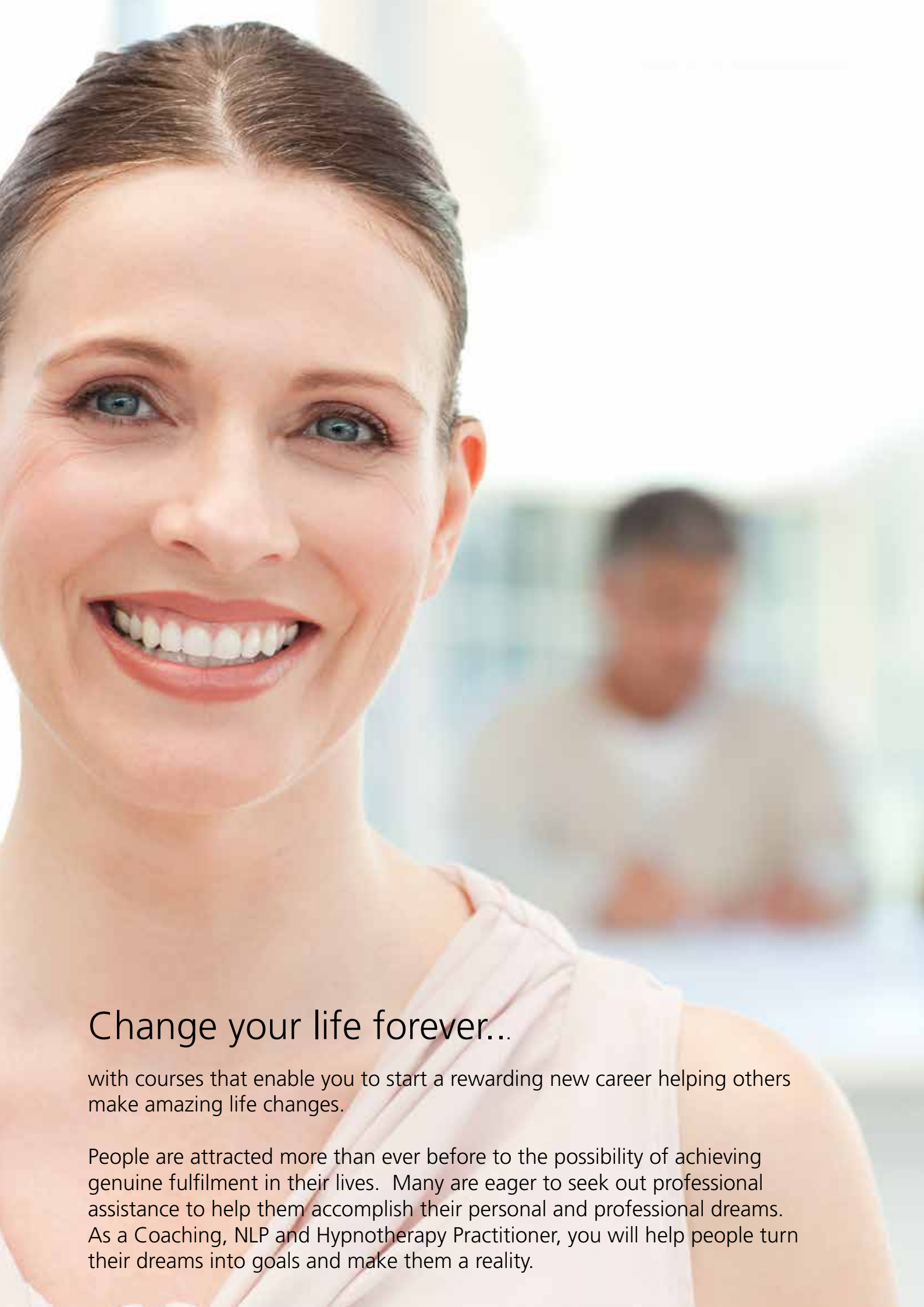




PROFESSIONAL PRACTITIONER



Hypnotherapy, NLP and Coaching



Change your life forever...

with courses that enable you to start a rewarding new career helping others make amazing life changes.

People are attracted more than ever before to the possibility of achieving genuine fulfilment in their lives. Many are eager to seek out professional assistance to help them accomplish their personal and professional dreams. As a Coaching, NLP and Hypnotherapy Practitioner, you will help people turn their dreams into goals and make them a reality.

