised accredited training course at Diploma level in hypnotherapy and psychotherapy.
(remaining criteria same as in level I - i.e. 13 steps to accreditation)

OR

- (3) Has completed a total of 900 hrs of training (in addition to Level 1) in hypnotherapy and

psychotherapy comprising of three elements.)

- (a) Completed 400 hours (approx) of skill development and clinical work.
- (b) Completed 500 hours (approx) of theory.
- (c) Personal psychotherapy (and or hypno-analysis) see note:

Note: Documented personal psychotherapeutic experience or equivalent (training analysis, self-reflection, therapy, etc) of 20 hrs in hypnosis or 60 hrs non trance.

(remaining criteria same as in level I - i.e. 12 steps to accreditation)

OR

- (4) Can provide evidence of a combination of:

- (a) Completion of a recognised course (non ICHP / NHPR) by an outside accredited body in psychotherapy and/pr counselling (dip level)
- (b) two years plus, in practice using hypnotherapy as the main intervention in their private practice (200 hrs minimum a year under supervision)
- (c) Passed the ICHP Diploma examination for external accreditation

OR

- (d) *(remaining criteria same as in level I - i.e. 12 steps to accreditation)*

- (5) Is a current member in good standing with the European Association of Hypno-psychotherapists. *(remaining criteria same as in level I - i.e. 12 steps to accreditation)*

Level III - Accreditation

Advanced Diploma in Advanced Practical Clinical Hypnotherapy & Psychotherapy

Accredited - Hypnotherapy / Psychotherapy

Completed 700 hours of training in addition to levels I & II, a successful applicant will be one who prior to application:

- (1) Has completed ICHP Advanced Diploma in Practical Clinical Hypnotherapy and Psychotherapy.

OR

- (2) Has completed ICHP / NHPR accredited and recognised training course at Advanced Practical Clinical Level.

(remaining criteria same as in level I - i.e. 12 steps to accreditation)

OR

- (3) Is a current member in good standing of the European Association of Hypno-Psychotherapy. *(remaining criteria same as in level I - i.e. 12 steps to accreditation)*

OR

- (4) Has completed a total 700 hrs of practical clinical training (in addition to Levels I & II) in hypnotherapy and psychotherapy comprising of 3 elements.

- (a) Completed 500 hrs (approx) of skills development and clinical work.
- (b) Completed 200 hrs (approx) of theory.
- (c) Personal psychotherapy (and/or hypnoanalysis) (see note)

Note: Documented personal psychotherapeutic experience or equivalent (training analysis,

self reflective, therapy, etc) of 20hrs in hypnosis or 60hrs non trance.

(d) The remaining criteria is the same as in Level I, i.e., 13 steps to accreditation.

OR

(5) Can provide evidence of a combination of:

- (a) Completed a recognised course of training (non ICHP / NHPR) which has been accredited by an outside body in hypnotherapy and psychotherapy and or counselling to around Diploma level.
- (b) Two years plus, in practice using hypnotherapy as the main intervention in their private practice (300 hrs minimum per year under supervision)
- (c) Personal psychotherapy (and/or hypnoanalysis) - (see Note)

Note: Documented personal psychotherapeutic experience or equivalent (training analysis, self reflective, therapy, etc) of 20hrs in hypnosis or 60hrs non trance.

(d) ***(remaining criteria same as in level I - i.e. 13 steps to accreditation)***

Important notes re. practical clinical hypno-psychotherapy accreditation.

- (i) The applicant applying for membership at advanced practical clinical level will need to complete the ICHP / NHPR external accreditation examination outlined in level II (4/3). This requirement is waived for Level III if the applicant has already successfully completed this examination (70% pass) at Level II.
- (ii) In the event of the advanced clinical hypno-psychotherapy component being unclear in any of the above assessments from the above, then the candidate may be requested to demonstrate their procedures, techniques, interventions either in a practical setting or by video.

Level IV - Degree Accreditation - (6000 hrs)

BA Degree Level - BA Degree Accreditation

Successful applicants will be one who prior to application:

- (1) Has completed the ICHP BA Degree programme and ICHP/ NHPR BA Degree accreditation.

OR

- (2) Has completed an ICHP / NHPR accredited and recognised course at BA Level in Clinical Hypnotherapy - Psychotherapy.

The remaining criteria is the same as in Level I i.e., 13 steps to accreditation.

- (3) Is a current member in good standing of the European Association of Hypno-Psychotherapy

The remaining criteria is the same as in Level I i.e., 13 steps to accreditation.

OR

- (4) Has completed either a BA Degree, Masters, or, PhD in psychotherapy, counselling etc in addition to and including a graduate Diploma or equivalent in Clinical Hypno-psychotherapy of not less than 1500 hrs. (clinical placement 1000 hrs)

The remaining criteria is the same as in Level I i.e., 13 steps to accreditation.

Level V

Post Graduate Level

(1500 hrs Graduate Dip. | 1500 hrs Masters)

Successful applicants are those who prior to application:

- (1) (a) Have completed the ICHP BA Degree programme in addition to:
- (b) Have completed 1500 hours in training and research of which hypnotherapy is more than 50% of the research or training programme.
- (c) Completed a dissertation exploring a relevant topic and/or researched suitable for publishing in the ICHP / NHPR Journal i.e.. 'Hypnoanalyst'.
- (d) Is a current member in good standing of the ICHP / NHPR.

OR

- (2) (a) Are now Level 4 - ICHP / NHPR BA Degree accredited.
- (b) Have completed 1500 hrs in research / training of which hypnotherapy is more than 50%
- (c) Completed a dissertation exploring a relevant topic and/or researched suitable for publishing in the ICHP / NHPR Journal i.e.. 'Hypnoanalyst'.
- (d) ***The remaining criteria is the same as Level I i.e., 13 steps to accreditation.***

OR

- (3) E.A.H.P. member applicants who:
 - (a) Are now Level IV - ICHP / NHPR BA Degree accredited.
 - (b) Have completed 2-(b), 2-(c), 2-(d) above.
- (4) E.A.H.P. member applicants who:
 - (a) Have completed 6000 hrs (4 to 7 year programme) equivalent to Level IV in ICHP.
 - (b) Have completed 1500 hrs for Graduate Level.
 - (c) Have completed 1500 hrs for Masters Level.
 - (d) Have completed 2-(b), 2-(c), 2-(d) above.

National Hypnotherapy Psychotherapy Register

Facilitated by

the Institute of Clinical
Hypnotherapy & Psychotherapy

Accreditation Requirements Of Hypnopsychotherapy training courses, schools, providers

National Standard for Hypnotherapy - Hypnopsychotherapy

National Hypnotherapy – Psychotherapy Register

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ICHP / NHPR Quality Assurance Document

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National Hypnotherapy / Psychotherapy Register Institute of Clinical Hypnotherapy & Psychotherapy

[Please note that the ICHP is a separate accreditation body from NHPR for its schools and associations.]

Requirements for Accreditation of Training Courses, School with the ICHP / NHPR

Level I -	Diploma in Clinical Hypnotherapy
Level II -	Diploma in Clinical Hypnotherapy & Psychotherapy
Level III -	Advanced Practical Diploma in Clinical Hypnotherapy & Psychotherapy
Level IV -	BA in Clinical Hypnotherapy & Psychotherapy
Level V -	Post Graduate Diploma - Masters

Introduction:

The ICHP accrediting procedure is guided by the Irish Hypnotherapy Examiners Board and the National Hypnotherapy / Psychotherapy Register for Ireland.

After wide-ranging consultations within the profession, both nationally and internationally, of hypnopschotherapy training for Foundation Level is outlined in detail.

Each ICHP accredited school must accept the standards set by the I.H.E.B., and the N.H.P.R., and as such, each school is required to provide evidence that they comply with these agreed national standards.

Intake Interview:

ICHP schools must formulise their intake procedures and be prepared to allow ICHP - HQ moderators to view intake forms.

ICHP do not stipulate what entry criteria are used, simple that they are consistently and applied fairly, and fall with our *equal opportunities policy*.

Vetting Procedures:

ICHP insist that students undertaking a course which will lead to them working with vulnerable people to undergo a vetting procedure. In this way, we can ensure, as fully as possible that potential therapists understand their responsibilities in their role. If complaints come to light, or a false declaration becomes apparent, action will depend on the status of the individual. If they are at that time a member of the ICHP, the Complaints and Discipline

Officer will act according to our Grievance and/or Complaints procedure. Depending upon the severity of the complaint, the Officer has the power to recommend to the Executive committee that the person in question be suspended from our list of therapists until the matter is resolved. If they are still a student, then the sanction of being removed from the course is available.

ICHP recommends that on the Application Form the following questions should be asked:

- I declare that I do not have a criminal record (or if I do, I attach full details).
- I declare that I will remain fully insured throughout my career as a hypnotherapist.
- I declare that there have been no complaints made against me to the ICHP or any other bodies (or if so, I attach full details). If any complaint is made at any time, I will inform my professional society and my insurers.
- I declare that I will abide by the ICHP Code of Ethics and Practice throughout my career, or if I cease to belong to the ICHP, I will abide by the Code of the society that I then join.
- I declare that I will have in place a system of support for times when I am unsure of ethical or legal matters, or have questions with regard to my client work throughout my career.
- I declare that if at any time I give false or deceptive information the ICHP reserve the right to revoke any award granted

Student Record:

Full records of the student's attendance, work, contribution, supervision etc., should be kept.

Schools will be expected to write reports on all aspects of the student's involvement on the course and full, fair and honest assessment shall be made.

This assessment must show how and where they have achieved the learning outcomes as defined for this course.

Evidence of completed work and assessment should be sent to the ICHP on seeking certification. All submitted work, full reports, intake forms, etc., must be kept by the school for a period of at least 5 years, and be made available to moderators when asked.

Support:

Accredited schools will be required to put in place a system of guidance and support for their students, based on the availability before, during and after the course of a personal tutor.

CVs of these tutors will need to be submitted to the ICHP (if they are not ICHP members) and the quality of their support will be measured by the ICHP by questionnaire to students who complete or do not complete the course.

Course Content:

Attached is the curriculum showing the learning outcomes that students will be expected to reach as a minimum during their training. This is based on the core curriculum of the ICHP and the agreed national standards set by I.H.E.B., and I.H.P.R..

Courses must not be less than 500 hours, made up of interpersonal interactive tuition (minimum of 80 hours), supervised practice, home study and assessment preparation.

Trainers:

Ideally, schools must have at least two trainers with appropriate qualifications, however, if class numbers are low (under 10 students) exceptions may be made.

Inspection:

Establishments must accept that the ICHP HQ and/or I.H.E.B., I.H.P.R. will inspect their course facilities, administrative offices and a class in progress with due notice given.

Internal Moderation Procedure:

Assessment for students in most accredited schools is based on on-going observation and an exam. These elements are assessed by the course tutors. Course tutors are also expected to write a report on their observation of each student during the course.

Appeals from a student are reviewed by the Academic Board, giving the student ample opportunity to explain their viewpoint and to represent themselves or have an appointee do so on their behalf. They may appeal on the basis of:

- a. An error in administration.
- b. An unfair, biased or incorrect assessment.
- c. Illness or other mitigating circumstances.

With each student cohort, at least 20% of work (more if the group is small) is moderated by the internal verifier and if inconsistencies or disagreements are found, s/he has the power to review all work from this cohort and take the findings to the Academic Board.

The representative will provide a report on the performance of the school to the Academic Board.

Course Monitoring and Review Procedure:

The ICHP HQ will review the course every two years, by analysing the following:

- a. The take-up of the course.
- b. The pass / failure rate and dropout rate.
- c. The satisfaction of the students (measured by questionnaire on completion and after one year).

The external climate will also be taken into consideration in this review process (e.g., proposed legislation, moves made by other bodies or other psychotherapy associations.)

The ICHP HQ will report, following this review to the full Executive Committee of the ICHP where the ultimate responsibility for decision-making lies.

Appeals Policy:

Policy Statement:

The ICHP has a policy for appeals based on the core principles of:

- Honesty
- Openness
- Integrity
- Inclusion
- Valuing of difference
- Equal opportunity
- Freedom of choice
- Empowerment of the individual

Appeals from a student are in the first instance reviewed by the ICHP HQ giving the student ample opportunity to explain their viewpoint and to represent themselves or have an appointee do so on their behalf. They may appeal on the basis of:

- An error in administration.
- An unfair, biased or incorrect assessment.
- Illness or other mitigating circumstances.

Complaints Procedure:

In the event of a student being dissatisfied with the outcome or process of their appeal, the grievance and/or complaints procedure can be used. Complaints of any nature are taken very seriously and could provide grounds for disciplinary action that may lead to dismissal or expulsion from the ICHP.

Complaints should be made to the Complaints Officer. The complaint will be dealt with

through the grievance procedures set out in the By-Laws. If appropriate, the complaint may be then dealt with through the Complaints Procedure. The Complaints Officer is willing to discuss any incidents or problems, no matter how serious or trivial they may seem, in confidence.

Monitoring:

The appeal process will be monitored on an annual basis. The monitoring will be reported to the ICHP and the Executive, and statistical information about appeals and complaints following appeals will be produced. Names of individuals concerned with incidents will not be published.

Equal Opportunities Policy:

Policy Statement:

The National Council for Hypnotherapy is committed to achieving an environment that provides equality of opportunity and freedom from discrimination on the grounds of race, colour, nationality, ethnic origin, gender, marital status, disability, religious or political beliefs, age or sexual orientation. The equal opportunities policy aims to prevent unfair and discriminatory practices within the ICHP and to encourage full contribution from its diverse membership.

This means that the ICHP is committed to actively opposing all forms of discrimination faced by race, minority, ethnic, groups, women, lesbians, gay men, members of religious groups, younger and older people, and people with disabilities. Opposition to many forms of discrimination is informed by legislation. However, the ICHP also seeks to assist and offer opportunities to groups and individuals who experience disadvantage and discrimination on grounds that are not currently covered by the law. In this way, the ICHP acknowledges its role in furthering widespread equality of opportunity and breaking down social exclusion.

Complaints Procedure:

Complaints about discrimination are taken very seriously and could provide grounds for disciplinary action that may lead to dismissal or expulsion from the Council.

Complaints about discrimination should be made to the Complaints Officer. The complaint will be dealt with through the grievance procedures set out in the By-Laws. If appropriate, the complaint may be then dealt with through the Complaints Procedure. The Complaints Officer is willing to discuss any incidents or problems, no matter how serious or trivial they may seem, in confidence.

Monitoring:

Complaints about discrimination will be monitored on an annual basis. The monitoring will be reported to the Executive and statistical information about complaints of discrimination within the Council will be produced by the Complaints Officer. Names of individuals concerned with incidents will not be published.

Accreditation Criteria and Guidelines for Hypnotherapy - Psychotherapy Courses Seeking Recognition by ICHP / NHPR

[ICHP have agreed with IACP the following requirements for course recognition at Level 1.]

(1) Requirements for Course Recognition

- 1.1 Applications for recognition will be welcomed from training courses which are a minimum of two years full or part-time duration (of not less than 500 hours of staff/student contact), and which have already completed a full cycle of the course. Recognition may then be retrospective at the discretion of the Course Recognition Committee.
- 1.2 A recognised course will have a balance of theoretical matter, personal development, skills, and supervised client work, consistent with the core theoretical model. (It is not implied that these elements are treated by the course as discrete elements).
- 1.3 The core theoretical model should be reflected not just in theory, skills and the practice but also in the manner in which the course is structured, assessed, taught and administered.
- 1.4 Any information, leaflets, brochures, advertisements, etc. supplied to the public should be made available to the Course Recognition Committee.
- 1.5 Course organisers must have professional indemnity insurance cover for themselves and their students.
- 1.6 The course must have an *External Examiner*. The *External Examiner* is normally appointed by the institution or organisation that runs the course. Although the course staff may nominate an *External Examiner*, the *External Examiner* remains directly accountable to the institution and not to the course itself.

The *External Examiner* needs to be appropriately qualified and have some experience of external examining or comparable experience in assessing trainee hypnopsychotherapists. The most important condition for the appointment of an *External Examiner* is that he or she has no current association with the institute or the course, or any current personal relationship with any of the course staff or trainees. The *External Examiner* needs to be seen as independent and unbiased.

- 1.7 A clear written *Complaints Procedure* must be available to students, staff and ICHP.
- 1.8 Courses applying for recognition will be *Organisational Members* subject to the ICHP's Code of Ethics & Practice.

(2) Admission

- 2.1 The target group of students should, as far as possible, be identified.
- 2.2 Prospective applicants should be provided with detailed and accurate information about the course, including its structure, aims, staffing, contents, assessment requirements, fees (including any 'extras' e.g. supervision / personal therapy fees), and conditions of participation (e.g. time commitments).
- 2.3 The procedure for selection should be clearly explained and be consistent with the course rationale, design and methodology.
- 2.4 Applicants for the course should make detailed written applications and provide the names of referees.
- 2.5 Selection procedures should be designed to obtain clearly defined evidence of:
 - Self awareness, maturity and stability;
 - Ability to make use of and reflect upon life experience;
 - Capacity to cope with the emotional demands of the course;
 - Experience in personal development or group work;
 - Potential to form a client/therapist relationship;
 - Ability to be self-critical and to give and receive constructive feedback;
 - Potential for further development;
 - Some awareness of the nature of prejudice and oppression.
- 2.6 Selectors should seek evidence that an applicant's primary need is not for personal therapy or emotional support.
- 2.7 At least two members of the core staff should be directly involved in the selection process.

(3) Staff

- 3.1 Core staff are course trainers who have central involvement in admission, course management, theory, skills training, supervision and assessment.
- 3.2 On the staff there should be at least two core-training members for the duration of any course, both of whom are in contact with students and involved in their assessment.
- 3.3 Core staff are crucial to the professional formation of the student hypnotherapists and as such undertake the bulk of the training and assessment.

- 3.4 Courses are accountable for the work of all staff, including 'external supervisors'.
- 3.5 The ICHP must be informed of any change in core staff during the recognition period.
- 3.6 Core staff should be appropriately qualified to teach and supervise the main elements of the course. They should;
 - Have substantial experience of supervised hypnotherapy for at least five years after qualifying, and be currently practising;
 - Have trained as trainers and have at least 4 years experience in hypnotherapy training;
 - Have regular external supervision and external consultation on training work;
 - Have had personal therapy either individual or group;
 - Have a recognised theoretical background;
 - Have a commitment to ongoing professional development.
- 3.7 Core staff should be accredited members of ICHP or an equivalent hypnotherapy organisation.
- 3.8 For the benefit of the student the roles of skills trainer and supervisor, should not be provided solely by the same core staff member.
- 3.9 Core training staff, external supervisors and any others who make significant contribution to the training programme should be familiar with and agree to work within the current version of the ICHP's Code of Ethics & Practice. (Copies of the *Code of Ethics & Practice* are available from ICHP).
- 3.10 There should be regular staff meetings and other forms of staff support, consultation and development.
- 3.11 The staff should meet at least once a year with an external consultant.

(4) Course Rationale, Philosophy and Design

All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnotherapy training.

- 4.1 Courses should provide a clear statement of the course rationale, philosophy and design (including methods), which is consistent with the actual structure of the course and closely related to the hypnotherapy work for which the students are training.
- 4.2 All courses should provide a detailed study of at least one major school of hypnotherapy with an introduction to other schools/models of hypnotherapy for comparison, contrast and critical analysis.
- 4.3 Emphasis on a major school/model of hypnotherapy does not militate against eclectic or integrative courses, but it does demand that such courses regard their eclectic or integrative nature as their core theoretical model, explaining fully its philosophical, theoretical and practical implications.
- 4.4 There should be a careful balance of theory and practice and between all elements of the course.

- 4.5 Courses should also meet the criteria detailed under "*Course Content*" in section 5.
- 4.6 Course evaluation should be an on-going process throughout the duration of the course.
- There should be regular staff meetings designed for planning and evaluation of the course.
 - Both during, and at the conclusion of a course, students should be given every opportunity to evaluate their training experiences and to give feedback to the staff. There should be regular staff-student review meetings for this purpose.

Course Content

Each course should contain the following:

(5) Work on Self

- 5.1 Courses should provide regular and systematic approaches to self-awareness work, either individually or in a group, which is congruent with the course rationale and which ensures that each student examines / explores his/ her personal process.
- 5.2 Students should maintain a record that monitors their own self-development and submit a report showing evidence of personal growth.
- 5.3 It is the responsibility of the course to ensure that each student has undertaken the minimum number of personal therapy hours within the training period. Courses should provide a list of therapists suitable to their model of training and theoretical model.

20Hrs	-	Cert	-	New Graduates
			-	Adv Students near to Graduation
			-	Supervisors in Training
10Hrs	-	Dip		
20Hrs	-	Adv. Dip		

(6) Work with Clients

All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnotherapy training.

- 6.1 All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnotherapy.
- 6.2 Students must have opportunities to work with suitable individual clients, in a mode consistent with the course rationale, philosophy and design, and with the primary work for which they are being trained. It is the responsibility of the course to ensure the clients are appropriately sourced.
- 6.3 Before starting client work, students should be individually assessed for their readiness to take clients.
- 6.4 It is not appropriate for inexperienced students in training to gain their client hypnotherapy experience through private or independent practice.

- 6.5 Client work refers to specific hypno-psychotherapeutic relationships.
- 6.6 Explicit hypno-psychotherapeutic contracts, which include the identification of appropriate boundaries, must apply to student work.
- 6.7 This work should be carefully monitored by core staff and supervisors.
- 6.8 Substantial and regular hypnotherapy practise with real clients is essential in training of therapists to a professional standard. The minimum acceptable number of hours under supervision is 100. (The Course Recognition panel might regard 100 hours as insufficient if it did not give the students experience of working with a range of clients).
- 6.9 There should be evidence that the student has established that he/she can provide and sustain contact with client/s for the duration of the hypnotherapy contract.
- 6.10 Client work must take place in an appropriate setting. It is the responsibility of the course to ensure that this work takes place in a safe, secure, professional setting.
- 6.11 Students have an obligation under the ICHP *Code of Ethics & Practice* to indicate their trainee status to an agency and, if asked, to their clients.

(7) Supervision

- 7.1 The purpose of supervision is primarily to ensure a high standard of service to the client and secondarily to ensure the continuing personal/professional development of the hypnotherapy. (See 3.6)
- 7.2 Supervision during training should serve three functions:
 - Helping the student to integrate theory with practice and to develop competent practice (*Teaching function*);
 - Maintaining the student's personal and professional well-being with respect to the client work (*Supportive function*);
 - Affording a degree of protection for the students' clients (*Managerial function*).
- 7.3 Recognised courses will ensure that the individual student has access to regular and sufficient supervision, consistent with the core theoretical model. This should be with an appropriately qualified and experienced supervisor, with a substantial experience of supervising hypnotherapists.

Supervisors should also:

- Have substantial experience of supervised hypnotherapy for at least five years after qualifying, and be currently practising;
 - Have regular external supervision and external consultation on training work;
 - Have had personal therapy either individual or group;
 - Have a recognised theoretical background;
 - Have a commitment to ongoing professional development.
- 7.4 A combination of group and individual supervision is strongly recommended.

- 7.5 For hypnopsychotherapists in training, supervision should not be less than 1 hour of presenting time to 8 hours client work, subject to an overall minimum of 1.5 hours of presenting time per month per student.
- 7.6 Supervisors reports should form an integral part of ongoing assessment.

(8) Theory

All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnopsychotherapy training.

- 8.1 All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnopsychotherapy.
- 8.2 There should be a broad introduction to the concept of change, models of the person, concepts of the self and systems theory.
- 8.3 Courses should have a clear statement of the core theoretical approach (See 1.4 Course Requirements).
- 8.4 There should be sufficient hypnopsychotherapy theory, drawing upon a variety of disciplines, to enable students to understand and evaluate critically:
- The underlying assumptions, basic principles and elements, concepts, strategies and techniques of the core theoretical model.
 - The therapeutic process and principles and mechanisms of change as conceived by the core theoretical model.
 - Comparisons with other hypnopsychotherapy approaches.
 - The social systems in which we live and how they affect client development and hypnopsychotherapy practice. (The term 'social system' is taken to include such factors as race, culture, gender, sexuality, politics, religion, ethics and socio-economic class).
 - The theoretical basis for any specific client problems or issues included as topics in the course programme, e.g. anxiety, bereavement and loss, etc.
- 8.5 Study of the core theoretical approach and related hypnopsychotherapy practice may be informed and enriched by consideration of other psychological concepts and ideas by reference to current research findings.

(9) Skills Training

All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnopsychotherapy training.

- 9.1 All ICHP accredited training providers must follow the course syllabus laid down for agreed national standards of hypnopsychotherapy.
- 9.2 Courses should provide;
- Structured experience and regular opportunities for observation, practice, feedback

(from both staff and peers), discussion and review.

- Opportunities to practise the blend of skills appropriate to the core theoretical model, these skills being identified and developed so that students can describe, analyse and utilise them.
- Progressive monitoring and assessment of skills development.

9.3 It is not acceptable for courses to include skills training or other work which students have done elsewhere, as part of the minimum contact hours.

(10) Methods

10.1 Course staff should take responsibility for and provide or facilitate a range of learning experiences congruent with the philosophy and rationale of the course.

The course should include:

- Encouragement for students to take responsibility for their own learning;
- Cognitive, affective and skills components;
- The acquisition of knowledge and information from external sources;
- Substantial small group work
- The provision of regular opportunities for students to review the course and give feedback on it;
- Opportunities for students to reflect on the course as an organisation in itself and on the cultural, social and political contexts in which they exist and work;
- Access for each student to a core member of staff for support.

10.2 There should be substantial reading and written work (or creative alternative) required of students to clarify philosophical and theoretical concepts and their application to practical hypnopsychotherapeutic work. This should be supported by adequate and up to date references, bibliographies and sources. The organisation has a responsibility to ensure that recommended books and journals are accessible to students.

(11) Professional Issues

11.1 It is important that students develop an understanding of the work of other professionals in related fields and have opportunities to meet some of them.

11.2 Students should be formally introduced to the ICHP's *Code of Ethics and Practice*, and ample opportunity to discuss all aspects of this code. This also applies to all relevant legislation, to familiarise themselves with its implications for practice and how it relates to their own values and attitudes. A commitment to abide by the *Code of Ethics and Practice* should be required of the student from the commencement of client work.

11.3 Courses should provide on-going opportunities for students and staff to meet as a community to reflect on all aspects of the course and to explore organisational issues.

11.4 Students should be made aware that successful completion of the course does not mark the end of training and development. They should be reminded of the ethical requirement for

supervision throughout a hypnopsychotherapist's working life and also encouraged to seek further opportunities for development.

- 11.5 Courses should provide opportunities to explore multicultural and equal opportunity issues in hypnopsychotherapy theory and practice, to include class, race, gender, sexuality and disability.
- 11.6 Students should be encouraged to read and understand research findings and how they might inform hypnopsychotherapy practice.
- 11.7 Students should be made aware of the requirement for professional indemnity insurance cover for themselves on completion of the course.

(12) Assessment

- 12.1 A course should adopt a mode of assessment which is congruent with the philosophy and rationale of the course, with appropriate elements of staff, peer and self-assessment.
- 12.2 Students should be fully informed of the assessment procedures and the criteria used. They should also be given progress reports at various stages of the course.
- 12.3 There should be substantial emphasis on the assessment of competence in hypnopsychotherapy skills and practice undertaken during the course. This may be achieved through verbatim reports, audio/video tape recording, viva examination, live supervision etc.
- 12.4 Supervisor's reports should form an integral part of ongoing assessment.
- 12.5 The external examiner, should monitor the course and the standard achieved by the students, and be involved in the *Appeals Procedure* as appropriate. (see 1.6)
- 12.6 The course should include a substantial amount of assessed written work, for example case studies, essays, projects etc.
- 12.7 Both during and at the conclusion of the course students should be given every opportunity to evaluate their training experience and give feedback on the course to the staff.
- 12.8 Courses should provide details of procedure for referrals, late submissions, extensions etc.
- 12.9 An *Appeals Procedure* should be in place. Students and staff should be aware of the *Appeals Procedure*.
- 12.10 All client work of student hypno-psychotherapists must be assessed by the Training Institute. This means that all external Supervisors must supply reports on student work to the training Institute's assessment panel, and that these reports be co-evaluated by student and supervisor.

The Recognition Process

Application

A course wishing to apply for recognition should supply the following:

- (i) Completed application form to be filled out, (available from ICHP HQ).
- (ii) 3 copies each of explanatory and promotional material used, e.g. course leaflets, brochures etc.
- (iii) A Submission Document in triplicate covering in detail how the course satisfies the criteria set out in Part One of this book.
- (iv) Appropriate Fee.
- (v) Confirmation of organisational membership of ICHP.

The Submission Document

The submission document should be substantive and is likely to be at least 3000 words excluding appendices.

A proper structure for the submission document is outlined below:

(A) Contents

A page of contents should be included and the pages of the document.

(B) Introduction / Historical background

A brief statement about the organisation is providing the course, for example, when/how the organisation and/or course was established, including the date of completion of the first student cohort of the course.

(C) Aims of the course

(D) Course structure

Information should be clearly presented under the following sub-headings:

- The overall management and staffing structure of the course and whether it relates to the management structure of the institution/organisation.
- Length of the course
- Mode of required attendance e.g. full time/part time/evening block release
- Syllabus timetable for each year, clearly showing the precise breakdown of hours, subjects and tutors involved.
- Day(s) of the week on which the course is held
- Target group of students
- Total number of staff contact hours as defined in 1.1 QAD 8.
- Staff/student ratio and the contact hours of each core staff member.
- Course content/structure i.e. what is taught by whom and for how long

- Course policies on equal opportunity, multicultural issues and intake, including class, race, gender, sexuality and people with disabilities.

(E) Facilities

It is expected that courses will provide adequate library facilities and have access to audio and video equipment. Details of these resources should be given.

(F) Basic elements

This section should be based on the following criteria:

1. Admission: Selection procedure, numbers at each stage, application forms, etc.
2. Details of each core staff member.
3. Course Rationale, Philosophy and design.
4. Work on self.
5. Work with clients.
6. Supervision.
7. Theory.
8. Skills training and Methods.
9. Professional Issues.
10. Assessment and External Examiner's role.

(G) Course Complaints and Appeals procedure.

(H) Details of essays, projects and case histories.

Recognition

The Accreditation Board will consider the information submitted. If the submission document meets initial requirements, and may visit and observe the course at times to be mutually agreed.

As soon as practical, the Board will prepare a written report on their findings in respect of the course's eligibility for recognition which will be sent to the ICHP HQ for ratification. If recognition is dependant on certain conditions being fulfilled the Accreditation Board will notify the course seeking recognition. Subsequently the ICHP HQ will ratify the decision of the Accreditation Board and forward to them their recommendations.

Non-Acceptance

In the case of non-approval, at any point in the process, a report will be forwarded to the course organisers containing reasons why a course is not eligible for recognition. Course recognition by the ICHP will last for 5 years, after which courses must re-apply for recognition. Recognition of a course may be withdrawn by the ICHP at any time if standards are not maintained.

Monitoring of the Course after Recognition

The ICHP will continue to monitor courses after recognition. To support this it is essential that a Recognised course appoint a person to liaise with the ICHP.

The role of this liaison person would be to submit yearly reports informing the ICHP about the continuance and any changes occurring in the course.

Renewal of Course Recognition

An ICHP recognised course may seek re-recognition by providing written evidence that it continues to meet the current minimum standards for recognition. The written submission should include the following:

1. They must enclose the current renewal fee.
2. The Course should submit one set of documentation including a complaints and an appeals procedure. Any changes to the course content, direction, duration and format as well as selection procedure.
3. Particulars of any changes in relation to core staff must be communicated to the Accreditation Board.
4. A report from the external examiner to the course covering the period of recognition.
5. The course to name a liaison person who will liaise with the ICHP.

An assessment panel will consider application for renewal of recognition. Further information may be sought from the course and in certain circumstances, visits may be necessary.

This renewal of recognition is valid for five years.

National Hypnotherapy / Psychotherapy Register

In association with

Institute of Clinical Hypnotherapy & Psychotherapy

Course Title: Foundation / Certificate in Hypnopschotherapy - Level I
Diploma in Clinical Hypnotherapy

Purpose:

The course has been developed to meet the needs of an instructional programme that prepares individual to use hypnosis (trance) and psychotherapy techniques in a process of re-education at the mental emotional levels for the purpose of solving problems, developing motivation, and setting and achieving goals. It teaches at a foundation level the application of hypnopschotherapy and Diploma-level hypnotherapy in health services and human services. It prepares students for the Diploma and Advanced Diploma in Clinical Hypnotherapy Psychotherapy as well as providing a Foundation for the B.A. Programme as taught by the ICHP Programme.

It is widely accepted that 80% of patients who consult doctors do so with psychosomatic symptoms (mind attacking the body) and hypnopsychotherapy treatments have a long proven and documented history of elevating these symptoms.

The foundation programme should be designed to be academically coherent, intellectually demanding focusing on the application of clinical hypnosis to specific problems with emphasis on client work and personal development. The educational programme should be presented with an applied focus using a range of teaching and learning methods. The course should be attractive to students and to offer them considerable potential for development.

The course should be specifically developed to enhance the competence of students to diagnose, analyse, and solve presenting symptoms often against a background of rapid changes in therapeutic procedures and application. It should prepare students for professional practice while enhancing the skills of those who already are professionals in the field of therapy providing experience in communications, interpersonal and personal development skills. During the course, students should be given the opportunity to experience the various approaches to therapy taught on the course. In addition, opportunity exists, for personal therapy and supervision from experienced and established therapists. This programme provides staff with the opportunity to present this eclectic professional training by drawing on the many concepts, principles and techniques on which they are based. As hypnotherapy, hypno-analysis, and psychotherapy share a common applied focus, it is felt that the overall programme should reflect an interactive approach throughout, through its high-lighting of analytical issues as they arise in the course. This will be further reinforced in supervision, workshops, seminars, lectures and home study.

No matter how inexperienced students may be entering the course, it is considered critical that self-development as well as a sense of responsibility is developed in the student prior to graduation so that they can be recommended without hesitation to prospective employers. All graduates of this course will need the experience of working successfully under supervision in a wide variety of cases. They will also have had to manage a set of tasks in a professional manner and will demonstrate competency in a diversity of clinical situations. The course also aims to support students and give guidance in setting up and running a successful practice.

Aims:

The overall aims of the Foundation Certificate Course in Psychotherapy and the Diploma Course in Clinical Hypnotherapy.

- (1) To provide comprehensive professional training in hypnotherapy and Foundation hypnoanalysis, psychotherapy using a combined, academic, practical and experiential approach.
- (2) To provide students with support supervision, and guidance in setting up and running a successful practice.
- (3) To provide students with expertise in clinical hypnotherapy to go beyond what they will have already learned in the Foundation Certificate programme and to continue with the Diploma in Clinical Hypnotherapy, the advanced Practicals in Hypnotherapy, and B.A.,

Level etc.

- (4) To develop the student's intellectual capacity and practical skills in utilising clinical hypnotherapy while exploring the subject at an advanced level.
- (5) To provide students with a sound eclectic framework in order to develop new and innovative applications of hypnotherapy, psychotherapy.
- (6) To give students an appreciation of the greater national and international environment in which psychotherapy and hypnotherapy interrelate.
- (7) To provide an appreciation of the greater national and international environment in which psychotherapy / hypnotherapy operate.
- (8) To provide students with an opportunity to benefit from the ongoing experience of experts in the field of hypnotherapy / psychotherapy.
- (9) To provide an educational environment which gives students opportunity to explore a variety of hypnotherapy disciplines in a manner that is best suited to that individual.
- (10) To provide students with the opportunity for exploration of their personal and interactive processes, as well as their own professional personal development, by working in a group with a facilitator.
- (11) To encourage critical thinking and questioning.

Objectives:

On completion of the Foundation Certificate in Clinical Hypnotherapy & Psychotherapy, the students should have:

- (1) Have a clear understanding of the fundamental principles of all branches of hypnotherapy / psychotherapy dealt with in the course.
- (2) Be able to identify, analyse, manage, the hypnotherapy procedure in an array of clinical settings.
- (3) Be able to express opinions on hypnotherapy / psychotherapy issues with conciseness and clarity.
- (4) Be able to demonstrate a capacity for reasoning based on the application of hypnotherapy principles.
- (5) Be acquainted with the broad ramifications of theory and application of techniques in hypnosis.
- (6) Be similar with the most recent and authoritative material in their area interest within the field of hypnotherapy / psychotherapy.
- (7) Be encouraged in personal, academic and professional interest in so far pertain to hypnotherapy - to be explored in some depth and to develop these to Diploma and Advanced Diploma level.
- (8) Be able to foster an aptitude for self-evaluation and examine their own beliefs, assumptions and prejudices so that they can help others to be the same.
- (9) Be stimulated to think critically and in a non-doctrinaire way about hypnotherapy specifically and psychotherapy generally.

