INSTITUTE OF CLINICAL HYPNOTHERAPY & PSYCHOTHERAPY (AUSTRALIA)

PROSPECTUS

Hypno-psychotherapy Education for a New Millennium

Professional Training for your Career in Ethical Clinical Hypno – Psychotherapy
I.C.H.P.(Australia)
The Institute of Clinical Hypnotherapy-Psychotherapy is affiliated to the National Council for Hypnotherapy (UK) and the Courses of training accredited by N.C.H (UK) and the UK Confederation of Hypnotherapy Organisations. The ICHP Principal, Dr Joe Keaney, has sought and received appropriate accreditation from:

- General Hypnotherapy Standards Council (UK) - representing more than 60 organisations throughout Europe
- National Guild of Hyptherapists (USA)
- American Council of Hypnotist Examiners (USA)
- International Society for Professional Hypnosis (USA)
- American Institute of Hypnotherapy (USA)
- American Board of Hypnotherapy (USA)
- Irish Hypnotherapy Examiner’s Board (Ireland)
- Hypnotherapy-Psychotherapy Register (Ireland)
- European Therapy Studies Institute (Europe)

In Australia the Diploma Course (1400hrs) and the Advanced Diploma Course (2300hrs) may give full Health Insurance Provider recognition to appropriately qualified Practitioners, from those funds providing cover in the hypnotherapy-psychotherapy disciplines.

THE MOST COMPREHENSIVE AND EFFECTIVE TRAINING IN HYPNO-PSYCHOTHERAPY IN AUSTRALASIA AND SOUTH EAST ASIA

“There is no more rewarding career than enabling people to help themselves to achieve a better quality of life”
Welcome on your Journey of Discovery!

We are sending you this booklet because you have expressed an interest in the techniques and uses of hypnosis and hypnotherapy. The main purpose of the booklet is to tell you about the Courses that ICHP runs, what you will have an opportunity to learn and what you may be able to achieve with this learning.

Should you decide to take the Journey you will discover:

- The Power of Self-hypnosis to bring about fundamental desired changes in your life;
- The skills which will enable you to help relieve suffering and discomfort in others, and
- The means to facilitate the actualization of each individual’s potential, the realization of aspirations and the overall enhancement of wellbeing of both the individual and society, as a whole, as a reflection of those individuals.

Meet the ICHP Principal

Born in Cork, Ireland, Dr Keaney holds a Bachelor's Degree in Clinical Hypnotherapy from the American Institute of Hypnotherapy (AIH). He completed his Doctorate in Clinical Hypnotherapy through AIH. He is Director of the Irish Hypnotherapy Examiners Board and Course Director of the Institute of Clinical Hypnotherapy & Psychotherapy and administrator of the post-graduate programme.

Dr Keaney is also a member in good standing of many professional hypnotherapy / psychotherapy associations in the US, UK and Europe. In his private practice in Cork City, Dr. Keaney works as a Clinical Hypnotherapist and Trainer, and also lectures in hypnotherapy and Psychotherapy in the ICHP Advanced Diploma Programme in Griffith College Dublin, the Marino Institute of Education Dublin, and Therapy House in Cork City. He has over twenty years of practical experience in hypnosis with over 40,000 clinical inductions completed. He is also a Founding Member of UKCHO United Kingdom Confederation of Hypnotherapy Organisations.
**The Study of Hypnosis**

When properly taught the ability to induce trance is an easy skill to acquire. However it takes time to learn to use this skill effectively within a therapeutic framework. ICHP is regarded as one of the leading training schools in Hypnosis and Hypnotherapy-Psychotherapy in the world and its lecturers are skilled trainers and practicing clinical therapists with many years of practical experience.

You can be sure that if you study with us you will learn:

- The Ethical application of Hypnotic techniques in Hypnotherapy-psychotherapy;
- How to ensure that the client is a safe candidate for the application of hypnotic techniques;
- How to establish for the client a secure, trusting and empathic relationship that is client-centred and gentle in application;
- How to clearly perceive the client’s goals in entering Hypnotherapy;
- How to competently facilitate the client’s journey towards those goals and towards wellbeing and self-discovery; and
- When and how to refer onwards if further work is required that is beyond the scope of hypnotherapy and/or your competency.

The acquisition of healing skills carries with it great responsibility and a Duty of Care exists which must be exercised at all times. The ICHP operates within a strong Code of Ethics and demands that its member practitioners agree to regular case study/supervision and undergo on-going professional development.

During your study with ICHP you will learn that as individuals we are each responsible for our emotions, thoughts, behavioural patterns and psychosomatic symptoms. The psychotherapeutic models and hypnotic techniques taught will enable you to assist your Clients to understand and change their inner defensive programs and accompanying emotional states, as well as their self-limiting behaviours to healthy emotional states. Through learning to witness, and aided by powerful imagery and metaphor, they will learn, by exercising choice, to move towards a state of self-empowerment.
The Institute of Clinical Hypnotherapy & Psychotherapy was established by Dr. Keaney in 1990, to fill the evident need for comprehensive, contemporary and structured training of Hypnotherapy. The original Diploma course in clinical hypnotherapy has now been extended to include a Foundation course in Hypnotherapy-psychotherapy, a Diploma course in hypnotherapy-psychotherapy and an Advanced Diploma in Hypnotherapy-psychotherapy. As will be seen later in this booklet these different courses fill different needs.