Changing the world, one mind at a time...

Completion of the Hypnotherapy Practitioner Diploma will enable you to start a new, exciting and rewarding career helping others enhance the quality of their lives.

Your Training Journey

As your professional training progresses, you will learn that every problem can be dealt with at the level of the mind. Although this may be a challenging concept for some; you will develop the skills that enable others to change their perceptions and therefore change their lives.

You will help clients achieve emotional wellbeing, overcome anxieties, release unwanted habits, develop self-confidence and heal their relationship to the past. You will also have the skills to help them design a future that is compelling, inspirational and in alignment with their deepest values, plus the know how to guide them towards achieving it.

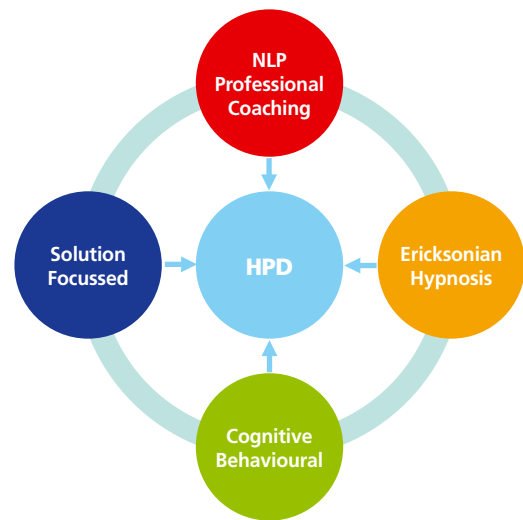
Choosing Align Training

In order to embark on a successful career as a Hypnotherapist, if that is your goal, you will need thorough training that develops your skills as a hypnotist as well as your talents as a therapist.

The Align Training Professional Practitioner Programme is offered in association with Central England College, an award-winning training establishment. The course builds on years of experience of developing confident, ethical and successful practitioners in the field of human potential and personal development.

Hypnotherapy Practitioner Diploma

The Align Training hypnotherapy qualification features four courses that are individually certified and can be completed on a stand-alone basis or combined to achieve the Hypnotherapy Practitioner Diploma.



Each course focuses on developing an essential skill set for helping others overcome problems, design meaningful life goals and achieve their potential. Completion of all four courses, subject to successful assessment, leads to the award of Hypnotherapy Practitioner Diploma (HPD).

National Occupational Standards

The Hypnotherapy Practitioner Diploma is the National Occupational Standard for hypnotherapy training in the UK, offering full external accreditation. A practitioner who holds this qualification demonstrates to clients and employers that s/he has followed a core syllabus that fulfils the essential competencies for professional practice.

Flexibility and Fulfilment

The benefits of studying with Align Training include flexible start dates; a choice of weekend or weekday training, and comfortable venues offering all amenities. Our principal trainers are experienced and successful practitioners as well as qualified teachers. Our aim is to make sure your training experience is deeply rewarding, thoroughly enjoyable and personally fulfilling.

NLP Professional Coaching

5 Day Intensive Practitioner Course



The skill of the Professional Coach is to assist others in gaining clarity over what is important to them, both in their lives and their work, helping them access the resources they need and mobilising them to move forward and achieve their goals. This intensive, highly practical 5 day course meets International Coach Federation core syllabus requirements.

Participants learn the techniques of Professional Performance and Life Coaching, including Niche Coaching in wellness, work/life balance, corporate achievement and sports/athletic performance.

Neuro-Linguistic Programming offers powerful, effective, and easy to learn skills that are invaluable to those involved in the field of personal development and communication, or who wish to change their own lives.

Based on modelling skills, NLP effectively teaches us how to be excellent in what we do. It is often described as a set of tools that show us how to run our minds.

This course combines NLP with essential coaching skills, enabling you to influence others positively, encourage their self-belief and inspire them to excel.

Coaching is without geographical boundaries and qualified coaches, since they frequently carry out much of their work by phone, can effectively build an international client base.

This course teaches you how to locate, brand, promote and recruit clients to your coaching practice.

Coaching adds incredible value to people's lives and therefore, as a career, it can be financially very well rewarded as well as deeply fulfilling.

Core Training Syllabus

When you take this training, you will learn a range of skills:



NLP Coaching

You will learn core NLP practitioner skills that transform clients' negative patterns into positive action. These powerful skills translate into working successfully with clients on all aspects of their personal and professional lives.