- (10) Have explored personal issues pertinent to the practice of hypnotherapy and psychotherapy.
- (11) Have undertaken clinical placement and have been provided with ongoing supervision of their clinical work.
- (12) Be familiar with the Ethical and Legal issues in hypnotherapy and be able to develop their own ethical structure and handle ethical conflicts.
- (13) Be encouraged to participate in research projects to augment their primary course work.
- (14) To be in a better position to evaluate the Diploma Course and Advanced Practical Course and BA Programme.

Guidelines of the NHPR Syllabus and Curriculum Accreditation

Hypnotherapy Course Providers at Level I (*Le. Non ICHP / NHPR*):

The course content should be attached in the curriculum showing the learning outcomes that students will be expected to reach as a minimum, during their training. The aims and objectives of the course should be clearly stated and how the student is expected to reach these outcomes.

- The History of the subject.
- The main characters in the development of hypnotherapy.
- The primary forces in the development of psychotherapy.
- How to define and ascertain psychosis and psychotic behaviours.
- What to do if clients display these behaviours.
- How to deal with clients with epilepsy, diabetes, asthma.
- When to treat pain and when not to.
- What are abreactions?
- The benefits to a client of reaching the point of abreaction.
- The goal of therapy.
- Conscious and unconscious resistance (affect positively / negatively)
- When the Law requires confidentiality.
- Boundary issues relating to confidentiality.
- Understand clearly all aspects of the Code of Ethics, Standards and Practice.
- The dynamics of memory and recall.
- Understand how psychotherapists can create False Memories and avoid same.
- The theory of the therapeutic alliance.

- Change theory.
- The use of Transference and Counter-transference.
- The use of resistance.
- The role of Secondary Gain.
- How rapport affects the therapeutic process.
- What to do in circumstances in which rapport cannot be fostered or breaks down.
- How to refer the client on if the case history provides this to be necessary.
- How to decide what induction technique is applicable.
- What to do if the client is reluctant to exit trance.
- When to employ each particular approach and strategy.
- What to do in the event of a strategy producing unexpected results.
- Basic counselling skills for hypnopsychotherapists.
- Introduction to theoretical considerations.
- The hypnotic induction.
- Regression Techniques.
- Pre-induction sensitisation.
- Imparting of hypnopsychotherapy information to clients and others.
- Suggestions in hypnopsychotherapy.
- Structuring suggestions.
- Common misconceptions concerning hypnosis.
- Hypnotic susceptibility.
- Sign of hypnosis.
- Laws of suggestion.
- Pre-induction consultation.
- Information gathering.
- Induction of hypnosis.
- The benefits of hypnotherapy.
- Hypnotherapy - mind-body connection.
- Indirect hypnotic phrasing and techniques.
- Classic hypnotic phenomena.
- Hypnotherapy conditions treated in hypnopsychotherapy.
- The rules of the mind.
- The rules of therapy.
- Practical hypnotic inductions.

- Rules governing the ethical use of hypnosis.
- Dangers of hypnosis.
- Smoking cessation therapy in hypnotherapy.
- Weight loss therapy in hypnopschotherapy.
- A suggestive protocol for working with at least 40 different common symptoms.
- Formulating suggestions for specific symptoms (at least 40 symptoms).
- To work within their competency at level I.
- Practical business considerations.

Basic Counselling Skills in Hypnopschotherapy

The course provider will need to demonstrate that each student is taught basic counselling skills which are specifically related to hypno-psychotherapy.

Interpersonal Interactive tuition

The course provider is asked to be specific in the area of Examinations, Directed Independent Study, and how each student will achieve the course objectives. The school is requested to provide samples of all these as part of their submission. The NHPR is enclosing samples of some of their Directed Independent Study Programme that the course provider can use or alternatively model their programme on.

National Hypnotherapy / Psychotherapy Register

In association with

Institute of Clinical Hypnotherapy & Psychotherapy

Requirements for ICHP / NHPR Course Recognition

Level II - Diploma in Clinical Hypnotherapy

The same requirements for course recognition in Level I also apply to level II except where stated otherwise in these procedures.

The required Level II competence applies in accordance with the course syllabus and structure at Level II.

Additional Requirements to Level I Requirements:

- (1) Applicants for recognition will be welcome from training providers where a minimum

of 900 Hours and not less than 18 months duration.

- (2) ICHP accredited schools must follow the ICHP syllabus in the agreed national standards of training in hypnotherapy at Level II.
- (3) In general, NHPR will welcome and consider courses at Level II with a strong clinical emphasis. The minimum being:
 - 1/3 Theory
 - 1/3 Interpersonal Interactive Tuition
 - 1/3 Clinical work.

In the event the course has more than 1/3 clinical work then it will be received more favourably provided there is at least 1/3 Theory.

- (4) Psychotherapy, Counselling courses will be considered for accreditation at level II provided the course provider has completed a level I Diploma in Hypnotherapy or guided.

Accreditation Syllabus and Curriculum for Level II Diploma in Clinical Hypnotherapy - Psychotherapy

- (5) Stage two of the NHPR Training should follow on from successful completion of Stage I - Foundation Certificate in Clinical Hypnotherapy - Psychotherapy / Diploma in Clinical Hypnotherapy.
- (6) The course syllabus should require the student to attend not less than 80 hours at monthly intervals approximately.
- (7) The course should be structured so that the student has ample time to digest the course content and demonstrate their knowledge through examination, essay, homework, client work, directed independent study, interpersonal interactive tuition, supervised practice, assessment and preparation.
- (8) General orientation to Level II as emphasis at Level I is on the hypnotherapy and the practical application of symptom as elevation Level II is more focused on the hypnotherapy aspects of 'cause and effect', and psychotherapeutic clinical techniques in achieving clinical outcomes.
- (9) The course provider will need to identify all the relevant objectives in Level I which also to Level II and demonstrate how they will increase the students knowledge and practical application at this level.
- (10) Class and student notes together with relevant course books should be outlined in detail to substantiate the learning experience at level II.
- (11) The course provider is asked to be specific and provide details relating to written / practical examinations, directed independent study, achieving course objectives.
- (12) It is essential at the end of level II the student has grouped all the theoretical and clinical concepts of hypno-psychotherapy and can demonstrate this knowledge by way of a

written / practical examination.

- (13) It is recommended that students undertake substantial homework and home study at level II (*to comply with Point No.7 above*) as part of their Directed Independent Study and this is provided in modular format with performance requirement and/or interim examinations at the end of each module (*See Point No. 15*).

(14) **Personal Development:**

- a. The student should undertake to complete a 'self-concept' essay (Self-analysis is essential before analysing others.)
- b. Training analysis, personal therapy, and body-mind care.
- c. Group work, group supervision, private supervision (1 to 1).
- d. Ample time for students in class to explore issues using hypnopschotherapeutic techniques.

The student at Level II should be able to:

- e. Give reasons for desire to be a hypnopschotherapist and insight into self.
- f. Give references (bibliography).
- g. Refer to life experiences.
- h. Demonstrate an understanding of self.
- i. Analyse self-concept definition.
- j. Present experiences on emergence of a self-concept towards self-actualisation.
- k. Trace the journey of self-concept from childhood to adulthood.
- l. Demonstrate a deeper understanding of the mystery of 'Who am I?'
- m. Present new ideas of how to deal effectively with others.
- n. Explore their own vision (motivation) of themselves as a hypnopschotherapist in relation to helping others form a healthy self-concept.
- o. Discuss the people and forces that shaped their lives.

(15) **Professional Development**

The organisation will be assessed under the following headings who will demonstrate how their hours are allocated, over the length of the course of study.

- Clinical placement
- Case study and/or cases
- Professional development
- Project support
- Guest lecturers
- Supervised study - tutorials
- Required reading - theory
- Research
- Training analysis, personal therapy, mind-body care
- Group work, group supervision, private supervision (1 to 1)
- Personal therapy in small group work
- Clinical seminars
- Group experiences

- Hypnosis / suggestion script writing
- Recording sessions for group evaluation
- Module performance requirements

Theories of Psychology - Hypnopsychotherapy - Hypnoanalysis

The student is introduced to the concepts that have unfolded in the field of psychotherapy.

- Psychoanalytic concepts
- Analytical psychology concepts
- Individual psychology concepts
- Ego state therapy concepts
- Object-related psychology concepts
- Client-centred therapy concepts
- Existential therapy concepts
- Gestalt therapy concepts
- Reality - emotive behaviour concepts

The course provider should cover the following learning outcomes with the student both in practice and in theory:

- Hypnopsychotherapy - an overview of therapy
- Hypnotherapy in Ireland and Irish Law
- Hypnotherapists and Insurance
- Safety factors involved in becoming a hypnopsychotherapist
- Duty of care
- The Historical roots of hypnopsychotherapy
- Practical hypnopsychotherapy in the clinical setting
- General classifications of induction
- Hypnotic phenomena
- Utilisation of hypnotic phenomena in symptom alleviation
- Ideomotor response and use of same
- Self hypnosis
- Physical signs of hypnosis in the clinical setting
- Demonstrate permissive hypnotic techniques
- Demonstrate imaginative techniques for clinical purposes
- Demonstrate active techniques for clinical purposes
- Demonstrate key hypnopsychotherapy skills in the clinical setting
- Characteristics and nature of hypnosis and suggestion
- Theories and nature of hypnosis
- Suggestibility tests
- Uncovering techniques
- Past life regression
- Principles and practice of hypnotherapy
- Catholic church and religious evaluation of hypnosis

- Defining hypnosis
- Stages and phenomena of hypnosis
- Dangers of hypnosis
- Difficulties in hypnotising and dehypnotising a client
- Practical information about utilising hypnosis
- Conscious vs. Subconscious mind
- Healing using visualisation and hypnosis
- Self hypnosis
- Voice of the hypnopsychotherapist
- Dealing with fearful clients of the hypnotic experience
- Practical clinical techniques used in all sessions
- Practical clinical trancework
- Client convincers of the state of hypnosis
- Communicating hypnosis to client and others
- Psychosomatic disease and symptoms
- Validity of memories retrieved in the hypnotic state
- Rules governing the use of hypnosis
- Forensic hypnosis
- Relationship between hypnosis and other activities
- To construct a tape to assist the client with therapeutic outcomes
- Modern hypnosis - theory and practice
- The use of hypnosis with children and adolescents
- Modern hypnotic terminology
- Neurolinguistic Programming (NLP) - basic background and techniques
- Ericksonian hypnotherapy - basic background and techniques
- Elman hypnotherapy - basic background and techniques
- Trance deepening images
- Fantasy therapy
- Suggestibility tests
- Deepening techniques
- Instantaneous methods of induction
- Symptom substitution
- Clinical hypnosis for appetitive disorders, functional problems, smoking, addictions and habit disorders
- Defeat smoking (3 x session approach) including analysis
- Hypnosis with obesity and eating disorders
- Anorexia and bulimia nervosa
- Hypnopsychotherapy with problem drinking and alcoholism
- Hypnopsychotherapy with tranquillisers
- Hypnotherapy with functional problems, obsessive compulsive disorders, fears and phobias
- Bedwetting, enuresis, insomnia, sleepwalking, tinnitus, trichotillomania
- OCD - Tics / Spasms, nail biting
- Fears and Phobias
- Clinical hypnosis for sexual dysfunction

- Vargiismus
- Frigidity
- Premature ejaculation
- Impotency
- Sexual Guilt
- Clinical Hypnopschotherapy in:
 - Pain and suffering
 - Ego strengthening
 - Enhance academic performance
 - Emotional problems
 - Post traumatic stress disorder
 - Sexual abuse
 - Breathing
 - Skin disorders
 - Allergy control
 - Athletic performance
 - Hypno-sport
 - Hypnotic dream work
 - Gestalt Therapy
 - Time Line Therapy
 - Metaphors
- Solution focused therapy, well formed outcomes and goal setting

Hypno-Analytical Hypnopschotherapy

The student should be able to:

- Use regression techniques to pin point the causes of trauma
- Understand the process of childhood conditioning and trauma, and trance work with the 'child within' the adult.
- Explain the techniques of hypnotic regression, active imagination, and various trance states
- Utilise the following in analysis:
 - a. Dreams
 - b. Free association
 - c. Repression release
 - d. Explain conflicts, oral, anal, genital, and their inter-relationship between sexual problems and anxiety states
 - e. Use the 'Affect Bridge' techniques
 - f. Demonstrate hypnotic exploration skills
 - g. Issue of confidentiality, referrals, marriage difficulties.
 - h. Active listening, crisis therapy, establishing rapport

Setting up in practice:

The student should be able to:

- Understand how and where to set up consulting rooms, what fees to charge, legal aspects, insurance, advertising, referrals, and how to protect themselves to prospective employers.
- To construct a brochure
- To construct a client contract form

Anxiety and fear:

The student should be able to:

- Use hypnotic techniques in anxiety based symptoms
- Construct scripts / metaphors
- Explain hysteria. Fight or flight response.
- Explain Hamilton anxiety rating scale, sequence of a panic attack, characteristic of panic attack.
- Know medical conditions commonly presented with anxiety symptoms

Transference:

The student should be able to:

- Use subconscious forces to aid therapy
- Explain the placebo effect, conditioned reflexes, negative transference, positive transference, counter transference.
- Know the general characteristics of transference, transference neurosis, abnormal, narcissism.
- Understand how to deal with therapist feeling too intimate using hypnosis.

Assessment:

The course provider must present evidence of all achievements related to specific learning outcomes. Assessment of this evidence will be carried out internally with external monitoring.

National Hypnotherapy / Psychotherapy Register

In association with

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Requirements for ICHP / NHPR Course Recognition

Level III - Advanced Diploma in Clinical Hypnotherapy - Psychotherapy

Completion of Levels I and II courses is a prerequisite to accreditation requirements for ICHP / NHPR Course Recognition at Level III

The same requirements for course recognition in Level I also apply to level II except where stated otherwise in these procedures.

The required course Level III accreditation for hypno-psychotherapy specifically applies in accordance with the course syllabus and structure at Level III.

- (1) Applicants for recognition will be welcome from training providers where a minimum of 700 Hours and not less than 12 months duration.
- (2) ICHP accredited Hypnopschotherapy training schools must follow the ICHP syllabus in the agreed national standards for training in hypnopschotherapy at Level III.
- (3) In general, NHPR will welcome and consider training courses at Level III with a strong clinical emphasis as the accreditation related to practical clinical work.
 - 50% Practical Clinical Work
 - 25% Theory
 - 25% Interpersonal Interactive Tuition

In the event the course has more that 1/3 clinical work then it will be received more favourably provided there is at lease 1/3 Theory.

- (4) A Level III course may also be considered by grouping various courses provided the school can demonstrate the course is similar to Level I + Level II + Level III combined. Psychotherapy / Counselling courses equivalent to ICHP / NHPR Level will be considered for accreditation at Level III provided the course provider has an additional, or incorporated a Level I and/or Level II NCHP / ICHP equivalent.
- (5) Students entering stage III of a hypnopschotherapy training school should have completed stages I and II or a similar course of study.
 Stage III is the Advanced Practical Diploma Level in Clinical Hypnotherapy and Psychotherapy.
 At this stage, the student is expected to have completed over 500 hours of clinical work with a variety of symptoms under supervision before commencement.
- (6) The student is required to complete - two written modules based on specific

performance requirements:

- | | | | |
|-----|-------------------------|---|------------------------|
| (a) | Analytical Hypnotherapy | - | Theoretical Principles |
| (b) | Analytical Hypnotherapy | - | Practical Applications |
| (c) | Project work | | |

- (7) The aim of the Level III is to provide the most comprehensive practical training in hypnotherapy. The student is required to become proficient with an array of eclectic therapeutic techniques and interventions for clinical therapy. The students should have ample time to experience these techniques in class, group work, clinical seminars, with clients and practice clients.
- (8) Students are requested to attend not less than 80 hours of practical class work with the minimum of class lecturers, augmented by a comprehensive independent directed learning (*e.g. #6 above*), group work, project work, research, supervised clinical work, clinical seminars.
- (9) The course provider will need to identify all the relevant objectives in Level II that also apply to Level III but at a higher Level and how they will specifically reach this Level of competency.
- (10) Class and student study notes together with relevant course books should be outlined to substantiate the learning experience at Level III.
- (11) The course provider is requested to specify and provide details relating to written and practical examinations, directed independent study, and how the student will achieve these outcomes and the monitoring procedure involved.
- (12) It is essential at Level III completion the student has a comprehensive practical ability to use the techniques and skills experienced in the course.
- (13) It is recommended that students undertake substantial practical clinical work at Level III (*to comply with #7 above*) as part of their clinical placement and supervised clinical work (*see #14 below*).
- (14) **Supervised Clinical Work**
Hypnotherapy students need to have ongoing clients at Level III and NHPR recommends that each student complete:
 - (a) Ten cases of mainly suggestion type therapy in a solution focused modality that may also incorporate pinpoint analysis or other therapeutic techniques. The average length of session is not less than three consultations.
 - (b) Five cases of hypnoanalytical type psychotherapy of not less than fifteen sessions.

Training Analysis and Personal Therapy

Students at Level III completion should have completed their own private training analysis for a minimum of 16 sessions (1½ hour each) and 50hrs of professional development aspects and issues specifically raised during their own private personal therapy.

Psychological Theories

The syllabus should be eclectic and broad drawing on a variety of psychological theories, e.g;

- Psychoanalysis
- Analytical psychology
- Individual psychology
- Ego state therapy
- Object - related psychology
- Client centred therapy
- Existential therapy
- Gestalt therapy
- Cognitive therapy

Specific Orientation

The NHPR recognises that various schools of hypnotherapy have developed from a specific discipline of psychotherapy and NHPR encourages proficiency in at least one modality. The obvious benefits of working within an established framework create confidence in application and maximises results. However, the student needs to appreciate that too rigid a structure may have limitations and openness to other therapies creates choice and different possibilities, therefore the course provider needs to balance their own preference of psychotherapy with an openness and appreciation to the main psychological theories and applications.

Professional Development

Professional development is another key component of practical clinical hypnotherapy training. While some aspects of development are covered in the directed independent section, others should include the following:

- Self-concept development from stage II should now be more focused on the cause and effects on the student's life in light of practical work and personal therapy.
- Personal therapy
- Mind body work
- Trancework
- Supervision
- Solution focused hypno-psychotherapy

Directed Independent Study

In addition to the practical classes in clinical hypnotherapy and psychotherapy, the student's study-time should include a variety of practical learning experiences to develop their practice abilities and skills. The following are examples of learning requirements and experiences the training course providers may consider in structuring practical assignment for assessment.

- Module performance requirements programme
- Home study, examinations
- Submissions of performance and examination projects
- Clinical placement
- Clinical seminars
- Case based studies
- Professional development
- Guest lecturers
- Supervised study
- Required reading
- Required listening to hypnosis tapes
- Required viewing of video hypnopsychotherapy therapy
- Project support
- Research
- Training analysis
- Personal therapy
- Mind-Body care
- Group work
- Group work on issues specifically relevant to personal therapy
- Group supervision
- Private supervision
- Hypnosis / suggestion script writing
- Construction of Solution Focused audio tapes for clients
- Private practice combined with supervised clinical work

Brief Solution Focused Hypnopsychotherapy

Brief therapy is an important contribution to modern psychotherapy and has been developed by hypnopsychotherapists.

The hypnopsychotherapist student's training includes all aspects of Brief Therapy e.g;

- Techniques to quickly alleviate symptoms of panic-attack, social anxiety, phobias, PTSD, psychosexual problems, OCD, and anxiety related to health, death, surgery and childbirth.
- Understand the Fast Phobia Cure and how to use it to resolve post-traumatic stress disorder in one session.
- Effective treatment strategies
- Knowledge of recent scientific findings
- To know why panic attacks, trauma, phobias, OCD, and other problems can be dealt with much faster and the techniques to be applied to bring about these changes.

Accreditation Syllabus & Curriculum for Level III Advanced Diploma in Clinical Hypnotherapy & Psychotherapy

The Core Syllabus

The course provider is required to provide the students with practical demonstration, explanation and experience in practical classes and also to supervise group work experimenting with these therapies and techniques.

Practical training will include the following:

- 20 different clinical inductions are required to be demonstrated
- Instant inductions
- Inducing hypnosis & testing
- Measuring the depth of hypnosis
- Amnesia
- Anaesthesia
- Self-Hypnosis
- Accessing the Subconscious
- Inner Child
- Trance Management
- Systematic Relaxation
- Disassociation
- Training the Client
- Deepening Techniques
- Dynamic Therapy
- Somnambulism
- Phobias
- Depression
- Anxiety
- Post-Hypnotic Suggestion
- Negative & Positive Hallucination
- Mesmerism
- Regressing the Client Overtly / Covertly
- Abreaction
- Finding the Trauma and Dealing With it
- Arm & Eye Catalepsy
- Script Construction
- Parts Therapy
- Hypnoanalysis
- Visualisation / Creative
- Teaching clients self-hypnosis
- Pin Point Analysis
- Automatic Writing & Drawing Technique
- Dream Analysis and interpretation
- Gestalt Dialogue
- Bedwetting (Practical Analytical Techniques)

- Smoking (Practical Analytical Techniques)
- Slimming (Practical Analytical Techniques)
- Fast Phobia Cure
- Ego Centring
- Well Formed Outcomes
- Future Pacing
- Metaphors
- Interspatial Techniques
- Reframing
- Interventions (Dynamic)
- Hypnosis script construction
- Convincers
- Cues. Anchors
- Client homework / tasks
- Regression Therapy - Effect Bridge - Finding the Trauma
- Dynamic Hypno-healing
- Fantasy Therapy Intervention
- Time Line Intervention
- Fast Allergy Cure
- Distinguishing the Critical voice
- Swish
- Trauma cure utilising Fast Phobia Cure
- Techniques to elicit information
- Re-programming
- Ideomotor Signal - IMR
- Uncovering Technique
- Changing emotion
- Transforming the child within
- NLP Techniques for Solution Focused Outcomes
- Transpersonal / Integrative
- Bereavement Therapy
- Client Cantered Techniques
- Cognitive Clinical Techniques
- Construct a Solution Focuses Audio Tape for Reinforcement
- Incorporating Level III Techniques and Interventions
- Rapport building
- Meta Model
- Milton Model

General Approach and Therapeutic Framework

- Screening prospective clients
- Ethical issues in private practice
- Freudian psychoanalytical theory and practice

And/or

- Course providers major therapy model, theory and practice
- A specific method and approach in conducting consultations
- Introduce other models of constructing therapy sessions

The student needs to demonstrate clinical abilities in conducting consultations in:

(1) Introduction Phase

- a. Pre hypnotic
- b. Establishing rapport and goals
- c. Induce methodology and approach
- d. Clients conscious mind - explain
- e. Evaluate problems

(2) Therapeutic Intervention via Trance

- a. Induce hypnosis or elicitation of hypnosis
- b. Distract conscious mind
- c. Establish communication subconscious mind
- d. Promote client subconscious evaluation of problem
- e. Employ analytical procedures

(3) Utilisation Phase

- a. Therapeutic Intervention
- b. Administer Post-hypnotic Suggestions
- c. Raise analysis and results to the level of Consciousness

(4) Problem Resolution Planning

- a. Establish plan, tactics, i.e. Strategy for moving forward
- b. Cause and Effect
- c. Termination Phrase - Discharge
- d. Integration Assimilation
- e. Reinforce Goal and Revisit Plan

Requirements for ICHP / NHPR Course Recognition

Level V - Post Graduate Level

Masters Level

The same requirements for course recognition at Level I also applies at Level V except where otherwise stated in these proceedings.

National Hypnotherapy Psychotherapy Register

Facilitated by

the Institute of Clinical
Hypnotherapy & Psychotherapy

Accreditation Procedure Of Organisation Membership

National Hypnotherapy – Psychotherapy Register

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ICHP / NHPR Quality Assurance Document

QAD 9

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The National Hypnotherapy Psychotherapy Register (IRL)

N.H.P.R. (non-statutory)

Current / Future Status

The structure of the national Hypnotherapy / Psychotherapy Register (NHPR) is currently being administered and facilitated by the Institute of Clinical Hypnotherapy & Psychotherapy (I.C.H.P.) until such time as NHPR is established as an independent body.

The future independent NHPR body will consist of a representative from each of the accredited organisation members when they have met the current required standards.

Organisation Membership

The NHPR is a non-statutory umbrella association encompassing the following hypno-psychotherapy organisations involved in the field of **psychotherapy in Ireland**.

1. Hypno-Psychotherapy - Hypnoanalysis
2. Hypno-Psychotherapy - Counselling
3. Hypnotherapy - Trance work
4. Integrative Hypno-Psychotherapy
5. Psychodynamic Hypno-Psychotherapy
6. Neuro - Linguistic Programming (NLP)
7. Brief Hypnopsychotherapy
8. Holistic Psychotherapy

The National Hypnotherapy Psychotherapy Register is committed to set the standards for the training and practice of hypno-psychotherapists in Ireland and to be recognised as the leading body for assessment of hypno-psychotherapy qualifications and practice.

The NHPR aims to have the profession of hypno-psychotherapy recognised by the Department of Health and integrated into the Irish Health service.

External Accreditation of Training, Practice and Standards

In the absence of Statutory Registration for the Hypno-Psychotherapy Profession in Ireland, the NHPR through the Institute of Clinical Hypnotherapy and Psychotherapy have sought recognised external accreditation for our professional training and practice with:

- **National Council of Psychotherapists UK**

"The National Council of Psychotherapists, one of the longest established societies of its type in the United Kingdom, being formed in 1971 following the 'Foster Report' on the statutory registration of psychotherapists, is a national association of therapists, mainly in private

practice, to whom the public may confidently refer. Most schools of psychological thought are represented and a wide variety of therapeutic approaches are offered."

- (www.natcouncilofpsychotherapists.org.uk)

- **European Association of Hypno-Psychotherapists EU**

"The European Association for Hypno Psychotherapy (EAHP) is a constituent member of the European Association for Psychotherapy (EAP). The EAP represents some 200 psychotherapy organisations from 36 countries throughout Europe, including the UK. In terms of individuals, perhaps 100,000 psychotherapists." - (www.hypnotherapyuk.net)

- **American Council of Hypnotist Examiners USA**

"Based in Glendale, California, and with 9400 members world-wide, the ACHE is the primary hypnotherapist certifying association in the United States. It accepts hypnotherapy schools, which satisfy the strict licensing requirements of the California State Council for Private, Postsecondary and Vocational Education. During the past 20 years, the ACHE has done crucial work to legitimize, protect and strengthen the hypnotherapy profession in federal and many state legislatures throughout the United States, far more than all the other certifying agencies combined."

- **American Institute of Hypnotherapy USA**

"The mission of the American Institute of Hypnotherapy is to create an environment wherein students explore hypnotherapy as both art and science, as tool and treatment."

"The AIH's role is to provide opportunity for academic pursuits for intellectual and social growth."

"Professional excellence can only be achieved from a commitment to intellectual integrity and lifelong learning." - (AIH - Information Brochure)

- **United Kingdom Confederation of Hypnotherapy Organisations**

"The UK Confederation is an umbrella organisation which is made up of the organisations that fit one or more of the following categories: Training Member, Registering member, and Accrediting Member."

"The UKCHO has one main objective and that is to protect the public by monitoring the standards of its member organisations to insure that the public get the best possible service."

- (UKCHO - Information Brochure)

- **The General Hypnotherapy Standards Council UK**

"Established in June 2000, it had one primary goal - to provide a single, central Register of Practitioners to which all Hypnotherapists could subscribe regardless of professional affiliation. In this ambition we have clearly been in harmony with the wishes of the profession, for almost 1,000 practitioners have now applied for Registration. Although the GHR has been undeniably successful in realising its goal, the subsequent creating of The General Hypnotherapy Standards Council has surpassed even this achievement. To date, sixty-seven Training & Professional Organisation, collectively representing in excess of 2,000 practitioners, have accepted Membership within the GHSC." - (GHSC Standards Council - Bulletin No.11)

- **National Council for Hypnotherapy UK**

"The National Council for Hypnotherapy holds one of the largest registers of independent Hypnotherapists in the United Kingdom and strives to maintain the highest standards among its

members." - (www.hypnotherapists.org.uk)

- **The Association for Professional Hypnosis and Psychotherapy**

"The Association for Professional Hypnosis and Psychotherapy is a professional body dedicated to maintaining a high standard of professionalism amongst its members, all of whom are fully covered by professional indemnity insurance and committed to ongoing training. It is only possible to join the Association and the hypnotherapists directories via invitation or training by an accredited school. Each of our members has received thorough training in hypnosis and hypnotherapy, is competent and conscientious, and abides strictly by the code of ethics. They are also committed to ongoing training and supervision." - (www.aphp.co.uk)

Quality Assurance

External Accountability and Evaluation of Hypno-Psychotherapy Training

In the absence of an agreed National Standard of Hypno-Psychotherapy trainings, ICHP formed in 1993 to raise the standards and practice of its members.

The Irish Hypnotherapy Examiners Board

Together with members of the external accreditation bodies ICHP / NHPR Hypno-Psychotherapy Examiners provides both internal and external assessment of competence of students, trainers and staff team involved in training.

The Need for Standards

The NHPR aims to represent the aspirations and interests of the hypnotherapy and hypno-psychotherapy profession in Ireland, and the public it serves, by ensuring that the profession operates at the highest possible standards of competency.

The Department of Health (Minister of Health 12/4/1991) have written to NHPR requesting it to put in place a system of self-regulation in relation to matters dealing with recognition and training for the profession of hypno-psychotherapy.

The NHPR is the largest group of hypnotherapist and hypno-psychotherapists in Ireland and have been administering a National Register since 1984, later reformed as the National Hypnotherapy - Psychotherapy Registrar (IRL) (non-statutory).

In direct response to the Department of Health guidelines, ICHP / NHPR have instituted a procedure for accreditation of therapists, supervisors, training courses and organisations directly related to our profession of hypno-psychotherapy.

The NHPR is a professional body neither attached to nor influenced by any particular training organisation, and whose interests lie exclusively within the development of clinical hypnotherapy, hypno-psychotherapy and hypno-analysis as a discrete profession in its own right. As such ICHP / NHPR is in a unique position to oversee the professionalism of clinical hypnotherapy and hypno-

psychotherapy for the mutual benefit for recognised qualification for the profession of hypnotherapists and hypno-psychotherapists.

There are 500 plus individual practitioner members nationally and internationally, and accredited schools and organisations. NHPR is the embodiment of modern clinical hypnotherapy and hypno-psychotherapy in Ireland today.

The Way Forward

The benefits of accepted training standards, code of ethics and practice are obvious to hypno-psychotherapy organisations and training providers who want the profession to become more accessible to the general public. It is essential that all professionals in the training and organisational field concentrate their efforts on offering hypno-psychotherapy training of the highest standard. Only external validation can bestow the impartial credibility that prospective students and the public are seeking.

The mutual benefit of recognised qualifications and standards.

Teaching establishments and client referrals will prosper by offering training which is endorsed by an agreed national register and whose association is accredited.

ICHHP / NHPR's role is that of offering individual organisations and training bodies the extra credibility of personal registration and external validation by a prominent, responsible authority, who are to be guided by the statutory registration, HETAC and current professional recognised hypno-psychotherapy boards.

The need for credibility.

Over the years, Hypnotherapy/Hypno-analysis has become a recognised form of therapy for healing by many medical professionals. Evidence of which can be seen in the growing number of doctors and nurses attending courses in this field, and the use of hypnosis by surgeons. However, mandatory standard of training ethics and assessment of clinical practice will ensure professional standards among all graduates of Hypno-Psychotherapy.

The ICHHP / NHPR is at present the largest independent professional organisation in the field in Ireland, and it is our sincere belief that the creation of National training course criteria and accreditation to which the organisations are course providers must be in the interests of both the profession as a whole and the public who seek our services.

It is certain that hypno-psychotherapy will be accorded the status of a credible and responsible profession with such common agreement and commitment.

Criteria for Organisation Membership

Five Levels of Organisation Membership

The NHPR has five levels of membership which is in direct proportion to qualifications and awards corresponding to the following levels.

- a. The five levels of membership accreditation
- b. The five levels of training course accreditation

The following are the criteria that suitable organisations, associations, training providers and institutes must comply with to become an organisation member of the National Hypnotherapy Psychotherapy Register.

Types of Membership

There are two types of NHPR membership:

1. Therapy Organisation
2. Training Provider Organisation

Criteria for Organisation Membership

1. The organisation should consist of a recognisable psychotherapy, hypnotherapy, hypnosis, hypno-psychotherapy, hypnoanalytical, Hypnotherapy, Counselling, N.L.P. PLT, or any psychotherapy which utilises trance-hypnosis, e.g. eye-movement desensitisation and reprocessing, neuro-linguistic programming, post-traumatic stress disorder, emotional freedom therapy, etc.

Any organisation in the process of bringing their structure up to NHPR standard will be welcome to join as an associate member, and on completion of the requirement are entitled to full membership.

Twelve Steps

The organisation seeking NHPR accreditation must have the following structure in place:

1. An administrative structure
2. Management Committee and Organisational Structures
3. A Code of Ethics and Practice
4. A Complaints and Disciplinary Procedure
5. A Policy of Supervision
6. A Procedure for Accreditation
7. A Procedure on Training Criteria if a Training organisation is applying
8. A Monitored Professional Indemnity Insurance Scheme for each member
9. A Monitored Professional Development Programme
10. Its Name Registered or a Company Formed
11. A Register of Qualified Therapists

12. A Programme for Ongoing Professional and Personal Development

Documentation will be required to substantiate that all the requirements are met (see the seven steps outlined below for the accreditation process).

Seven Steps

NHPR Organisation Membership Committee and Procedures

- Step 1 All applicants will need to successfully pass through six stages of appraisal before being invited to join NHPR. The NHPR membership committee will initially evaluate the organisations application and on satisfying themselves that the organisation meets the required criteria.
- Step 2 Once the membership committee has satisfied itself that the stated requirements are in place, the organisation application will then pass on to the accreditation committee who will check the accreditation and training aspects.
- Step 3 Once the accreditation committee has passed the organisations accreditation procedure then they will be invited to join one of the sections of NHPR.
- Step 4 On meeting the sections requirements you will be invited to join the NHPR.
- Step 5 Your application will then be voted on at the next NHPR Annual General Meeting where the final decision will be made.
- Step 6 All organisations requesting membership of NHPR must submit four copies of the requirements for Membership Organisation of NHPR
- Step 7 A once off application fee will be agreed by NHPR.

The Benefits of NHPR

- Professional Recognition in Hypno-Psychotherapy
- Quality Assurance in Professionalism , Training and Practice
- Non-Statutory Registration for Hypno-Psychotherapists, possibly leading to statutory registration which entitles you to work within:
Irish Health Care system covered and administer by the Department of Health.
Hypno-Psychotherapy as a completely separate and credible profession.

The NHPR seek to provide :

- Nation-wide Referrals Facility
- Website with Membership Links
- Insurance Scheme
- Golden-Pages Advertising Scheme
- A Quarterly Journal
- Events Guide
- Professional Development Programme
- Full dedicated office facilities with specialised staff
- An Advisory Board / Executive Advisory Board

- Complaints and Disciplinary Procedures
- Supervision
- External Examiners
- Links with other professional associations with similar aims
- General meeting

How does the NHPR (IRL) work?

Each organisation may nominate one member as an organisational representative to the National Hypnotherapy Psychotherapy Register who is empowered to represent their organisations views with regards to the ongoing registration of practitioners with the NHPR.

Until the NHPR organisation committee decides otherwise the NHPR - ICHP joint articles of association, code of ethics, practice & standards will be employed as the NHPR constitution and rules.

Other NHPR Accreditation Procedures

Training Course Criteria for NHPR Accreditation

Guidelines have been established in five levels of training (*see Requirements for Accreditation of Training Courses, schools with the NHPR*) for Membership of NHPR.

Accreditation Criteria for NHPR Membership

Guidelines have been established in five levels of qualifications for Membership of the NHPR (*See requirements for Accreditation - National Qualification in Hypno-Psychotherapy*)

To see these documents, please write to ICHP, Therapy House, 6 Tuckey Street, Cork City, Ireland

Accreditation Criteria for Organisation Membership of NHPR

Guidelines have been established in five levels of qualification for Membership of NHPR (*See Requirements in the document*)

NHPR Organisational Accreditation Levels I - V

The successful applicant organisation who prior to application have completed or established:

- (1) (a) **Level I - Diploma in Hypno-Psychotherapy, i.e., Hypnotherapy, Counselling**
Which also incorporates:
Certificate Level in Psychotherapy

And/Or

Course of training must not be less than 500 hours, made up of interpersonal interactive tuition (minimum of 80 hours) supervised practice, home study and assessment, clinical practice.

- (b) **Level II - Diploma in Clinical Hypnotherapy - Psychotherapy**
Course of training must not be less than 900 hours made up of interpersonal interactive tuition, clinical placement, supervised practice, home study, assessment.

And/Or

- (c) **Level III - Advanced Diploma in Practical Clinical Hypnotherapy - Psychotherapy**
Course of training must not be less than 700 hours made up of Clinical Placement, Clinical Practice, Interpersonal Interactive Tuition, Supervised Practice, Home Study, and Assessment.