The training programmes of the ICHP cover two fundamental aspects of hypnotherapy, namely Suggestion Therapy and Analytical Therapy. Although the foundation of the training is in Hypno/Psychotherapy, Analysis and Hypnotherapy which enables specialisation in Hypnoanalytical Psychotherapy, the course encapsulates an eclectic mix of therapeutic and psychotherapeutic modalities including Ericksonian hypnotherapy, NLP, Parts Therapy, Past Life Regression, Visualisations, Transpersonal work, Gestalt, Inner Child work and, etc.

Since its birth in 1990 the ICHP has grown considerably and now has hundreds of ICHP graduates working in successful private practices in many countries. The ICHP has developed international mirror organisations, namely, ICHP Australia, ICHP Sweden, ICHP Germany, ICHP UK & etc, but this is just the beginning ...

The Institute is affiliated with, and our trainings accredited internationally to, the demanding standards of the National Council of Hypnotherapy N.C.H.(UK) and the United Kingdom Confederation of Hypnotherapy Organisations (UKCHO). Currently the Institute is in the process of establishing degree and post-graduate level master’s degree qualifications in hypno-psychotherapy. Already the Institute runs post-graduate workshops routinely throughout the calendar year.

Taking all the training courses, workshops, master classes and presentations by overseas speakers, the Institute is probably the single largest provider of vocational training in Hypnotherapy-psychotherapy in the world. Without a doubt your qualifications will receive recognition no matter where in the world you may choose to practice.
ICHP(Australia) teaches the ICHP Foundation, Diploma and Advanced Diploma courses in a re-structured format intended to meet the demands of the Australian Qualifications Training Format which is recognized throughout Australia and SE Asia and beyond as a contemporary and progressive way of ensuring competency-based training.

Competency-based training will ensure that would-be Hypnotherapy-psychotherapy practitioners recognize, and apply, the treatment most appropriate to their client and the condition presented. This is ensured by means of the application, during training, of competency-based assessment tools, clinical studies, personal supervision and continuous monitored development throughout the courses at a level appropriate to the type of qualification.

The Principal lecturer/trainers in ICHP(Australia) are highly qualified practicing therapists with post-graduate qualifications, Advanced Diplomas in Hypnotherapy-psychotherapy and qualifications in Training and Assessment as well as more than 20 man years of collective clinical prac-

Trainers

ICHP(Australia) Principal Lecturers were personally trained by Dr Joe Keaney in Ireland. In addition to training in Hypnotherapy and Psychotherapy ICHP Lecturers share amongst them postgraduate training in Social Science, Health Counselling and Transpersonal Counselling as well as Diploma and Certificate level training in Natural Sciences including a number of streams of Guided meditation, Energywork, Martial Arts, Stress Management.

All ICHP(Australia) Lecturers are certified in Training & Assessment at Diploma and/or Certificate IV levels. In addition all trainers undergo continuing professional development.

ICHP(Australia) Trainers assist ICHP (Ireland) by giving Post-graduate Courses in HIT Therapy and Trauma Work.
**Hypnotherapy Today**

Today Hypnotherapy is practiced as a person-centred Psychotherapy which employs guided visualization to achieve an altered state of consciousness called trance. This altered state is characterized by an increase in focus and concentration. In this state of heightened awareness a trained hypno-psychotherapist can help a Client bring about the changes that they wish to make in their lives. By bringing the sub-conscious mind, which is often a source of inner conflict, to an understanding of what the Client wishes to consciously achieve it is possible to harness the full mind and direct it towards the required goals.

In Hypno-psychotherapy the practitioner can draw the Client’s attention to new possibilities, to alternative patterns of thought, emotions and behaviour and to an understanding of their conditioned responses as a basis for exercising new choices. The tactics and strategies employed are designed to use the resources which reside in all of us and do not require the individual to fit into a standardised protocol. The use of a person-centred approach ensures that the therapy is not directed by the Therapist but by the Client’s own wishes and expressed needs.

**Medical Hypnotherapy**

The American Medical Association published a study recently that indicated that Stress was a prime factor in more than 75% of medical conditions. As we learn more and more about the way certain conditions are acquired and perpetuated, the resolution of maladapted behaviour patterns by therapies including Hypnotherapy become more relevant. Medical Hypnotherapy is not however confined to maladapted behaviour, it can be used with considerable benefit in many somatic and psycho-somatic conditions. Common examples include Preparation for surgery, Dental disorders, Pain management, Dermatologic disorders, Cancer treatment side-effects, Sleep disorders, Burns and emergencies, Neurological conditions, Intestinal disorders, Involuntary muscle disorders, Tinnitus, Hypochondriasis, Depression and Anxiety, Trauma, Asthma, Urinary retention and etc.