Performance Coaching

You will learn about the structure of anxiety and how to release the triggers that cause it, enabling your client to focus on their performance goals and achieve them. You will be of value to athletes and sports people as well as any client who has a performance task to complete such as a driving test, oral presentation or examination.

Inspirational Coaching

You will learn how to utilise your client's deepest values to design a compelling future and inspire them to take action. You will have the resources to coach clients who are struggling to make career changes, find meaningful relationships or balance their finances.

Confidence Coaching

You will learn powerful questioning skills that enable clients to 'get out of their own way' and begin living the life they truly desire. You will access a wide range of coaching tools, techniques and resources to help your client discover their mission in life. Any client who feels stuck and unsure how to change will benefit from your coaching.

Business Coaching

Building a coaching practice requires business skills. This course will provide the know how to create a business plan for your coaching and/or hypnotherapy practice. You will also gain the valuable insights needed to offer business coaching to clients.

Leadership Coaching

A leader is someone who has a vision for the future and is unstoppable in the pursuit of their dream. This course will teach you how to tap into your client's inspiration, providing you with the confidence to coach executives, entrepreneurs and corporate clients.

A comprehensive training manual together with practical and written assignments are provided with this course. Ongoing practise, supervision and mentoring are also available throughout the training.

Solution-Focussed Hypnotherapy

5 Day Intensive Practitioner Course



One of the benefits for clients who are attending hypnotherapy is that they are not simply guided to a deeper understanding of their problem, but are empowered to find a solution.

This course teaches counselling skills and rapport-building techniques, combined with inspirational communication skills, to enable clients to design a better future for themselves. You will learn how to transform your clients' perceptions so they develop positive new attitudes that mobilise them to take affirmative action.

The skills developed on this course enable you to work with clients who are experiencing long-standing issues and who appear to be resistant to change. You will learn how to identify secondary gain, practice essential psychotherapeutic techniques and guide clients through hypnoanalysis.

We teach you how to work safely and effectively with children and how to employ cellular healing and pain control techniques.

We cover the twelve hypnotic phenomenon on this course and teach in depth how to use the following within a therapeutic context: anaesthesia, analgesia and age regression.

On this course, you will learn the important skill of helping clients stay focussed on finding a solution, so investigation of the problem becomes part of their journey to wellness.

Emotions are important indicators that you will learn to utilise to help your clients achieve better feeling states of mind and body.

Developing beliefs that lead to happiness is as important as understanding the nature of the problem. You will learn how to help clients achieve emotional well-being, overcome negative patterns and achieve a positive attitude towards change.

Core Training Syllabus

When you take this training, you will learn a range of skills:

Counselling Skills

You will develop person-centred counselling skills, so clients feel comfortable sharing their problems. You will build a therapeutic alliance with your clients, motivating them to attend therapy and benefit from your empathic approach.

Analytical Hypnotherapy

Hypnosis helps clients access the cause of their problems and you will learn Age Regression, Hypnoanalysis, and Inner Child Healing techniques to facilitate their discoveries. You will be able to work with clients who have complex issues of trauma, abuse and anxiety.

Mind/Body Hypnotherapy

You will learn how to work with clients who have health conditions, practicing ethically by liaising with the client's medical physicians. This training covers pain management for chronic conditions such as arthritis, approaches for treating Irritable Bowel Syndrome and methods for releasing physical addictions.

Solution-Focussed Hypnotherapy

A thriving hypnotherapy practice is based on word of mouth referrals which are generated by results. You will learn how to help clients identify their desired outcomes, activate their inner resources and achieve remarkable changes, leaving them delighted with your services.

Transformational Hypnotherapy

The thought processes that are preventing clients from making the changes they desire can be transformed using Gestalt, Therapeutic Metaphor and Ego States Therapy. You will learn these approaches so your clients achieve satisfaction, fulfilment and personal growth.



Eye Movement Desensitisation Reprocessing (EMDR)

EMDR was developed for overcoming post traumatic stress disorder and research has shown it to be highly effective. You will learn how to apply this method with clients who have experienced significant trauma in their lives, enabling them to release the harmful memories and develop positive coping strategies.

A comprehensive training manual together with practical and written assignments are provided with this course. Ongoing practise, supervision and mentoring are also available throughout the training.