And/Or

- (d) **Level IV - BA in Clinical Hypnotherapy & Psychotherapy**
Course of training must be not less than 4000 Hours over six years.

And/Or

- (e) **Level V**
Post Graduate Training - 1500 Hours

And/Or

- (f) **Masters Training - 1500 Hours**

- (2) Accreditation Procedure that meets NHPR criteria.

And/Or

- (3) Accreditation Procedure for Training Providers that meets NHPR criteria.
(4) All the 12 Steps for Organisation Membership.
(5) 7 Steps of the Membership Committee and Procedures.

NHPR Approved Organisations

NHPR Approved Training Courses Providers

NB. Only those Organisations appearing on this document are NHPR accredited.

Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, No. 6 Tuckey Street, Cork City, Ireland
Tel +353 (0) 21 4273575 Fax +353 (0) 21 4275785 Email hypnosis@iol.ie

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ICHP Northern Ireland
9 'Viewfort', Killymeal Road, Dungannon, Co. Tyrone
Tel + 028 87 725741

.....

ICHP Sweden
Järnväggsgatan 7, 553 15 Jönköping, Sweden
Tel +49 (0) 36 15 05 55

.....

ICHP Germany
Deutsches Institut für Klinische Hypnosetherapie und Psychotherapie
Tel 07 273 8987204 Fax 07 273 8997205 Email info@primavia.org

.....

ICHP Australia
Goolwa Road, Middleton, P.O. Box 917 Victor Harbor, S. Australia 5211
Tel 08 85 543 555 Fax 08 85 527 885 Email petergeorge@msn.com.au

.....

Institute of Past Life Therapy
Julia Iverson
21-23 Oliver Plunkett Chambers
Oliver Plunkett Street, Cork City, Ireland
Tel +353 (0) 21 4271020 Tex +353 (0) 21 4358144 Email juliaiverson@sharewatch.com

.....

Amarose Holistic Hypnotherapy Trainings
Derryharriff, Castlebar
Tel +353 (0) 94 23654 Email mitch50@eircom.net

.....

Irish Association for the Advancement of Meridian Techniques
25 Cambridge Terrace, York Road, Dunlaoghaire, Co. Dublin
Tel 01 280 5506

.....

The National Council for Hypnotherapy (Irish Branch)
HQ P.O. Box 5779, Borton-on-the-Wolds, Loughborough, LE12 5ZF
Tel 01 509 881 477
Email : admin@hypnotherapists.org.uk
www.hypnotherapists.org.uk

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National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Accreditation / Training Procedure / Standards Of ICHP / NHPR Supervisors

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

Therapy House, 6 Tuckey Street
Cork City, Ireland

Telephone: +353 (0) 21 4273575

Fax: +353 (0) 21 4275785

Email: nhpr@iol.ie

ICHP / NHPR Quality Assurance Document

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National Hypnotherapy / Psychotherapy Register

Institute of Clinical Hypnotherapy & Psychotherapy

Accreditation Procedure of Supervision

(1) The Nature of Supervision

1. The primary purpose of supervision is to optimise the therapeutic purpose of addressing the client's needs.
2. Supervision is a formal collaborative process whereby the supervision monitors, develops and supports the therapist in his/her work.
3. Supervision is therefore concerned with:
Maximising the effectiveness of the therapist.
 - (a) Monitoring and supporting the therapist in his/her work.
 - (b) The relationship between the supervisor and the therapist, is built from mutual rapport, so that the therapist is enabled to develop his/her professional identity.
 - (c) The ability of the supervisor to be both critical and supportive of the therapist.
 - (d) The supervisor needs to be able to clarify the relationship between therapist, client, supervisor and (if any) other relevant organisations.
 - (e) Ensuring that both validity prerequisites and ethical standards are maintained throughout the therapeutic relationship.
4. Supervision is not primarily concerned with:
 - (a) Training.
 - (b) Personal therapy for the therapist.
 - (c) Line management.(Although the skills associated with these activities are central to competent supervision.)
5. The supervisory relationship must be confidential unless specified in the initial contract.
6. A therapist must not work without regular supervision at least once a month.

(2) Issues of Responsibility

1. It is the therapist's responsibility to explore his/her therapeutic work openly and honestly with the supervisor.
2. Supervisors are responsible for helping the therapist/s to reflect critically upon their work.
3. Both supervisor and therapist are responsible for ensuring the most effective use of supervision time.

4. Both supervisor and therapist are responsible for setting and maintaining clear boundaries between working relationships, friendships or other relationships and making explicit the boundaries between supervision, consultancy, therapy and training.
5. Supervisors must recognise the value and integrity of all therapists as people, irrespective of origin, status, sex, sexual orientation, age, belief or contribution to society.
6. Both supervisor and therapist should consider their respective legal liabilities to one another, the employing organisation, if any, and to the client.
7. Therapists who are in private practice are responsible for finding their own supervisors.

(3) Competence

PRACTICE:

1. A supervisor should ideally be a practising hypnotherapist (unless otherwise stated) of at least 3 years experience (within the last 10 years), and have had at least 500 hours of supervised client work within the previously stated time.
2. (a) A supervisor should have been in supervision (as above).
(b) Supervisors should monitor and maintain their own effectiveness and are strongly encouraged to arrange for regular evaluation of their work by appropriate supervision.

TRAINING:

1. A supervisor needs to have either;
(a) A Diploma in Hypnotherapy, or;
(b) Less formal training than above, but be able to provide evidence of 3 years experience in a hypnotherapy practice, as well as holding a Certificate in Hypnotherapy.
2. Supervisors should, whenever possible, seek further training that is relevant to their work in order to update their learning.
3. Supervisors should take account of the limits of their competence and to know when to seek help and/or withdraw from the practice of supervision, whether temporarily or permanently.
4. Therapists need to consider carefully the implications of choosing a supervisor who is not a practising therapist. This applies especially to inexperienced therapists.
5. **Supervision After Training:**
450 Supervised client hours are necessary prior to full ICHP accreditation, the supervisor for these hours must be an experienced therapist who, is either, and ICHP accredited supervisor, and accredited therapist who fulfils ICHP criteria for supervision, or an accredited member of another recognised therapeutic body. It is important, if there is any doubt, to check with the ICHP before starting work with a supervisor.

(4) The Management of the Supervision Work

For an effective contract of supervision the following points require consideration and action:

1. Supervisors should inform therapists about their own training, theoretical approach, qualifications and the method they use.
2. Supervisors must clarify the practical arrangements for supervision, particularly with regard to the privacy of the venue, length of the contract, the frequency of contact, and dates for review of the supervision contract.
3. Fees should be arranged in advance.
4. Both supervisor and therapist should clarify the expectations and requirements they have of one another, and each accesses the value of working with one another.
5. Before embarking on a supervision contract, supervisors should ascertain what experience, if any, the therapist has had, or is currently engaged in, to determine the variety and effect of the supervision.
6. If, during the supervision, it appears that the therapist needs therapy, the supervisor should discuss the issue and, if appropriate, make a suitable referral to a third party.
7. Supervisors should ensure that therapists are given regular opportunities to evaluate their supervisor.
8. Supervisors should review frequently how the therapist engages in self-assessment, peer assessment and self-evaluation of the therapist's own work.
9. Supervisors should encourage the therapist to improve their professional and personal development.
10. Where personal disagreements cannot be resolved by discussion, the supervisors should consult with a fellow professional and, if appropriate, offer to refer the therapist to another supervisor.

(5) Confidentiality

1. As a general rule, supervisors must maintain confidentiality with regard to the therapist and to the client with the following exceptions:
 - (a) If there is to be more detailed discussion of a client (so that the client is recognisable) then the supervisor and therapist must have clearly agreed this from the onset. However, in order to do this, agreement must be sought from the client concerned as well as those on whom the supervisor relies for support, supervision or consultancy. There must also be clarification, at this stage, about the boundaries of confidentiality regarding people (other than the therapist) to whom the supervisor is accountable.
 - (b) When the supervisor considers it necessary to prevent serious emotional or physical damage to the client confidentiality may be breached. However, it is imperative that the supervisor informs the therapist that the supervisor intends to breach their confidentiality agreement.

2. Confidentiality does not preclude the disclosure of confidential information when relevant to the following:
 - (a) Recommendation concerning therapists for professional purposes.
 - (b) Pursuit of disciplinary action involving therapists in matters pertaining to ethical standards.
 - (c) Legal requirements.
3. Information about specific therapists or their client may only be used for publication with prior written consent and should be purposeful and constructive.

(6) Models of Supervision

**There are different models of supervision.
This Code applies to all arrangements for supervision.**

1. *One-to-one.*

A single supervisor provides the supervision for one therapist less experienced than himself when all the points contained within the Code of practice should be considered.

2. *Group supervision with identified supervisor/s.*

This can be with the supervisor, acting as leader, taking responsibility for apportioning the time spent between the therapist, and then concentrating on the work of the individuals, in turn, or, the therapists allocating supervision time between themselves, using the supervisor as a facilitator. There are also many different ways of working between these alternatives. This is also a model when a supervisor of a different orientation might be chosen.

3. All the participants in group work should have had sufficient group work experience to be able to engage the group process in ways which facilitate effective supervision.
4. Explicit consideration should be given to deciding who is responsible for providing the supervision, and how this supervision will be implemented.
5. It is advisable that these groups are visited from time to time by a consultant to observe the group process and monitor the quality of the supervision.

(7) Models of Skills Developed

The following models may be used in conjunction with the foregoing, but not instead of them.

1. *Peervision.*

This takes place when three or more therapists of broadly equal status, training and/or experience share the responsibility for providing each other's peervision within a group context. Particular care needs to be given to developing the necessary rapport for sharing, questioning, and challenging each other constructively. This model is not recommended for groups that consist only of trainee or newly qualified therapists. It is

also essential for a clear understanding of where the final responsibility for the clients well-being rests.

2. *One-to-one consultation.*

This involves two participants providing case consultation for one another by alternating the role of consultant and therapist. Ideally, the time spent in each role is divided equally between them.

3. *Therapist's supervisor.*

Confirmation form should be lodged with the therapist's association on an annual basis.

Accreditation / Training Procedures / Standards of ICHP / NHPR Supervisors

Application Process for External Supervisors (non ICHP supervisors) Accreditation Procedure

A Supervisor wishing to engage in ICHP / NHPR supervisory capacity needs to submit the following:

1. Curriculum Vitae demonstrating training of experience in supervision accompanied by copies of appropriate, certificates and diplomas.
2. Proof of ongoing supervision and continuous professional development.
3. To provide an outline of supervision methods used and philosophy.
4. A Diploma (Advanced) in hypnotherapy or are eligible for ICHP Accreditation at Level III.
5. Two referees, one of which is from your previous organisation which supervision was conducted.
6. A supervisor should ideally be a practising hypnotherapist of at least 3 years experience (within the last 10 years) and have at least 500 hours of supervised client work within the previous stated time.
7. On receiving the above detail the ICHP accreditation committee will access the applicants details. The applicant will then be notified of an interview with both ICHP HQ and the accreditation committee and pending the outcome will be notified of the decision in writing.

ICHP / NHPR Procedures for Training Supervisors

(Also procedures for ICHP Course Accreditation Procedures)

Requirements for Course Recognition / Training:

1. The course should last for not less than one year on a part-time basis or equivalent (if not less than 150 hours of staff-student contact).
2. Its recommended that 60 hours of class hours be used in practical supervision training and the remainder in directed independent study.
3. The student is to conduct supervision as part of his/her training and discuss details with the training supervisor.

Course Details for Accreditation & Training

Details of ICHP Supervision Training is outlined in ICHP Masterclass Manual for Accreditation / Training which come under the following heading:

ICHP Masterclass in Training Supervisors / Training Analyst

Admission staff:

- Course Rational, Philosophy and Design
- Course context
- Work on Self
- Work with Clients
- Supervision
- Theory
- Skills Training
- Methods
- Professional issues
- Assessment

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
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Professional Development

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

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ICHP / NHPR Quality Assurance Document

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National Hypnotherapy / Psychotherapy Register Institute of Clinical Hypnotherapy & Psychotherapy

ICHP / NHPR Continuous Practical Development (CPD)

The ICHP / NHPR since its establishment has operated a regular Continuous Professional Development programme.

Both the students and graduate are advised to take full advantage of all workshops, conferences, seminars being presented by ICHP / NHPR in its ongoing post-graduate masterclass programme. Each member carries the responsibility of maintaining and improving hypnotherapy - psychotherapy skills and knowledge by attending CPD Programmes.

ICHP / NHPR Code of Ethics on Continuous Professional Development

The ICHP / NHPR Code of Ethics, Practice & Standards specifically states *'HypnoPsychotherapists are committed to on-going training and undertake to participate in a minimum of 14 hours continuous training and education each year.'*

CPD is an essential component of ICHP educational programme for research development and ongoing personal development.

ICHP / NHPR Post Graduate Masterclasses

The ICHP / NHPR provides five annual CBD programmes under the Post-Graduate Masterclass Programme. This gives graduates an opportunity to update their hypnopsychotherapy skills and to expose the therapists to world renowned experts in the field of hypnopsychotherapy.

The masterclasses are designed to introduce new techniques and methodology in therapy and also serves as a means of focusing at what works in other branches of hypnopsychotherapy to incorporate these skills into the framework of therapy.

ICHP / NHPR Monitoring of CPD Programmes

- Attendance Sheet

All therapists attending CPD programmes sign in before the workshop and this list is a record of all the attendance on the day.

Masterclass Certificates

Each therapist has a Masterclass Certificate original in ICHP / NHPR - HQ and each CPD event is recorded on the master certificate which the therapist received a copy, stamped and dated for each event.

In this way each therapist is responsible for keeping a record of his/her attendance sheets while the masterclass original is in their file.

- Certificate of Attendance

Each therapist also received a certificate of attendance which the ICHP / NHPR Director signs along with the presenter on the CPD Programme.

ICHP / NHPR Introducing New Therapies / Techniques to Ireland

The ICHP / NHPR are proud of their record in introducing new methodology and approaches to psychotherapy and hypnotherapy.

For example, the ICHP / NHPR introduced the following:

- (a) Treating Depression with Hypnosis
Integrating Cognitive Behavioural Approaches
- (b) Emotional Freedom Therapy
- (c) Time Line Therapy
- (d) Transforming Therapy
- (e) Parts Therapy
- (f) Eye Movement Desensitisation and Reprogramming
- (g) Psychoneuroimmunology
- (h) Solution Focused Hypnoanalytical Hypnotherapy
- (i) Creative Analytical Hypnotherapy
- (j) Past Life Therapy & Research

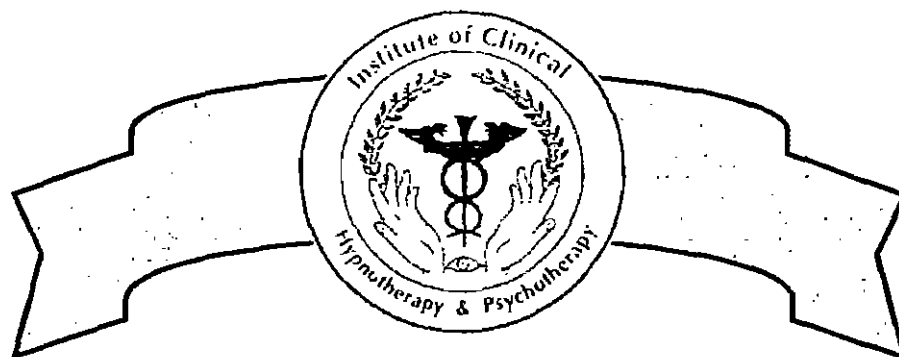
ICHP / NHPR - Aims & Objectives

One of ICHP / NHPR's stated aims is:

"Promoting continuous education programmes, e.g., conferences, lectures, workshops, seminars, also printing and circulating journals on the practice of ethical analytical hypnotherapy."

Institute of Clinical Hypnotherapy & Psychotherapy

masterclasses



Certificate of attendance

this certificate attests that

Thomas Wynn

has achieved [14] hours of continuing training in
masterclasses through participation in hypnotherapy
practical training classes and professional presentations in
specialised applications of hypnotherapy, hypnoanalysis &
psychotherapy

student no:

287 hrs	301 hrs	315 hrs	329 hrs	343 hrs	357 hrs	371 hrs	385 hrs	
10th + 11th June 2000	28th + 29th Oct 2000	2nd + 3rd Dec 2000	9th + 10th June 2001	16th + 17th June 2001	15th + 16th June 2002	19th + 20th Oct 2002	1st Dec 2002	

date

Dr Joe Keaney [Director]

ICHP Masterclass Attendance 2002
- ICHP Proposed BA Course -

Forename	Surname	Jane Bannister - Anxiety, Stress, Worry Workshop April 20th - 21st 2002	June Conference 2002 Roy Hunter - Parts Therapy	Peter George - Integrative Hypnoanalysis Workshop June 15th + 16th, 2002	Jane Bannister - Fears & Phobias Workshop Oct 19th + 20th, 2002	Christmas Conference 2002 Nov 30th - Joe Griffin - Depression December 1st - Keith Hearne - Pain
Renita	Ade			Yes		
Reshma	Anand	Yes	Yes	Yes		
Darren	Behan					Yes
Sylvia	Bolger	Yes	Yes		Yes	
Paddy	Boyd		Yes			
Joe	Boyle	Yes	Yes			Yes
Pauline	Boyle	Yes	Yes			Yes
Christopher	Brennan					Yes
Anna	Brook		Yes			
Doug	Browne					Yes
Paul	Bruce					Yes
Caroline	Burchill		Yes	Yes		Yes
Mark	Burke		Yes			
Una	Burke		Yes	Yes		
Assumpta	Byrne					Yes
Assumpta	Byrne		Yes			
Breffni	Byrne					Yes
Paul	Byrne					
Declan	Clarke		Yes			Yes
Joe	Clarke		Yes	Yes		
Patricia	Collins		Yes			
Noeleen	Connolly					Yes
Patrick	Connolly					Yes
Jeanette	Connor				Yes	
Olga	Cooke					Yes

ICHP Masterclass Attendance 2002

- ICHP Proposed BA Course -

Forename	Surname	Jane Bannister - Anxiety, Stress, Worry Workshop April 20th - 21st 2002	June Conference 2002 Roy Hunter - Parts Therapy	Peter George - Integrative Hypnoanalysis Workshop June 15th + 16th, 2002	Jane Bannister - Fears & Phobias Workshop Oct 19th + 20th, 2002	Christmas Conference 2002 Nov 30th - Joe Griffin - Depression December 1st - Keith Hearne - Pain
Caroline	Coppinger		Yes			
Roisin	Coulter		Yes			
David	Creedon		Yes			
Kasia	Cullen		Yes	Yes		
Paul	Cunanne	Yes	Yes	Yes		
Colette	Cunningham	Yes			Yes	
Carol	Cunningham		Yes			
Sinead	Curley					Yes
Deirdre	Davis	Yes	Yes			
Diarmuid	Deegan	Yes		Yes		
Peter	Dennison	Yes			Yes	Yes
Peter	Dennison	Yes				
Mary	Dolan	Yes	Yes			
Caitriona	Doran		Yes			
Keith	Doran				Yes	Yes
Kevin	Dowdall		Yes			
Deirdre	Dowling	Yes				
Joe	Duffy			Yes		
Ian	Epstein		Yes			
Richard	Fallon		Yes	Yes		
Anthony	Farrell		Yes			
Adrian	Farrelly				Yes	
Anne	Farrelly	Yes	Yes		Yes	
Tania	Farries		Yes			
Tanya	Farries			Yes		

ICHP Masterclass Attendance 2002
- ICHP Proposed BA Course -

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Adrian	Finnegan					Yes
Susan	Fitzgerald		Yes			
Tony	Fitzpatrick					
Elizabeth	Flannery					Yes
Ann	Flippo					
Ivan	Flood		Yes			Yes
Niall	Flood			Yes		Yes
Martha	Flynn		Yes			
John	Forde		Yes	Yes		Yes
Sven	Frank			Yes	Yes	
Gerry	French	Yes	Yes			
Frances	Geoghegan		Yes			Yes
Rosemary	Glover					Yes
Angeline	Grant				Yes	
Margaret	Haire		Yes		Yes	
Ellen	Harkness					Yes
Kathleen	Harrison					Yes
Paul	Henderson		Yes			
Rachel	Henderson					Yes
Tom	Herron					Yes
Fiona	Hoban		Yes			
Tracy	Hoey					Yes
James	Holohan			Yes	Yes	
Emiel	Honnay	Yes	Yes			Yes
Sally	Hughes		Yes			Yes

ICHP Masterclass Attendance 2002

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Susan	Hughes					Yes
Suzette	Hughes		Yes			
Julia	Iveson		Yes	Yes	Yes	Yes
Sheila	Iveson	Yes				
Amela	Ivkovic	Yes	Yes			
Jolene	Jameson					Yes
John J.	Kearney					Yes
Kevin	Keating			Yes		
Michael	Keating		Yes			Yes
Patrick	Kellegher		Yes			Yes
Sinead	Keller					Yes
Bernadette	Kelly					Yes
John J.	Kelly					
Cecily	Kennedy		Yes			Yes
Stuart	Kerrigan		Yes			Yes
Vivienne	Kerrigan					Yes
Mary	Kierman		Yes			
Aisling	Killoran		Yes	Yes		Yes
James	Lawton	Yes	Yes		Yes	
Patrick	Lehane		Yes	Yes		
James	Leonard					Yes
Eileen	Ludlow		Yes			Yes
Joseph	Lynch		Yes			
Fergus	Lyons				Yes	
Colm	MacGiollaRi		Yes			

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James	Malone					Yes
Paul	Marsden					Yes
David	Marsh	Yes	Yes			Yes
Sean	McBrinn		Yes			Yes
Fiona	McCaffrey		Yes			
Brian	McCarthy		Yes			
Conor	McCaul	Yes	Yes			Yes
Mona	McCurdy				Yes	Yes
Patricia	McDermott		Yes			Yes
Susan	McElligott					Yes
Noreen	McElvogue	Yes	Yes			Yes
Liam	McEvoy	Yes	Yes		Yes	Yes
Desmond	McGlone					Yes
Ailish	McGrath					Yes
Kevin	McGrath					
Mark	McGuinness		Yes			
Mary	McLean					Yes
Peter	McMahon		Yes	Yes		
Therese	McNamee					Yes
Mary	McPartland					Yes
Shelagh	Merouan	Yes			Yes	Yes
AnnaMarie	Mitchell					
Ian	Molloy		Yes			Yes
Mary Joe	Moloney				Yes	
Ruth	Monaghan			Yes		

ICHP Masterclass Attendance 2002
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Richard	Morrissey					Yes
Michael	Mullen	Yes	Yes	Yes	Yes	Yes
Maurice	Mullins	Yes				Yes
Edwina	Mulvcy	Yes				
Albert	Murphy	Yes	Yes			Yes
Bernadette	Murphy			Yes		Yes
Bernadette Gilna	Murphy	Yes	Yes		Yes	Yes
John	Murphy		Yes			
Tony	Murphy	Yes	Yes		Yes	Yes
Jacqui	Murray					Yes
Eileen	Nolan		Yes			Yes
Aidan	Noone					Yes
Oliver	Norris			Yes	Yes	
Christelle	Novak					
Michael	O'Brien			Yes	Yes	
Deirdre	O'Brolchain					Yes
Martin	O'Donoughue					Yes
Philip	O'Grady		Yes			
Diarmuid	O'Keeffe	Yes	Yes			
Anne	O'Loughlin	Yes	Yes	Yes	Yes	
Linda	O'Neill	Yes				
Maurice	O'Neill				Yes	Yes
Ellen Fiona	O'Reilly					Yes
Myles	O'Reilly	Yes	Yes			
Paul	O'Rourke		Yes			

ICHP Masterclass Attendance 2002
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Siobhan	O'Rourke			Yes		Yes
John	O'Sullivan					Yes
John	O'Sullivan	Yes			Yes	
Annette	Owens					Yes
Deirdre	Patel		Yes			Yes
Michael	Peacock		Yes			
Mabel	Phang		Yes	Yes		
Billy	Powell				Yes	
Noel P.	Powell			Yes		
Mary	Quinn	Yes	Yes	Yes		Yes
Declan	Reape	Yes	Yes		Yes	Yes
Alan	Reid					Yes
Alan	Reid				Yes	
Tony	Ridgeway	Yes			Yes	
Carl	Rindel				Yes	Yes
D.D.	Riordan				Yes	
Catherine	Rooney	Yes	Yes		Yes	
Liam	Ryan		Yes			
Mary	Ryan		Yes			
Henry	Schwab	Yes				
Carmel	Semple					
Eithne	Semple				Yes	Yes
Sheila	Sheahan	Yes				
Owen	Sheridan	Yes	Yes			
Marian	Shiel		Yes			

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Insurance Of Members

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

Therapy House, 6 Tuckey Street
Cork City, Ireland

Telephone: +353 (0) 21 4273575

Fax: +353 (0) 21 4275785

Email: nhpr@iol.ie

ICHP / NHPR Quality Assurance Document

QAD 13

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Professional Indemnity Insurance

Introduction

All ICHP Professional Hypnotherapists are expected to be covered by Professional Indemnity Insurance. The current insurance Company used by ICHP students, graduates and therapists is **Network Insurance**. This Insurance Company is used by many of the Irish Associations for Psychotherapy and other therapies; ICHP is No.23 on their list of 'Associations of Network Books'.

Code of Ethics and Insurance

Network Insurance and ICHP Code of Ethics:

Every student or therapist seeking Insurance from Network Insurances are expected to provide details of the Code of Ethics for the body or organisation which they are a current member of.

Network Insurance recognises ICHP's Code of Ethics as an acceptable professional and ethical framework within which to work as a Hypnopsychotherapist (at both student and professional level).

The application to Network Insurances can therefore submit the ICHP code of ethics in full confidence that it meets the required standards. The applicant must also submit the remaining required details to Network Insurance as part of the process of being approved.

For details and application forms for Network Insurance please write to either ICHP, Therapy House, 6 Tuckey Street, Cork City, Ireland.

Or

Directly to Network Insurances at:

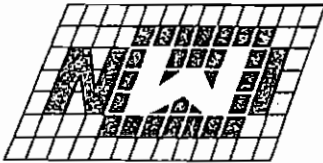
Network Counselling Insurances Programme,
5 Ashgrove Terrace, Sandymount Road, Dundrum, Dublin 16

Code of Ethics & Insurance

The ICHP / NHPR Code of Ethics, Practice and Standards states:

"Hypnopsychotherapists in private practice will maintain at their own expense a form of malpractice insurance known as Professional Indemnity Insurance and they will only conduct a private practice in hypnotherapy upon receipt of clear evidence that they are being held covered by such a policy."

Hypnopsychotherapy will never offer help or assistance to any other via the use of hypnosis unless such insurance is in force.



NetWork Insurances

5 Ashgrove Terrace, Sandyford Road, Dundrum, Dublin 16.

Tel: +353 1 2960163 Fax: +353 1 2960216
Irish Document Exchange: DX 76 001 Dundrum

I.C.H.P.
Therapy House
Tuckey Street
Cork City

Thursday, 12 December 2002

To Whom it May Concern,

Re: - Counselling Insurance

We wish to confirm that members of I.C.H.P. are insured with Network Insurances and that new applications are received on a regular basis from I.C. H.P.

This however, does not confirm that all members of I.C.H.P. are insured by Network Insurances. Please contact your individual members directly to have them confirm their Insurance details.

We trust that you will find that the above is in order.

Yours sincerely

Orla Sarsfield

For and on behalf of Network Insurances

RECEIVED 12 DEC 2002

**Institute of Clinical Hypnotherapy
& Psychotherapy**
Incorporating Irish Hypnotherapy
Examiners Board
Therapy House, 6 Tuckey Street,
Cork City, Ireland
Telephone: 021-4273575 Fax: 021 4275785
E-mail: hypnosis@iol.ie
Website: <http://www.hypnosiseire.com>

NetWork Insurances

LIST OF ASSOCIATIONS – AS AT JULY 2002

1	ABIP	Association of Biodynamic & Integrative Psychotherapy
2	AOTI	Association of Occupational Therapists of Ireland
3	APA	American Psychological Association
4	APPI	Association for Psychoanalysis & Psychotherapy In Ireland Ltd
5	BAAT	British Association of Art Therapists
6	BAC	British Association for Counselling
7	BAPT	British Association of Play Therapists
8	BASMT	British Association of Sex & Marital Therapists
9	BASRAT	British Association for Sexual & Relationship Therapy
10	CMAC	Catholic Marriage Advisory Council (now ACCORD)
11	FTNI	Family Therapists Network of Ireland
12	IAAAC	Irish Association of Alcohol & Addiction Counsellors
13	IACC	Irish Association of Christian Counsellors
14	IACP	Irish Association for Counselling & Therapy
15	IADAMT	Irish Association of Drama, Art & Music Therapists
16	IAHIP	Irish Association of Humanistic & Integrative Psychotherapy
17	IAJP	Irish Association of Jungian Psychotherapists
18	IAPA	Irish Analytical Psychology Association
19	ICBTA	Irish Cognitive & Behavioural Therapists Association
20	ICCI	Institute of Christian Counselling Ireland
21	ICHP	Institute of Clinical Hypnotherapy & Psychotherapy
22	ICP	Irish Council for Psychotherapy
23	IFCAPP	Irish Forum for Child & Adolescent Psychoanalytic Psychotherapy
24	IFPP	Irish Forum for Psychoanalytic Psychotherapy
25	IGAS	Irish Group Analytic Society
26	IGC	Irish Gestalt Centre
27	IGC	Institute of Guidance Counsellors

NetWork Insurances

28	IICH	Irish Institute of Counselling & Hypnotherapy (Ericksonian Hypnotherapy-BTEC Cert.)
29	IIPLCARR	International Institute for Pregnancy Loss & Child Abuse Research & Recovery
30	IIPP	Irish Institute of Psychoanalytic Psychotherapists
31	IRTI	Institute of Reality Therapy in Ireland
32	ISAT	Irish School of Awareness Therapy
*33	ISEAH *	Irish School of Ethical & Analytical Hypnotherapy
34	Metanoia Institute	Associated with: BAC, HIP, UKCP, GPTI, ITAA, ITA, & EATA
35	MII / MIACT	Mediators Institute of Ireland
36	NAPCP	National Association for Pastoral Counselling & Psychotherapy
37	NFSH	National Federation of Spiritual Healers
38	PSI	Psychological Society of Ireland
39	WGII	William Glasser Institute of Ireland
40	BAPA	British Association of
41	ACORD	ACORD
42	RCC	Rape Crisis Centres
43	IACAT	Irish Association of Creative Art Therapists

Doc.: Counselling App form list Dec 02 for ICHP

NetWork Insurances

NetWork Counselling Insurance Programme – for your information:

1. All questions on the form must be fully answered, dashes and strokes are not an acceptable answer, all material facts must be disclosed on the form and/or an additional sheet of paper and both to be dated and signed by you. If you change an answer on the form, please put your initials beside it.
2. A material fact is any information that might affect an insurers attitude to the risk being proposed / insured. Non-disclosure of a material fact can affect cover and/or claims. If in doubt about any matter contact us for advice.
3. The standard Limit of Indemnity is €1,300,000.00 for Public & Professional Liability. We can quote for higher limits of Indemnity where required.
4. Once you have qualified you can no longer remain on the student premium rate.
5. Cover cannot be backdated to a date prior to receipt of the application form. If you need cover in a hurry, you should fax the form and then post the original and relevant enclosures to us.
6. On receipt of your application, we will issue a letter confirming receipt of the form, your client code with us and begin processing your application. An invoice will be issued as soon as possible for payment by return of post (if you did not include payment with your application). A copy of the Master Policy document is available upon written request.
7. When the application has been processed, premium paid and receipted, and any queries that arose from the completed form have been dealt with satisfactorily, cover will be dated from EITHER the date we originally received the form from you, OR the date you requested cover to commence (Question 1), whichever is the later date.
8. The cover "*travels with you*" anywhere in Ireland and the U.K., i.e. if you have several different clinic / surgery addresses, you are covered – provided your permanent residence is within Ireland.
9. If you obtain additional qualifications that enable you to expand the counselling work you do, it is essential that you write to us outlining the details so that we may get it cleared for cover.
10. If you join a new body or organisation, you should write to us with details enclosing codes of Ethics, Practise etc. There are approx. 40 bodies/organisations accredited for this insurance at this time (January 2002).
11. If you cease to be a member of the organisation or body or group that you mention on the form or advise us of later on, this is a material fact and must be disclosed. Insurers reserve the right to cancel, alter or restrict cover. Non-disclosure will automatically deem the cover to be null and void.
12. If you take a sabbatical and decide to discontinue cover, it will be necessary to reapply for cover when you intend working again.
13. If you are a student at the time of this application, it is important to remember that you must notify us in writing of the fact that you have qualified when that happens, as you will then move to the (higher) qualified rate.
14. If you discontinue your studies or if you fail to obtain, or if you lose the qualifications you mention on the form for any reason whatsoever, your insurance will be deemed null and void. You must write to us with details.
15. There are two activities specifically excluded under this policy: (1) Social Work, and (2) Dietician.
16. We offer cover to Psychologists, Psychotherapists and Counsellors generally and a multiplicity of disciplines implied therein. The use of the word "counselling" is meant to be a generic description of the type of activities that insurers intend covering under the master policy.

Doc.: Counselling App form list Dec 02 for ICHP

NetWork Insurances

NETWORK COUNSELLING INSURANCE PROGRAMME

5 Ashgrove Terrace, Sandymount Road, Dundrum, Dublin 16.

*All Questions must be fully answered. When answering questions, use a separate sheet where necessary, the sheet must be dated and signed.
If you change an answer on the form, please put your initials beside the change.*

1. Name of Practice: _____ Date cover to commence: _____
2. Title & Counsellor name: _____ Type of counselling: _____
2 (a) NOTE: If involved in counselling activities e.g. massage/reflexology etc. Please indicate here the activity and the percentage (%) of time given to such activities. If the total time spent is more than 20%, you may be excluded from the scheme/programme: _____

3. Address: _____

Tel: (h) _____ (w) _____ Fax: _____ Mobile: _____

E-mail: _____

4. Are you a member of any professional body, organisation, association or counselling group: **(To qualify for the scheme/programme, you must be a member of an approved professional body/organisation – see attached list)**

YES / NO _____ Name of organisation: _____

If a member of more than one, please give name and principal address of each organisation etc:-

- a. _____
b. _____

I am ☐ **Qualified** ☐ **Student**

If you are a Student, are you supervised by a fully qualified counsellor: YES / NO

If NOT SUPERVISED how is your work checked/monitored, specify: _____

5. Do you adhere to a Professional Code of Practice: YES / NO

If YES, (a) please enclose a copy: (b) please advise whether or not it includes a Complaints procedure: YES / NO

Your qualifications, please advise:-

Degree/Diploma etc	Abbreviation	Where Obtained	When

NetWork Insurances

7. Are you pursuing other educational qualifications in respect of counselling activities: YES / NO
If YES, please give details: _____
8. Do you work under contract – verbal or written – with any other party or organisation: YES / NO
If YES, please give details: _____
9. Please advise the principal address of the practice, if not 3 above: _____

10. Nature of employment (are you engaged in the following):
- | | | | |
|------------------------------------|----------|-----------------------------|----------|
| (a) Your own Private Practice: | YES / NO | (b) In a Hospital: | YES / NO |
| (c) In an Educational Institution: | YES / NO | (d) With a Local Authority: | YES / NO |
| (e) OTHER – please specify: _____ | | | |
11. Do you ever have to call to see your clients: YES / NO
12. What proportion of your work is the assessment and/or treatment and/or supervision of treatment of individuals / couples / family / groups and the like, including consultations with other agencies:
.....% of my working time
13. If 5% or more of your working time **DOES NOT** fall into the above category (question 12) then please detail how the remainder of your working time is spent:
- % is teaching of professional skills / arranging of seminars and the like
- % is research – please give details: _____
- % OTHER – please give details: _____

DECLARATION

I declare that:

- (1) I understand that, if I discontinue my studies or if I fail to obtain or if I lose, the qualifications that I have mentioned on this form, my insurance is deemed null and void
 - (2) During the past five years no claim has been made against me or any employee of mine for:
 - (a) negligence, error, or omission relating to professional duties
 - (b) injury to the general public or damage to their property in the course of my professional duties
 - (3) No underwriter in respect of the risks to which this proposal relates has ever refused renewal, terminated an insurance or imposed special conditions
 - (4) I will not work outside Ireland and the United Kingdom
 - (5) That all the above information is true and complete and that this proposal shall be the basis of the contract between me and the company
- ANY AMENDMENT TO THE DECLARATION:

- (6) I am not aware, after enquiry, of any circumstances which might give rise to a claim against me or any employee of mine

SIGNATURE: _____ DATE: _____

(NetWork Insurances advise that you retain a copy of the form for your own file)

If you require a photocopy of this form, please tick: ☐

Doc.: Counselling App form 11st Dec 02 for ICHP

NetWork Insurances

PAYMENT BY CREDIT CARD:

Please debit my: ACCESS / VISA / MASTERCARD account.