One of the primary aims of the Institute is to promote the practice of Hypnotherapy within orthodox medicine. To this end the Institute in Australia also runs specific medically-oriented training Workshops. Two recent workshops include Hypno-analytical therapy for Depression and Anxiety disorders and Trauma therapy for sufferers of Post-traumatic Shock and for victims of long term reinforced trauma.
ICHP conducts and encourages, on-going scientific research into applications of Hypnotherapy-psychotherapy. We constantly seek to enhance our knowledge of hypnotic techniques in a therapeutic context and seek to improve the efficacy of our practice. ICHP graduates continue to produce highly effective methodologies for dealing with a variety of conditions that have proved difficult or simply intractable with more common psychotherapies. We currently are conducting a random controlled study into the treatment of Depression and Anxiety with a Hypno-analytical technique which incorporates cognitive-behavioural therapy and transpersonal therapy. Early indications on 67 clients are that a return to functionality is achieved more rapidly than in other conventional therapies and that, most importantly, relapse is virtually eliminated.

Distance Learning

Distance (open) learning is the mode of non-contact learning in which you can study at home or work, in a way and at a pace, which suits you best. The benefits of distance learning have been proved over the years as a uniquely flexible approach to enhancing your career prospects and developing your personal skills with minimal disruption to your normal routine.

You can begin your studies at the time of year which suits you best and progress through the course at whatever pace is right for you. You are supported in your studies on an individual basis by your ICHP(Australia) tutor. Distance learning is a very cost effective way to acquire new skills and qualifications. As you progress in your studies the resources we send you will build into a coherent reference library. Our printed manuals are easy to understand, clearly explaining the theoretical perspectives which the experts use, and the assignments help you to apply the skills you have already learned. With our CDs, or tapes, you will hear specific examples of hypnotherapy in action and with our DVDs you can see experts use the techniques you are studying and you will gain additional insight concerning their application.
This course has been developed as an instructional programme that prepares individuals to use guided visualization (trance) and psychotherapeutic techniques for the purpose of solving problems, developing motivation, and setting and achieving goals. It teaches at a foundation level the application of hypno-psychotherapy therapy in health sciences and human services. It prepares students for the Diploma and Advanced Diploma in Clinical Hypnotherapy-Psychotherapy as taught in ICHP programmes.

The Foundation Course is part-time and is made up of non-contact study (distance learning), contact training and practical skill development. The total hours completed amount to between 500 and 600 depending on modules chosen. Contact training and practicals account for some 200 hrs. Please note that the Foundation Certificate in Counselling will count 120 hrs towards this Certificate. On successful completion of the Foundation certificate, or alternatively the granting of appropriate recognized prior learning, or part thereof, the student is eligible to apply for a place on the Hypnotherapy Diploma programme.

Course Components:
Distant Learning Modules + Contact Days + Clinical Practice + Exam

Course Syllabus:

- History of Trance Therapies
- Conscious / Subconscious minds
- Laws of Suggestion
- Self-hypnosis Conditioning
- Basic counseling approach
- Relaxation procedures
- Student practice
- Deepening Techniques
- Representational Systems
- Indirect Suggestion
- Regression Therapy
- Clinical Interview
- Suggestion Formulation
- Weight Loss Therapy
- Guided Visualisations
- Smoking Cessation Therapy
- Matching & Mirroring
- Abreactions
- Iden-Motor Signalling
- Catalepsy & Arm Levitation
- Phobias, Anxiety
- Hemispheric Brain Dominance Profile
- Stress Level Profile
- Miscellaneous Clinical Situations
- Metaphors
- Clinical Scripts
- Psychotherapeutic techniques: nlp, parts therapy, brief, swish, etc.
- Ethical and Legal Issues
Course Materials:

- 4 Foundation Certificate Manuals
- 4 Audio Cassettes or equivalent material on CD
- 2 Training DVDs.

Final Examination:

The written examination comprises brief answers to a number of questions which are designed to establish your competency in the theory included in the Course Manuals. They are fully covered in your manuals and the answers can be completed at home in your own time. A 75% (or higher) grade is required for a pass. It is possible to re-sit with a different Exam paper.

During the practical sessions you will be assessed to ensure competency in application of the hypnotic techniques taught. This assessment will not be a formal examination but rather an on-going assessment.

There is a requirement for an attendance of a minimum of 42 hours of practical classes if you plan to go on to the later Diploma. Attendance at the additional practical classes is entirely at the student’s discretion but is highly recommended.

Qualification:

Successful students will receive a Foundation Certificate in Clinical Hypnotherapy & Psychotherapy. This Certificate is recognized in all the countries where ICHP is recognized. It provides evidence of a working understanding of trance phenomena and their use in clinical psychotherapy applications.

Course Costs/Venue/Dates:

Please contact ICHP(Australia) and we will send you details of the next Course.