Ericksonian Hypnosis

5 Day Intensive Practitioner Course



Milton Erickson was a master hypnotherapist, renowned for helping his clients make remarkable changes to their thoughts, feelings and behaviours. Erickson was a formative influence on the development of NLP and this course incorporates many NLP approaches to rapid change.

You will also master indirect hypnosis, listening for clients' hidden resources and using them to make transformational changes. You will also master the power of hypnosis, developing a deep understanding of trance states and learning how to hypnotise clients easily and confidently.

Ericksonian hypnosis teaches us to utilise whatever the client presents us with, on the basis that the answers always lie within, no matter how deeply buried they may be.

The essence of Erickson's approach was his deep understanding of communication and its impact on the unconscious mind, a skill you will develop during this training.

You will learn powerful Ericksonian language patterns to discover what your clients really want and help them make rapid, effective and permanent progress towards better feelings and behaviours.

You will develop the skill to recognise subtle non-verbal cues and use conversational approaches to therapeutic change.

Mastering hypnosis requires an understanding that trance is a natural phenomenon that can be utilised informally as well as therapeutically. This course will teach you how influence yourself and others in powerful and positive ways, making you a better communicator throughout your personal and professional life by understanding unconscious thought processes.

Core Training Syllabus

When you take this course, you will learn a range of skills:

Indirect Hypnosis

You will experience the art of hypnosis, learning how to deepen trance states so clients respond powerfully to your therapeutic approaches. This training covers indirect hypnosis, building your confidence to guide clients rapidly and easily into trance.

Learning Enhancement

This training will teach you how to enhance clients' learning, memory and concentration. You will be able to work with clients with dyslexia and those who are struggling with reading, examinations and spelling skills.

Timelines Therapy

Every experience is represented in a client's mind as existing in the past, present or future. You will learn how to interpret your client's model of time to transform problems, overcome anxiety and release unwanted habits. Any client who approaches you for help with weight management, confidence building or performance enhancement will benefit from your skills.

Envisioning Success

You will learn the NLP Swish Pattern to harness your client's imagination, transform their problems and release unwanted negative emotions. You will empower yourself by anchoring a resourceful state that makes it easy to build rapport with clients and win their confidence in you.

Inner Conflict Resolution

Many clients seek hypnotherapy in the hope that it will help them overcome the daily battle that is taking place within their own mind. Methods for releasing phobias, addictions and anxieties are covered in this training, equipping you to help clients release their mental struggles and achieve inner peace.

Hypnotic Language

You will learn how to communicate elegantly with clients to induce trance and influence them to comply with suggestions for positive change. Your speaking skills will transform as you master the Milton Model and learn the 'artfully vague' style of language for which Erickson was renowned.



A comprehensive training manual together with practical and written assignments are provided with this course. Ongoing practise, supervision and mentoring are also available throughout the training.

Cognitive Behavioural Hypnotherapy

5 Day Intensive Practitioner Course



Cognitive Behavioural Therapy (CBT) and Hypnotherapy are vital cornerstones of modern psychotherapy with extensive research studies demonstrating the credibility of both approaches. This course combines CBT with the power of hypnotherapy, allowing you to benefit from a wide range of techniques to help your clients achieve positive changes.

We teach you the skills needed for helping clients understand how to make lasting changes to their emotional states and release feelings of depression, anxiety and anger.

You will learn important skills for helping clients achieve successful weight management and release their addiction to tobacco and other substances.

The Quit 4 Life Programme is incorporated within this training, which allows you to practice as a Smoking Cessation Therapist. You have the option of obtaining a Quit 4 Life License with professional insurance, marketing support and inclusion on the Quit 4 Life website.

By learning the important link between thoughts and behaviour, you will have the skills to help others overcome limiting belief systems and behave more rationally.

This is a structured approach that appeals to practitioners and clients who like to gain control of situations and understand the process of change.

Many opportunities for developing creative approaches with your clients are also covered during this training. By learning the rapid trance induction techniques covered on this course, you will be able to spend less time on hypnosis and more time on valuable therapy work with your clients.

Core Training Syllabus

When you take this course, you will learn a range of skills:



Integrative Treatment

Mastering the art of working as a Hypnotherapist involves understanding and skillfully using a range of approaches. You will learn how to use Hypnotic Suggestion, the Benefits Approach, Relearning and Integration to generate treatment plans that produce positive results with your clients.