CARD NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

EXPIRY DATE:

		2	0		
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CARDHOLDER'S NAME (block capitals): _____

CARDHOLDER'S BILLING ADDRESS: _____

SIGNATURE: _____ **DATE:** _____
CARDHOLDER

Doc.: Counselling App form list Dec 02 for ICHP

Please post everything to:

FREEPOST
NETWORK INSURANCES
NetWork Counselling Insurance Programme
5 Ashgrove Terrace
Sandyford Road
Dundrum
Dublin 16

NetWork International Insurances Ltd. t/a NetWork Insurances is regulated by the Central Bank of Ireland as an Authorised Advisor.

- **When**

Saturday, Sunday & Monday, June 7th - June 9th, 2003.

- **Where**

The Marino Institute of Education,
Griffith Avenue, Dublin 9

- **Times**

Registration: 8.30 - 9.00 am (Sat - June 7th, 2003)
Morning Session: 9.00 - 1.00 pm
Afternoon Session: 2.00 - 5.00 pm

- **Course Fees**

Workshop (3 days): €250
Deposit: €75
Accommodation: Marino Institute @ +353 (0) 1 8057760

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP

And send to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

- **Cancellations**

If made over 8 weeks prior to the event, all fees paid less an administration cost of €40 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

- **Certification**

You will receive a Masterclass Certificate documenting your participation in this Masterclass (suitable for framing).

For further details or clarification contact:
ICHP, Therapy Ho., 6 Tuckey St., Cork, Ireland
Tel +353 (0) 21 4273575
Email: hypnosis@iol.ie

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme
Continuous Hypnotherapy Education Masterclass

presents

Creative Analytical Hypnotherapy

with

Jacquelyne Morison

Author of 'Analytical Hypnotherapy'
Vol 1 & 2

**June 7th, 8th & 9th,
2003**

Marino Institute of Education, Dublin

Creative Analytical Hypnotherapy

This seminar will provide delegates with an in-depth exploration of how to conduct hypnoanalysis creatively and with confidence. A must for all therapists who want to acquire skill in understanding the client and the process of therapeutic self-exploration.

Workshop themes

Insightfully analysing your client's case
~ avoiding presumptions, prescriptions & diagnosis ~
detecting, tracking & disintegrating client-transference
~ valuing & appreciating counter-transference ~
utilising client-resistance ~ understanding the
influence of attachment-resolution ~ considering the
mind-body connection ~ designing personal
methodology for root-cause identification & analysis ~
fulfilling your therapeutic mission & potential ~
evolving your client towards a new life.

Workshop methodology

- Practical demonstrations
- Practice-sessions with feedback
- Interactive talks
- Group discussion
- Self-explorative assignments

Workshop Description

This workshop presents an in-depth comprehensive understanding of the practical application of hypnoanalysis and hypnotherapy. The student is shown the practical application within an eclectic framework of techniques and approaches. The student will learn powerful in-depth therapeutic

approaches that can be utilised in order to tackle even the most stubborn of psychological and physiological disorders for which the client may seek assistance. Course participants will learn detailed case studies and client profiles covering ground-breaking research in areas such as fear and anxiety disorders, sorrow and grief disorders, anger and rage disorders, post-traumatic stress, the nature of childhood abuse.

The Speaker

Apart from being the author of the best-selling standard text on analytical hypnotherapy, Jacquelyne has been involved in teaching and training for over 25 years. She now teaches under the umbrella of the International College of Eclectic Therapies (ICET) based in London where she has developed and conducted courses in Post-Traumatic Stress Disorder, Victims of Childhood Abuse Therapy and Stress Management counselling as well as participating in the teaching of Analytical and Clinical Hypnotherapy. Jacquelyne has also been designated as a Supervisory Skills Trainer for the National Council of Psychotherapy (NCP) and, in this capacity, conducts courses for both aspiring and well-heeled supervisors.

Jacquelyne has a keen appreciation of the mind-body connection as she is also qualified as a Craniosacral Therapist – a practice which focuses on the role of cell memory in psychosomatic disorders and trauma-induced conditions.

Currently, Jacquelyne is based in Kent in the UK but prior to her relocation she maintained a practice in Harley Street in London.

- **When**

Saturday and Sunday, May 31st & June 1st, 2003.

- **Where**

The Marino Institute of Education,
Griffith Avenue, Dublin 9

- **Times**

Registration: 8.30 - 9.00 am (Saturday - May 31st, 2003)
Morning Session: 9.00 - 1.00 pm
Afternoon Session: 2.00 - 5.00 pm

- **Course Fees**

Workshop (2 days): €150
Deposit: €75
Accommodation: Marino Institute @ +353 (0) 1 8057760

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP

And send to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

- **Cancellations**

If made over 8 weeks prior to the event, all fees paid less an administration cost of €40 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

- **Certification**

You will receive a Masterclass Certificate in Trauma Counselling in Hypnopschotherapy (suitable for framing).

For further details or clarification contact:
ICHP, Therapy Ho., 6 Tuckey St., Cork, Ireland
Tel +353 (0) 21 4273575
Email: hypnosis@iol.ie

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

presents

Trauma Counselling in Hypnopschotherapy

with

Peter & Patsy George (Australia)

May 31st & June 1st, 2003

**Marino Institute of Education
Dublin - Ireland**

Trauma Counselling in Hypnotherapy Overview

There are 4 principle ways in which Hypno psychotherapy can be used to treat Clients who have suffered from severe stress and trauma and who may also have been diagnosed with post traumatic stress disorder (PTSD). They are:

1. As a supporting technique for controlling anxiety and co morbid depression;
2. As an uncovering technique when the Client has not fully processed the trauma experienced and is suffering amnesia for aspects of it;
3. As an abreactive technique when the Client is symptomatic, and
4. As an integrative technique to heal splits in the psyche and re empower the individual.

Because subjective responses to trauma are more often than not characterized by a certain dissociative quality of the experiences it has long been recognized that those who develop long term effects such as PTSD are considerably more likely to respond to trancework (Spiegel, Hunt and Dondershine , 1988). Hypnotherapy is particularly useful in this application for developing states of inner security and feelings of reempowerment. Parts therapy has considerable impact in helping to re integrate parts that have "split off".

Hypnotherapy is not a panacea; it cannot be divorced from psychotherapy in dealing with trauma and is well able to be combined with more standard therapeutic procedures. Development of themes of "mastery" have been found to be very important and the Workshop will indicate how this can be done, one theme at a time in successive sessions. Some of these themes include: body image, power symbolism, reclaiming the past, anger, guilt, secrets, substance abuse and sexuality. The goal is to restore parts of the psyche that have dissociated and strengthen the ego so that the individual is no longer overwhelmed by the trauma.

A major goal of therapy is to alter the attribution of meaning of the traumatic event. Thus a successful series of hypno psychotherapeutic sessions along the lines indicated above will lead to the victim of the trauma adopting an attribution something like:

"A terrible thing befell me. Not only have I survived it, but I have incorporated it into me. I may hurt more, but I am wiser and stronger. I have overcome the darkness and the pain and I can move forward in life now. I can laugh, I can love and I can work. I overcame the trauma; it did not overcome me!"

Peter is an ICHP graduate who has years of experience utilising the tools of hypnoanalysis, hypnotherapy, counselling and psychotherapy and has developed a brief therapy approach (8-12 sessions).

This workshop is practice oriented, based on real case studies, will focus on the development and application of a proven integrative hypnoanalytical methodology for treating your clients emotional, physical and spiritual disorders.

About the Speaker

Peter George is Director of the Sanctuary Health & Lifestyle Clinic in Adelaide, South Australia. In 1984, as a Principal Research Scientist in Australia and at the height of a career in scientific research in which he rose to be an acknowledged international expert in his field, Peter felt compelled to leave the field of communications and surveillance and embark on a career in the human sciences.

Peter's speciality is the Holistic treatment of Anxiety disorders, Trauma, Depression and Stress. He has lectured in many countries around the world. His workshops are experiential and contain many case studies as well as data on effectiveness of the protocol taught.

Patsy George runs a successful hypnotherapy practice in Australia and specialises in counselling those suffering Trauma.

When

Saturday and Sunday, Oct 4th and 5th, 2003.

Where

The Marino Institute of Education,
Griffith Avenue, Dublin 9

Times

Registration: 8.30 - 9.00 am (Saturday - Oct 4th, 2003)
Morning Session: 9.00 - 1.00 pm
Afternoon Session: 2.00 - 5.00 pm

Course Fees

Workshop (2 days): €150
Deposit: €75
Accommodation: Marino Institute @ +353 (0) 1 8057760

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP

And send to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

Cancellations

If made over 8 weeks prior to the event, all fees paid less an administration cost of €40 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

Certification

You will receive a Certificate documenting your participation in the ICHP Psychoneuroimmunology workshop (suitable for framing).

For further details or clarification contact:

ICHP, Therapy House, 6 Tuckey St., Cork, Ireland
Tel +353 (0) 21 4273575
Email: hypnosis@iol.ie

Institute of Clinical Hypnotherapy & Psychotherapy

presents

Psycho Neuro Immunology



with

Jane Bannister

Oct 4th & 5th, 2003

Marino Institute of Education
Dublin - Ireland

Psychoneuroimmunology

Psychoneuroimmunology is a rather new science which tries to understand the interactions between the immune system, being the defence apparatus against ill making intruders or malfunctioning cells of an organism, the nervous system, controlling all body functions, and the (more difficult to define) psyche (PS).

As early as the beginning of this century different investigators started to observe interactions between molecules of the nervous system (NS) and the immune system (IS). However these investigations were soon forgotten and research focused on the effects of stress on endocrine variables. Only many years later G.F. Solomon published a paper entitled "Emotions, immunity, and disease". In this paper the term "Psychoneuroimmunology" (PNI) was used for the first time. Another 20 years later Ader & Cohen summarised an impressive amount of data showing the functional interaction between the NS, IS and neuroendocrine system (NES). Although one domain of the PNI research focused mainly on the "material" side of the interactions between IS, NS and NES, a second direction started to investigate the psychosocial components influencing immunity and its effects on health and disease. PNI offers an opportunity to integrate a mindless body medicine with a bodiless mind medicine and might offer answers on the heterogeneous reactions of humans on obvious similar situations in health and disease.

Workshop

This Masterclass offers the hypnotherapist the chance to learn from the work of some of the most exciting healers today. Thousands of medical personnel and psychotherapists around the world are going beyond conventional thinking. They are using the power of the imagination to unite body and mind to help heal chronic disease and pain. On this weekend course you will learn how to harness the power of the subconscious mind to create a dramatic difference for your clients who suffer from physical illness.

Jane Bannister has been teaching these techniques to doctors and nurses at hospitals and hospices in the United Kingdom, and to therapists in India. She hopes you will join her on this weekend to learn how hypnotically induced imagery can make a real healing difference to some patients with cancer, multiple sclerosis, AIDS, chronic fatigue syndrome, and other immune system disorders.

You will be guided through specific exercises to change negative beliefs and imagery to stimulate the body's own healing forces. Insightful case histories and plenty of hands on practice will show you how to use these techniques and help you move from pure hypnotherapist to all-round healer at the inner mind level.

As always with Jane's Masterclasses, a larger number of very practical and useable scripts will be provided in the Manual accompanying this workshop.

The journey to health often lies for your clients through an exciting adventure to find what their unique talents and abilities are meant to be used for. Healing the body is often the first step to creating a more fulfilling life. This weekend aims to introduce you to the colour, light and laughter which are essential to healing. Come along to learn about profound changes in our understanding of the body mind connection, and to enjoy the fun of discovery for yourself.

Jane Bannister

Jane Bannister BA, DCH, MBSCH, (DIST) was a teacher and part-time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has pioneered the use of EMDR with the psychotherapeutic setting. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHP to teach Post-Graduate Hypnotherapy Training for our members and students.

When

Saturday and Sunday, May 3rd and 4th, 2003.

Where

The Marino Institute of Education,
Griffith Avenue, Dublin 9

Times

Registration: 8.30 - 9.00 am (Saturday - May 3rd, 2003)
Morning Session: 9.00 - 1.00 pm
Afternoon Session: 2.00 - 5.00 pm

Course Fees

Workshop (2 days): €150
Deposit: €75
Accommodation: Marino Institute @ +353 (0) 1 8057760

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP

And send to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

Cancellations

If made over 8 weeks prior to the event, all fees paid less an administration cost of €40 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

Certification

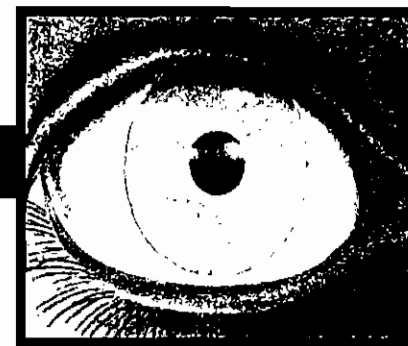
You will receive a Certificate in Eye-Movement Desensitisation and Reprocessing (suitable for framing).

For further details or clarification contact:
ICHP, Therapy Ho., 6 Tuckey St., Cork, Ireland
Tel +353 (0) 21 4273575
Email: hypnosis@iol.ie

Institute of Clinical Hypnotherapy & Psychotherapy

presents

Eye-Movement Desensitization & Reprocessing + Trauma



with

Jane Bannister

May 3rd & 4th, 2003

Marino Institute of Education
Dublin - Ireland

EMDR

Eye Movement Desensitisation & Reprocessing

This is a technique that has been applied to treating PTSD and there is considerable anecdotal evidence for its usefulness. It was developed by Francine Shapiro, an American psychologist, and involves getting clients to recall traumatic episodes whilst their eyes track the movement of the therapist's hand back and forth in front of them. Several episodes of the eye tracking the hand movements may be required for a particular traumatic sequence to diminish in its emotional intensity.

ICHP - Jane Bannister EMDR Workshop

One of the most exciting developments for hypnotherapists in recent years is the discovery of EMDR. This simple technique of using finger movements by the therapist to integrate material from the client's left and right brains has greatly improved and speeded up treatment. This powerful clinical method rapidly treats distress caused by anxiety and phobias, depression, anger, guilt, relationship conflicts and chronic pain.

Having been developed originally to treat Vietnam war veterans, EMDR is particularly known for its fast and safe relief for anyone suffering from trauma.

This revolutionary therapy is unique in that it acts on body, mind and spirit simultaneously. It is aimed to "free the mind, clear the body, and open the heart".

Thus it benefits patients who have been resistant to conventional hypnotherapy in chronic conditions such as eating disorders, sexual abuse, and debilitating emotional disorders. Past traumas which seem to have been frozen in time and have resisted other therapeutic approaches such as regression, are witnessed safely by the client and then rapidly released.

What can EMDR be used for:

- | | | |
|---|-------------------------|-------------------|
| • Post Traumatic Stress Disorder & Trauma | • Phobias & Fears | • Weight Loss |
| • Recovering from sexual abuse | • Falling out of Love | • Asthma |
| | • Relationship problems | • Allergies |
| | | • Skin Conditions |
| | | • Arthritis |

- | | | |
|----------------------------|---------------|------------------------|
| • Back ache | • Colds & Flu | • Pre and Post Surgery |
| • Pain | • Insomnia | • Menopause |
| • Chronic Fatigue Syndrome | • PHS | • Heart Disease |
| | • Ulcers | |

To name but a few.

EMDR has opened up new ways of working which are being joyfully explored by therapists. Attendees of this workshop will learn not only trauma release but also how to adapt EMDR into their repertoire to deal with most of their case load in a quicker and more effective way. Jane Bannister will also be demonstrating some of the ways in which she has adapted the technique for problems as diverse as school phobia in children, to healing broken hearts for clients who need to move on to new relationships. Course participants will also be taught how to adapt the techniques to use them on themselves.

The best hypnotherapists often have a lot of their own material to process too!

In presenting this Masterclass in Dublin, Jane will be delighted to introduce you to the more spiritual aspects of the therapy.

Alone amongst hypnosis techniques, it seems to inspire in many clients a feeling of going "beyond therapy into God". As some have said at the end of treatment "It felt as if Jesus had entered the room." Jane loves teaching in Ireland because she believes she meets her most enlightened audiences there. She hopes that the mind, body, spirit connections revealed by eye movement therapy will turn this Masterclass into one of those described by an EMDR therapist as "an oasis of celebration."

Jane Bannister

Jane Bannister BA, DCH, MBSCH, (DIST) was a teacher and part-time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has pioneered the use of EMDR with the psychotherapeutic setting. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHP to teach Post-Graduate Hypnotherapy Training for our members and students.

**Institute of Clinical
Hypnotherapy & Psychotherapy**

ICHP Christmas Conference

with

Dr Keith Hearne

Dreams and Proof of the Existence of the Subconscious

December 6th & 7th, 2003

Marino Institute of Education
Dublin - Ireland



ICHP Christmas Conference

Keith Hearne - Dreams & Existence of Subconscious Workshop

Booking Form

Name: _____

Address: _____

Contact Number: _____

I/we wish to be booked in for the above workshop.

I/we enclose a cheque/po/draft for the sum of €150 for each person attending.

**Complete and return to ICHP HQ
Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP**

**For further details or clarification contact:
ICHP, Therapy Ho., 6 Tuckey St., Cork, Ireland
Tel +353 (0) 21 4273575
Email: hypnosis@iol.ie**

Saturday & Sunday

Dream and Proof of the Existence of Subconscious's

This workshop will cover the following topics and points:

SLEEP:

- Sleep stages, nomenclature, sleep 'architecture'.
- The ultradian rhythm, biochemistry involved.
- The ten-twenty system, brain waves.
- Rapid Eye Movement (REM) sleep & bodily characteristics.
- Slow-Wave Sleep (SWS) characteristics.
- Theories of sleep, Snyder, Meddis, Newman & Evans, Crick & Mitcheson.
- Research findings.
- Sleep disorders:
- SWS nightmares, REM nightmares, Insomnia, Snoring, Bruxism, Enuresis, Sleep walking/talking, Sleep paralysis, Narcolepsy.
- Lucid dreaming.
- Animals and sleep.

DREAMS:

- Ancient notions, Dream incubation, Religious dreams, Cultural differences, Dreams that changed history, 19th century insights,
- Freud, Jung, modern theories, various research findings.
- Dream creativity.
- Interpretation techniques.
- The alphabet-code technique.
- Conversion of REM nightmares into controllable lucid dreams.

THE UNCONSCIOUS:

- The ideas of FWH Myers, William James, Freud, Jung.
- Evidences for the operation of the unconscious. Repression.
- Automatic bodily functions, homeostasis, psychological defences,
- perceptual defence studies, jokes, art, sexuality.
- Conversion reactions.
- The unconscious in everyday life, parapraxes, the prospective/warning/advising unconscious.
- Reverse speech.
- The alphabet dream code.
- Paranormal, dream telepathy.
- Creativity.
- The unconscious in therapy.
- The unconscious meaning of symptoms.
- Modern philosophy and the unconscious.

Keith Hearne

Dr Keith Hearne is an internationally known psychologist who conducted the world's first sleep-laboratory research into 'lucid dreams' for his Doctorate. In the course of that research, he invented the 'dream machine'. The original sleep-lab chart records from his pioneering research are on display at the science museum, in London. He is the author of six books and is frequently in the media.

He is the Principal of the European College of Hypnotherapy, training people in hypnotherapy and past-life therapy, and is a therapist of renown. He has introduced several new techniques, and has published papers on his methods.

When

Saturday and Sunday, December 6th and 7th, 2003.

Where

The Marino Institute of Education,
Griffith Avenue, Dublin 9

Times

Registration:	8.30 - 9.00 am (Saturday - May 3rd, 2003)
Morning Session:	9.00 - 1.00 pm
Afternoon Session:	2.00 - 5.00 pm

Course Fees

Workshop (2 days):	€150
Deposit:	€75
Accommodation:	Marino Institute @ +353 (0) 1 8057760

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to:
Joe E. Keaney, ICHP

And send to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

Certification

You will receive a Certificate documenting your participation in the ICHP Masterclass on-going training.

- The Intensive Training Manual will be issued on the first day of the training.
- The ICHP Past-Life Therapy representative is **Shelia Iverson**
☎ 021-4201020 ☎ 086-8246950, for additional information or queries.

When

Friday to Sunday, June 27th, 28th & 29th, 2003.

Where

Blarney Park Hotel, Blarney, Co. Cork, Ireland

Times

Registration: 8.30 - 9.30 am (Friday June 27th, 2003)
Morning Session: 9.30 - 1.00 pm
Afternoon Session: 2.00 - 5.00 pm
Evening Session: 7.00 - 9.00 pm (Except on last day)

Course Fees

Workshop (3 days): €280 | £185 str | \$285 us
Deposit: €80
Accommodation: Blarney Park Hotel @ (021) 4385281

Please fill out the Booking Form provided:

Attach with: Cheques / Bankers Drafts made payable to Joe E. Keaney, ICHP
And sent to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone No: (021) 4273575

€40 Discount when full payment (€240) is received by the ICHP on/or before January 31st, 2003. After this deadline, strictly full price.

Cancellations

If made over 8 weeks prior to the event, all fees paid less an administration cost of €40 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

Certification

You will receive a Certificate in Past-Life Therapy (suitable for framing) from 'Adventures into Time' signed by Mr Henry Leo Bolduc.

Institute of Clinical Hypnotherapy & Psychotherapy

In association with

Adventures into Time

Presents

Past - Life Therapy Training Intensive

for

Healthcare Professionals

and

Hypnotherapists / Hypnoanalysts

by

Henry Leo Bolduc

Virginia USA

June 27th, 28th & 29th, 2003

in

Blarney Park Hotel

Blarney, Co. Cork, Ireland

(The home of the Bridie Murphy Story)



Past Life Therapy Training Intensive

Past-Life Therapy Training Intensive is an innovative and effective approach to help clients with difficult and perplexing problems. Through group interaction and participation, this course can help widen the scope of your expertise and knowledge. This regression therapy is based upon the premise that understanding the past can help clarify the present and build upon the future. The wisdom of the ancient healing tool of hypnosis can be utilised to help

people learn the origin of current-life problems or difficulties. It can be used to alleviate or eliminate many kinds of emotional and physical problems as well as dysfunctional behaviours. Most importantly, this therapy improves the client's skills, performance, health and relationships.

Yes, there IS a future in healing the past!

Are you searching for new skills which can easily be incorporated into your practice? Do you want to widen the scope of your expertise and add alternative and complementary healing techniques? If so, the **Past-Life Therapy Training Intensive** course is your answer. The foundation of the course is based on the works of Dr. Milton H. Erickson and Edgar Cayce.

Benefits

- **Benefit you clients:** Learn new approaches and skills that can maximise positive outcomes for your clients. Invigorate your work with new ideas and enthusiasm.
- **Increase your professional competence:** Gain new skills and confidence to expand your scope of practice and professional recognition.
- **Gain certification for your study:** Receive a certificate and letter confirming course completion for display and filling with certifying organisations.
- **Study with the best:** Study with an internationally recognised leader in the field of past-life therapy along with hypnotherapists of standing and like-minded students.

Highlights & Agenda

- Therapeutic skills enhancement
- Complementary alternative healing
- 'Hands-on' training sessions
- Help for the healers!
- Networking and outreach skill development
- Personal and spiritual growth focus

- Defining students goals, ideals, and expectations
- Use of hypnotherapy and other tools
- Regression therapy; overview of training manuals
- Demonstration and group sessions
- Patterns, Soul lessons, forgiveness
- Edgar Cayce and Dr. Milton H. Erickson
- Client patterns
- Outreach

About the Instructor

Henry Leo Bolduc from Virginia USA, has a remarkable 40 year of experience in the field of hypnotherapy. His past-life regression seminars and workshops have brought enlightenment, hope, and healing to thousands, and have gained him the reputation as a leader in the ongoing research and practice of both traditional and innovative therapeutic techniques. The focus of Henry's work is healing the present by discovering and understanding past-life experiences, freeing people to move into their potential by forgiving and transcending the past.

The author of five books and numerous audio cassettes, Henry has also written more than 200 articles published in professional journals, magazines, and newsletters. He is a contributing columnist to the *Journal of Hypnotism*. Henry is the recipient of a number of professional awards and is recognised as a Fellow in Clinical Hypnotherapy by the National Board of Hypnotherapists. Henry is a board certified past-life therapists of the International Board for Regression Therapy.

Who is the Workshop For?

This 30 hour, 3 day course is open to all healthcare professionals including therapists, hypnotherapists, hypnoanalysts, students of hypnotherapy, counsellors, and healers. Pastoral counsellors, educators and researchers are also welcome.

Participants should have a basic knowledge of the specific content area, but need not have in-depth knowledge or skills. Participants are those eager to add to their knowledge and application of the topic. This training is not open to the general public.

Further Information

- Attendance is limited to a designated number of participants on a first come first serve basis.
- Pre-registration is required. Reservation is confirmed upon receipt of registration fee.

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHP Delegates will receive two separate Modules (manual, notes, protocol for treatment) as part of the ICHP's preparation for a Degree Programme.

ICHP Christmas Conference

Saturday Nov 30th, 2002

Hypnotherapy / Hypnoanalysis in the Treatment of Depression

Joe Griffin Psychologist / Psychotherapist

Depression, according to the World Health Organisation, will become the second most common cause of human suffering by the year 2020. A report in the British Journal of Psychiatry states that Dublin has one of the highest rates of depression in Europe with 1 in 8 people suffering with some form of depression. This figure is considerably higher than the European average of 1 in 12. Depression is fast becoming the number one mood disorder in the world and the cause of tremendous suffering and pain worldwide.

In this detailed Module and Workshop presentation you'll learn the *New ICHP Protocol* to help your clients conquer depression. This workshop and manual is essential for ICHP hypnotherapists. Keeping with the ICHP principle of 'keeping it simple', the scripts, protocol, techniques, strategies, approaches, will be easily recognisable for ease of practical application.

The Speaker - Joe Griffin

Joe Griffin is a psychologist with a thriving psychotherapy practice. Over the last decade thousands of health professionals have enjoyed his practical workshops and seminars on effective psychotherapy and counselling. He is widely recognised as one of the most informed and entertaining speakers on the subject, having studied with many of the leading figures of the psychotherapy world.

Sunday Dec 1st, 2002

Hypnosis and Pain Control

Dr. Keith Hearne BSc. Msc. PhD.

This Workshop is designed to give you, the ICHP hypnotherapist, all the necessary tools for the effective use of hypnosis in Pain Control. It has been well proven that hypnosis can block pain, since 1958 when the American Medical Association (AMA) declared hypnosis an acceptable treatment, thousands of patients have undergone surgery with no anaesthetic other than hypnosis. The first open-heart surgery, and heart-transplant operation were all conducted under hypnosis. Hypnosis can block pain, even of a severe kind, and we know that with the use of hypnosis we have much greater control over pain perception, our auto-immune systems (the body's internal system for resisting and overcoming infection) and our automatic nervous system. All aspects of pain control will be covered in the module and workshop.

The Speaker - Dr Keith Hearne

Dr Keith Hearne is an internationally known psychologist who conducted the world's first sleep-laboratory research into 'lucid dreams' for his Doctorate. In the course of that research, he invented the 'dream machine'. The original sleep-lab chart records from his pioneering research are on display at the science museum, in London. He is the author of six books and is frequently in the media.

He is the Principal of the European College of Hypnotherapy, training people in hypnotherapy and past-life therapy, and is a therapist of renown. He has introduced several new techniques, and has published papers on his methods.

When ?	Saturday & Sunday, Nov 30th & Dec 1st, 2002
Where ?	Marino Institute of Education, Griffith Avenue, Dublin 9
Times	Registration - 8.30 am to 9.00 am Saturday 9.00 am to 5.00 pm
Investment	€ 130

ICHP Christmas Conference BOOKING FORM - November 30th & December 1st, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosisire.com

NAME: _____
ADDRESS: _____
TEL NO: (HOME): _____ (WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €65 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €130)

Foundation Certificate Course Teachers Training

**Marino Institute of Education,
Griffith Ave., Dublin 9
9am - 5pm : Friday, October 18th, 2002
Cost €75**

The ICHP is offering suitably qualified members the opportunity to expand both their business and careers by becoming Certified Instructors of the ICHP Foundation Certificate Course.

This One day workshop will prepare you to effectively and successfully promote, set up and instruct students in the art and science of hypnosis and hypnotherapy. You will learn to encourage their understanding, and concisely and thoroughly develop their therapeutic knowledge, for both the expansion of their own well being and the well being of their future clients, and the dramatic improvement of their professional and personal relationships.

The workshop will include:

- ...: Syllabus outline ...
- ...: Class structuring ...
- ...: Teaching methodology ...
- ...: Presentation skills ...
- ...: Exam correction ...
- ...: Course promotion, advertising, and successful marketing ...

Foundation Certificate Course Teachers Training BOOKING FORM - October 18th, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy,
Therapy House, 6 Tuckey Street, Cork City.

Tel: (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____ (WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €35 deposit for each place and understand that the balance is due on the first day of the event. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €75)

Institute of Clinical Hypnotherapy & Psychotherapy



Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHP Delegates will receive a Module (manual, notes, protocol for treatment) as part of the ICHP's preparation for a Degree Programme.

Jane Bannister

BA, DCH, MBSCH, (DIST)

Fears / Phobias

Fears / Phobias are one of the most debilitating conditions that can affect the human population. For many, they represent the ultimate panic attack. Once triggered, the heart races, the head spins, palms sweat, knees buckle and breathing becomes labored. The vision may blur and, in some cases, a fainting spell occurs.

Surveys report that 60% of all people have a phobia. While not all of these phobias are debilitating, even the mildest ones can cause inconvenience, a reduction of personal and professional effectiveness and embarrassment. Fears, phobias and anxiety represent a huge potential market for hypnotherapists and their successful resolution can be a great source of satisfaction for both hypnotherapist and client.

In this detailed training programme, you'll learn the psycho and physio dynamics of the phobic reaction and proven methods to help your client to conquer them. We examine the most common phobias the hypnotherapist will normally have the occasion to treat. You will also be shown how to apply the principles used to resolve these towards helping clients overcome any other phobia.

About the Speaker

Jane Bannister BA, DCH, MBSCH, (DIST) was a teacher and part-time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHP to teach Post-Graduate Hypnotherapy Training for our members and students.

When ?	Saturday & Sunday, October 19th & 20th, 2002
Where ?	Marino Institute of Education, Griffith Avenue, Dublin 9
Times	Registration - 8.30 am to 9.00 am Saturday 9.00 am to 5.30 pm (to 5.00 pm Sunday)
Investment	€ 130 Deposit € 65

Jane Bannister fears / Phobias Workshop BOOKING FORM - October 19th & 20th, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.

Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____

(WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €65 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €130)

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme

Practice made Perfect

ICHP Practical Business Day

The Marketing of your Hypnotherapy / Hypnoanalysis Practice

This practical day is especially designed for beginners who want a professional and profitable private practice in hypnotherapy. This workshop is especially designed with the beginner or novice therapist in mind, those who wish to begin or develop their professional and profitable private practice in hypnotherapy.

This workshop will help you gain valuable information on how to offer your therapy services and will teach you the proven ways to develop a successful hypnotherapy practice. If you are a new ICHP Graduate or a full-time hypnotherapist this workshop will help you develop and reach your goals and learn ways to avoid the usual mistakes almost all practitioners make.

The most common reason for therapist failure in private practice is a lack of knowledge about how to successfully market their services

- How to be a winner in the work you love.
- Secure recommendations from doctors and other professionals.
- Successful strategies for attracting clients.
- Giving talks to interested groups.
- Teach Adult Educational Programmes.
- Brochures, leaflets, and how to distribute them.
- Goal setting - creating achievable outcomes.
- And much more

This workshop will be interactive to meet the needs of the therapist.

Workshop Presenters:

Anne O' Loughlin michp Dublin

Joe E. Keaney ichp adm. Cork

When :	Sunday, September 15th, 2002
Where :	Marino Institute of Education, Griffith Avenue, Dublin 9
Times :	9.00 am to 5.00 pm
Investment :	€ 70

ICHP Practical Business Day BOOKING FORM - Sunday, September 15th, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____ (WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €30 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €70)

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHP Delegates will receive a Module (manual, notes, protocol for intervention) as part of the ICHP's preparation for a Degree Programme.

Neuro-Linguistic Programming Practitioner Certificate Course

When: August 31st, September 1st, 2nd, 3rd, 4th, & 5th, 2002

Where: Mount Herbert Hotel, Balls Bridge, Dublin 4

Times: 9.30 am - 5.30 pm

As Director of the ICHP it gives me great pleasure to present ICHP graduates and students the opportunity to complete the NLP Practitioner Certificate Trainings in Ireland with the additional option of certification by Richard Bandler (\$200) and the Society of NLP.

The Irish Institute of NLP has been selected to teach ICHP members because (1) they are the first indigenous NLP school whose teachers have been trained personally with the NLP co-creator himself, Dr. Bandler.

(2) Other NLP courses in the UK or USA teach a variety of techniques, whereas IINLP have captured the spirit of transformation which Bandler and Grinder were inspired to model and subsequently to create NLP.

(3) The principle IINLP Trainers are also hypnotherapists and graduate of the ICHP and your trainings will focus on how NLP can be utilised in therapy.

(4) I know both Owen Fitzpatrick and Brian Colbert personally and I have full confidence in their ability to deliver you high quality NLP training.

I have often described hypnosis as "pure suggestion and NLP as the 'Rolls Royce' of suggestion therapy" - NLP will give you an additional set of tools that show you how to run your own mind - to communicate effectively - it's the study of human excellence.

The NLP Practitioner Training is a certification training in which participants are taught and trained in Neuro Linguistic Programming. This course will allow you to become a member of the Society of NLP and be a licensed NLP Practitioner. Most importantly, you'll;

Integrate the fundamental attitudes and assumptions that drives NLP.

Naturally learn how behaviour is created, changed and sustained.

Be amazed at how quickly and enjoyably you can learn.

How to re-programme yourself with new attitudes and behaviours which allow you overcome limitations in any area of life.

Learn to Communicate More Elegantly, by using the amazing power of 'hypnotic' language with precision for successful outcomes.

Skills and Methodologies of NLP such as:

- | | | | |
|----------------------------|-----------------|----------------------|-----------------------------|
| • Representational Systems | • Meta Model | • Eye Accessing Cues | • Elements of Design Human |
| • Submodalities | • Milton Model | • Hypnosis | Engineering |
| • Meta Programmes | • State Control | • Strategies | • Metaphorical Installation |
| • Rapport Building | • Anchoring | • Reframing | • Timelines |

Investment: €1040

Course: Neuro-Linguistic Programming Practitioner Certificate Course

Please complete and return to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland. Tel: 021 4273575

Please book me on the course for the _____

Name: _____ Student No. _____

Address : _____

Telephone No. _____ Home _____ Work _____

*I/we would like to enrol for the above class. I/we enclose a deposit for €346 for each place, with the balance (€694) to be paid on enrolment.
Cheques should be made payable to Dr. J. Keaney, ICHP.*

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHP Delegates will receive two separate Modules (manual, notes, protocol for treatment) as part of the ICHP's preparation for a Degree Programme.

ICHP Christmas Conference

Saturday Nov 30th, 2002

Hypnotherapy / Hypnoanalysis in the Treatment of Depression

Joe Griffin Psychologist / Psychotherapist

Depression, according to the World Health Organisation, will become the second most common cause of human suffering by the year 2020. A report in the British Journal of Psychiatry states that Dublin has one of the highest rates of depression in Europe with 1 in 8 people suffering with some form of depression. This figure is considerably higher than the European average of 1 in 12. Depression is fast becoming the number one mood disorder in the world and the cause of tremendous suffering and pain worldwide.

In this detailed Module and Workshop presentation you'll learn the *New ICHP Protocol* to help your clients conquer depression. This workshop and manual is essential for ICHP hypnotherapists. Keeping with the ICHP principle of 'keeping it simple', the scripts, protocol, techniques, strategies, approaches, will be easily recognisable for ease of practical application.

The Speaker - Joe Griffin

Joe Griffin is a psychologist with a thriving psychotherapy practice. Over the last decade thousands of health professionals have enjoyed his practical workshops and seminars on effective psychotherapy and counselling. He is widely recognised as one of the most informed and entertaining speakers on the subject, having studied with many of the leading figures of the psychotherapy world.

Sunday Dec 1st, 2002

Hypnosis and Pain Control

Dr. Keith Hearne BSc. MSc. PhD.

This Workshop is designed to give you, the ICHP hypnotherapist, all the necessary tools for the effective use of hypnosis in Pain Control. It has been well proven that hypnosis can block pain, since 1958 when the American Medical Association (AMA) declared hypnosis an acceptable treatment, thousands of patients have undergone surgery with no anaesthetic other than hypnosis. The first open-heart surgery, and heart-transplant operation were all conducted under hypnosis. Hypnosis can block pain, even of a severe kind, and we know that with the use of hypnosis we have much greater control over pain perception, our auto-immune systems (the body's internal system for resisting and overcoming infection) and our autonomic nervous system. All aspects of pain control will be covered in the module and workshop.