A Complete Course in it’s Own Right

The course is a complete course—in it’s own right—the structure of which provides not only powerful “stand alone” self-improvement techniques for individuals who do not wish to take their studies further, but also the knowledge and expertise vital to those wishing to go on to the full Practitioner-status Diploma.
The Diploma course in Clinical Hypnotheraphy-Psychotherapy is designed to support suitably qualified graduates in full practitioner status and consequently eligibility for a Health Insurance Provider Number from those funds which provide for Hypnotherapy.

The Foundation certificate is the minimum requirement for a place on the Diploma Course. This course requires students to complete a further 900 hrs which may be reduced by granting recognition for prior learning and/or current practice. **At least 500 hrs must be practical and/or supervised work.**

The course requires students to attend ten intermittent weekends (or an alternative arrangement of 20 days) which is usually spread over 12 months. Tuition is practical and intensive and there is continuous assessment of each student’s progress. In addition time is made available for discussion on any problems which may have arisen with the distance learning component of the course. Required home study consists of a recommended reading list in addition to the manuals provided. Students are required to submit a small number of learning assignments. Tutoring is available by arrangement.

**Course Components:**
Distant Learning Modules + Contact Days + Clinical Practice + Exam + training analysis on self

**Course Syllabus:**
- Instantaneous inductions
- Deepening techniques
- Somnambulism
- Measuring hypnosis depth
- Amnesia
- Analgesia
- Anaesthesia
- Negative & positive hallucinations
- Deeper self-hypnosis
- Trance management
- Regression
- Abreaction
- Finding the trauma
- Dissociation
- “Live” therapy session
- Arm & Eye catalepsies
- Case histories
- Transference & counter-transference
- Free association
- Dreams
- Repression
- Hypnotic communications
- Creative imagery
- Hypno-analysis
DIPLOMA SYLLABUS

Course Materials:

- 12 Diploma Manuals
- 26 Audio Cassettes
- 4 Training Videos

Final Examination:
The written examination comprises brief answers to 100 questions which are designed to establish your competency in the theory included in the Course Manuals. They are fully covered in your manuals and selected readings. A 75% (or higher) grade is required for a pass. It is possible to re-sit with a different Exam paper.

Qualification:
You will receive a Diploma in Clinical Hypnotherapy & Psychotherapy. This Certificate accords you practitioner status and is recognized in all the countries where ICHP is recognized. It provides evidence of an ability to conduct comprehensive and ethical Hypnosis, Hypno-psychotherapy and Analytic Hypnotherapy.

Course Costs/Venue/Dates:
Please contact ICHP(Australia) and we will send you details of the next Course.
Lesson 1 accompanying Tapes 1, 2 and 3
Introduction by Dr Keaney; The door to the sub-conscious, theory of the mind, laws of suggestion, instant induction, Ethics and the Law, Insurance, Duty of care, Historical roots. Examples relating to Weight loss.

Lesson 2 accompanying Tapes 4, 5 and 6
Theories and nature of hypnosis; signs of hypnosis, suggestions and the sub-conscious, 20 rules for suggestions, characteristics of the hypnotic state, laws of suggestion, human recall and suggestion, uncovering projective techniques, auto suggestion, past life regression basics. Ensuring success in your Hypno-psychotherapy practice. Hypno-relaxation examples. Examples relating to a stop smoking program.

Lesson 3 accompanying Tapes 7 and 8
Religion and Hypnosis; Defining Hypnosis, stages and phenomena of Hypnosis, Dangers of Hypnosis, Difficulties in inducing trance, Six functions of the sub-conscious minds, rules of the mind, conscious and sub-conscious compared, healing using visualization, practical visualization and Hypnotherapy, Self-hypnosis, Autogenic training, The voice of the Therapist, Myths and misconceptions, Everyday trance experiences as analogies, communications with your clients, problems with the skeptical subject, psychosomatic diseases—a medical view, the effects of stress, Hypnosis and the validity of recovered memories, Forensic Hypnosis, Hypnotic tapes. Examples of Clinical inductions and Hypnomeditation on the “Violet Flame”.

Lesson 4 accompanying Tapes 9 and 10
Hypnotic terminology; Guidelines for the practice of Hypnotherpy-psychotherapy, NLP and Ericksonian terminology, NLP, Ericksonian Hypnotherapy, Trance deepening imagery, Fantasy therapy, Preliminary suggestibility tests. Examples of the application of the “Golden Rules” of applying Hypnotic techniques in Hypnotherapy. A Guest speaker gives a very complete example of alleviation of stammering.

Lesson 5 accompanying Tapes 11 and 12
Instantaneous methods of induction. Hypnotic susceptibility test. Appetitive disorders (Smoking, Anorexia and Bulimia, alcoholism, freedom from tranquillisers). Tailoring to your clients. Goal setting.
Lesson 6 accompanying Tapes 13 and 14

Dealing with Functional problems: stammering, bed wetting, enuresis, insomnia, tinnitus, hairpulling, nail biting, tics and spasms.
Dealing with Fears and Phobias: flying, contact lens, water, dental treatment, lifts, crowds, darkness, enclosed spaces, incontinency, being alone, disease, fear of fear. Hypnotic symptom removal, symptom substitution, teaching Clients to take control of their lives.