Weight Management

In order to manage their weight, clients need to transform their relationship to food, exercise and their own bodies. You will deepen your understanding of the psychological barriers that prevent clients from maintaining their desired weight, plus powerful methods to help them succeed in the future.

Emotional Freedom Technique (EFT)

Emotional Freedom Technique is a simple and effective method for rapid change. You will teach clients to tap on acupressure points to release emotional blocks and overcome fears, phobias, unwanted habits and low self-esteem.

Releasing Addictions

Smoking cessation is a cornerstone for many Hypnotherapists and you will learn a powerful model to help clients release their addiction to smoking. You will also learn the nature of addiction and how to help clients release their dependency on unhealthy substances.

Stress Management Consultancy

Opportunities exist to offer your services as a Stress Management Consultant, enabling you to receive client referrals from corporate contracts. You will learn everything you need to know to help individuals and groups overcome personal and professional anxieties.

Self-help Techniques

To facilitate lasting change with clients, you will learn how to skillfully introduce self-help techniques that empower them to make positive changes. Your toolkit will consist of a range of forms, methods and techniques to make it possible to succeed with clients who are experiencing long-standing issues such as depressive thinking patterns.

A comprehensive training manual together with practical and written assignments are provided with this course. Ongoing practise, supervision and mentoring are also available throughout the training.

The Art and Science of Influence

Influencing others as a Hypnotherapist means having the skills to generate positive change. Whether you decide to take one of our individual professional programmes or study for the full HPD, you can be assured of the opportunity to change your life for the better.

The Leading Edge

Our courses are not 'talk and chalk'. They teach you leading edge approaches to achieving positive change and this is achieved through the highly practical nature of the training.

You will be learning real skills that you can apply in a range of situations to enhance your own life and the lives of others.

Accelerated Learning

This programme offers a relaxed learning environment where you can expand your understanding in a supportive atmosphere. As hypnotherapy is a practical skill, 'the learning is in the doing', so this course provides plenty of opportunities to develop your confidence using hypnotherapy, coaching and NLP.

To ensure you get the most from the programme, there is a variety of learning formats, including:

- Key point discussions.
- Presentations of main concepts.
- Small group exercises.
- Step-by-step individual practice.
- Practice and experience of activities in pairs.
- Special 'How To' demonstrations.
- Practical skill-building work.
- Ongoing feedback and support.
- Tutorials and supervision sessions.
- Plenty of opportunities to have your questions answered as you go along.



Most importantly, you will experience an accelerated learning environment where the key ingredient is having fun.

Each day you will personally experience the benefits of positive influence, which is at the heart of all hypnotherapy practice.

However you decide to use your newly developed skills, you will have the advantage of having personally experienced the benefits.

An Exciting New Career

Fast Track into Practice

This hypnotherapy training is unique in that as well as allowing you to gain the Hypnotherapy Practitioner Diploma, it provides a further qualification along the way.

When you have completed a case study for each of the four modules, you will be awarded the Diploma in Clinical Hypnotherapy from Central England College.

This qualification allows you to join the Association for Professional Hypnosis and Psychotherapy (APHP), obtain practitioner insurance and set up your Hypnotherapy Practice.

You are then free to practice legitimately as a Hypnotherapist whilst completing the remaining assessment elements for the HPD award.

Many students choose to train with us for this added benefit, as completing your HPD is so much easier when you are drawing on your experience as a practicing Hypnotherapist.

A Rewarding Career

When you achieve your Diploma in Clinical Hypnotherapy, you will enjoy the following opportunities:

- The chance to set up in business and be your own boss.
- The satisfaction of helping people change their lives for the better.
- Improved communication skills in all areas of your life.
- A deeper understanding of the structure of problems and the nature of solutions.
- Skills that will equip you to handle challenges in your own life.
- The chance to build a private practice and achieve financial independence.
- A rewarding career with great potential for ongoing personal and professional development.

- The ability to register with the Complementary and Natural Healthcare Council (CNHC), a national body approved by the Department of Health.
- The potential for offering your services to the NHS and private health care organisations.
- Eligibility for obtaining practitioner insurance.