The Speaker - Dr Keith Hearne

Dr. Keith Hearne is an internationally known psychologist who conducted the world's first sleep-laboratory research into 'lucid dreams' for his Doctorate. In the course of that research, he invented the 'dream machine'. The original sleep-lab chart records from his pioneering research are on display at the science museum, in London. He is the author of six books and is frequently in the media.

He is the Principal of the European College of Hypnotherapy, training people in hypnotherapy and past-life therapy, and is a therapist of renown. He has introduced several new techniques, and has published papers on his methods.

When ?	Saturday & Sunday, Nov 30th & Dec 1st, 2002
Where ?	Marino Institute of Education, Griffith Avenue, Dublin 9
Times	Registration - 8.30 am to 9.00 am Saturday 9.00 am to 5.00 pm
Investment	€ 130

ICHP Christmas Conference BOOKING FORM - November 30th & December 1st, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosisire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____

(WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €65 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €130)

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHP Delegates will receive a Module (manual, notes, protocol for treatment) as part of the ICHP's preparation for a Degree Programme.

Peter L. George

M.Sc, B.Appl. Sci, MICHP., PG Dip, Soc. Sci.

Integrative Hypnoanalysis

As hypnoanalytical psychotherapists we should have a keen interest in this practice-oriented workshop which offers effective techniques for you to help your clients to explore and uncover the causes of their symptoms. Then to move them to the next step by helping them to accept responsibility for their present state which quickly opens the door to Transformational Healing at all levels of consciousness; physical, spiritual, mental, emotional, and existential.

Peter is an ICHP graduate who has years of experience utilising the tools of hypnoanalysis, hypnotherapy, counselling and psychotherapy and has developed a brief therapy approach (8-12 sessions).

This workshop is practice oriented, based on real case studies, will focus on the development and application of a proven integrative hypnoanalytical methodology for treating your clients emotional, physical and spiritual disorders.

Note: This is an 'open workshop' and the ICHP would encourage you to spread the word and encourage other therapists to attend, e.g. psychotherapists, counsellors, counselling, psychologists, as well as those in the allied professions such as nurses, doctors, and social workers, whose work bring them daily in contact with human distress.

About the Speaker

Peter George is Director of the Sanctuary Health & Lifestyle Clinic in Adelaide, South Australia. In 1984, as a Principal Research Scientist in Australia and at the height of a career in scientific research in which he rose to be an acknowledged international expert in his field, Peter felt compelled to leave the field of communications and surveillance and embark on a career in the human sciences. Peter's speciality is the Holistic treatment of Anxiety disorders, Depression and Stress. He has lectured in many countries around the world. His workshops are experiential and contain many case studies as well as data on effectiveness of the protocol taught.

When ?	Saturday & Sunday, June 15th & 16th, 2002
Where ?	Marino Institute of Education, Griffith Avenue, Dublin 9
Times	Registration - 8.30 am to 9.00 am Saturday 9.00 am to 5.30 pm (to 5.00 pm Sunday)
Investment	€ 130 Deposit € 65

Peter George - Integrative Hypnoanalysis Workshop BOOKING FORM

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____

(WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €65 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Full Cost €130)

Institute of Clinical Hypnotherapy & Psychotherapy

Post Graduate Training Programme Continuous Hypnotherapy Education Masterclass

ICHHP Delegates will receive two separate Modules (manual, notes, protocol for treatment) as part of the ICHHP's preparation for a Degree Programme.

Jane Bannister

BA, DCH, MBSCH, (DIST)

Emotional Control Bereavement, Loss, Grief, Anger, Jealousy, Guilt.

Emotions are part of the very fabric of life. They're what separates us from machines, plants and pet rocks and add an important dimension of meaning to human existence. Because they are a contributing factor to a variety of physical and psychological ills, it is vitally important that the therapist be able to help their patient successfully address and resolve the conflicts engendered by so-called 'negative' emotions.

In this exhaustive training programme you will learn how to work with the six emotions that contribute most to human misery - anger, grief, jealousy, bereavement, loss, and guilt. You'll gain a remarkable insight and some startling new perspectives into this fascinating subject as you learn *why* people feel the way they do and how we, as therapists, can help them to change. Some of the techniques you'll learn are tried and true while others are positively ground-breaking. Once mastered, these techniques can be applied to a whole host of other emotions. Because of their importance, these valuable skills should be part and parcel of every therapist's repertoire.

About the Speaker

Jane Bannister BA, DCH, MBSCH, (DIST) was a teacher and part-time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHHP to teach Post-Graduate Hypnotherapy Training for our members and students.

Stress / Anxiety / Worry

Stress and its related anxiety and chronic worry has been described as the plague of the 21st-century and it is estimated that over 80% of physical & emotional symptoms presented to therapists are psychosomatic and directly caused by distress. The havoc that these three emotions (stress, worry, anxiety) exert in terms of human misery, suffering and health is virtually incalculable. They have been strongly linked to such physical ailments as hypertension, ulcers, heart disease, colitis, IBS, cancer, virus reactions, and even the common cold. Stress is fast becoming recognised as a problem in the workplace and businesses lose billions of Euros each year because of stress related problems.

These three areas hold exceptional promise for the knowledgeable hypnotherapist. Opportunities and referrals are abundant in both the private and business sectors *if* you can work successfully with these problem areas. However, working successfully does *not* mean just teaching your client how to relax! That's important too but there's much more to it than that.

This inclusive training program leaves nothing to chance as you first learn the physical and psychological factors underlying the stress, anxiety, and worry reactions and are then taught a variety of powerful and proven techniques to help your clients to systematically eliminate them. Drawing on some of the latest and most fascinating findings, you'll be given some *incredible* tools to help your clients overcome the ill effects of their symptoms and to cope with stress in a positive productive manner.

When ?	Saturday & Sunday, April 20th & 21st, 2002
Where ?	Marino Institute of Education, Griffith Avenue, Dublin 9
Times	Registration - 8.30 am to 9.00 am Saturday 9.00 am to 5.30 pm (to 5.00 pm Sunday)
Investment	€ 130

Jane Bannister Emotional Control / Stress Management Workshop BOOKING FORM - April 20th, 2002

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosisire.com

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____

(WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a €65 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHHP. (Full Cost €130)

Workshop Details

When ?

Saturday & Sunday, June 8th & 9th, 2002

Where ?

The Marino Institute of Education, Griffith Avenue, Dublin 9

Workshop Times

Registration 8.30 - 9.00 am (Saturday)
Morning Session 9.00 - 1.00 pm
Afternoon Session 2.00 - 5.00 pm

Course Fees

Workshop €200
Deposit €50
Accommodation €31.80

ICHHP Delegates will receive a Module (manual, notes, protocol for treatment) as part of the ICHHP's preparation for a Degree Programme.

All Cheques/Bankers Drafts made payable to Roy Hunter Workshop's and sent to: G/O Institute of Clinical Hypnotherapy & Psychotherapy Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone: 021 - 4273575 Fax: 021 - 4275785
E-mail: hypnosis@iol.ie

Early Bird

€30 Discount when full payment (€170) is received by the ICHHP on, or before, March 31st, 2002. After this deadline, strictly full price @ €200.

Cancellations

If made over 8 weeks prior to the event, all fees paid less an administration cost of €50 will be returned. If made within 8 weeks of the event, the full work-shop fee will be retained. Suitable substitutes will be accepted.

About the Location

The Marino Institute is set in extensive beautifully maintained Grounds., with fully equipped conference rooms; affordable on-site accommodation; easy connection with the city centre; and ample free parking.

For those requiring accommodation, please book directly with Sile Boylan or Catherine Byrne at the Marino Institute Services Office: Tel 353 1833 5111 Fax 353 1833 5290 B&B is. €31.80 (full Irish breakfast). Rooms are simple but comfortably furnished. There are no ensuite bathrooms available, but adequate public facilities.

Institute of Clinical Hypnotherapy & Psychotherapy

in association with

Alliance Hypnotherapy Inc. WA, USA

Presents

Parts Therapy in HypnoAnalysis / Hypnotherapy

For

Hypnotherapists / HypnoAnalysts
& HealthCare Professionals

By

Roy Hunter MS C.H.T.

Washington, USA

June 8th & 9th, 2002

in

The Marino Institute of Education, Dublin

ICHHP Therapy House, No.6 Tuckey Street, Cork City, Ireland
Tel: 021 4273575 Fax: 021 4275785 Email: hypnosis@iol.ie
www.hypnosiseire.com

Registration Form

NAME _____
ADDRESS _____
ADDRESS _____
TEL _____ FAX _____

Advanced Clinical Hypnotherapy Three-Day Seminar

WHEN?

Saturday, Sunday & Monday, October 27th to 29th, 2001

WHERE?

The Marino Institute of Education, Griffith Avenue, Dublin 9.

WORKSHOP TIMES

Registration 8.30 - 9.00 a.m. (Saturday)
Morning Sessions 9.00 - 1.00p.m.
Afternoon Sessions 2.00 - 6.00p.m.
Accommodation IRE£22.00/24.00 B&B (book with Marino Inst.)

All Cheques/Bankers Drafts made payable to Gil Boyne Workshop

and sent to: c/o Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone: 021 - 4273575 / 021 - 4275785
Fax: 021 - 4275785 E-mail: hypnosis@iol.ie
<http://www.hypnosiseire.com>

EARLY BIRD

£35 Discount when full payment £215 is received by the ICHP on or before July 30th, 2001.
After this deadline strictly full price @ £250.

CANCELLATIONS

If made over 8 weeks prior to the event, all fees paid less an administration cost of £50 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained.
Suitable substitutes will be accepted.

ABOUT THE LOCATION

The Marino Institute is set in extensive beautifully maintained Grounds: with fully equipped conference rooms; affordable on-site accommodation; easy connection with the city centre; and ample free parking.
For those requiring accommodation, please book directly with Sile Boylan or Catherine Byrne at the Marino Institute Services Office: Tel. 353 1 833 5111 Fax. 353 1 833 5290
B&B is £22.00 (continental breakfast) or £24.00 (full Irish breakfast). Rooms are simple but comfortably furnished. There are no ensuite bathrooms, but adequate public facilities.

Advanced Masterclass in Clinical Hypnotherapy

presented by the
U.S.A.'s Most Renowned Hypnotherapist

Gil Boyne

Saturday, Sunday & Monday, October 27th to the 29th, 2001
Marino Institute of Education, Griffith Avenue, Dublin 9

A Three-Day Intensive Training
for Counselling Professionals

Practical Demonstrations of Rapid Hypnotherapy Conducted

•
The Secret of Instantaneous Induction

•
Creating Rapid Therapeutic Closure

•
Time-Saving, Highly Productive Methods

•
A Process of Age Regression that Works Every Time

Gil Boyne has agreed to teach this workshop for the benefit of
ICHP students/graduates for Continuation Education in
"Transforming" Hypnotherapy in Ireland.

This is the most exciting and rewarding course I have ever taken!

Dr. Joe Keaney, Cork, Ireland, Hypnotherapist/Hypnoanalyst

Sponsored by the

Institute of Clinical Hypnotherapy & Psychotherapy

ABOUT YOUR INSTRUCTOR



Students and counselling professionals from all 50 states and 14 foreign countries have come to Glendale, Calif. to study with Gil Boyne. In addition, Boyne regularly trains mental health professionals in seminars in England, Ireland, Australia, New Zealand and Malaysia. More than 6,500 graduates in the U.S.A. and abroad have created an international reputation for Gil Boyne's work '*Transforming Therapy*'™

The Hypnotism Training Institute of Los Angeles is one of only two fully *state-accredited* schools in the United States.

PROFESSIONAL CREDENTIALS

Director, Hypnotism Training Institute of Los Angeles
Founder and CEO, Westwood Publishing Company
Co-Founder, British Council of Hypnotist Examiners
Executive Director, American Council of Hypnotist Examiners

SELECTED AWARDS AND HONORS

1981: *Doctor of Humane Letters* – honorary degree awarded by Newport Univ., Newport Beach, CA, for lifetime achievement in Mind Sciences
1982: *Doctor of Humane Letters* – honorary degree awarded by the University for Humanistic Studies in San Diego, CA, for exceptional contribution to the Humanistic Sciences.
1992: *Doctor of Philosophy in Transpersonal Psychology* – honorary degree awarded by Westbrook University, NM.
1996: Named as *One of Glendale's 100 Most Influential Citizens* (Glendale News-Press, Feb. 28) Honoring individuals who affected change in education, religion, charity, sports, law enforcement and politics.
1998: *Post Graduate Diploma in Psychotherapy* awarded by the Australian College of Clinical Hypnotherapy, Queensland, Australia.
1998: '*Man of the Decade*' presented by the Indiana Hypnotherapy Assoc. in grateful recognition and appreciation of assisting in the creation and passage of the Indiana Hypnotherapy Regulatory Act during the period 1992-1998.

GIL BOYNE CREATED THIS THREE-DAY COURSE for hypnotherapists, psychologists, and mental health workers, as well as physicians and nurses. The focus is on Instantaneous Inductions and the use of dramatic uncovering and reprogramming techniques. Boyne's original methods of *Transforming Therapy*™ combine with primary age regressions and Gestalt dialogues to generate this eclectic and unique system which creates highly effective closures for maximum benefit in minimum time.

The use of 'live' videotaped therapy sessions and 'live' therapy with class members provides an intense and accelerated learning environment. This is a learn-by-doing program and goes far beyond lecture-theory and workshops. Videotaped case histories focus on both ordinary and unusual presenting problems.

GIL BOYNE'S SHORT-TERM HYPNOTHERAPY is a radical departure from traditional methods and techniques such as NLP and Ericksonian hypnosis.

This workshop is certain to excite your imagination, stimulate your thinking, and transform your basic beliefs about hypnotherapy.

Three full days will be crammed with demonstrations of Boyne's highly-effective techniques, including instantaneous inductions. You will learn a pragmatic philosophy that focuses on results – not theories. Remember, practical demonstrations, videotaped case histories, live therapies with class members, and rapid age regressions are the major features of this exciting program.

Here is a practical training for practical therapists who want to maximize their results!

- CONTINUING EDUCATION CERTIFICATE FROM THE INTERNATIONAL COUNCIL OF HYPNOTIST EXAMINERS WILL BE AWARDED TO EACH PARTICIPANT.
- ISEAH MASTER CLASS CERTIFICATE DOCUMENTING 24 HOURS ONGOING TRAINING.

Institute of Clinical Hypnotherapy & Psychotherapy

Continuous Hypnotherapy Education Masterclass

Jane Bannister

BA, DCH, MBSCH, (DIST).

Advanced Techniques for Hypnotherapists

December 1st & 2nd 2001

Griffith College Dublin

South Circular Road, Dublin 8

FREE
Weight Loss
Programme
Manual
For Clients /
Group Work

In my opinion this workshop should be compulsory for every hypnotherapist in the ICHP. Jane Bannister packs every single minute with practical clinical information which is invaluable in your private practice. Her teaching methods incorporate demonstration, class handouts and discussion, she believes in an approach of involvement of the class in the subject matter to maximise learning and to make it not just informative and interesting but also fun to learn. Please cancel all you appointments for December 1st & 2nd, 2001 and book in for Advanced Techniques for Hypnotherapists.

You will receive practical notes and hypnotherapy scripts, and the following is just a taste of some of the topics that will be covered:

- | | | |
|---|--|------------------------------------|
| • Food Disorders | • Studying / Exams | • Building up a client base |
| • Weight Loss | • Job interviews | • How to get referrals |
| • Anorexia Nervosa | • Overcoming performance anxiety | • Rapport building |
| • Bulimia | • Overcoming negativity | • Disempowering beliefs |
| • Fear of Public Speaking | • NLP techniques | • Motivation - towards and away |
| • The enhancement of Personal Performance | • Running a successful hypnotherapy practice | • Swish |
| • Self Confidence | • Personal performance improvement | • Circle of excellence |
| • Public Speaking | • Getting business to come to you | • Sleep well |
| • Hypnosis & Athletes | • Giving public lectures | • Dissolving into your environment |
| | | • And much much more. |

About the Speaker

Jane Bannister BA, DCH, MBSCH, (DIST) was a teacher and part-time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHP to teach Post-Graduate Hypnotherapy Training for our members and students.

Workshop Cost: £100

Deposit: £50

Jane Bannister Workshop BOOKING FORM

Please complete and return to: Joe Keaney, Institute of Clinical Hypnotherapy & Psychotherapy, Therapy House, 6 Tuckey Street, Cork City.
Tel (021) 4273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

PLEASE BOOK ME FOR THE JANE BANNISTER WORKSHOP ON THE WEEKEND DATES:
December 1st & 2nd, 2001

NAME: _____

ADDRESS: _____

TEL NO: (HOME): _____ (WORK): _____

I/we would like to enrol for the above Workshop. I/we enclose a £50 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to Joe Keaney ICHP. (Two Days £100)



When

Where

Who

Certificate

Institute of Clinical Hypnotherapy & Psychotherapy Christmas Conference 2000

December Sat & Sun, 2nd & 3rd, 2000

Registration Saturday 2nd @ 8.30am

Griffith College Dublin

ICHP Members - On-going training in Hypno-Analysis / Hypnotherapy / Training Supervisors & Training Analysts. Please note that this is an Open Conference and friends and colleagues of the ICHP and ICHP PGA are more than welcome to attend.

You will receive a Certificate of Attendance documenting 14 hours of Hypnotherapy Post Graduate Training which meets ICHP ongoing training requirements for members.

Conference Line-Up

**Ericksonian
Hypnotherapy**

Dr. Shaun Brookhouse
PhD., DCH, MA

**Advanced Metaphor
Construction**

Dr Shaun Brookhouse

**The Journey of the
Drum**

Dermot O'Hara

Hypnotherapy / Hypnoanalysis / Psychotherapy / Case Histories

ICHP Membership Forum

Supervision for Hypnoanalysts / Hypnotherapists

Aine Mc Carthy

ICHP Christmas Conference 2000 Booking Form

Name: _____

Address: _____

I/we would like to enrol for the above Conference. I/we enclose a £40 deposit for each place and the balance (£40) is due on the Saturday 2nd of the Conference. **Conference Fee ~ £80**

All cheques, Drafts, etc, made payable to Joe Keaney, ICHP

Therapy House, 6 Tuckey Street, Cork City. Tel: 021 4273575 Fax: 021 4275785 E-mail: hypnosis@iol.ie.

www.hypnosiseire.com

Irish School of Ethical & Analytical Hypnotherapy

Healing Through Hypnosis

John Howard DHR RPHH

January 15th and 16th, 2000

Saturday 9.00am to 5.00pm

Sunday 9.00am to 5.00pm

Griffith College, Dublin.

Throughout our history it has been known that even serious medical conditions can successfully respond to mental attitudes and *'mind-over-matter'* healing. What has not been so widely realised is that these natural healing methods can be considerably enhanced and speeded, even dramatically so with the assistance of another knowing the simple techniques of how to help.

This knowledge can help you to assist a greater number of sufferers with a range of conditions. (It has, for example, been estimated that at any time 7,000,000 people suffer with arthritis in the UK alone, and that one in eight prescriptions written by Doctors are for diabetes. Among the many testimonials received is one from a former seminar attendant, a lady who improved her poor circulation by being assisted to 'see' herself enlarging the artery in her heart. Among the main, 'frozen' joints. PMT., period pains, trapped nerves, 'mysterious' pains and dislocations can all respond - *and mostly in only minutes.*

A two day seminar has been arranged, not just to *talk* about these healing methods but to actually *teach* them, and subject to suitable volunteers, to demonstrate them too. Many previous attendants began by thinking that they wouldn't be able to emulate the methods, and then went on to amaze themselves by discovering they could, with the simple instructions given.

About the Speaker

John Howard has been a successful healing practitioner for many years, with clients seeking his help from around the country and even from overseas. He has demonstrated his skills on television and appeared on many radio programmes. He has been featured in numerous press items - including being hailed as at the top of his profession in a two page article in a national magazine. In addition to giving lectures nationally, John has years of experience in giving hospital and college lectures on healing and demonstrated his simple healing methods. John's fourth book, *'The Simple Secrets of The Power to Heal'* is expected to be published this year.



John Howard Workshop Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland Tel:(021) 273575

NAME: _____ **January 15th & 16th, 2000**

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Workshop. I/we enclose a £30.00 deposit for each place and the balance (£30) is due on the Saturday of the Workshop (*One day = £30*). Cheques should be made payable to Joe Keaney, I.S.E.A.H.

Dates to Remember

ICHP 5 Day Diploma Course
June 12th to the 16th
The Marino Institute of Education

ICHP Membership Renewal
August 1st 2000

**Certification Course in Emotional
Freedom Therapy**
October 28th & 29th
The Marino Institute of Education

Annual Christmas Conference
December 2nd & 3rd
Griffith College Dublin

ICHP Headquarters

Therapy House
6 Tuckey Street
Cork City
Ireland

☎ 021 4273575 **Fax:** 021 4275785

e-mail: hypnosis@iol.ie

www.hypnosiseire.com

Institute of Clinical Hypnotherapy & Psychotherapy



**Masterclass
Post-Graduate
Training Programme**

Annual June Conference

**June 10th & 11th, 2000
Griffith College Dublin**

hypnosiseire.com

2.00pm

Supervision

Margaret Watchorn

Margaret has taught workshops on supervision, which is an essential element in your growth as an ethical analytical hypnotherapists and psychotherapist.

3.30 pm

Break

4.00 pm

Awakening the clown within

'Mags' Who is she/he ? Come and see !

The clown is the celebration of simplicity, an invitation to be yourself in the moment ... sometimes awkward, shy or full of joy. A clown will lead to the realms of innocence and wonder, walking us to the edge and beckoning us to play with the world and to discover its treasures in a grain of sand. The clown holds the dance of extremes, reaching up to the stars and falling down with a laugh.

5.00 pm

Conference close.

Saturday June 10th

8.30am

Registration, Room A104
Griffith College Dublin.

9.00am

Bereavement

Anna King, M.ED

Aнна King is chairperson of the Bereavement Counselling Service in Ireland and during her presentation she will be assisted by Mary Smith. Every client who consults a therapist may have issues dealing with the loss of a loved one. This talk will cover the process of grieving including grieving following suicides. This talk will help you the therapist understand the grieving and healing process and how therapy can assist in recovery.

11.00 am

Break

11.30 - 1.00pm

Milton Model

Owen Fitzpatrick DHP MICH

Owen is currently completing his masters degree in UCC and has studied extensively with Richard

Bandler the co-founder of NLP which originated from the work of Milton H. Erickson M.D.. Erickson is widely recognised as the foremost hypnotherapist of the century. He uses hypnosis to persuade his clients to assume responsibility for healing themselves and to give them the skills they needed to do so.

1.00pm

Lunch

2.00 - 4.30pm

Hypnotherapy / Hypnoanalysis / Psychotherapy Case Histories ICHP Membership Forum

Several of your fellow graduates and ICHP members will share real life case histories and essential clinical approaches and advice.

Ken Keane DHP,	MICHP - Sligo
Ann O' Loughlan DHP,	MICHP - Dublin
Hugh Mc Corry DHP	MICHP - Belfast
Carol Cunningham Fahey DHP	MICHP - Galway
John Kelly DHP	MICHP - Tipperary
Derrick O' Neill DHP	MICHP - Dublin
Thomas Herron DHP	MICHP - Tyrone

5.00pm

Graduation Ceremony

Sunday June 11th

9.00am

Dream Interpretation

Michael Sheridan DHP

Hypnosis (PHS) *"The tensions in your mind will be relieved at night in your dreams and you will remember them and write them down."*

Michael has been running Dream Interpretation Workshops for over six years. In this time he has seen dreams help a great number of people take positive steps in their lives. His business is called *Aisling* which is an Irish word meaning dream or vision and he intends to teach you how to breath life into dreams.

11.00am

Coffee Break

11.30am

Indirect Inductions and Language Patterns

Owen Fitzpatrick DHP, MICHP

Erickson described hypnosis as ... *"A valuable therapeutic tool for enhancing a clients self-awareness and facilitating therapeutic communication."*

1.00pm

Lunch Break

ABOUT IT&T

Formed in 1993 by Peter and Jean Scott Chinnery, IT&T provides a psychology counselling service for local mental health teams, fundholding GP's and private clients. Working mainly from a cognitive-behavioural perspective, Peter & Jean often utilise hypnosis within a brief, focused approach to therapy.

Since 1993, IT&T have sponsored training workshops by internationally recognised mental health specialists from America. IT&T run an hypnosis training in Britain which is based on the programme taught by Brent Geary at the Phoenix Foundation. They were also cosponsors of the first British International Ericksonian Conference. Peter & Jean are particularly pleased to be bringing Brent Geary to Ireland for a second time.

ABOUT ICHP

ICHP is the only training institute in Ireland to receive full accreditation from the British National Council for Hypnotherapy, and has offered training courses in Clinical Hypnotherapy since its foundation in 1984. The current principle of ICHP, Dr Joseph Kéaney, is totally dedicated to the application of hypnosis to psychotherapy.

ICHP regularly invite world renowned leaders in the field of clinical hypnotherapy to teach its students and graduates in Ireland.

ABOUT the LOCATION

IT&T and ICHP have chosen the Marino Institute for a number of reasons, which make it ideal for presenting an hypnosis workshop: The quiet setting in extensive, beautifully maintained grounds; fully equipped conference rooms; affordable on-site accommodation; easy connection with the city centre and international airport; ample free parking.

For those requiring accommodation, please book directly with Sile Boylan or Catherine Byrne at the Marino Institute Services Office: Tel: 353 1 833 5111. Fax: 353 1 833 5290. B&B is £18 (continental breakfast) or £21.00 (full Irish breakfast). Rooms are simple but comfortably furnished. There are no ensuite bathrooms available, but adequate public facilities. Lunches are available from £4. (Prices quoted are for 1999 so may be subject to adjustment.)

For dinner and evening entertainment, all that the world renowned city of Dublin has to offer is on your doorstep.

WHO SHOULD ATTEND

This workshop is recommended for qualified health professionals, who are using clinical hypnosis in practice, or have received at least a foundation level training in hypnosis, i.e. nurses, doctors, dentists, psychologists, accredited counsellors, therapists and social workers.

WORKSHOP TIMES

Registration: 8.30 - 9.30 am (Saturday)
Morning Session: 9.30 - 1.00
Afternoon Session: 2.00 - 5.00

Refreshments will be available during registration and during morning and afternoon breaks. Water will be available throughout the day. Participants are responsible for their accommodation and meal arrangements - both available at Marino Institute.

Integrated Therapies & Trainings

IN ASSOCIATION WITH

Institute of Clinical Hypnotherapy & Psychotherapy

PRESENT

Focused Hypnosis: Targeted Interventions for Common Psychological Problems

BY

Brent B Geary, PhD

JUNE 17/18, 2000

IN

DUBLIN

at

**THE MARINO INSTITUTE OF EDUCATION
Griffith Avenue, Dublin 9**

TARGETED HYPNOSIS: TARGETED INTERVENTIONS FOR COMMON PSYCHOLOGICAL PROBLEMS

Hypnosis can be utilised by practitioners from a variety of theoretical and technical orientations. The approach allows clinicians to focus on aspects of therapy that can be particularly compelling in the change process. Hypnotic interventions allow enhanced access to meaningful aspects of experience that can be employed strategically to treat numerous clinical problems.

This workshop will explore ways in which the Ericksonian model can be especially useful in tailoring therapy and designing procedures to fit the unique concerns each patient brings. Topics such as assessment, utilisation, elicitation and indirection will be covered in the context of common presenting issues such as depression, anxiety and habits.

Participants will gain an understanding of ways in which treatment can be targeted based on understanding of the ways in which patients experience their difficulties. A comprehensive model that can immediately be employed will be presented and practised. The emphasis will be on learning tangible, practical methods that can be applied whatever the practitioner's theoretical orientation.

ABOUT THE PRESENTER

Dr Brent Geary is a clinical psychologist in private practice in Phoenix, Arizona. He is co-ordinator of training at the Milton H Erickson Foundation, where he designed the Foundation's training programme in *Ericksonian Principles of Hypnosis & Brief Therapy*, and has conducted this internationally attended programme for the past 11 years.

Dr Geary is regarded by his peers as one of the foremost American teachers of hypnosis, particularly with regard to its application to complex problems. His application of human values in the counselling of couples and relationship problems is breaking new ground in psychotherapy.

Having published numerous articles in professional journals and contributed chapters to textbooks edited by MD Yapko and JK Zeig, Dr Geary has himself the co-editor of two new books: *The Clinical Handbook of Ericksonian Hypnosis and Psychotherapy* and *A History of Twentieth Century Hypnosis: The Correspondence of Milton H Erickson*.

With an easy teaching manner, and lively sense of humour, combined with an intimate knowledge of his subject, it is not surprising that Brent teaches as far afield as Japan and South Africa as well as in America and throughout Europe.

WORKSHOP FEES

(2DAYS) IR£150
DEPOSIT IR£ 50
ACCOMMODATION IR£ 18/21 B&B (book direct with Marino Institute)

ALL cheques/bankers drafts to be made payable to IT&T Seminars, and sent to: c/o Institute of Clinical Hypnotherapy & Psychotherapy Therapy House, 6 Tuckey St, Cork City, Ireland Telephone: 021 273575

EARLY BIRD DISCOUNT

SAVE £30, when full payment (£120) received by IT&T before April 7, 2000

CREDIT CARDS

Payments by ACCESS or Mastercard may ONLY be made directly with IT&T. Payments will be collected in pounds sterling at the current exchange rate.

CANCELLATIONS

If made over 8 weeks prior to the event, all fees paid less an administration cost (£50) will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. However, suitable substitutes will be accepted.

AUDIO/VIDEO TAPING POLICY

No recording of training by participants is permitted. An audio recording of the entire workshop will be made, and copies may be purchased by participants for their own personal use. Payment with order at the workshop for postal delivery (usually) within three weeks.

All or part of the workshop may be videotaped for future teaching purposes. Copies will not be available for purchase.

ADMINISTRATION

For more information about this workshop or to reserve a place, please contact:

Ireland: Dr Joe Keane
Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street
Cork City Tel 021 273575

U.K. Peter Scott Chinnery
Integrated Therapies & Trainings
173 Southway
Guildford GU2 6DJ Tel/Fax 01483 502787



Workshop Details

- **When?**

Saturday and Sunday, May 13th & 14th, 2000

- **Where?**

The Marino Institute of Education, Griffith Avenue, Dublin 9

- **Workshop Times**

Registration: 8.30 - 9.00 am (Saturday)

Morning Session: 9.00 - 1.00 pm

Afternoon Session: 2.00 - 5.00 pm

- **Fees**

One Day: £40

Two Days: £60

Deposit: £30

All Cheques / Bankers Drafts made payable to Dr. Joe Keaney C/O
Jane Bannister's Workshop.

Please post your completed Booking Form to:

Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland

**This is one workshop not to be missed.
You will be amazed at what you will learn
from Jane. All attendee's will receive
class notes and scripts suitable for use in
your private practice ... and lots more
besides.**

J. Keaney

The Institute of Clinical Hypnotherapy & Psychotherapy

presents

Psychoneuroimmunology Hypno-Imagery for Healing

with

**Jane Bannister BA, DCH,
MBSCH,(Dist).**

May 13th & 14th 2000

in

**The Marino Institute of Education
Griffith Avenue, Dublin 9**

for

**Hypnotherapists / Hypno-Analysts &
HealthCare Professionals**

ICHP Therapy House, No.6 Tuckey Street, Cork City, Ireland
Tel: 021-273575 Fax: 021-275785 E-mail: hypnosis@iol.ie



Psychoneuroimmunology: Hypno-Imagery for Healing

One in four American patients diagnosed with cancer uses imagery for healing, and many nurses are trained in hypnosis. Yet on this side of the Atlantic, hypnotic imagery in the treatment of serious physical illness is rarely used.

This Masterclass brings together some of the most exciting developments in body / mind medicine. It will give you wonderful new skills you can offer to patients with cancer, AIDS, MS, arthritis and many other painful or life-threatening conditions.

When death is inevitable, this Masterclass will show you ways to assist your patients through this last transition, and help turn fear and suffering into quiet release of the physical body.

For patients who are prepared to turn on the power of their body's own immune system, this workshop offers a wide range of techniques to fight off illness and overcome pain.

For therapists who would like to learn exciting new skills involving all five senses, colour, movement and sound, this will be a fascinating weekend.

Detailed hypnotic scripts will be provided for a variety of illnesses. Participants may attend either or both days. And those who were at Jane Bannister's Creative Visualisation Masterclass can anticipate that the weekend will be filled with surprises, felt lipped pens, dancing, massages and other unexpected additions to the hypnotherapy curriculum.



Jane Bannister

Jane Bannister was a teacher and part time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation. Jane has been invited over from England by ICHP / IAHP to teach Post-Graduate Hypnotherapy Training for our members and students.



Workshop Structure

The workshop will be divided into two separate yet related programmes.

- **Saturday May 13th**

The Body / Mind Connection and the Immune Response

Psychoneuroimmunology techniques for assisting with, arthritis, obesity, and heart disease.

- **Sunday May 14th**

Creating New Lifestyles

Dealing with Cancer, AIDS, Pain relief, and creating new life choices after overcoming illness.



Alister Bredee Workshop Booking Form



March 25th & 26th, 2000

Please complete and return to : Institute of Clinical Hypnotherapy & Psychotherapy,
Therapy House, 6 Tuckey Street, Cork City, Ireland
Tel:(021) 273575 Fax:(021) 275785 E-mail:hypnosis@iol.ie

Name: _____

Address: _____

Telephone No. (home) _____ (work) _____

I/we would like to enrol for the above Workshop. I/we enclose a £50.00 deposit for each place and the balance (£50) is due on the Saturday of the Workshop. Cheques should be made payable to Joe Keaney, I.C.H.P.

Institute of Clinical Hypnotherapy & Psychotherapy

in association with

Alister Bredee

present

TimeLining

An Intensive Certificate Workshop

for

Healthcare Professionals

and

Hypnotherapists / Hypno-Analysts

Saturday and Sunday

March 25th & 26th, 2000

9.00am to 5.00pm

Marino Institute of Education
Griffith Avenue
Dublin 9

- Do you want to really change the way you work ?
- Do you want an effective method of identifying root causes ?
- Do you want to be able to address those causes quickly and effectively ?
- Do you know that negative emotions are the prime cause of disease ?
- Do you want to transform your effectiveness as a therapist ?
- Do you know that the Hawaiians knew about the unconscious mind many, many years before Freud ?
- Do you know that the Hawaiians knew about the superconscious mind many, many years before Jung ?
- Do you know that negative emotions can be cleared up without painful abreaction ?
- Do you know that Time Line is an effective means of combating drug addiction ?
- Do you know that Time Line is a brilliant means for healing ?
- Do you want to learn much, much more ?
- Do you want to change your life ?

Yes?

Then come and join this workshop !

You owe it to yourself, you know !

'Negative emotions from previous experiences can feel as if we have a millstone hanging around our necks and weighing us down. Not a fun way to live! Not a construction that makes for vitality, courage, commitment, etc. Such negative emotions of the past can rob us of energy that we could more productively devote to other pursuits.

'You are the sum total of your memories. Time Line gives access via the unconscious mind to your data bank of time, and can quickly, easily and, what is more, precisely locate significant emotional events that cause symptoms and unwanted behaviour. The significant emotional events (SEEs) are located around past experiences that contained negative charges. A switch in temporal perspective reframes those old negative emotions, which give rise to unwanted behaviour. The behaviour then disappears. Time Line is an extremely powerful therapeutic tool, which will transform the way you work.'

Alister Bredee

Content:

Saturday, 25th March 2000

- Introduction to the background of Time Line. The work of William James, Aristotle, Leslie Cameron-Bandler, Korzybski, Tad James, Bobby Bodenhamer, The Course in Miracles, Quantum Physics, and Hawaiian Huna.
- The case history
- Creating an Achievable outcome
- Trust and the Unconscious Mind
- Eliciting the Time Line
- In time / through time
- The submodalities of the Time Line
- A Healing Process on the Time Line

Certificate

Please note on completion of this Timelining Training you will receive a Certificate in Timelining suitable for Framing on your consulting room wall

Sunday, 26th March 2000

- Eliciting root cause
- Removing negative emotions
- Past pacing / future pacing
- Negative emotions part 2
- Removing limiting decisions and anxiety
- Changing the location of the time line for treatment of addictions
- Goals and future planning

There is a lot of material to get through each day, and thus a real need to start promptly at 9 am. That means 8.45 for those who are in time and 9.15 for those through time. The finishing time is 6 p.m., and there will be a one hour break for lunch.

This is an interactive week-end, so be prepared to participate fully.

Workshop Fees

(2 Days)	IR100
Deposit	IR50

ALL cheques/bankers' drafts to be made payable to Joe Kearney, and sent to: Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House, 6 Tuckey St, Cork City, Ireland
Telephone: 021 273575

Early Bird Discount

Save £25, when full payment (£75) is received by ICHP before March 1st

ABOUT Dr YAPKO

Michael D Yapko, PhD, is a clinical psychologist. He is internationally recognised for his work in clinical hypnosis and outcome-focused psychotherapy, routinely teaching professional audiences in North & South America, Europe & Australia.