Lesson 7 accompanying Tapes 15 and 16

Dealing with Breathing, skin and heart problems: Asthma, allergy control, re-framing -NLP, Warts, Blushing, Rashes, High blood pressure.
Dealing with emotional problems: Relationships, separation anxiety, mild depression, guilt, hostility, anger and bitterness, feeling low and vulnerable, excessive worry and stomach problems, mood swings.
A Guest speaker speaks on preparing for surgery and medical/dental procedures.

Lesson 8 accompanying Tapes 17 and 18

Dealing with sexual dysfunctions;
Dealing with pain and suffering: pain control, burns, migraine and tension headaches, cancer, dental treatment, bleeding control, pregnancy and preparation for childbirth.
Dealing with performance anxiety: exam nerves, memory, concentration, social skills and communication difficulties, public speaking, public performance, positive self image.
The famous “Healing through Religious Experience” tapes.

Lesson 9 accompanying Tapes 19 and 20

Hypnosis and sports performance;
Childhood conditioning and trauma;
Dealing with anxieties and fear: Transference and resistance.
Practical guidance on dealing with transference and resistance including case studies.

Lesson 10 accompanying Tapes 21 and 22

Working with Free Association, repression and dreams. The psychanalytic approach of Freud in Hypnotherapy. Patterns of hypnotic communications. Character diagnosis and its relation to compulsions, obsessions, fears, anxieties and neuroses. A guest Hypnotherapist speaks on the “Affect Bridge”.

Synopsis of Diploma Manuals/Tapes—cont’d
Lesson 11 accompanying Tapes 23 and 24
Points to ponder; The pre-induction (conscious) interview. The initial Hypno-analytical session and session structure. Step-by-step demonstrations using real case histories.

Lesson 12 accompanying Tapes 25 and 26
Starting up in practice: consultancy, fees, legal aspects, insurance, advertising and etc. Sexual problems and anxiety states relationships. Further Hypno analysis and Post-hypnotic suggestion. Maltreatment; sexual abuse, childhood trauma, the wounded child within etc.

Practical Classes
The 10 weekend intensives are used to clarify and elucidate the material learnt in the non-contact mode and provide opportunity for demonstration and practice. In addition a number of different psychotherapeutical approaches which are suitable for use in combination with Hypnotic techniques to treat certain disorders will be introduced, demonstrated and practiced. These include:

- Person-centred therapy (Dr Carl Rogers);
- Psychosynthesis (Dr Roberto Assagioli);
- Gestalt (Drs Fritz and Laura Perls);
- Transactional Analysis (Dr Eric Berne);
- Cognitive and cognitive-behavioural therapy (Dr Aaron T. Beck);
- Analytical Therapy (Dr Carl Jung);
- Existential Therapy (Irvin Yalom and Rollo May);
- Cognitive-humanistic therapy (Dr Richard Nelson-Jones);
- Transpersonal Therapy (Ken Wilber, Dr Roger Walsh and Dr Frances Vaughan); and
- Integrative Therapy (Various authors).

Certain relevant techniques from Neuro-linguistic programming (NLP) will also be introduced with specific application to common disorders.

Training Analysis
Each graduating student is required to undertake a minimum of 30 hrs personal therapy within the training period. ICHP(Australia) will provide a list of suitable therapists. Each student should maintain a record that monitors their own self-development and submit a short report (700-1000 words) identifying areas of personal growth.
Advanced Diploma

This advanced level Course takes the Diploma graduate on to the more advanced Hypnotic techniques and Hypno-psychotherapeutic approaches which have proved so successful in dealing with serious on-going stress, post-traumatic stress, serious depression and the more difficult anxiety disorders as well as providing support in emergencies, in preparation for surgery and in pain management. It introduces the Diploma graduate to working with the terminally ill in very deep trance as well as some of the more sophisticated mind-body healing approaches. The course also introduces some well established and proven “brief therapy” approaches which are particularly suited to the addition of Hypnotic techniques and which research has shown increase effectiveness by a factor of between 2 and 3.

Successful graduation from the Diploma course is a pre-requisite for the Advanced Diploma course. Students are required to complete a further 700 hrs (which may also be reduced by granting recognition for prior learning and/or current practice). **At least 500 hrs must be focused on increasing practical skills and on the application of those skills in clinical work.** The remaining 200 hrs are dedicated towards advancing theoretical understanding.

The course is intensely practical and requires students to attend 5 intermittent weekends (or an alternative arrangement of 10 days) plus two 2-day workshops which may be chosen from a list of elective workshops. The total hours are usually spread over 6-9 months.