Fully Accredited Training

The advantages of obtaining the Hypnotherapy Practitioner Diploma include the fact that you will gain a professionally recognised externally accredited qualification. Successful completion of your HPD qualification provides the following outcomes:

- Level 4 qualification – Foundation Degree.
- Credit rated by the Open University, allowing you the opportunity to continue to a full degree programme.
- Externally accredited by NCFE, a recognised national awarding body for further education courses.
- A qualification recognised by four established professional hypnotherapy associations (NCH, GHSC, APHP, HS).
- The ability to apply for membership to one or more of the associations listed above.



Training Faculty

Our trainers have established successful hypnotherapy and coaching practices of their own. They are also qualified teachers. This ensures that as well as holding subject expertise, they have the skills to impart this knowledge and ensure you have a meaningful learning experience. You can expect a relaxed learning environment with plenty of opportunities to develop practical competence and have all your questions answered. They also aim to provide that vital ingredient for successful learning: fun!

Principal Trainer

Elizabeth Amesbury

BA (Hons) PGCE MA Dip CH MAPHP

Elizabeth has broad experience as a professional development trainer and extensive academic awards, including a teaching qualification and Masters degree in Education. A former University Lecturer and Manager, she is also an experienced practitioner in the personal development field, professionally certified in numerous qualifications including Clinical Hypnotherapist, Neuro-linguistic Programming (NLP) Coach and Master Practitioner of NLP. Elizabeth is a Member of the Association for Professional Hypnosis and Psychotherapy (MAPHP) and a Licensed Trainer for the Society of NLP, having trained in the USA with Dr Richard Bandler, the co-creator of NLP. She is the author of a range of audio self-help books and a published researcher in the field of educational coaching



Guest Trainer

Nick Cooke

D. Psy. Cert. Ed. MNCH (Acc) FAPHP

Nick is the Director of Studies, principal trainer and course developer at Central England College. A highly experienced practitioner, teacher and writer, Nick has numerous qualifications in Hypnotherapy, NLP and Coaching. As well as formal UK teaching qualifications Nick is a certified Hypnotherapy trainer with the USA National Guild. He is an elected Fellow of the Association for Professional Hypnosis and Psychotherapy and an accredited member of The National Council for Hypnotherapy.

Expert Speakers

We periodically invite a number of guest speakers to contribute their expertise to the training programme.

Their contribution is also available on an ongoing basis for course graduates via our programme of Continual Professional Development seminars.

Mind Wide Open

Mind Wide Open is a one day introductory course to Hypnotherapy, Coaching and NLP. Participants will experience going into hypnosis themselves as well as learning how to take someone else safely and easily in and out of hypnosis. You will also learn some NLP models for rapid change and the essence of Life Coaching. The day is a highly practical and fun way to learn and an ideal (low cost) taster if you are considering the other courses.

Who can benefit from our courses?

Our policy is one of open access and our intention is to make the courses widely available to all those with a genuine desire to assist others and themselves to make effective changes in their lives. We interview every participant (either face to face or by telephone) before a place is offered. This gives you the opportunity to ensure that the courses are right for you and for us to satisfy ourselves that we can genuinely offer you a successful completion of your training.

Course fees, location and dates

Our courses are held in Manchester and Stoke on Trent. If no booking form is included with this Prospectus, please visit our website for further details: www.aligntraining.co.uk

Apply now

To book onto one of our training programmes, visit our website and download an application form. The form can be completed on MS Word and emailed to us, or filled in and sent in the post.

Achieving the Hypnotherapy Practitioner Diploma

Although each course is separate and individually certificated, upon completion of all four courses in any order together with the assignments from each and a portfolio for verification, delegates will be eligible to attain the Hypnotherapy Practitioner Diploma (HPD). The HPD has been rated to qualify as 45 academic credits from the Open University at Undergraduate level 1 (FHEQ Level 4) which count towards any relevant degree. The HPD is externally awarded by the NCFE and is fully accredited by the National Council for Hypnotherapy.



This publication is provided for information purposes and is not intended to form part of a contract. We reserve the right to alter or cancel venues, course dates and trainers based on operational requirements. We may alter the programme content at our discretion to reflect our commitment to continual improvement and the pursuit of excellence. For full terms and conditions, please visit our website.

Visit our website for booking forms and full details of programmes:

www.aligntraining.co.uk

Book your Fast Track to a successful new career in
Professional Hypnotherapy, Coaching and NLP.