Dr Yapko is the author of two leading texts in the field, *Essentials of Hypnosis and Trancework: An Introduction to the Practice of Clinical Hypnosis*. His other well known works include: *Making the Patterns of Depression; Hypnosis and the Treatment of Depressions*, and more recently *Hand Me Down Blues: How to Stop Depression from Spreading in Families*.

Dr Yapko is a Fellow of the American Society of Clinical Hypnosis, and recipient of the Milton Erickson Award of Scientific Excellence for Writing in Hypnosis. He is widely considered an authority in the methods of brief, solution-oriented psychotherapy and hypnosis, particularly as they relate to the treatment of depression. His expertise was formally acknowledged when recently commissioned by *Encyclopaedia Britannica* to write sections on four subjects: the repressed memory controversy, clinical hypnosis, brief psychotherapy and clinical depression.

Dr Yapko's seminars are known for their abundance of practical information, presented in a clear, engaging, and down-to-earth style. His wealth of clinical experience, exhaustive knowledge of research literature, well developed sense of humour, personal sensitivity, and high positive energy all combine to make his workshops as entertaining and enjoyable as they are clinically useful.

ABOUT IT&T

Formed in 1993 by Peter and Jean Scott Chinnery, IT&T provides a psychology counselling service for local mental health teams, fundholding GP's and private clients. Working mainly from a cognitive-behavioural perspective, Peter & Jean often utilise hypnosis within a brief, focused approach to therapy.

Since 1993, IT&T have sponsored training workshops by internationally recognised mental health specialists from America, and are particularly pleased to be welcoming Michael Yapko to Ireland for a second time.

ABOUT ICHP

ICHP is the only training institute in Ireland to receive full accreditation from the British Hypnotic Council for Hypnotherapy, and has been offering training courses in Ethical Clinical Hypnotherapy since its foundation in 1984. The current principle of ICHP, Dr Joseph Keaney, is totally dedicated to the ethical application of clinical hypnosis within psychotherapy in order to bring transformation to patients.

ICHP regularly invites world renowned leaders in the field of hypnotherapy to teach its students and graduates in Ireland.

ABOUT the LOCATION - GRIFFITH COLLEGE

IT&T and ICHP have chosen Griffith College for a number of reasons, which make it ideal for presenting this workshop: It will be a familiar setting for many attending; has a large conference room; affordable local accommodation; easy connection with the city centre; ample free parking. For those requiring accommodation, please contact the Dublin Tourist Centre, Suffolk Street, Dublin 2. Tel. 01 6057700.

Griffith College is on the South Circular Rd, Dublin 8, near the Boxing Stadium just a mile from Stephen's Green, and is especially well served by a number of bus routes.

Lunches are available in the college canteen, or from local eating places. For dinner and evening entertainment, all that the world renowned city of Dublin has to offer is on your doorstep.

Integrated Therapies & Trainings

IN ASSOCIATION WITH

Institute of Clinical Hypnotherapy & Psychotherapy

PRESENT

APPLYING HYPNOSIS & DIRECTIVES

IN PSYCHOTHERAPY

BY

Michael D Yapko PhD

JUNE 16/17, 2000

DUBLIN

at Griffith College, South Circular Road

FLYING HYPNOSIS & DIRECTIVES IN PSYCHOTHERAPY

As experienced practitioners of hypnosis already know, clinical hypnosis is not in and of itself a therapy. Rather, it is a deliberate means for enhancing therapeutic effectiveness. It is not overstating the case to say that *the clinical value of hypnosis to amplify the core processes of therapeutic change has been well established*. Hypnosis as a field of study offers valuable insights into the ways people organise their internal experiences, and the body of clinical and scientific literature continues to grow almost exponentially. The resulting insights are truly inspiring.

What have we learned? We've learned that *the primary vehicle for change shared by hypnosis and ANY psychotherapy is social influence*. Thus, your patterns of communication, the quality and degree of rapport you establish, your style for introducing information, your attention (or inattention) to specific dimensions of your client's experience, your beliefs and theoretical framework for guiding your interactions, and a host of other such variables all combine to make therapy succeed - or not.

In this intermediate-advanced level clinical training, many of the most essential components of effective therapy will be identified and taught. The role of suggestion and the implications of the recognition of influence - for better or worse - is inevitable and will be explored in the context of creating therapeutic interventions that are brief and results oriented.

This is a practical, hands-on clinical training. Concepts and techniques will be discussed, demonstrated, analysed and, ultimately, broken down into learnable principles and methods. Attendees will have an opportunity to practice, learn, and leave the training knowing how to *do better therapy and more purposeful hypnosis*.

SOME TOPICS TO BE PRESENTED IN THIS TRAINING

- * Hypnosis as a Model of Social Influence
- * The Value of Hypnosis. What the Literature says
- * Identifying Client Patterns of Self-Organisation
- * Adapting Therapeutic Style to Individual Differences
- * Evolving a Structure for Generating Hypnotic Interventions
- * The Role of Metaphor and Indirection in Treatment
- * Hypnotic Strategies for Client Processes (such as Exploring Options, Shifting Frames of Reference, and Evolving Flexibility)
- * The Role of Context in Generating Symptoms and Good Therapy
- * Posthypnotic Suggestions and the Value of Planning
- * Deframing and Reframing as Perceptual Foundations of Change
- * Hypnosis AFTER the therapy ends

COURSE FEES

WORKSHOP (2DAYS) IR£190
DEPOSIT IR£ 50

Cheques/bankers drafts/Credit Cards to be made payable to IT&T Seminars, and sent to: c/o Institute of Clinical Hypnotherapy & Psychotherapy Therapy House, 6 Tuckey St, Cork City, Ireland Telephone: 021 273575

EARLY BIRD DISCOUNT

SAVE IR£25, when full payment (£165) received by ICHP before April 16, 2001

CREDIT CARDS

Access and Visa accepted only when booking directly with IT&T at: Rose Cottage, Dredgeman Hill, Haverfordwest, Pembro SA61 1XL, UK Payment in Sterling equivalent. Tel/Fax: 01437 760978

CANCELLATIONS

If made over 8 weeks prior to the event, all fees paid less an administration cost (IR£50) will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. However, suitable substitutes will be accepted.

AUDIO/VIDEO TAPING POLICY

No recording of training by participants is permitted. An audio recording of the entire workshop will be made, and copies may be purchased by participants for their own personal use. Payment with order at the workshop for postal delivery (usually) within three weeks.

WORKSHOP TIMES

Registration: 8.30 - 9.30 am (Saturday)
Morning Session: 9.30 - 12.30
Afternoon Session: 2.00 - 5.00

Refreshments will be available at registration and at mid morning and mid afternoon breaks.

Participants are responsible for their accommodation and meal arrangements. Lunches are available from the college canteen and locally.

WHO SHOULD ATTEND

This workshop is recommended for health professionals, who are using clinical hypnosis in practice, or have received at least a foundation level training in hypnosis. ie doctors, dentists, nurses, psychologists, accredited counsellors, therapists and social workers.

Meridian Therapies Practitioner Training

Irish Practitioner Training Course

28th & 29th October 2000 in Dublin

Training Course is priced at £130
EARLY BIRD PRICE - £100

When full Course Fee is received before September 1st, 2000

Please complete this enrolment form and return with your remittance payable to:

Dr Joe E. Keaney (DCH)
Institute of Clinical Hypnotherapy & Psychotherapy
Therapy House
6 Tuckey Street
Cork City

Your Name: *(As it will appear on your Certificate - Block Capitals)*

Address:

Telephone:

E-mail:

Previous relevant experience / qualifications :

I have enclosed cheque/PO/draft for £____ *(Early Bird Price £100 - See Top of Page for details - Training Course is priced at £130 which includes £50 non-returnable deposit)*

Declaration

I understand that this training and the certification procedure is by licensee of the UK Association for Meridian Therapies, and that the tutors will be licensed by that Body.

I understand that no personal tape recordings will be allowed during this training.

Signed _____ Date _____

Institute of Clinical Hypnotherapy & Psychotherapy

Therapy House, 6 Tuckey Street, Cork City

☎: 021-273575 E-mail: hypnosis@iol.ie www.hypnosiseire.com

In association with



Meridian Therapies Practitioner Certification Training

October 28th & 29th, 2000

The Marino Institute of Education

Griffith Avenue

Dublin

Course Instructors

Chris Hardisty CHAMT, MACH, MNCH, LHRs, MBHA

Mary Llewellyn FRSA, FHRS(UK), BA(HONS), MAMT, ACCHYP, MNCP, MBHA

Dr Tam Llewellyn-Edwards PhD, FRSA, MAMT, MHMA

Course Schedule

Saturday 28th October

9.00 - 10.00	Booking In & Welcome
10.00 - 11.30	Introduction to Meridian Therapies <i>A Brief History, The Basic Technique, Demonstration, Q&A</i>
11.30 - 11.45	Mid Morning Break
11.45 - 13.15	Contacting Problems <i>Physiological Calibration, Voice Calibration, Statement Formulation</i>
13.15 - 14.30	Lunch Break
14.30 - 15.30	Aspects & Testing <i>Clean & Lasting Interventions, Finding Aspects, Focused Solutions</i> <i>Essential Testing Skills for Meridian Therapists, Apex Problems</i>
15.30 - 15.45	Afternoon Break
15.45 - 17.00	Safely Releasing Negative Memories <i>Basic Strategies, Safeguards, PTSD</i>

Sunday 29th October

10.00 - 11.30	Health Related Applications <i>Pain, Illness, Safety Notes</i>
11.30 - 11.45	Mid Morning Break
12.00 - 13.30	Addictions and Addictive Cravings <i>Understanding Addictions, Homework, Future Pacing</i> <i>Sedating & Stimulating Algorithms</i>
13.30 - 14.30	Lunch Break
14.30 - 15.30	Flexible Approaches <i>Muscle Testing, Short Cuts, Fail Safes, TAB, Reversal</i>
15.30 - 15.45	Afternoon Break
15.45 - 16.30	The Meridian Therapist <i>Overview, Q&A, Beliefs & Proficiency, Transference, Therapist</i> <i>Maintenance, Combining EFT with Other Therapies, Final Exercise.</i>
16.30 - 17.00	Last Questions & Final Answers
17.00 - 17.15	Attendance Certification* & Farewell

* All attendees will receive a certificate of Course Attendance. For UK Association for Meridian Therapies Practitioner Certification students will be continuously assessed during the course and on completion of the course a short written examination must be completed within 30 days.

Dear IAHP Member,

Thank you for your interest in the forthcoming Irish Meridian Therapy Practitioner Certification Training.

As you probably know, the new Meridian Therapies offer unprecedented opportunities for healing and personal growth - on the individual level as well as when working with clients. It is little wonder that so many practitioners from a wide range of mind and body healing modalities have already found the new Meridian Therapies to be an invaluable addition to their existing range of techniques.

Following the UK National Curriculum for Practitioners of Meridian Therapies, this training will give you not only the necessary knowledge and understanding but also the practical experience to go ahead and begin to make outstanding improvements in the lives of those you wish to help.

You may choose to take the training just to learn these amazing new techniques and to use them for yourself, but you can also opt for continuous assessment throughout the training and complete a short written examination for Practitioner Certification through the United Kingdom Association for Meridian Therapies.

Your Course Instructors, Chris Hardisty, Mary Llewellyn, and Dr Tam Llewellyn-Edwards, are amongst the most experienced Meridian Therapists in the United Kingdom and they are all Licensed Meridian Therapy Trainers.

Chris Hardisty is a qualified Hypnotherapist and Practitioner of Meridian Therapies. She is a Charter Member and Executive Director of the United Kingdom Association for Meridian Therapies. She is the author of 'EFT & Hypnosis' one of the AMT UK series of therapist's guides. Mary Llewellyn is a Psychotherapist / Hypnotherapist and Practitioner of Meridian Therapies. She is a Member and Director of the United Kingdom Association for Meridian Therapies. She also wrote one of the AMT UK series of therapist's guides entitled 'EFT & Cognitive Therapy (Utilising Biofeedback)'. Dr Tam Llewellyn-Edwards is a Practitioner of Meridian Therapies and a qualified Classical Homeopath. He is a Member and Director of the United Kingdom Association for Meridian Therapies. He also wrote one of the guides and his is called 'EFT & Homeopathy'.

Their combined technical knowledge, expertise and experience is important to the success of the course, but the thing that will make this particular training so beneficial and enjoyable for you is the tutors' ability to make students feel at ease, to make learning and understanding easy, and to allow them to build their own confidence in the use of the new Meridian Therapies. Even if students do not wish to work with clients in a professional capacity at present, they will gain invaluable knowledge and experience of the basic concepts in Meridian Therapies, and learn many new approaches and methods.

Should you have decided that you wish to join us, please complete the application form and return it right away as places on this course are limited. We will send you confirmation and full venue details and travel instructions by return of post.

Course Organisers

PS: If you have any further questions regarding the course, please don't hesitate to contact Tam or Mary on 01302 743114 Fax: 01302 742346 e-mail: TLlewellyn@aol.com & Mawll@aol.com or visit our web site at <http://members.aol.com/TLckillHealth/>

**A Video Preview of E.F.T. will take place during the
June 2000 Conference in Dublin**

Irish School of Ethical & Analytical Hypnotherapy

Healing Through Hypnosis

John Howard DHR RPHH

January 15th and 16th, 2000

Saturday 9.00am to 5.00pm

Sunday 9.00am to 5.00pm

Griffith College, Dublin.

Throughout our history it has been known that even serious medical conditions can successfully respond to mental attitudes and 'mind-over-matter' healing. What has not been so widely realised is that these natural healing methods can be considerably enhanced and speeded, even dramatically so with the assistance of another knowing the simple techniques of how to help.

This knowledge can help you to assist a greater number of sufferers with a range of conditions. (It has, for example, been estimated that at any time 7,000,000 people suffer with arthritis in the UK alone, and that one in eight prescriptions written by Doctors are for diabetes. Among the many testimonials received is one from a former seminar attendant, a lady who improved her poor circulation by being assisted to 'see' herself enlarging the artery in her heart. Among the main, 'frozen' joints. PMT., period pains, trapped nerves, 'mysterious' pains and dislocations can all respond - *and mostly in only minutes.*

A two day seminar has been arranged, not just to *talk* about these healing methods but to actually *teach* them, and subject to suitable volunteers, to demonstrate them too. Many previous attendants began by thinking that they wouldn't be able to emulate the methods, and then went on to amaze themselves by discovering they could, with the simple instructions given.

About the Speaker

John Howard has been a successful healing practitioner for many years, with clients seeking his help from around the country and even from overseas. He has demonstrated his skills on television and appeared on many radio programmes. He has been featured in numerous press items - including being hailed as at the top of his profession in a two page article in a national magazine. In addition to giving lectures nationally, John has years of experience in giving hospital and college lectures on healing and demonstrated his simple healing methods. John's fourth book, 'The Simple Secrets of The Power to Heal' is expected to be published this year.

John Howard Workshop Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland Tel:(021) 273575

NAME: _____ **January 15th & 16th, 2000**

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Workshop. I/we enclose a £30.00 deposit for each place and the balance (£30) is due on the Saturday of the Workshop (*One day = £30*). Cheques should be made payable to Joe Keaney, I.S.E.A.H.

and issues.

His talk will include;

- *The Rapid Hypnotherapy of Gil Boyne.*
- *The secret of Instantaneous Induction.*
- *How Transforming Therapy creates rapid therapeutic closure.*
- *A process of Age regression that works every time.*
- *Learn time-saving, highly productive new methods.*
- *And lost more.*

Gil Boyne's unique methods have attracted students from every state in the US and 14 foreign countries. His totally new approach is a departure from traditional methods and techniques such as NLP and Ericksonian hypnosis.

This presentation is guaranteed to excite your imagination, stimulate, your thinking and transform your basic beliefs about hypnotherapy, as well as change your attitudes about this exciting profession.

A full day will be crammed with new techniques, including instantaneous inductions. You will learn a pragmatic philosophy that focuses on results and not theories. Practical demonstrations, videotaped case histories with rapid age regressions are all included - and much, much more.

Here is practical training for practical therapists who want to maximise their results.

There will be the usual Coffee/Tea breaks at 11.00 am, and 3.30 pm which are approximately 30 minutes in duration.

Lunch Break is from 1.00 pm to 2.00 pm.

5.30 pm Conference Closes

Sunday 5th December 1999

9.00 am **Patrick Wright** **Intuitive Dream Analysis**

Intuitive Dream Analyst, Patrick Wright, has appeared on numerous Radio and Television programs both here, in Ireland, and abroad. These appearances combined with the many articles and profiles published in local, national and international papers, have sparked off vast interest and highlighted an importance for dream interpretation in our daily lives. They have led to the ongoing demand for his seminars, lectures and workshops through which Patrick demonstrates a uniquely intuitive approach to dream interpretation. Patrick's talks will include:

- How to avoid Health Problems.
- How to bring Balance & Harmony into your life.
- How to discover your Spiritual and Psychic gifts.
- How to interpret Symbols in your dreams.
- How to discover what you're best at.
- Your Potentiality.
- Your Past, Present and Future.
- Your Healing Agents.
- Your Spiritual Guides / Guardian Angels.
- How to be 100% happy.
- Plus much more.

11.00 am **Break**

11.30 am **Terence Watts** (UK) DIPH. MPH. MNCP. MNCH(ACC.) **Clinical Hypnotherapy**

Terence Watts is coming over from England especially to give an Interactive talk to IAHH/ICHP hypnotherapist on Clinical Hypnotherapy.

Sunday 5th December 1999

Terence is a Hypno-Analyst (one of us) and has many years of experience as a practising therapist. He is also author of the book, *'Rapid Cognitive Therapy: The Professional Therapist's Guide to Rapid Change Work'*.

His talk will include the following;

- Blunders that can easily be avoided.
- The importance of the first twenty seconds of the initial consultation.
- Resistance.
- Transference.
- The Use of Metaphor and Fantasy work.
- 'Stuck' clients.
- Uncooperative clients.
- Belief systems.
- Issues of Professionalism.
- Other topics delegates wish to cover.

1.00 pm **Lunch Break**

2.00 pm **Terence Watts Resumes**

3.30 pm **Break**

4.00 pm **Terence Watts Resumes**

5.00 pm **Conference Closes**

Saturday 4th December 1999

8.30 am **Registration**

9.00 am **Gil Boyne from the USA**

Advanced Clinical Hypnotherapy

Students and counselling professionals from all over the USA and abroad have travelled to Glendale, California to study with Gil Boyne. In addition, Boyne regularly trains mental health professionals in seminars in England, Australia, New Zealand, and Malaysia. More than 5,500 graduates in the USA and abroad have created an international reputation for Gil Boyne's work, *'Transforming Therapy'*.

The Hypnotism Training Institute of Los Angeles is approved by the California Board of Education and holds the coveted *'Approved Hypnotherapy Training Institute'* award from the American Council of Hypnotist Examiners.

Gil Boyne created this one day presentation for IAHH/ICHP hypnotherapists in response to the overwhelming success of his recent visit to Dublin. The focus is on Instantaneous Inductions and the use of dramatic uncovering and reprogramming techniques. Boyne's original methods of *Transforming Therapy* combined with primary age regressions and Gestalt dialogues to generate this eclectic and unique system which creates highly effective closure for maximum benefit in minimum time.

The use of *live* video taped therapy sessions provides an intense and accelerated learning environment. This is a learn-by-doing programme and not just a lecture-theory course or a watch-me-do-it exhibition. The curriculum will be drawn from a great variety of video case histories focusing on both common and unusual presenting problems

Irish School of Ethical & Analytical Hypnotherapy

Creative Visualisation Through Hypnosis

Jane Bannister BA, DCH, MBSCH,(Dist).

May 15th & 16th, 1999

Saturday 9.00am to 5.00pm

Sunday 9.00am to 5.00pm

Griffith College, Dublin.

As hypnotherapists we work primarily with words. But language has only been used by human beings for the last 10,000 years of our evolution. We try to effect change in our client's subconscious minds. Yet this pre-verbal site of emotion and motivation only recognises the pictorial image it used for its millennia of evolution.

By communicating with our clients in the symbolic language of their instinctive, primitive brain, we can change more quickly and profoundly than with words alone. This Masterclass is a collection of image work, drawn from modern psychoneuroimmunology, parts therapy and inner child work, to shamanism and Egyptian mysteries.

You will learn techniques to diagnose your client's most pressing problems, treat some physical illnesses, and overcome opposition from the parts that resist change. You will also learn how to develop your own creative potential, heal relationships with others or attract new ones, and overcome problems which seem to have no logical solution - be they emotional, physical, romantic or financial.

As the characteristics of the non-verbal brain are emotion, colour, movement and sound, please come prepared to have fun and let your inner child out to play. You may want to wear comfortable clothing to join in the music and movement sections of the Masterclass. Remembering Carl Jung's statement, '*Colour is the language of the unconscious mind*', please bring felt tip pens to draw new futures for yourself. We will take inner journeys with power animals, space captains and fairies. From treating AIDs to warts, burying the hurts inflicted by your or your client's ex-lovers, and improving your bank balance, this Masterclass offers a luck-dip bag of techniques to help heal your clients and boost your own self-esteem.

The Masterclass finishes on Sunday with a half hour visualisation designed to magnetise more clients into your practice.

About the Lecturer

Jane Bannister was a teacher and part time lecturer in practical psychology for a local education authority. She now lectures for a college of clinical hypnotherapy. She has taught workshops in visualisation for many years, and has written many magazine articles and two books on self hypnosis and visualisation. Ten years ago she set up the 'Mindpower' organisation in New Delhi, India, to train people in the uses of visualisation.



Creative Visualisation Through Hypnosis Jane Bannister Workshop Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland Tel: (021) 273575

NAME: _____ **May 15th & 16th, 1999**

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Workshop. I/we enclose a £30.00 deposit for each place and the balance (£30) is due on the Saturday of the Workshop (*One day = £30*). Or I enclose full payment of £60 - ☐

Cheques should be made payable to Joe Keaney, I.S.E.A.H.

Advanced Masterclass

Clinical Hypnotherapy

presented by the

U.S.A.'s Most Renowned Hypnotherapist

Gil Boyne

Saturday, Sunday & Monday, October 23rd to the 25th, 1999
Marino Institute of Education, Griffith Avenue, Dublin 9

*A Three Day Intensive Training
For Counselling Professionals*

Practical Demonstrations of Rapid Hypnotherapy Conducted



The Secret of Instantaneous Induction



Creating Rapid Therapeutic Closure



Time-Saving, Highly Productive Methods



A Process of Age Regression that Works Every Time

Sponsored by the

Irish School of Ethical & Analytical Hypnotherapy

Irish School of Ethical & Analytical Hypnotherapy

John Landi M.A., CHC.

presents a Workshop on

Healing the Spirit

Counselling/Hypnotherapy for the New Millennium

Saturday & Sunday July 24th & 25th 1999

Griffith College Dublin - South Circular Rd., Dublin 8.

9.00am to 5.30pm

Learn the Art of Spiritual Counselling/Hypnotherapy

Move beyond your current techniques into the realm of spirit to effect dramatic and permanent change.

Learn How to:

Unleash your power as a therapist.

Spiritualise your therapy.

Use Ericksonian techniques to contact the soul to find God's purpose and plan.

Use the knowledge as found in ancient manuscripts to help heal all areas of a person's life.

Learn to view the problem from a spiritual perspective - and to find solutions.

Assist clients to empowerment through a relationship to their higher source.

Identify the spiritual needs of the client.

Identify the four levels of soul development.

Heal the fear that controls their life.

Move your client's through the forgiveness process.

Grow beyond your current techniques.

Create permanent change.

Release anyone from an abusive past.

Manifest more of what you want in therapy (and life!)

Learn when, and when not to, use affirmations.

And More!



John Landi Weekend Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland
Tel: (021) 273575

NAME: _____

ADDRESS: _____

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Irish School of Ethical & Analytical Hypnotherapy

Creative Visualisation Through Hypnosis Jane Bannister BA, DCH, MBSCH, (Dist).

May 15th & 16th, 1999

Saturday 9.00am to 5.00pm

Sunday 9.00am to 5.00pm

Griffith College, Dublin.

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Creative Visualisation Through Hypnosis Jane Bannister Workshop Booking Form

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NAME: _____ **May 15th & 16th, 1999**

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

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Cheques should be made payable to Joe Keaney, I.S.E.A.H.

Future Events

5 Day Training Course on Hypno-Analytical Advanced Clinical Hypnotherapy

June 21st to 25th, 1999
The Marino Institute of Education

Paris Therapy Workshop - Roy Hunter

June 26th & 27th, 1999
The Marino Institute of Education

Miracles of Hypnosis: Advanced Hypno-Analytical Techniques Hypnotherapy: A Solution for Tinnitus and Chronic Illness

Kevin Hogan
July 24th & 25th, 1999
The Marino Institute of Education

IAHH Membership Renewal

August 31st, 1999

Advanced Masterclass in Clinical Hypnotherapy Gill Boyne

October 23rd to 25th, 1999
The Marino Institute of Education

Annual Christmas Conference

December 4th & 5th, 1999
Griffith College Dublin

Irish Association Of Hypnotherapists - Hypno-Analysts

in association with

Institute of Clinical Hypnotherapy - Psychotherapy

present the

Annual Conference

**June 19th & 20th 1999
Griffith College Dublin**

Workshop Details

☞ WHEN?

Saturday & Sunday, July 3rd and 4th, 1999

☞ WHERE?

Regent's College, Inner Circle, Regent's Park, London

☞ WORKSHOP TIMES

REGISTRATION	8.30 - 9.00 am(Saturday)
MORNING SESSION	9.00 - 1.00 pm
AFTERNOON SESSION	2.00 - 5.00 pm

☞ COURSE FEES

WORKSHOP (2 DAYS)	£150
DEPOSIT	£50

All Cheques/Bankers Drafts made payable to Roy Hunter Workshop's and sent to:
C/O Irish School of Ethical & Analytical Hypnotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone: 021 - 273575 / 021 - 275785
Fax: 021 - 275785 E-mail: hypnosis@iol.ie

☞ EARLY BIRD

£30 Discount when full payment (£120) is received by the ISEAH on or before March 31st, 1999. After this deadline, strictly full price @ £150.

☞ CANCELLATIONS

If made over 8 weeks prior to the event, all fees paid less an administration cost of £50 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutes will be accepted.

☞ ABOUT THE LOCATION

Regent's College is between Baker Street and Regent's Park Tube stations, off Marylebone Road. Enter the park via York Gate. The College is up on the left, at the junction with the Inner Circle. Older maps show it as Bedford College.

There is limited car parking available at the College, so you are advised to arrive early, especially on Saturdays. Sundays, you can park in the Inner Circle.

Coffee will be provided morning and afternoon. Lunch is available in the college and also at the cafe in the park, or at several places in nearby Baker St.

The Irish School Of Ethical & Analytical Hypnotherapy

In association with

Alliance Hypnotherapy Inc. WA, USA

Presents

Parts Therapy in Hypno~Analysis/Hypnotherapy

For

**Hypnotherapists / Hypno-Analysts
& HealthCare Professionals**

By

**Roy Hunter MS C.HT.
Washington, USA**

July 3rd & 4th, 1999

In

**Regents College,
London**

ISEAH Therapy House, No.6 Tuckey Street, Cork City, Ireland
Tel: 021-273575 Fax: 021-275785 E-mail: hypnosis@iol.ie

hypnotherapy to teach it's students and graduates in Ireland, such as; Dr. Michael Yapko USA, Dr. Brent Geary (Ericksonian Foundation USA), Prof. Ivor Brown (IRL), and Dr. Keith Herne (UK).

Workshop Details

WHEN: Saturday & Sunday, July 24th & 25th, 1999

WHERE: The Marino Institute of Education

TIMES: **Registration -** 8.30 - 9.00am (Sat)
 Morning Session - 9.00 - 1.00pm
 Evening Session - 2.00 - 5.00pm

FEES: **2 Days -** £150
 1 Day - £100
 Lunches - £3.50 (payable to Marino Inst.)

All Cheques/Bankers Drafts made payable to **Kevin Hogan Workshop** and sent to:
C/O Institute of Clinical Hypnotherapy - Psychotherapy
Therapy House, 6 Tuckey Street, Cork City, Ireland
Telephone: 021-273575 / 021-275885
Fax: 021-275785 E-mail: hypnosis@iol.ie

EARLY BIRD: £30 Discount when full payment (£120) is received by the ICHP on/or before June 30th, 1999. After this deadline strictly full price @ £150.

CANCELLATIONS:

If made over 8 weeks prior to the event, all fees paid less and administration cost of £50 will be returned. If made within 8 weeks of the event, the full workshop fee will be retained. Suitable substitutions will be accepted.

ABOUT THE LOCATION:

The Marino Institute is set in extensive beautifully maintained grounds, with fully equipped conference rooms, affordable on-site accommodation, easy connection with the city centre and ample free parking.

Institute of Clinical Hypnotherapy - Psychotherapy

Miracles of Hypnosis Advanced Hypno-Analytical Techniques

&

Hypnotherapy a Solution for Tinnitus and Chronic Illness

Kevin Hogan Ph.d., D.C.H.

24th & 25th of July, 1999

Marino Institute of Education
Griffith Avenue, Dublin 9

I.C.H.P. Therapy House, No.6 Tuckey Street, Cork City, Ireland
Tel: 021-273575 Fax: 021-275785 E-mail: hypnosis@iol.ie

About Kevin Hogan

Kevin Hogan, Ph.D., D.C.H., from the Minnesota, USA is the author of six books and has made hundreds of radio, television, and media appearances. He teaches 'The Psychology of Persuasion' for the prestigious University of St. Thomas Management Centre in Minneapolis and has taught his unique skills of persuasion to employees of America's Fortune 500 companies. His specialised knowledge of hypnosis and neurolinguistics has helped him gain recognition as one of America's leading experts in the field of human influence.

Overview :

Miracles of Hypnosis Advanced Hypno-Analytical Techniques

Have you ever witnessed a miracle in your practice? Would you like to facilitate real miracles? Miracles are not predictable but setting the stage for miracles is predictable and this is what you will learn to do at this workshop.

You will learn the 7 Miracle Builders:
(Here are the first three)

Your First Miracle Builder:

IN 1995 Kevin Hogan developed Time Track Therapy, a new and advanced strategy to use in hypnotherapy. You will learn how to use a powerful blend of age regression, pseudo orientation in time, and future pacing to cement the work you have already done with a client so it really will 'stick' forever. Time Track Therapy is a 90 minute process that you utilise at your second to last client session. TTT is not trademarked and it is free for you to use forever after you learn the process.

Your Second Miracle Builder:

Research that was released in 1998 told us a great deal of new information about the split brain/mind phenomenon and it will change the way you practice forever. For example: Have you ever wondered which hand to put ideomotor signals on and then how to ask questions and in what order? Today you learn why these points can make the difference between a miracle and no change in your clients. It's much more than just 'ask the unconscious mind'. The unconscious mind is often blocked, even in trance. This strategy shows you a fail safe method of really opening communication with the unconscious mind.

Miracle Builder Number Three:

If you don't alter the emotional responses in the amygdala of the brain you will see many apparent phobia cures and anxiety reductions reappear after your client has walked out the door. This technique will eliminate this problem forever and *then* you will really get referrals for business. This strategy directly utilises the most powerful hypnotic technique known and 100% potency of the mind/body response.

You will learn:

- How regression therapy begins the healing process.
- When to use ego state hypnotherapy in session work.
- An outline of Time Track Therapy for generating optimism.
- How suggestive hypnotherapy can make tinnitus worse.
- How and when to use suggestions that can help.
- How to explain what will help tinnitus sufferers and what won't.
- What medications will help 80% of all tinnitus sufferers.
- The link between depression, anxiety and tinnitus.
- What the placebo effect does NOT do for tinnitus sufferers.
- What one herb will help 30% of people with tinnitus.

You will also learn:

- What questions to ask in a Professional Case Analysis that point you toward healing.
- How to discover the cause of the clients illness (emotional & physical).
- How to find the specific reasons your client is ill when a physical exam reveals that all is well.
- How to start and finish the healing process within your client.
- What the key cause of an illness returning after you have facilitated the healing process is.
- How to resolve difficult cases.
- How to REALLY generate optimism, courage, enthusiasm and a new lease on life for your client.

About the I.C.H.P.

The ICHP is the only training institute in Ireland to receive full accreditation from the British National Council for Hypnotherapy, and has been offering training courses in Ethical Clinical Hypnotherapy since its foundation in 1984. The ICHP is a Founder Member of UKCHO - The UK Confederation of Hypnotherapy Organisation (*First umbrella body in the UK*)

The current director of ICHP, Dr Joseph Keaney, is totally dedicated to the ethical and analytical application of hypno-analytical therapeutic techniques to bring transformation to patients.

The ICHP regularly invite world renowned leaders in the field of ethical

Integrated Therapies & Trainings

173 Southway, Guildford GU2 6DJ

Tel/Fax 01483 502787

PRESS RELEASE

American Authority on Depression to Teach in Dublin

Recent research has shown that Major Depression is the fastest growing mental health problem in Ireland and other Western societies. Antidepressant drugs such as Prozac can be valuable tools of treatment for some people, but are not sufficient in and of themselves to reduce and even prevent depression. Long-term studies on the effectiveness of various treatments for depression make it clear that certain psychotherapies are at least as effective as medications in reducing depression, and even outperform medications in terms of preventing later relapses.

When clinical hypnosis, a treatment tool that facilitates a greater ability to focus and learn more easily, is also used, treatment results are enhanced. Integrating clinical hypnosis with empirically validated approaches to treating depression will be the focus of this clinical training with Dr Yapko.

Dr Michael Yapko, a clinical psychologist practising in California, has studied the treatment of depressions for over 20 years, and is now considered one of the world's leaders in the field. His books on the subjects of depression and hypnosis are considered definitive texts: *When Living Hurts: Directives for Treating Depression*; *Breaking the Patterns of Depression*; *Hypnosis and the Treatment of Depressions: Strategies for Change*; *Trancework and Essentials of Hypnosis*.

Dr Yapko is a Fellow of the American Society of Clinical Hypnosis and recipient of the Milton Erickson Award of Scientific Excellence for Writing in Clinical Hypnosis. His expertise has formally been acknowledged by his recent commission to write sections for the *Encyclopaedia Britannica Medical and Health Annuals* on clinical hypnosis, brief therapy and clinical depression, and even more recently his election as a Fellow of the Royal Society of Medicine.

Dr Yapko maintains that, although depression is one of the most common mental disorders, and growing steadily across all age groups, it is also one of the most treatable disorders. *Integrated Therapies & Trainings* of England and *The Irish School of Ethical & Analytical Hypnotherapy* of Cork are jointly sponsoring a 2-Day training by Dr Yapko on Hypnosis and the Treatment of Depressions. The training will be held in the Marino Institute of Education, Dublin over the weekend of June 13/14, 1998.

Many health practitioners who have been trained in the use of clinical hypnosis will be attending, not only from Ireland, but also from the UK, continental Europe, and from as far afield as Australia. This is an important event for the treatment of mental health in Ireland. Those who would like more information should contact Dr Joe Keaney, I.S.E.A.H., Therapy House, 6 Tuckey Street, Cork City. Tel 21 273575.

Peter J Scott Chinnery

I.A.H. Annual June Conference 1998

I.S.E.A.H. MasterClass

AT GRIFFITH COLLEGE DUBLIN

6TH & 7TH OF JUNE 1998

SATURDAY 9.00AM TO 5.30PM

SUNDAY 9.30AM TO 5.00PM

Yes, its that time of year again - another chance to get together with colleagues, students, make new friends, and learn some new techniques.

Our Programme includes the following:

Issues Underlying Hypno-Analysis / Psychotherapy

Professor Emeritus Ivor Brown FRCOI, FRC. PSYCH. DPM MSC HARV

Hypnosis and Pain Control

Doctor Keith Hearne

Dyslexia & Study Techniques using Hypnotherapy / NLP

Martin Murphy B.Sc., MIAH, NLP

Reiki for Hypnotherapists

Ruth Allen MIAH

Hypnosis and Past-Life Regression

Doctor Keith Hearne

PLEASE NOTE: This is an 'open' Masterclass Workshop and friends and visitors of the ISEAH/IAH are very welcome.

IAH Annual June Conference 1998

Please complete and return to: Joe Keaney, Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland. Tel: (021) 273575 E-mail: hypnosis@iol.ie

PLEASE BOOK ME FOR THE CONFERENCE (MASTERCLASS) ON THE WEEKEND

DATED: 6th & 7th June 1998

NAME: _____

ADDRESS: _____

TELEPHONE NO. HOME: _____ WORK: _____

I/we would like to enrol for the above Conference. I/we enclose a £30 deposit for each place and the balance is due on the first day of the Conference. Cheques should be made payable to Joe E. Keaney, ISEAH.

(Two Days £50 One Day £30)

IAH Annual Christmas Conference

In Association With

Irish School of Ethical & Analytical Hypnotherapy

December 5th & 6th, 1998

Masterclasses

for

IAH Members - On-going training in Hypno-Analysis / Hypnotherapy
also for

Training Supervisors & Training Analysts
Griffith College Dublin - South Circular Rd., Dublin 8.