**Course Components:**
- Distant Learning Modules + Contact Days + Clinical Practice
  + 2 elective workshops + Exam + training analysis on self

**Course Syllabus:**

(a) Practicals: Two workshops are to be chosen from the Elective Workshops (2 days) list:
- Hypno-psychotherapy for Trauma victims;
- Holistic Integrative therapy for Emotional/mood disorders;
- Treating Relationships in crisis;
- Transpersonal Spiritual Development;
- Parts Therapy;
- Stress Management; and
- Substance abuse, eating disorders and weight control.
(b) Content of Manuals:

- Applying Tests for Hypnotic Suggestability
- Human development
- The psychology of the Hypnotic state
- Handling strong resistance
- Advanced Hypno-analytic techniques
- Some approaches to Hypnosis in dream work
- Automatic writing
- Symbolism and the psyche in Hypnosis
- Hypnotherapy with children and adolescents
- Hypno-analysis using sub-personalities
- Hypnotherapy with the “child within”
- Dealing with anger
- A fast Phobia cure
- Re-programming- the 6 step reframe
- Fast allergy cure in Hypnosis
- Structuring a treatment plan and contracts
- Optimising self-hypnosis
- Covert & overt regression
- Further deepening techniques
- Creative metaphor and imagery in Hypnotherapy
- Somnambulism
- Powerful scripts
- The Luscher test for personality
- Identifying personality disorders
- Mental Health Classifications (the DSM-IVR and the ICD-10).
- Supervisory skills and the application of supervision
- Further NLP techniques
- Further Ericksonian patterns
- Enhanced business practices
- Modern recording techniques for audio CD production
- Summary of Solution-focused therapy

Course Materials:
- 3 Advanced Diploma Manuals
- 2 Workshop Manuals (and tapes where appropriate)
- 2 Training Videos

Final Examination:
There is no written examination. Your progress is monitored by the use of dedicated assessment tools (checklists, learning activities, videos and etc) and 3 assignments of 3-5000 words are required during the course.

Qualification:
You will receive an Advanced Diploma in Clinical Hypnotherapy & Psychotherapy. This accords you full advanced practitioner status and is recognized in all the countries where ICHP is recognized. It provides evidence of an ability to conduct comprehensive advanced ethical Hypnosis, Hypno-psychotherapy and Analytic Hypnotherapy.
Career Considerations

Our classes are structured for those who intend to pursue a career in Hypnotherapy-Psychotherapy as well as those for professionals in other healing arts. Hypnosis is a very powerful adjunct to ant therapeutic modality and many professional in the healing arts have taken our training and successfully adopted Hypnotherapy-psychotherapy as an additional modality.

Examples of the diversity of the above include physicians, dentists, chiropractors, psychologists, social workers, counselors, ambulance officers, tactile practitioners and movement therapists. Our courses have also proved valuable for professionals in related fields such as the ministerial and teaching professions, law, children’s welfare, midwifery, optometry, athletic coaching and artistic performance.

In addition the courses are valuable to those wishing to improve business skills, pursue personal therapy and pursue spiritual development.

Professional Employment

It is a proven fact that hypnotherapy produces desired changes 2 to 3 times faster than any other psychotherapy. Undoubtedly this is because both the conscious and sub-conscious minds are recruited to the tasks in hand. If you are already a therapist you can take advantage of this within your existing practice.

Hypnotherapy-psychotherapy has been cited by the Wall St Journal and by the Entrepreneur Magazine as one of the top 10 career choices. You can earn a professional level income from our ICHP training by engaging in shared or private clinical practice addressing a wide variety of human needs. ICHP training is “hands on” and gives you the practical clinical skills and confidence needed for private practice, in addition to the theoretical knowledge.

ICHP provides the actual scripts and printed protocols for the most popular and beneficial applications of hypnosis. These have been “proofed” by over 100,000 clinical sessions. No other Hypnotherapy college will provide you with these priceless tools for free! A number of ICHP graduates have specialized in Substance abuse, weight loss and quit smoking programs and earn a substantial income from these practices alone. Others have focused on stress management in the private and corporate sectors with great success.
Code of Ethics of ICHP(Australia)

INTRODUCTION

1. ICHP(Australia) is licensed by ICHP(Ireland) to conduct its Foundation, Diploma and Advanced Diploma Hypnotherapy-psychotherapy Courses. ICHP Members, being fully accredited practitioners, may conduct appropriate Clinics. This Code of Ethics (hereinafter referred to as “The Code”) pertaining to Members of ICHP(Australia) is derived from that of the parent organization ICHP(Ireland) which is based on the By-Laws of the Irish Association of Hypno-analysts, the Irish School of Ethical & Analytical Hypnotherapists and the Irish Hypnotherapist’s Examiner’s Board (I.A.H., I.S.E.A.H., I.H.E.B.). The Code, so far as it pertains to ICHP(Australia), is established in accordance with the appropriate By-laws in Australia. The parent organization ICHP(Ireland) is fully recognized and accredited by the General Hypnotherapy Standards Council (GHSC) and the National Council for Hypnotherapy Ltd of the UK. The latter organisations comprise 60 professional and training organizations whose primary purpose is to establish agreed criteria for training and maintaining ongoing standards of practice. ICHP is also recognized by the 3 major Hypnotherapy organisations in the US (namely the American Council of Hypnotic Examiners, the American Institute of Hypnotherapy and the American Board of Hypnotherapy).