Excellent International Speakers

Dr. Keith Hearne (UK) BSC MSC PHD

Talk 1: Hypnosis & Sleep / Dream Disorders

Talk 2: The New Dream Oracle Technique & Modern Dream Interpretation

Terence Watts (UK) MIAH

Personality Types & Their Particular Types of Abreactive States

Hema Vyas (UK) BSC HON'S PSYCHOLOGY

Presentation and Communication Skills for Hypnotherapists

Martin Murphy BSC H.DIP. E. MIAH

The Use of Hypnosis / NLP in Smoking Cessation Therapy



1998 Christmas Conference Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland Tel:(021) 273575

PLEASE BOOK ME ON THE MASTERCLASS (DATE) Christmas Conference - December 5th & 6th, 1998

NAME: _____

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Conference. I/we enclose a £30.00 deposit for each place and the balance (£30) is due on the Saturday of the Conference (*One day = £30*).

Of I enclose full payment of £60 ~ ☐

Cheques should be made payable to Joe Keaney, I.S.E.A.H.

☞ PAST-LIFE THERAPY TRAINING INTENSIVE

Past-Life Therapy Training Intensive is an innovative and effective approach to help clients with difficult and perplexing problems. Through group interaction and participation, this course can help widen the scope of your expertise and knowledge. This regression therapy is based upon the premise that understanding the past can help clarify the present and build upon the future. The wisdom of the ancient healing tool of hypnosis can be utilised to help people learn the origins of current-life problems or difficulties. It can be used to alleviate or eliminate many kinds of emotional and physical problems as well as dysfunctional behaviours. Most importantly, this therapy improves the client's skills, performance, health, and relationships.

Yes, there IS a future in healing the past!

Are you searching for new skills which can easily be incorporated into your practice? Do you want to widen the scope of your expertise and add alternative and complementary healing techniques? If so, the *Past-Life Therapy Training Intensive* course is your answer! The foundation of the course is based on the works of Dr. Milton H. Erickson and Edgar Cayce.

☞ BENEFITS

- **Benefit your clients:** Learn new approaches and skills that can maximise positive outcomes for your clients. Invigorate your work with new ideas and enthusiasm.
- **Increase your professional competence:** Gain new skills and confidence to expand your scope of practice and professional recognition.
- **Gain certification for your study:** Receive a certificate and letter confirming course completion for display and filing with certifying organisation.
- **Study with the best:** Study with an internationally recognised leader in the field of past-life therapy along with hypnotherapists of standing and like-minded students.

☞ HIGHLIGHTS & AGENDA

- Therapeutic skills enhancement
- Complementary alternative healing
- 'Hands-on' training sessions
- Help for the healers!
- Networking and outreach skill development
- Personal and spiritual growth focus
- Special viewing: *The Search for Bridey Murphy*

The Irish School of Ethical & Analytical Hypnotherapy

IN ASSOCIATION WITH

Adventures into Time

PRESENTS

Past-Life Therapy Training Intensive

FOR

Healthcare Professionals

AND

Hypnotherapists / Hypno-analysts

By

Henry Leo Bolduc
Virginia U.S.A.

MARCH 13TH-15TH, 1999

IN

DUBLIN

AT

THE MARINO INSTITUTE OF EDUCATION

IAH / ISEAH Calender of Events

Post Graduate Training

*AGM - January 16th & 17th, 1999 &
John Howard ~ Healing Through Hypnosis
Workshop*

*March 13th to 15th, 1999
Henry Leo Buldoc - 'Adventures in Time'
Workshop*

*May 15th & 16th, 1999 ~ Jane Bannister
Creative Visualisation through Hypnosis
Workshop*

June 19th & 20th, 1999 ~ Annual Conference

June 26th & 27th, 1999 ~ Roy Hunter Workshop

July 24th & 25th, 1999 ~ John Landi Workshop

*October 23rd to the 25th, 1999 ~ Gil Boyne
Advanced Master Class in Clinical Hypnotherapy*

IAH HQ, Therapy House, No.6 Tuckey Street, Cork City, Ireland
Tel: 021-275785 Fax: 021-275785 E-mail: hypnosis@iol.ie

Irish Association of Hypno-Analysts

In Association With

Irish School of Ethical & Analytical Hypnotherapy



*"There is not a more rewarding career
than enabling people to help themselves
to achieve a better quality of life."*

December 5th & 6th, 1998
Griffith College Dublin

disruptive behavior. He combines various analytical and NLP techniques with great success.

5.00 pm

Close.



The IAH sincerely thanks all those who contributed to this year's Annual Conference. To all IAH members, the speakers, organisers, students, guests, photographer - Ken Keane, management & staff of Griffith College Dublin and everyone else who participated in the occasion in any way.

Thank You.

"There is not a more rewarding career than enabling people to help themselves to achieve a better quality of life."

Saturday 7th June 1997

9.00 am

Registration Room 3, Griffith College, Dublin

9.30 am

Welcoming Address.

10.00 am

Analytical Hypnotherapy

Kevin Gray Dhp MIAH Hypnotherapist/Hypno-Analyst

Kevin has volunteered to come all the way from England especially to meet members of the Irish Association of Hypno-Analysts and ISEAH students. His talk will be unique in that he is one of us, a Hypno-Analyst and he has designed and produced an array of equipment suitable for our work. His talk will be full of case histories and how best to apply modern technology to successfully heal our clients. Kevin has recorded several live hypno-analytical sessions which you will have the privilege of listening to during his talk.

11.00 am

Break.

11.30 am

Hypnosis for Psychosomatic Illnesses & Psychological Disorders.

Dr. Pradeep K. Chadha MBBS. D.C.P. D.P.M. D.M.P. MIAH

This talk explores the role of hypnosis in medicine and psychiatry and how such illnesses are diagnosed.

12.30 pm

Conferring Ceremony

1.00 pm

Lunch Break.

2.00 pm

Timeline Therapy as an Adjunct to Hypnotherapy
Elvera Butler M.A.

Elvera is a Hypnotherapist / Psychotherapist creatively using the newest developments in human communication to enable

others reach their potential. Initially studying psychology and philosophy at University, she holds advanced diplomas in Ericksonian Therapeutic Hypnosis, Hypno-analysis and Hypno-healing. A Master Practitioner and Associate Trainer of Neuro-Linguistic Programming (NLP), she has been personally trained and certified by some of the leading names in the field, including co-founder Dr. Richard Bandler, developers Tad James and sub-modality and hypnosis expert Will McDonald. She has also enjoyed hypnosis training with experts such as Ormond McGill and Dr. Mike Yapko. Committed to the principle of life-long learning, she facilitates workshops in the areas of NLP for personal growth, and in therapeutic tools for therapists.

3.30 pm **Break.**

4.00 pm **Hypno-Analysis for Survivors of Sexual Abuse.
David S. Landau I.M.C.C., MIAH (Irish)**

David's workshop for the IAH last October was a resounding success and our members have requested his return to Ireland. David is probably the most experienced hypno-analyst in Europe dealing with adult survivors of Sexual Abuse and his talk will provide you with the necessary knowledge and skills to treat these cases. David is the originator of 'Interactive Mind Communication' once described as *Turbo Charged Hypnotherapy*. He was the first ever hypnotist to be invited to lecture to the Scientific Society at Oxford University and was then re-invited on no less than four occasions, once drawing the largest audience ever recorded at the I.C.L.. He is one of only two British therapists to have studied with the remarkable James Bennett. He has appeared on both Capital and BBC Radio, taken part in a TV documentary, featured on two videos and has produced close to a hundred Personal Improvement Tapes.

5.30 pm **Conference Closes .**

5.45 pm **IAH Council Management meeting Room 3.**

Sunday 8th June 1997

9.30 am **Conference Resumes.**

10.00 am **Hypno-Analysis
David Landau IMCC MIAH**

David continues his presentation outlining practical tools the hypno-analyst requires when utilising clinical Hypnotherapy.

11.30 am **Break.**

12.00 am **Healing - Utilising Different Reis.
Tony Dunlea - Reiki master & Selchem master.**

Tony is from Carrigtwohill, Co. Cork, and has a reputation in Southern Ireland for working miracles through the powers of healing energy and has great success healing emotional and physical problems.

1.00 pm **Break.**

2.15 pm **Dream Interpretation
George Rhatigan.**

George Rhatigan, is the entitled '*Dreams - Secret Language of the Soul*'. He is an intuitive dream interpreter and teaches people to understand and interpret their dreams. For the first time in history a simple technique of Dream Interpretation has been devised, enabling anybody to interpret their dreams and to learn from their healing and guidance.

3.30 pm **Break.**

4.00 pm **Hypnotherapy in Education
Martin Murphy MIAH**

Martin is a secondary school teacher and utilises hypnotherapy techniques with students who have learning difficulties and



Further Details, Queries or Comments
should be addressed to:

The Irish Association of Hypno-Analysts
Council of Management
Therapy House
6 Tuckey Street
Cork City
Ireland

☎ 021-275785
Fax: 021-275785
E-mail: hypnosis@iol.ie



Irish Association Of Hypno-Analysts

ISEAH Masterclass

Conference



June 6th & 7th 1998
Griffith College Dublin
Room 3



1.00 pm **Lunch Break**

2.00 pm **Reiki for Hypnotherapists**

Ruth Allen MIAH HYPNOTHERAPIST / PSYCHOTHERAPIST

Reiki can add a spiritual level to your work and involves letting go and letting God. This talk will transform your hypnotherapy work and will add to your box of techniques as a therapist.

3.30 pm **Break**

4.00 pm **Hypnosis and Past-Life Regression**

Doctor Keith Hearne

Doctor Keith Hearne is an internationally known and respected psychologist, he has taught clinical hypnotherapy, and supervised the 'Premonitions Bureau' for the BBC television series *Out of This World*. He is also the author of two books to date; *The Dream Machine* and *Visions of the Future* (Aquarian Press).

5.00 pm **Conference Closes**

Saturday June 6th 1998

8.45 am **Registration Room 3,
Griffith College Dublin**

9.00 am **Welcoming Address / ISEAH
Graduation Ceremony**

10.00 am **Issues Underlying Hypno-Analysis /
Psychotherapy**

Professor Emeritus Ivor Browne

FRCOI, FRC. PSYCH. DPM MSC HARV

Professor Ivor Browne is one of the most respected psychiatrists on the island of Ireland. He is Department Head of Psychiatry in University College Dublin and was chief psychiatrist with the Eastern Health Board. He has contributed to the mental health of our nation utilising innovative procedures and techniques. He has pioneered Holotropic Breath Work both Nationally and Internationally.

Professor Browne's talk on issues dealing with psychotherapy will contribute to your knowledge and experience of hypno-analysis.

11.00 am **Break**

11.30 am **Issues Underlying Hypno-Analysis /
Psychotherapy - Continued**

Professor Emeritus Ivor Browne

FRCOI, FRC. PSYCH. DPM MSC HARV

1.00 pm **Lunch Break**

2.00 pm **Hypnosis and Pain Control**

Doctor Keith Hearne

Doctor Keith Hearne is one of the world's foremost authorities on dreams and lucid dreaming. He pioneered the world's first research in this field for a doctorate at Liverpool University, and was the first person to establish structured communication between a 'lucid dreamer' and the outside world. An internationally known psychologist, he has taught clinical hypnotherapy, and supervised the premonitions bureau for the BBC television series *Out of this World*. He is also the author of two books; *The Dream Machine* and *Visions of the Future* (Aquarian Press).

3.30 pm **Break**

4.00 pm **Hypnosis and Pain Control Continued.**

Doctor Keith Hearne

5.30 pm **Close**

Sunday June 7th 1998

9.00 am **Conference Resumes**

IAH Buisness

9.30 am **Dyslexia & Study Techniques using
Hypnotherapy / NLP**

Martin Murphy D.Sc., MIAH, NLP

Dyslexia and learning problems can be dealt with quickly and permanently in one or, at most, two sessions using hypnotherapy and NLP techniques. NLP (Neuro Linguistic Programming) has been developed in America over the last twenty years and has been successfully adapted for those suffering from dyslexia and learning problems. Martin is a teacher of over twenty years experience he is aware of the frustration that students suffer and how performance and self-esteem are developed.

11.00 am **Break**

11.30 am **Dyslexia & Study Techniques using
Hypnotherapy / NLP continued**

Martin Murphy D.Sc., MIAH, NLP

CHRISTMAS CONFERENCE - 1997

MASTERCLASS

AT GRIFFITH COLLEGE DUBLIN - 6TH & 7TH DECEMBER 1997

SATURDAY 9:30AM TO 5:30PM

Yes - It's that time of year again - another chance to get together with colleagues, students, make new friends and learn some new techniques.

Highlights of the Programme include the following:

* Terence Watts DipH: MPHIC. MNCP. MNCH(Acc.) *

Terence presents an Inter-Active Workshop entitled;

Hypno-Analysis: Ancestral Memory - The Origin of Conflict.

* Martin Murphy B.Sc. MIAH *

Martin an NLP Practitioner will present a lecture on the benefits and practicality of combining hypnosis and relaxation with study and education.

Maximising Results in Study Utilising Hypnosis and NLP

* Paul Marsden MIAH and Kevin Duffy MIAH *

Will present a lecture dealing with Gay people as clients and therapists and the issues and problems that arise entitled;

Homosexuality and Hypnotherapy

* *Case Histories Using Hypno-Analysis* *

* **PLUS** *

A Free Case Histories Manual will be presented to each Delegate.

BOOKING FORM

Please complete and return to: J. Keaney, Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St.,
Cork City. Tel (021) 273575 E-mail: hypnosis@iol.ie

PLEASE BOOK ME FOR THE MASTERCLASS/CHRISTMAS CONFERENCE ON THE WEEKEND DATED:
6TH & 7TH OF DECEMBER 1997.

NAME: _____ STUDENT NO.: _____

ADDRESS: _____

TEL NO. (HOME): _____ (WORK): _____

I/we would like to enrol for the above masterclass/conference. I/we enclose a £30 deposit for each place and understand that the balance is due on the first day of the conference. Cheques should be made payable to J. Keaney ISEAH
(Two Days £50 - One Day £30)

Irish School of Ethical & Analytical Hypnotherapy

Masterclasses

for

Training Supervisors & Training Analysts

Griffith College Dublin - South Circular Rd., Dublin 8.

Marino Institute of Education, Griffith Avenue, Dublin 9 (where indicated thus ⓘ)

9.00 am - 5.00 pm

Welcome to this on-going training in hypno-analysis
and please note the dates for classes during 1998

• Saturday	October	17th	1998	Masterclass
• Saturday & Sunday	December	5th & 6th	1998	Christmas Conference
• Saturday & Sunday	January	16th & 17th	1999	Masterclass - A.G.M.
ⓘ Saturday & Sunday	March	13th to 15th	1999	Henry Leo Buldoc - 'Adventures in Time'
• Saturday	May	15th	1999	Masterclass
• Saturday & Sunday	June	19th & 20th	1999	Annual Conference
ⓘ Saturday & Sunday	June	26th & 27th	1999	Roy Hunter Workshop
• Saturday & Sunday	July	24th & 25th	1999	John Landi Workshop

Please Note that those events marked with a ⓘ take place in the Marino Institute.



Masterclasses for Training Supervisors & Training Analysts

Masterclass Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland
Tel:(021) 273575

PLEASE BOOK ME ON THE MASTERCLASS (See above for details)


NAME: _____

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Masterclass. I/we enclose a £10.00 deposit for each place and the balance (£20) is due on the Saturday of the Masterclass (One day = £30). Cheques should be made payable to Joe Keaney, I.S.E.A.H.
(Please Note this applies for Masterclasses on Saturday Only.)

Irish School of Ethical & Analytical Hypnotherapy



Masterclasses

for
IAH Members - On-going training in Hypno-Analysis / Hypnotherapy
also for
Training Supervisors & Training Analysts
Griffith College Dublin - South Circular Rd., Dublin 8.
October 17th, 1998 9.00am to 5.00pm

These Masterclasses are designed specifically for ISEAH graduates to support therapists, and offer supervision.

Aims are to;

- ★ **Improve the quality of your hypno-analytical skills.**
- ★ **How to cope with the 'non-ideal' clients.**
- ★ **Improve hypnotherapeutic techniques employed with non-abreactive clients.**
- ★ **Improve psychotherapeutic skills/techniques needed to cope with hypno-analytical clients.**
- ★ **And much more.**



Masterclasses for Training Supervisors & Training Analysts Masterclass Booking Form

Please complete and return to : Irish School of Ethical & Analytical Hypnotherapy, Therapy House, 6 Tuckey St., Cork City, Ireland
Tel:(021) 273575

PLEASE BOOK ME ON THE MASTERCLASS (DATE) October 17th, 1998

NAME: _____

ADDRESS: _____

TELEPHONE NO. (HOME) _____ (WORK) _____

I/we would like to enrol for the above Masterclass. I/we enclose a £10.00 deposit for each place and the balance (£20) is due on the Saturday of the Masterclass (*One day = £30*). Cheques should be made payable to Joe Keaney, I.S.E.A.H.
(Please Note this applies for Masterclasses on Saturday Only.)

Dates To Remember

Gil Boyne Workshop

25th to 27th October 97
Griffith College
Dublin 8

Membership Renewal

August 1st 1997

**Christmas
Conference**
6th & 7th Dec 97
Griffith College
Dublin 8

**ISEAH Practical
Diploma Classes
Resume**
6th & 7th September
1997

1998 Conference
6th & 7th June 1998
Griffith College
Dublin 8

Renewal of Insurance

1st April 1998

Further Details

Joe E. Keaney
Principal of the I.S.E.A.H.
Therapy House,
6 Tuckey Street,
Cork City,
Ireland.

☎ (021) 273575
E-mail : hypnosis@iol.ie

Irish Association of Hypno-Analysts ISEAH MasterClass



8th Hypnotherapy Conference
June 7th & 8th, 1997
Griffith College Dublin
South Circular Road
Dublin 8.

In
Association with the
I.S.E.A.H. & I.H.E.B.

Our behaviour is modified by what we believe and what we don't believe eg., we don't drive a car around at 100mph all the time because we believe there is a risk of an accident. We have a mental picture of that potential accident also we believe we are responsible drivers. So how we configure our thoughts affects our behaviour. What we do and what we don't do. If we take for example suggestion therapy for stopping smoking. The effects of the suggestion therapy and tapes will be greatly enhanced if the client believes:

(a) Smoking is bad for his/her health.

(b) Client can be a non-smoker and enjoy a more healthier life style.

Most smokers who come from suggestions therapy will tell you they 'believe' smoking is unhealthy and they want a more healthy life style. Unfortunately a lot of clients can play a lip service to these beliefs. They don't actually believe them or else they would not need to come to a hypnotherapy clinic for suggestion therapy. Using Sub-modalities (NLP) the therapist can facilitate the client to have a much deeper sense of belief and thus make the suggestion therapy tape much more effective.

3.30 pm Break

4.00 pm **Evaluation of the Effectiveness of Hypno-Analysis - Talk on Research Project**

Trevor Mc Cay Morrissey BA PSY. MA PSY.

Trevor is a research psychologist and has published many academic psychology related articles and a book on Alzheimer disease for layman carers and nursing staff.

The IAH is unique in the world of hypnotherapy for its analytical approach, therefore good quality research is essential to prove its effectiveness to the scientific community.

The aims of this study are many and varied, but its primary aim is to discover the effectiveness of hypno-analysis as a treatment process in itself, to investigate the cause-and-effect of recovered memories and to demonstrate the effects on clients of unconscious memories being revealed.

5.00pm Conference Closes

Saturday, December 5th 

8.30 am Registration

9.00 am IAH Business

9.30 am **Hypnosis & Sleep / Dream Disorders**

Dr. Keith Hearne BSC MSC PHD

Dr. Keith Heame is an internationally known psychologist who conducted the world's first sleep-laboratory research into 'lucid' dreaming for his PhD in the 70s. He also invented the 'dream machine'. He has published many scientific papers and articles and is the author of many books. He is the Principal of the College of Regression Studies in London. Dr. Heame is frequently on television and radio, and in the press. He has a regular weekly column on *Dream Interpretation* in the *Express* newspaper. He is also a composer and has written a full-scale musical and a requiem. A completely new and exciting technique has been devised (just published) to obtain highly meaningful messages from our unconscious through dreams, but without requiring any form of interpretation. The alphabet-word-code method is set to sweep the world, providing self-insight and revelation to all. The technique provides a very important new diagnostic tool for therapists. In addition, the latest dream interpretation methods are revealed.

This talk will expound his major contribution to dream literature as well as giving you the hypno-analyst, valuable tools to use with your clients. Dr. Keith has been invited over from London by the Irish Association of Hypno-analysts specifically to share his knowledge with our members.

11.30 am **Personality Types & Their Particular Types of Abreactive State**

Terence Watts DIPH.MPHC,MNCP.MNCH(ASS)UK

Terence Watts is from England and is a Hypno-analyst, Psychotherapist and Counsellor. Terence has been invited to Dublin especially to share his wealth of knowledge with IAH members.

Terence will be looking at rapid assessment of personality via the '*conversational three questions method*' (his own invention) and understanding what sort of abreactive state we might find, as well as how to recognise the type of event which is most likely to have

caused repression within that particular type of personality. This allows us to guide our clients effectively when/if they 'get stuck'.

Here are just a few of the highlights:

- Clean language techniques with the emphasis on guiding and NEVER leading, however tempting it might be!
- Client 'clues' as to when they were near pathogenic material of importance and how to help them focus upon and release the emotional content of repression. These clues are almost unconscious movements and changes to body language patterns/speed, etc.
- Constructing an induction using the clients own emotive experiences gleaned from their case notes.
- Finding 'repair anchors' for future use, when it's necessary to assist speedy recovery.
- Some effective methods of by-passing resistance.

1.00pm Lunch Break
2.00pm Terence Watts resumes
3.30pm Break
4.00pm Terence Watts resumes
5.00pm Saturday Session Classes

Sunday, December 6th 

9.00 am **Presentation & Communication Skills for Hypnotherapists**
Hema Vyas BSC HON'S PSYCHOLOGY, PSYCHOMETRICIAN, HYPNOTHERAPIST
Hema Vyas is a qualified psychologist who has specialised in

the area of relationship problems. She has practised hypnotherapy for the past seven years and has clinics both in Croydon, and London. Hema has also worked for very reputable organisations in the area of recruitment and staff development as well as running her own private training courses giving her experience both in the private and commercial sectors of work. Hema has assisted Dr. Hearne on various research project and is currently co-writing a book on Past Life. She is now in charge of running the College of Regression Studies in Manchester.

This talk is aimed at presenting and communicating with groups of people in order to inform or change attitudes.

Her talk will include:

- To enable people to deliver effective presentations.
- To sustain the audiences attention.
- Exploring ways of generating enthusiasm.
- Exploring how to change attitudes through the presentation.
- How to make your presentation more memorable.

11.30am **The New Dream Oracle Technique & Modern Dream Interpretation**

Dr. Keith Hearne BSC MSC PHD

A completely new and exciting technique has been devised (just published) to obtain highly meaningful messages from our unconscious through dreams, but without requiring any form of interpretation. The alphabet-word-code method is set to sweep the world, providing self-insight and revelation to all. The technique provides a very important new diagnostic tool for therapists. In addition, the latest dream interpretation methods are revealed

1.00pm Lunch Break

2.00pm **The Use of Hypnosis/NLP in Smoking Cessation-Therapy**

Martin Murphy BSC.H.DIP.E. MIAH

Martin Murphy is a hypnotherapist / hypno-analyst, Certified NLP Master Practitioner, a Master Time Line Therapist @, Certified N.L.P. Trainer and Certified Time Line Therapy Trainer @, he runs his personal practice in Dublin specialising in Dyslexia, ADD, Hyperactive and other learning disorders.

DATES TO REMEMBER

Leo Buldoc
USA Workshops
29th & 30th June 96
Griffith College
Dublin 8

**Membership
Renewal**
August 1st 96
£20 per year

**ISEAH Practical
Diploma Classes
Resume**
7th & 8th Sept 96
Griffith College Dublin 8

**Xmax
Conference**
7th & 8th Dec 96
Griffith College
Dublin 8

**1997
Conference**

7th & 8th June 97

**Renewal Of
Insurance**

1st April 1997

Further Details

Joe E. Kearney
Principal of the I.S.E.A.H.,
Therapy House,
No.6 Tuckey Street,
Cork City,
Ireland.

☎ : (021) 273575

E-mail : hypnosis@iol.ie

Irish Association Of Hypno - Analysts



**6th Hypnotherapy Conference,
June 8th - June 9th, 1996
Griffith College Dublin
South Circular Rd.,
Dublin 8.**

In
Association with the
I.A.H. (Int.), I.S.E.A.H. & I.H.E.B.

Sunday Afternoon

Martin is a therapist, playwright, and teacher, who has been exploring dreams for over ten years, and has been leading dream workshops and teaching psychology for over five years. He is accredited to the I.A.C.T. and the Irish Association of Humanistic and Integrative Psychotherapy. He directs the Temenos Project, and organisation that explores the transformational potential of art. Martins work with dreams is based on the work of C.G. Jung.

3.30pm BREAK

4.00pm 'Hypnotic Photo Reading - Whole Mind System.'
Paul Marsden B.Sc (Hons) Psy. MIAH

Paul is a psychology graduate and also a graduate of the I.S.E.A.H.. His talk will demonstrate how hypnosis is used in Speed Reading and that using Photo Reading you can read books in far less time.

5.00pm CLOSING.

The IAH sincerely thanks all those who contributed to this years Annual Conference. To all IAH members, the speakers, organisers, students, guests, photographer - Ken Keane, management & staff of Griffith College Dublin and everyone else who participated in the occasion in any way.

Thank You.

"There is not a more rewarding career than enabling people to help themselves to achieve a better quality of life."

Saturday 8th July

9.00am REGISTRATION ROOM 3 GRIFFITH COLLEGE DUBLIN.

9.30am Hypnotic Fantasy welcoming address.

10.00am Hypno-analysis utilising 'Hypno-Quip' products.
Kevin Gray Dhp MIAH Hypnotherapist / Hypno-analyst

Kevin has volunteered to come all the way from England especially to meet members of the Irish Association of Hypno-Analysts and I.S.E.A.H. students. His talk will be unique in that he is one of us, a Hypno-Analyst and he has designed and produced an array of equipment suitable for our work. His talk will be full of case histories and how best to apply modern technology to successfully heal our clients.

11.00am BREAK

11.30am Issues in Psychotherapy.
Jasbinder Garnermann

Jasbinder is administrator of the C.G. Jung Society of Ireland. An expert on the psychology of C.G. Jung and regularly gives workshops. Her talk will deal with 'issues' every hypnotherapist encounters in a daily basis working with clients.

1.00pm LUNCH BREAK.

2.00pm 'Healing'
Tommy Jordan H.O.L.I.O.H. C.H.C.

Tommy is a healer, teacher and is the director and founder of 'Hands of Light Institute of Healing'. His talk includes appreciation of energy, the Aura, 'Cutting ties', 'Past Lives', Aura perception, the Chakras, Sensitivities, and healing through energy transfer by practical experience in groups.

"During these times of great excitement, change and transition, including difficulties, the Happiness, Peace and Security that we all search for is within each and everyone of us. *For every action there is a reaction* - life experiences throw up many *opportunities* for growth. I have survived many painful experiences, all of which I have grown from.

Saturday Afternoon

The wisdom of love and forgiveness can be yours when you choose this gift of unconditional love. A universal law. A Birthright.
Love and light to you all"

3.30pm **BREAK.**

4.00pm **Hypnosis, Psychiatry and Medicine.**
Dr. Pradeep K. Chadha MBBS. MIAH.

This talk explores the role of hypnosis in psychiatry and medicine, symptoms and medical illnesses and how to recognise them.

5.00pm **GRADUATION CEREMONY**

Joe Keaney Principal of the Irish School of Ethical & Analytical Hypnotherapy will present students who have successfully completed their Advanced Course in Practical Hypnotherapy with their Diplomas.

5.30pm **BREAK.**

8.00pm **All the Conference Delegates are invited to :
'GRADUATION NIGHT OUT FOR CLASS OF '95-96'.
Portabello House, Portabello Bridge.
(Near Griffith College)**

This is an ideal opportunity to get together with members and students and have a bit of fun. Music by our I.A.H. Member Martin Byrne. (Cost £5 including Hot Food.)

Please note this is being organised by the class of 95/96 and not the I.A.H. Contact Noeline Egan during the conference.



Sunday 9th July

9.15am **CONFERENCE RESUMES.**

9.30am **'Hypno-Analyst' - Journal writing.**
Mike Egan MIAH.

Mike Egan is editor of 'The Hypno-Analyst' the journal of the Irish Association of Hypno-Analysts. The journal is now preparing for its seventh issue and Mike's talk will give IAH members and students a few pointers on how to construct articles for the journal. The students of the 95/96 class should be congratulated for this contribution to issue No.5 & 6 of the Journal - Well done.

10.00am **Core Skills - the keys to successful Hypno-therapy.**
Joe Griffin B.Sc Hons Psych., Adv.Dip.Psych., NLP.
Hypnotherapist / Psychotherapist.

Joe's talk will touch on skills every hypnotherapist should have e.g. quickly developing rapport, establishing clear outcome, communications on many levels, spotting the clients missing skills, dissolving negative trance states, utilising our metaphorical minds, stimulating mental and physical healing.

11.00am **BREAK.**

12.00am **Hypno-Sport.**
Alan Heary MIAH.

'Hypno-Sport - The way forward to sports enhancement and physical excellence.'

Alan is a hypnotherapist and is currently training Irish competitors for the Atlanta Olympics.

1.00pm **LUNCH BREAK.**

2.00pm **Dream Skills for Therapists.**
Martin Boroson Psychotherapist.

Sunday 3rd December 1995

3.30 pm Coffee Break.

4.00 - 5.00 pm "From the Urn of Life, Pours knowledge"
Terri Blanche I.T.E.C. Dip.

Terri Blanche is unique in the world of Alternative / Complementary medicine in Ireland with her own individual healing approach to emotional and physical problems. Terri utilises the following techniques, Healing the Inner Child, Crystal Healing, Holistic Massage, Astrology, and regularly gives workshops and seminars.

5.00 pm Closing.

Please Note in your Diary.

8th & 9th June - Annual Conference and Graduation Ceremony.

29th & 30th June - Workshops with Henry Leo Bolduc from the U.S.A.

Saturday 2nd December 1995

9.00 am Registration.

9.30 am Hypnotic Fantasy Therapy

A hypnotic experience combined with visual imagery to excite the imagination in preparation for a weekend of fun and learning.

10.00 - 11.00 am "Content Free Work"
Anthony Martin M.I.A.H.

Anthony Martin M.I.A.H. is a hypnotherapist and hypno-analysts working in Co. Sligo who specialises in Neuro-Linguistic Programming (NLP). This talk will demonstrate how individuals have two levels of communication: i.e. conscious and unconscious and how indirect communication can elicit the desired response.

11.00 am Coffee Break.

11.30 - 1.00 pm "Emotional Child Abuse"
Jasbinder Garnermann.

Jasbinder Garnermann is administrator of the C.G. Jung Society of Ireland and an expert on the Psychology of C.G. Jung who regularly gives workshops. This talk is aimed at acknowledging the abused 'child within us' and learning to champion the 'inner child'. The talk will incorporate references, symbols, Archetypes of Shadow, Amina, Wise Old Man, Great Mother and Self, etc.

1.00 - 2.00 pm Lunch Break.

Saturday 2nd December 1995

2.00 - 3.30 pm

"Healing the Wounded Child Within"
Jeanne Estella M.E.d.-C.Ht.

Jeanne Estella is from the U.S.A. and is a Certified Hypnotherapist based in Rosscarbery Co. Cork. Almost all researchers, teachers, psychologists and parents agree that most of our patterns and behaviours are linked directly to our youth. Even the first few months and years of life have profound bearing on the rest of our lives. With this understanding, you can glimpse how important this talk will be for you in understanding the foundations of your client's lives and how to communicate and heal the 'inner child'.

3.30 pm

Coffee Break.

3.45 - 5.00 pm

"Shifting the Focus of Attention"
Michael Hughes M.I.A.H.

Michael Hughes is an experienced hypnotherapist and hypno-analyst working in Limerick. Michael will discuss his technique for "Re-Framing" clients' mental processes in hypno-analysis.

5.00 pm

Graduation Ceremony

Students who have successfully completed their Advanced Course in Practical Hypnotherapy will be presented with their Advanced Diploma in Practical Hypnotherapy.

5.30 - 9.00 pm

Christmas Cheer



Light entertainment and refreshments in Griffiths Bar on campus. 'Me, Myself & I' alias our IAH member Martin Byrne will provide entertainment for the occasion

Sunday 3rd December 1995

9.30 am

Seminar Resumes

9.45 - 11.00 am

Creating Metaphors for Clients.
Elizabeth Foxworth MIAH, MNRHP(UK)

Elizabeth Foxworth works as a clinical hypnotherapist in Central Dublin, specialising in N.L.P. and Ericksonian Hypnotherapy. Elizabeth will speak on the nature of metaphors in the therapeutic process and why we use them in therapy, you will also learn how to construct a metaphor as well as how to recognise the metaphoric language of your client and lots more.

11.00 am |

Coffee Break.

11.30 - 1.00 pm

"A Taste of the Principals of Gestalt."
Mike O'Halloran M.A. IAH, ACT.

Mikes O'Halloran's talk will combine a mixture of experiential and theoretical learning to highlight central Gestalt concepts such as Awareness, Unfinished Business, and Unity of Body and Mind.

1.00 - 2.00 pm

Lunch Break

2.00 - 3.30 pm

"Imagery and Music"
Mary McCooey, MS.,NCC., Mus B., (Mt - BC.), LRSM.

Mary Mc Cooey graduated from UCD and TCD. Trained as a counsellor and music therapist, she is Board Certified in each discipline. Mary has extensive experience in Guided Imagery and Music, and maintains a Private Practice in North Dublin.

The IAH sincerely thanks all those who contributed to this year's Christmas Seminar. To the Speakers, the Organisers, the Students the IAH members, the Management & Staff of Griffith College Dublin and everyone else who participated in the occasion in any way.

Thank You.

"There is not a more rewarding career than enabling people to help themselves to achieve a better quality of life."

Further Details

Joe E. Keaney
Principal of the I.S.E.A.H.,
Therapy House,
No.6, Tuckey Street,
Cork City,
Ireland.
Tel: (021) 273575

Irish Association Of Hypno - Analysts



1995 Christmas Seminar
December 2nd & 3rd
Griffith College Dublin
South Circular Rd., Dublin 8.



In
Association With The
I.A.H.(Int.) & I.S.E.A.H.

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Communications & Professional Issues

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

Therapy House, 6 Tuckey Street
Cork City, Ireland

Telephone: +353 (0) 21 4273575

Fax: +353 (0) 21 4275785

Email: nhpr@iol.ie

ICHP / NHPR Quality Assurance Document

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ICHP Communications

Introduction

The ICHP / NHPR believe a therapist's communication with its Institute, Registration Board, Colleagues and Therapy world is an essential form of support and means for keeping the therapist knowledgeable about its work environment.

ICHP have, through the years, helped its therapists avoid a sense of isolation by providing a quarterly manual called the *Hypnoanalyst* and a dedicated website called www.hypnosiseire.com. Through this, ICHP supports and educates its members on an ongoing basis. The main aims of this manual are as follows:

- **Members are informed of ongoing training weekends.**
- **The manual informs therapists of social events (a form of Notice Board) to encourage therapists to develop links with other therapists.**
- **It is a means of communicating research findings in the field of hypnopschotherapy.**
- **Members are kept in touch with current affairs of therapy at both National and International level - encouraging a broad view of the therapy world.**
- **The Journal provides case histories which help both the graduate and experienced therapist in their ongoing professional development.**
- **It keeps the therapist aware of the books which are being recommended by the Institute and fellow or expert therapists - this encourages the therapist to develop the academic side of his / her therapy on an ongoing basis.**
- **Experts in the field of Hypnopschotherapy are always invited to write articles for the journal; giving their views on different aspects of hypnopschotherapy.**
- **Members are asked to contribute anything they feel would be of interest to fellow therapists.**

The *Hypnoanalyst* is distributed to all members by post, ensuring all members receive a copy and will continue to inform all members of ongoing changes in the therapy environment.