2. It is a condition of membership of ICHP(Ireland) and therefore of ICHP(Australia) that each member undertake in writing to be bound by the terms of conduct of the Code of Ethics contained herein. All breaches of the Code shall be dealt with in Australia by the ICHP executive and an external qualified member.

3. A breach or violation of the terms of the Code may lead to termination of membership.

4. “Professional Misconduct” shall mean any action with regard to the pursuit of a Member’s profession which is unethical or which is contrary to the specific rules set out in the Code. In the absence of evidence to the contrary, any breach of the Code shall be considered to be evidence of misconduct.

5. The resignation of a member shall not be allowed to impede the process of any investigation or disciplinary action as long as the alleged complaint or breach of the Code or alleged offence under the Institute’s disciplinary code took place during membership.

GENERAL

6. The principal objective of the Hypnotherapy profession is to render service to humanity with full respect for the dignity of man. ICHP members are expected to appreciate that they must earn the confidence of their Clients, offering to each a full measure of service and devotion.

7. Members must strive to improve their knowledge and skills through continuing professional education, and should make this knowledge and the skills acquired available to all their Clients.

8. Members must observe all relevant Australian laws, uphold the dignity of the profession and accepted its self-imposed disciplines.

9. Members who are not qualified to do so must, in no circumstances, attempt to practice medicine, psychiatry or psychology and must be prepared to make appropriate referrals if such is required.

10. Members must never use hypnotherapy to eliminate the effects of a symptom being displayed by another, where the origin of the symptom is not readily apparent, unless written authority has been obtained from a qualified medical practitioner. This clause is intended to have specific effect in relation to bodily discomfort such as pain.

11. At all times Members shall be cognizant of their Duty of care towards their Clients, never claiming skills which they do not possess and never offering assistance unless the presenting problem falls within the scope of the therapy being offered.

12. Members must agree to discharge any Client from treatment, at the earliest possible opportunity, consistent with the good care of that Client.

13. Members must avoid dual relationships with Clients and should never offer his/her services under terms and conditions which might impair the free and complete exercise of their professional judgment and skill, reduce the quality of service offered, or risk exploitation.

14. Members must never say, do or carry out, any action or word by deed or by inference, which shall bring the profession of Hypnotherapy into disrepute.

15. Members, who are in possession of a Provider Number from any Health Insurance Organisation must be continually mindful of their obligations to that Organisation. With regard to application for Professional Indemnity Insurance members must ensure that in addition to providing all basic information necessary for the organization concerned to place the risk, they must also ensure that they comply with their legal duty of disclosure of all matters relating to the risk.

16. Members must at all times maintain Public Liability and Professional Indemnity Insurance and display Notice of such Insurance in their Clinic or place of Clinical Work.

17. Members must preserve totally and absolutely the Client’s right to anonymity and privacy, unless he/she is required not to do so by a relevant Australian Law (such as Mandatory Reporting Legislation). No Member is permitted to publish or declare any information relating to any Client or ex-Client which is likely to identify that person, except with the express permission of such persons.

18. All Members must comply with Australian Government regulations concerning fair advertising and shall at all times seek to represent a full, complete and accurate advertisement of their services.

19. No Member is permitted to be involved in any way in public stage performance of Hypnotherapy solely for entertainment or amusement.

20. Members are prohibited from visiting the homes of Clients to effect treatment unless at the request of a registered medical Practitioner. This home consultation must be carried out in the presence of a third party whom the Client has expressly agreed to.

21. All ICHP Members must agree to the concept of ongoing Supervision of him/herself and practice by an ICHP appointed and agreed Supervisor. Regular Supervision must be maintained and undertaken at least once a month during which all casework caseload as well as each Member’s mental, physical and emotional health shall be examined. No application for annual renewal of Membership will be considered unless such Supervision is maintained.

22. Members provide in their practice a form of therapy that conforms in broad detail to that taught by ICHP(Australia) and ICHP(Ireland). This training is well established and internationally recognized. Members must realize that if they depart markedly from that application of that training in their practice then they leave themselves, and ICHP, open to criticism. For
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SPECIFIC RESPONSIBILITIES TO CLIENTS

23. Members are expected at all times to observe their Duty of Care to their Clients. They must approach their work with the aim of resolving distress, facilitating the return to full functionality and promoting the wellbeing and potential of their Clients. Members must endeavour to use their skills and abilities without prejudice and with due recognition of the value and dignity of every human being.

24. A Member shall be free to choose whom he/she accepts as a Client.

25. Members are expected to inform their Clients fully of their training and qualifications and are required to discuss with the Client the expected number and duration of sessions and the payments involved.

26. As far as is practical Members should confirm with Clients the details of any other professional therapeutic relationships or methodologies which the Client may be involved in or undergoing. The Client’s permission must be obtained if the member wishes to discuss with any other professional workers those relationships. This is to ensure protection of the Client’s best interests.