"Without knowledge there is no progress. Without progress I can only stand still"

- Betty Shine

[New topic](#) | [Today](#) | [Profile](#) | [Member](#) | [Search](#) | [Who's On](#) | [Chat](#) | [Help](#) | [Home](#) | [Logout](#)

Welcome back, hypnosis



My Almoo Community Control Panel



My Favorites



2 forum poll(s)



No new private messages for you



No one invites you to chat

Status	Topic	Started By	Replies	Last Comment
	On the Fears & Phobias Workshop...	mreandman	0	20/10/2002 9:45 PM
	chat room meetings	felle	0	22/08/2002 10:38 PM
	Community Forum	HypnosisDundalk	2	21/09/2002 5:52 PM by: HypnosisDunda
	[HypnosisDundalk]			
	Hi Friends,			
	Trust this facility will enable us to broaden our knowledge an ...			
	[HypnosisDundalk]			
	Hi Friends,			
	As I am continually learning, are there any areas or topics wh ...			
	[HypnosisDundalk]			
	Hi People,			
	In view of the fact that the Government propose to double the p ...			
	Let's Make it work	richardb	0	06/08/2002 8:03 AM
	Howdy people	hypnosis	0	05/09/2002 8:29 PM

TIMEZONE GMT +00.0 : 13/12/2002 2:28 PM. Powered by aimoo.com

You can update your time zone setting in the profile.

= new posts = no new posts = locked thread

ichp resource material

Send in the Order Form and return to: ichp Christchurch

ichp 160 Hypnotherapy Scripts Manual Priced at £40	This manual is a collection of 160 scripts and articles which can be used in private practice to assist with a diversity of problems and symptoms. Professionally written scripts from the minds of Keaney, Elman, Bolduc, Erickson, Kresnik, ICHP Graduates, and many more, will be an invaluable tool for your hypnotherapy clinical practice.	Special Offer Price when you buy all three £120
ichp Hypnotherapy Video & Manual No.1 Priced at £40	This video and manual are a Glossary of HypnoAnalysis, demonstrating Therapeutic Procedures and Induction Techniques. Accompanying this video is a Training Manual which will be used during Practical Training Classes in Advanced Hypnotherapy.	
ichp Hypnotherapy Video & Manual No.3 <i>The case of the Blusher with Phobic Anxiety</i> Priced at £40	This third Video produced by ichp is essential viewing for hypnotherapy students and graduates. The Classical 8-12 session of brief hypnoanalysis is condensed into 2 hours. During the session the client reveals explicit details of an intimate nature concerning the cause and effect of his presenting symptoms. All the major components of hypnoanalysis as taught by the ichp are clearly demonstrated.	
ichp Hypnotherapy Video & Manual No.2 <i>Hypno - Spiral</i> Priced at £40	This Video Spiral (over 90 minutes of Spiral Effects with Music and Hypnotic Induction) is designed especially as a Consulting Room Aid for Hypnotherapists for Inducing Hypnosis in Clients. Also recommended as a Waiting Room Relaxation Aid or for Group Demonstrations of Hypnosis.	
Self - Concept Training Manual Priced at £25	This manual has been especially compiled for students of the Institute of Clinical Hypnotherapy & Psychotherapy as an aid to compiling the 'Self-Concept' Assignment essay.	
Memory Improvement, Concentration, Study & Exam Nerves Audio Cassette Tape Priced at £35	A hypnotic tape designed so that you will learn through the relaxed, daydream state of hypnosis, the secrets of memory, focus, concentration and excellent mental performance. 2 x Therapists ~ 40 minutes 2 x Sessions ~ 40 minutes	
Techniques Check List Manual Priced at £30	This manual is a compilation of all the procedures, techniques and methodology used within the private practice therapeutic environment. From the initial consultation, through suggestibility tests, inductions, deepeners, analysis and final session, each step of the healing process is described. It is an invaluable tool for both the novice and the professional therapist, in that it clearly outlines the procedures necessary at each stage, displaying alternatives and creating a clear map through the analytical and suggestion session to the conclusion and release of the client.	



choosing the right therapist



When choosing a therapist to work with, you need first to ensure that the therapist is a qualified, trained professional. All members of the EAP have completed both a Diploma and an Advanced Diploma in (one of) Psychotherapy & Counselling, then undergo continuous supervision and training to keep them up to date with the latest therapeutic modalities.

EAP Psychotherapists are fully covered by Insurance & will also be covered by a strict Code of Ethics and Practice, overseen by the EAP Panel of Graduate Supervisors.

With, should we call the therapist in your area and he or she will be happy to send you out some information regarding their therapy, also most of our members offer a free introductory consultation, where you and the therapist can discuss your needs, the best way to work.

If you are using Internet Explorer, to view these pages, you can simply 'right click' on the page to select your location, then using a different browser can see the drop down or any of the top of the page.

Note: All our members have an email address, if this time of year, the email address is not available, the email will be sent to you at the time.

d u b l i n

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Andrew G. Agar
Agar Training Limited

National Hypnotherapy Psychotherapy Register

In association with

the Institute of Clinical
Hypnotherapy & Psychotherapy

Insurance Of Members

National Hypnotherapy – Psychotherapy Register
Institute of Clinical Hypnotherapy & Psychotherapy
Incorporating the Irish Hypnotherapy Examiners Board

Therapy House, 6 Tuckey Street
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ICHP / NHPR Quality Assurance Document

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Professional Indemnity Insurance

Introduction

All ICHP Professional Hypnotherapists are expected to be covered by Professional Indemnity Insurance. The current insurance Company used by ICHP students, graduates and therapists is **Network Insurance**. This Insurance Company is used by many of the Irish Associations for Psychotherapy and other therapies; ICHP is No.23 on their list of 'Associations of Network Books'.

Code of Ethics and Insurance

Network Insurance and ICHP Code of Ethics:

Every student or therapist seeking Insurance from Network Insurances are expected to provide details of the Code of Ethics for the body or organisation which they are a current member of.

Network Insurance recognises ICHP's Code of Ethics as an acceptable professional and ethical framework within which to work as a Hypnopsychotherapist (at both student and professional level).

The application to Network Insurances can therefore submit the ICHP code of ethics in full confidence that it meets the required standards. The applicant must also submit the remaining required details to Network Insurance as part of the process of being approved.

For details and application forms for Network Insurance please write to either ICHP, Therapy House, 6 Tuckey Street, Cork City, Ireland.

Or

Directly to Network Insurances at:

Network Counselling Insurances Programme,
5 Ashgrove Terrace, Sandyford Road, Dundrum, Dublin 16

Code of Ethics & Insurance

The ICHP / NHPR Code of Ethics, Practice and Standards states:

"Hypnopsychotherapists in private practice will maintain at their own expense a form of malpractice insurance known as Professional Indemnity Insurance and they will only conduct a private practice in hypnotherapy upon receipt of clear evidence that they are being held covered by such a policy."

Hypnopsychotherapy will never offer help or assistance to any other via the use of hypnosis unless such insurance is in force.



NetWork Insurances

5 Ashgrove Terrace, Sandyford Road, Dundrum, Dublin 16.

Tel: +353 1 2960163 Fax: +353 1 2960216
Irish Document Exchange: DX 76 001 Dundrum

I.C.H.P.
Therapy House
Tuckey Street
Cork City

Thursday, 12 December 2002

To Whom it May Concern,

Re: - Counselling Insurance

We wish to confirm that members of I.C.H.P. are insured with Network Insurances and that new applications are received on a regular basis from I.C. H.P.

This however, does not confirm that all members of I.C.H.P. are insured by Network Insurances. Please contact your individual members directly to have them confirm their Insurance details.

We trust that you will find that the above is in order.

Yours sincerely

Orla Sarsfield
For and on behalf of Network Insurances

RECEIVED 12 DEC 2002

Institute of Clinical Hypnotherapy
& Psychotherapy
Incorporating Irish Hypnotherapy
Examiners Board
Therapy House, 6 Tuckey Street,
Cork City, Ireland
Telephone: 021-4273575 Fax: 021 4275785
E-mail: hypnosis@iol.ie
Website: <http://www.hypnosiseire.com>

NetWork International Insurances Ltd. /a NetWork Insurances is regulated by the Central Bank of Ireland as an Authorised Advisor.

Directors: P.J. O'Dwyer, M.A. O'Dwyer.

NetWork Insurances is a registered business name. Reg. No. 110357.

Proprietor of the above name is NetWork International Insurances Ltd. Reg. No. 155391.



NetWork Insurances

LIST OF ASSOCIATIONS – AS AT JULY 2002

1	ABIP	Association of Biodynamic & Integrative Psychotherapy
2	AOTI	Association of Occupational Therapists of Ireland
3	APA	American Psychological Association
4	APPI	Association for Psychoanalysis & Psychotherapy In Ireland Ltd
5	BAAT	British Association of Art Therapists
6	BAC	British Association for Counselling
7	BAPT	British Association of Play Therapists
8	BASMT	British Association of Sex & Marital Therapists
9	BASRAT	British Association for Sexual & Relationship Therapy
10	CMAC	Catholic Marriage Advisory Council (now ACCORD)
11	FTNI	Family Therapists Network of Ireland
12	IAAAC	Irish Association of Alcohol & Addiction Counsellors
13	IACC	Irish Association of Christian Counsellors
14	IACP	Irish Association for Counselling & Therapy
15	IADAMT	Irish Association of Drama, Art & Music Therapists
16	IAHIP	Irish Association of Humanistic & Integrative Psychotherapy
17	IAJP	Irish Association of Jungian Psychotherapists
18	IAPA	Irish Analytical Psychology Association
19	ICBTA	Irish Cognitive & Behavioural Therapists Association
20	ICCI	Institute of Christian Counselling Ireland
21	ICHP	Institute of Clinical Hypnotherapy & Psychotherapy
22	ICP	Irish Council for Psychotherapy
23	IFCAPP	Irish Forum for Child & Adolescent Psychoanalytic Psychotherapy
24	IFPP	Irish Forum for Psychoanalytic Psychotherapy
25	IGAS	Irish Group Analytic Society
26	IGC	Irish Gestalt Centre
27	IGC	Institute of Guidance Counsellors

NetWork Insurances

28	IICH	Irish Institute of Counselling & Hypnotherapy (Ericksonian Hypnotherapy-BTEC Cert.)
29	IIPLCARR	International Institute for Pregnancy Loss & Child Abuse Research & Recovery
30	IIPP	Irish Institute of Psychoanalytic Psychotherapists
31	IRTI	Institute of Reality Therapy in Ireland
32	ISAT	Irish School of Awareness Therapy
*33	ISEAH *	Irish School of Ethical & Analytical Hypnotherapy
34	Metanoia Institute	Associated with: BAC, HIP, UKCP, GPTI, ITAA, ITA, & EATA
35	MII / MIACT	Mediators Institute of Ireland
36	NAPCP	National Association for Pastoral Counselling & Psychotherapy
37	NFSH	National Federation of Spiritual Healers
38	PSI	Psychological Society of Ireland
39	WGII	William Glasser Institute of Ireland
40	BAPA	British Association of
41	ACORD	ACORD
42	RCC	Rape Crisis Centres
43	IACAT	Irish Association of Creative Art Therapists

Doc.: Counselling App form list Dec 02 for ICHP

NetWork Insurances

NetWork Counselling Insurance Programme – for your information:

1. All questions on the form must be fully answered, dashes and strokes are not an acceptable answer, all material facts must be disclosed on the form and/or an additional sheet of paper and both to be dated and signed by you. If you change an answer on the form, please put your initials beside it.
2. A material fact is any information that might affect an insurers attitude to the risk being proposed / insured. Non-disclosure of a material fact can affect cover and/or claims. If in doubt about any matter contact us for advice.
3. The standard Limit of Indemnity is €1,300,000.00 for Public & Professional Liability. We can quote for higher limits of Indemnity where required.
4. Once you have qualified you can no longer remain on the student premium rate.
5. Cover cannot be backdated to a date prior to receipt of the application form. If you need cover in a hurry, you should fax the form and then post the original and relevant enclosures to us.
6. On receipt of your application, we will issue a letter confirming receipt of the form, your client code with us and begin processing your application. An invoice will be issued as soon as possible for payment by return of post (if you did not include payment with your application). A copy of the Master Policy document is available upon written request.
7. When the application has been processed, premium paid and receipted, and any queries that arose from the completed form have been dealt with satisfactorily, cover will be dated from EITHER the date we originally received the form from you, OR the date you requested cover to commence (Question 1), whichever is the later date.
8. The cover "*travels with you*" anywhere in Ireland and the U.K., i.e. if you have several different clinic / surgery addresses, you are covered – provided your permanent residence is within Ireland.
9. If you obtain additional qualifications that enable you to expand the counselling work you do, it is essential that you write to us outlining the details so that we may get it cleared for cover.
10. If you join a new body or organisation, you should write to us with details enclosing codes of Ethics, Practise etc. There are approx. 40 bodies/organisations accredited for this insurance at this time (January 2002).
11. If you cease to be a member of the organisation or body or group that you mention on the form or advise us of later on, this is a material fact and must be disclosed. Insurers reserve the right to cancel, alter or restrict cover. Non-disclosure will automatically deem the cover to be null and void.
12. If you take a sabbatical and decide to discontinue cover, it will be necessary to reapply for cover when you intend working again.
13. If you are a student at the time of this application, it is important to remember that you must notify us in writing of the fact that you have qualified when that happens, as you will then move to the (higher) qualified rate.
14. If you discontinue your studies or if you fail to obtain, or if you lose the qualifications you mention on the form for any reason whatsoever, your insurance will be deemed null and void. You must write to us with details.
15. There are two activities specifically excluded under this policy: (1) Social Work, and (2) Dietician.
16. We offer cover to Psychologists, Psychotherapists and Counsellors generally and a multiplicity of disciplines implied therein. The use of the word "counselling" is meant to be a generic description of the type of activities that insurers intend covering under the master policy.

Doc.: Counselling App form list Dec 02 for ICHP

NetWork Insurances

NETWORK COUNSELLING INSURANCE PROGRAMME

5 Ashgrove Terrace, Sandyford Road, Dundrum, Dublin 16.

*All Questions must be fully answered. When answering questions, use a separate sheet where necessary, the sheet must be dated and signed.
If you change an answer on the form, please put your initials beside the change.*

1. Name of Practice: _____ Date cover to commence: _____
2. Title & Counsellor name: _____ Type of counselling: _____
2 (a) NOTE: If involved in counselling activities e.g. massage/reflexology etc. Please indicate here the activity and the percentage (%) of time given to such activities. If the total time spent is more than 20%, you may be excluded from the scheme/programme: _____

3. Address: _____

Tel: (h) _____ (w) _____ Fax: _____ Mobile: _____

E-mail: _____

4. Are you a member of any professional body, organisation, association or counselling group: **(To qualify for the scheme/programme, you must be a member of an approved professional body/organisation – see attached list)**

YES / NO _____ Name of organisation: _____

If a member of more than one, please give name and principal address of each organisation etc:-

- a. _____
- b. _____

I am **Qualified** ☐ **Student** ☐

If you are a Student, are you supervised by a fully qualified counsellor: YES / NO

If NOT SUPERVISED how is your work checked/monitored, specify: _____

5. Do you adhere to a Professional Code of Practice: YES / NO

If YES, (a) please enclose a copy: (b) please advise whether or not it includes a Complaints procedure: YES / NO

6. Your qualifications, please advise:-

Degree/Diploma etc	Abbreviation	Where Obtained	When

NetWork Insurances

7. Are you pursuing other educational qualifications in respect of counselling activities: YES / NO

If YES, please give details: _____

8. Do you work under contract – verbal or written – with any other party or organisation: YES / NO

If YES, please give details: _____

9. Please advise the principal address of the practice, if not 3 above: _____

10. Nature of employment (are you engaged in the following):

(a) Your own Private Practice:	YES / NO	(b) In a Hospital:	YES / NO
(c) In an Educational Institution:	YES / NO	(d) With a Local Authority:	YES / NO
(e) OTHER – please specify:	_____		

11. Do you ever have to call to see your clients: YES / NO

12. What proportion of your work is the assessment and/or treatment and/or supervision of treatment of individuals / couples / family / groups and the like, including consultations with other agencies:

.....% of my working time

13. If 5% or more of your working time **DOES NOT** fall into the above category (question 12) then please detail how the remainder of your working time is spent:

..... % is teaching of professional skills / arranging of seminars and the like

..... % is research – please give details: _____

..... % OTHER – please give details: _____

DECLARATION

I declare that:

- (1) I understand that, if I discontinue my studies or if I fail to obtain or if I lose, the qualifications that I have mentioned on this form, my insurance is deemed null and void
 - (2) During the past five years no claim has been made against me or any employee of mine for:
 - (a) negligence, error, or omission relating to professional duties
 - (b) injury to the general public or damage to their property in the course of my professional duties
 - (3) No underwriter in respect of the risks to which this proposal relates has ever refused renewal, terminated an insurance or imposed special conditions
 - (4) I will not work outside Ireland and the United Kingdom
 - (5) That all the above information is true and complete and that this proposal shall be the basis of the contract between me and the company
- ANY AMENDMENT TO THE DECLARATION:

- (6) I am not aware, after enquiry, of any circumstances which might give rise to a claim against me or any employee of mine

SIGNATURE: _____ DATE: _____

(NetWork Insurances advise that you retain a copy of the form for your own file)

If you require a photocopy of this form, please tick: ☐

Doc.: Counselling App form 11st Dec 02 for ICHP

NetWork Insurances

PAYMENT BY CREDIT CARD:

Please debit my: ACCESS / VISA / MASTERCARD account.

CARD NUMBER:

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EXPIRY DATE:

		2	0		
--	--	---	---	--	--

CARDHOLDER'S NAME (block capitals): _____

CARDHOLDER'S BILLING ADDRESS: _____

SIGNATURE: _____ DATE: _____
CARDHOLDER

Doc.: Counselling App form list Dec 02 for ICHP

Please post everything to:

FREEPOST
NETWORK INSURANCES
NetWork Counselling Insurance Programme
5 Ashgrove Terrace
Sandyford Road
Dundrum
Dublin 16

NetWork International Insurances Ltd. t/a NetWork Insurances is regulated by the Central Bank of Ireland as an Authorised Advisor.

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Appendices

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**Therapy House, 6 Tuckey Street
Cork City, Ireland**

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Spiritual Dimension of Therapy Excluded

Nowhere in the philosophy of scientific psychotherapy is there a mention of the possibility of the spiritual nature in human beings or that a divine transforming intelligence dwells within each person that knows all the answers and is the true essence of our being.

- Psychotherapy is not a scientific therapy as the counsellors / psychotherapy would have government and others believe.
- Counsellors and the public are best served by forming a Counselling Registration Board rather than moving politically to align themselves with psychotherapy for registration expediency.
- Counselling is not scientific.
- Counselling is not psychotherapy.
- Legitimate concerns of members of the public to be guarded and protected from psychotherapists / counsellors exploiting them with excessive fees and possibly years of therapy.
- Ignoring the current scientific data on the effectiveness of Brief Solution-Focused Therapy (*1 to 15 session approach*)
- Possible *Transference* exploitation by psychotherapists / counsellors.
- Creating *False Memories* by psychotherapists / counsellors.
- Possible *Placebo* effect in psychotherapy / counselling.
- Possible *Symptom Substitution* in psychotherapy / counselling.
- Focusing on one modality and / or technique.
- A 'closed shop' only those ICP / IACP are accepted?
- Who 'owns' psychotherapy?
- What exactly is psychotherapy?

These issues and fundamental differences may need to be addressed in the event of the three groups representing psychotherapy forming a single psychotherapy register.

(C) **The Core Argument for Hypnopsychotherapy NHPR Register** ***Solution Focused Hypnoanalytical Hypnopsychotherapy*** *A New Approach to Hypnopsychotherapy*

How the need was created:

Modern hypnopsychotherapy has become the most dramatically effective short-term therapy developed to date. The increasing numbers of highly specialised hypnopsychotherapy graduating from hypnopsychotherapy schools threaten to undermine the basic assumptions that support traditional psychotherapy.

These are:

Assumption #1

Everyone needs and can benefit greatly from scientific psychotherapy.

Truth

Almost all of the world's population have not only survived without scientific psychotherapy but most have lived satisfying and productive lives

Assumption #2

The motivations for human behaviour are so complex and deep-rooted that the effectiveness of scientific psychotherapy is directly equated with the extended duration of treatment.

Truth

Therapy is most effective as short-term intervention to produce behavioural change. Therapy of more than limited duration is usually counterproductive because:

- A It creates psychic dependence on the therapist.
- B It delays and avoids coping with real-life problems.
- C It often leads to financial exploitation

Assumption #3

The theory of the 'unconscious' attempts to persuade us that the mythical 'id' is a vast repository of destructive, primal energy and that we must spend our lives attempting to tame and re-socialise the 'id' or we will live in constant turmoil and upheaval.

Truth

Nowhere in this philosophy is there any hint of the possibility of a spiritual nature of transformation, or that in each of us is a Divine Intelligence that knows all the answers and is the true essence of our being.

By attracting an atheistic (humanist) superstructure to an unproven unworkable collection of concepts and labelling the entire structure as 'scientific theory', psychotherapy attempts to retain control of the high ground that once belonged to the holy men and the holistic hypnopsychotherapists.

Secular humanism in scientific psychotherapy has now taken on all aspects of a religion, but it has no greater pre-emptive claim to serve as the basis of 'healing the soul' than the tenets of the great historic monotheistic religions.

Since morality is the basis of law, whose morality shall we now consult? If someone's values to prevail, why not ours instead of those of Karl Marx or Sigmund Freud and others who would deny a divine connection?

The principles upon which the Republic of Ireland was founded are in Bunreacht Na hÉireanne (Constitution of Ireland - Article 6) are rooted in the belief of a supreme creator and the Divine nature of man.

"All powers of government, legislative, executive and judicial, derive, under God, from the people, whose right it is to designate the rulers of the State and, in final appeal, to decide all questions of national policy, according to the requirements of the common good."

Now these precious beliefs have been weakened by our acceptance of the new religion of scientific psychotherapy. When we surrender our beliefs in God we become free to believe in anyone.

The true ministry of the hypnopsychotherapist is to heal the self-induced blindness that has

created a cloud of unknowing.

This realm of the Spirit can best be entered into by hypnopsychotherapy who recognises their work as the 'redirecting of an invisible, indefinable spiritual energy' to assist another to enter into a state of grace.

ICHP'S CONCERNS REGARD STATUTORY REGISTRATION FOR THERAPIES

ICHP are aware that the therapy groups have not yet been considered for Statutory Registration; that it is the more medical groups who are going through this process at the moment. However, ICHP are also aware that all parties concerned, both now and in the future, have a right to express their ideas, concerns etc. for Statutory Registration of their particular field or Statutory Registration in general.

ICHP would like to take this opportunity, while waiting for Government to look at Statutory Registration for therapies, to express their current concerns and view about therapies coming under the field of Statutory Registration in hope that these concerns could be considered as part of the process of bringing any therapy under statutory registration.

Therapy, it could be said, is a fickle field - some therapies work for some, other therapies works for others all depending on where the client is at in their life. In the interest of the clients best interest ICHP aim to fit what works for the client a point in time. Every individual is unique and so the therapy approach has to fit the client rather than trying to fit the client to the therapy.

One of the concerns that ICHP has about Statutory Registration for therapies is the possibility of creating a sense of ownership about each individual therapy which in turn could cause difficulties for other people interested in the therapies at various levels.

If we were to take two therapies as an example i.e. Hypnotherapy and Psychotherapy, there are some questions that ICHP would like to see addressed as follows:

If Psychotherapy or Hypnotherapy is run and monitored by a group who have experience in the field (which is justifiably right) under the label 'statutory registration', do they

- Hold copyright on the name and anything to do with it i.e. Hypnotherapists cannot use Psychotherapy and vice versa. If this is the case then how is this prevented on an international basis since it would be unfair for therapists in USA to mix therapy, but not in Ireland? How would this affect the way Therapy would develop in Ireland? An eclectic approach, if done professionally, is surely more advantageous for the client.
- If there is ownership of a therapy by a group under statutory registration, does it prevent other professionals from the 'outside' doing research e.g. Psychologists doing research on Psychotherapy.
- If there is ownership of a therapy by a group under statutory registration, who is the outside body to ensure developments and monitoring of that therapy is not being influenced by financial or monetary gain rather than client welfare?

- If Psychologists do research on a therapy such as Psychotherapy, do the findings become the property of the Statutory Registered Group of Psychotherapists or the Psychologists since they did the research? If research resulted in the development of another dimension of Psychotherapy, which would enhance the overall effectiveness of the field, who then would own the right to use the new dimension - the Psychotherapists under statutory registration or the group of Psychologists who discovered the dimension? What would happen if Psychologists did not want to register this new dimension - would they, as professionals, be allowed to develop the new dimension finding that it really helps people?
- What happens where the public believe in a form of therapy and enjoy it, even though it may not meet a 'model' of how a therapy should be? Does this therapy 'disappear' even though many people seek healing from it? This question is in light of the fact that all therapies developed because some people somewhere happened to find it more effective than other traditional healing therapies.
- Who has the final word on what people should use to help them feel better about life?

These questions address some of the possible concerns ICHP has. Possible dilemmas of creating a sense of 'ownership' about any therapy? How might this effect the future development of any therapy branch and how would Statutory Registration address these rather complex situations?

Another question with regard to limiting therapies is as follows:

- History has shown that therapies develop, branch off into new areas, they come and they go. An example of this is Psychotherapy which has a history of change. First, people left Freud's way of thinking and developed their own branch of Psychotherapy which today can be seen to be more effective for some people than Freuds. The question is if a therapy can be changed to benefit the client in this way, then will Statutory Registration allow new developments and many versions of a therapy as long as it is ethical and is proven to work to help a person?

Another dilemma ICHP have about Statutory Registration for therapies is how it limits therapist choices of using tools to help the client. There is a saying *"if the only tool you have is a hammer, every problem becomes a nail"*. If a therapist is restricted to using one tool simply because he/she has not fulfilled the requirements of a statutory registration framework (which it could be argued is not infallible since it is created by Humans for Humans) then surely it is the client at the end of the day who loses out.

Using Psychotherapy and Hypnotherapy as the examples to demonstrate this situation:

There have been situations where a Hypnotherapist discovers in the second session a need to go back in time using Hypno analysis to find the solution to a problem before moving on. By this time, it is quite possible a therapeutic relationship has been established between the client and therapist, the necessary foundation for any good therapy. Does the Hypnotherapist disregard this fact and send the client to a Psychotherapist because under Statutory Registration they do not have the right to use 'Psychotherapy'. Surely this begs a question about which is more important; the clients best interest or the concept of 'ownership' of Psychotherapy to enable people to set standards etc. ICHP would hope that Statutory Registration would encourage the setting of standards, but allow flexibility within each field

of therapy as is requested by the White Paper on Adult Education i.e. flexibility and accessibility.

ICHP is currently seeking HETAC approval for their BA and are structuring all there courses to meet the central points of National Framework of Qualifications such as transparency, accessibility and flexibility. HETAC requires ICHP to ensure all its graduates will be able to fit into what society needs. ICHP is broadening it curriculum to ensure it meets the public's needs as a result of this requirement. However, in light of the point made in the previous paragraph of a possible 'ownership' of therapies by various groups, ICHP fear that at the end of the day the clients are going to be left going from one therapist to another simply because frameworks around therapies have become too rigid.

Is there a danger that Statutory Registration will create exclusive expensive clubs rather than a community of therapist who support each other and can use the tools of any therapy which compliments their own provided they follow ethical guidelines and a basic standard of training? This would ensure at the end of the day the client ...

- Can get a therapist he/she can work with and not worry if they have to change over half way through thus maintain the therapeutic relationship?
- Do not incur additional expenses as a result of having to do a series of different therapies which, if done right, could all be done by the one therapist in each session for the same price.

How would Statutory Registration tie in with the principles behind the National Framework of Qualification? Would 'ownership' of a group increase the likelihood of possible bias towards some 'therapist' getting credit points to their training?

As part of its commitment to the points made by NFQ and HETAC about allowing people access to the course from different fields (based on credit points), ICHP's education structure has been redesigned to facility people who wish to use the basics of Hypnotherapy at all levels in their work ranging from Surgeon who wishes to use it at great depth to the business man who wishes to use it to motivate his employees to get good results.

ICHP also operates a system whereby experienced professionals such as Psychologists, Doctors etc can be given credit points for their experience and be taught the tools of Hypnotherapy, without having to do a whole course. ICHP recognise the need for standards and indeed agree that some form of Registration is required to ensure clients are not being used or manipulated. However ICHP also recognise that therapists are adults and most of them can be trusted to use the tool, be it Hypnotherapy or/and Psychotherapy to help people where they can. Many therapists have done good work before the concept of Statutory Registration came in and will no doubt, continue their good work because the believe in what is right..

ICHP cannot claim to own Hypnotherapy. Even if ICHP become part of Statutory Registration, they still do not have the right to 'own' hypnotherapy and prevent other therapists from using it. On the contrary, if the therapy works for the good of the people they would encourage its use by every profession possible. All ICHP would hope to do under statutory is to ensure that whoever uses it is actually using it for the good of people. All research done by other bodies in Hypnotherapy would hopefully aim towards making the field

better, even if new branches develop.

Under this flexible approach, Psychotherapists, as do other therapists, would have the right to use Hypnotherapy, as long as they realise that is it at the end of the day, a healing tool for a person who needs help. In the same light, ICHP would hope that Hypnotherapist could use other therapies with the same conditions laid down for all therapists - that the therapy would be always used for the good of others.

If Statutory Registration does this for therapy, it would be excellent. If however Statutory Registration would serve to 'divide' therapies up into groups with 'ownership' rights to it, then ICHP fears for the future development of all therapy as a whole and for the clients who will be using them. Evidence shows that therapies will only work when the client is ready to do the work, it has nothing to do with the power of one or all of them. Evidence also shows that no one therapy has been proven to be more effective than another - it all depends on what the client feels about the therapy approach. Therefore, giving ownership of any therapy to a certain group would seem to oppose the very essence of what therapy is all about; offering people choices.

ICHP would hope Statutory Registration would bring about an awareness that therapy belongs to everyone, encourage a sense of community among all therapists (with the common aim of wishing to heal people), and would ensure that every client would be treated as they deserve to be treated; given choice in how they want to be healed, with dignity and respect. This is, for ICHP, what Statutory Registration is really about.

Membership Categories, Levels and Progression Routes

Introduction

The question will be asked, *"Why NHPR / ICHP proposes to categorise members, organisations, training in a five level accreditation system of progressive routes?" and these pages will attempt to explain reason for this approach.*

(1) Hypnopsychotherapists - Psychotherapists Quality / Effectiveness

It is estimated that they are over 400 different types of recognised psychotherapy available today and each group have their own areas of expertise, knowledge and research. Research indicates, that overall, about 65% of clients make gains regardless of the therapy employed in the treatment process.

- A. Suggest that all psychotherapy which can be taught in modular format should be acceptable at Level I and progress through other Levels if and when the therapy is developed.
- B. Suggests that all Psychotherapy is successful in promoting health and should be included.

Competence versus Qualifications

There is not one shred of evidence to prove that psychotherapists with degrees and PhD's are more effective than therapists with Diplomas.

All studies to date reveal that effective therapists must be:

- A. Authentic and genuine in their relationships with clients.
- B. Able to provide a safe, non-threatening, secure and trusting atmosphere through acceptance of the client.
- C. Able to understand and have a high degree of empathy with the client.

All studies to date reveal that clients / patients require the following from the Psychotherapists:

- D. Feel that the therapist is warm, sincere and supportive.
- E. Believe the therapist is helping.
- F. Feels changed by the therapist.
- G. Feels a rapport with the therapist.
- H. Feels the therapist respects the values of the client.
- I. Displays a belief in the treatment process.

Note:

There is no mention of academic qualifications here and ICHP would suggest that those psychotherapy groups who claim that therapy should only be conducted at a higher degree level to note that in a transparent evaluation system of effective therapy that it is not possible to take refuge in scientific theory and degrees.

- J. The evaluation of psychotherapy is therefore on building rapport skills combined with solution-focused techniques that are effective in changing traits in a healing atmosphere, and not in academic qualifications.
- K. Hypnopsychotherapists / psychotherapists at level I are just as effective in treatment outcomes as those in all the other Levels.
- L. The basic skills mentioned above (J) can be further developed as the therapists progresses in training through other accreditation levels.

Basic Criteria for Effective Psychotherapy

Psychotherapists need to realise that the client's willingness or ability to change has little to do with the therapist's preoccupation or understanding of scientific theory and academic qualifications unless the basic criteria is met.

Basic Criteria

- The client must trust and believe in the therapist.
- Feel safe and understood.
- Expect the process to work.
- The client must like the therapist.

Note:

The best any therapist can be is a catalyst of change in a healing environment and this can be accomplished just as effectively at Level I and in Level IV.

National Hypnotherapy / Psychotherapy Register Institute of Clinical Hypnotherapy & Psychotherapy

Proposed Government Statutory Registration of Hypnopsychotherapists - Psychotherapists
and 'The Health and Social Care Professionals Bill 2002'

Re.

ICHP / NHPR Proposed Five Levels of Registration
Five Levels of Membership Levels.
Five Levels of Association / Organisation Membership Levels
Five Levels of School / Training Providers Membership Levels.

Important Note: Government and Proposed Establishment of Registration Board

It is ICHP's opinion that the following issues were not addressed in formulating the proposed structures for registration and unless they are taken into consideration now, before final drafting, the Bill will be seriously flawed.

- (1) "National Occupational Standards for Professional Activity in Promotion and Care - July 1997" (UK Policy).
- (2) "Society of Health Education and Health promotion Specialists Principles of Practice - July 1997" (UK Policy).

ICHP presents these levels as a practical model for all in the psychotherapy professions to follow and they are partly based on the *Standards and Principles Practice* mentioned in the two documents and the logical arguments and rational mentioned in this ICHP Quality Assurance Document for hypnopsychotherapists.

Towards a Holistic Concept of Health

The two other groups seeking registration of psychotherapists may have to seriously consider the implications of the holistic, spiritual, legal and therapeutic claims and implications that psychotherapy is purely a scientific profession in principle and application.

Note: ICHP/NHPR understands that psychotherapy is a holistic professional embracing the art, science, spiritual and holistic integrative principles and application of therapy.

Physical health

This is, perhaps, the most obvious dimension of health, and is concerned with the mechanistic functioning of the body.

Mental health

By mental health, we mean the ability to think clearly and coherently. We distinguish this from emotional and social health, although there is a close association between the three.

Emotional health

This means the ability to recognize emotions such as fear, joy, grief and anger and to express such emotions appropriately. Emotional or 'affective' health also means coping with stress, tension, depression and anxiety.

Social health

Social health means the ability to make and maintain relationships with other people.

Spiritual health

For some people, spiritual health is connected with religious beliefs and practices; for other people it is do with personal creeds, principles of behaviour and ways of achieving peace of mind and being at peace with oneself.

Societal health

So far, we have considered health at the level of the individual, but a person's health is inextricably related to everything surrounding that person. It is impossible to be healthy in a 'sick' society which does not provide the resources for basic physical and emotional needs. For example, people obviously cannot be healthy if they cannot afford necessities for food, clothing and shelter, but neither can they be healthy in countries of extreme political oppression where basic human rights are denied. Women cannot be healthy when their contribution to society is undervalued, and neither black nor white can be healthy in a racist society where racism undermines human worth, self-esteem and social relationships. Unemployed people cannot be healthy in a society which only values people in paid employment, and it is very unlikely that anyone can be healthy if they live in an area which lacks basic services and facilities such as health care, transport and recreation. Michael Wilson puts this graphically when he says that health cannot be possessed. 'It can only be shared. There is no health for me without my brother. There is no health for Britain without Bangladesh. (Wilson M (1976) *Health is for People*, p.117. London. Darton, Longman and Tood)

Who provides a conception of health as the extent to which an individual or group is able, on the one hand, to realize aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living, it is a positive concept emphasizing social and personal resources, as well as physical capacities.

This is a rich definition, worth considering carefully. It encompasses ideas of.

- Personal growth and development ('realize aspirations');
- Meeting personal basic needs ('satisfy needs');
- Ability to adapt to environmental changes ('change or cope with the environment');
- A means to an end not an end in itself ('a resource for everyday life, not the objective of living');
- Not just 'absence of disease' (a 'positive concept');
- A holistic concept ('social and personal resources ... physical capacities').

This discussion of 'what is health' leads on to thinking about what affects people's health.'

Professional standards from a number of different professional bodies were analysed to identify the values and principles on which the national occupational standards for professional activity in health promotion and care should be based. The values identified are respect for:

- The human condition and its complexity;
- Our essential humanity;
- The wealth of human experience;
- The holistic nature of health and social well-being;
- Diversity.

The National Occupational Standards for Professional Activity in Health Promotion and Care have been built on ten Principles of Good Practice:

1. Balancing people's rights with their responsibilities to others and to wider society and challenging those which affect the rights of others.
2. Promoting values of equality and diversity, acknowledging the personal beliefs and preferences of others and promoting anti-discriminatory practice.
3. Maintaining the confidentiality of information provided that this does not place others at risk.
4. Recognizing the effect of the wider social, political and economic context on health and social well-being and on people's development.
5. Enabling people to develop to their full potential, to be as autonomous and self-managing as possible and to have a voice and be heard.
6. Recognizing and promoting health and social well-being as a positive concept.
7. Balancing the needs of people who use services with the resources available and exercising financial probity.
8. Developing and maintaining effective relationships with people and maintaining the integrity of these relationships through setting appropriate role boundaries.
9. Developing oneself and one's own practice to improve the quality of services offered.
10. Working within statutory and organizational frameworks.