27. Members shall hold a current St John’s First Aid certificate and preferably a Senior First Aid Certificate.

28. Members who become aware of any conflict between their obligations to a Client as set out in this Code and any legal or ethical obligation to another Agency or Organisation or other personal contacts must discuss with and make explicit to the Client, the nature of those loyalties and conflicts.

29. Members must be aware of their limitations and at all times be prepared to make an appropriate referral in consultation with their Client. In making such a referral it is the responsibility of the Member, as far as is reasonable, to verify the integrity and competence of the professional to whom the Client is referred.

30. If a Client so prefers, and in every case where a Client is under 16yrs, a chaperone will be present. This is possible at all times, eg: Introductory discussion, person-centred therapy promoting change, dynamic holistic integrative therapy, except hypno-analytical therapy.

31. An ICHP Member may not accept any form of commission or split fee relating to a Client referred to, or by, him/her, by or to another member of the Institute or anyone in another professional relationship with the Member.

CONTACT WITH THIRD PARTIES

32. The Member Therapist/Client relationship is strictly confidential and covered by the privacy act in at least three ways:

- The fact that the person is, or has been, or has enquired about becoming, a Client, must remain confidential, and
- The context of any interaction between an ICHP Member and Client must not be disclosed, except as provided for in Australian law, and
- Contact by the Member with third parties (including partners, family members etc), regarding the Client’s therapeutic relationship with the Member, should only happen with the express permission of the Client.

Exceptions may be made when:

- Minors (under 16) are involved;
- In the case of Clients whom the Member has reason to believe are a danger to themselves or others, and
- If disclosure is ordered by a Judge, Coroner, or similar official having appropriate powers under Australian law.

Death of the Client does not terminate the above obligations.

33. Publication of Clinical case studies including Client material are encouraged, to enhance the professions reputation and to advance knowledge, however this may only be done where verifiable consent of the Client exists. The anonymity of the Client must be preserved.

34. Members are required to clarify completely the nature, purpose and conditions of any research in which Clients are to be involved and to ensure that informed and verifiable consent is given before commencement of the research.

35. Material held concerning Clients must be held in appropriately secure containers and afforded every protection. Where Clinic notes are kept they shall be retained in safe custody for a minimum of 7 years.

NON-EXPLOITATION

36. The Member/Therapist/Client relationship is a professional relationship. Members shall not exploit Clients in financial, sexual or other ways, or use hypnotherapy to gain benefit for themselves from another. In social situations a clear distinction must be made, and preserved, concerning social obligations and therapy. It is the responsibility of the Member to maintain this distinction.

37. Members are not permitted to sell to Clients any products to such an extent that he/she derives a significant proportion of his/her hypnotherapy income from such sales. This clause is not meant to discriminate against the use of recorded tapes in the treatment of such problems as insomnia, weight loss, substance abuse and etc where such tapes are a demonstrably useful adjunct to therapy.

38. Members faced with an area of conflict in the Therapist/Client relationship have an obligation to seek advice from a Supervisor concerning the effectiveness of their approach. This is particularly so if they feel unable to perform effectively and appropriately.

INSURANCE AND ADVERTISING

39. ICHP Members must hold adequate Professional Indemnity insurance and Public Liability insurance in respect of their work and their place of work. ICHP will provide guidelines from time to time.

40. In advertising their services as an ICHP Member, details shall be limited to name, relevant qualifications, address, telephone, E-mail address (if any), consultation hours and a brief listing or summary of services offered.

41. Members must not display any affiliation with, or hold themselves out to be connected with, any organization in a manner which falsely or misleadingly implies the sponsorship or endorsement of that organization.
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RELATIONSHIP WITH OTHER ICHP COLLEAGUES AND MEMBERS

42. ICHP Members must, where it is reasonable to do so, raise any concern which he/she has regarding the conduct of another Member with that Member first. If the matter cannot be resolved satisfactorily then it should be reported to the Disciplinary Officer of the ICHP(Australia). Where the concern relates to serious professional mis-conduct Members have a clear duty and obligation to act accordingly.

43. Any ICHP Member who wishes to practice in partnership with, or share, clerical and reception facilities with another health professional who is not a member of the Institute shall satisfy himself/herself that the individual is appropriately qualified and insured and that the association concerned will not bring ICHP into disrepute.

44. An ICHP Member shall inform ICHP if the practice name differs from the name and surname of the Member as registered with ICHP(Australia).

COMPLAINTS BY CLIENTS

45. Members must, at the commencement of consultation, make available to a prospective Client full details of how and to whom complaints may be made. The Member is obligated to ensure that appropriate names, addresses etc are available to the Client. This may be provided in the form of an ICHP(Australia) Complaints Form containing such information. All complaints will be dealt with by the Complaints Committee which comprises at least two senior ICHP(Australia) Core Staff and one external Member. The decision of the Complaints Committee will be final. The Member under investigation may, if he/she wishes, also be represented by a Member, however the Member under investigation may be required to attend a disciplinary hearing.

SUPERVISION

46. Members are required to agree to regular Supervision before their practice can be endorsed by ICHP. The primary purpose of supervision is to optimize the therapeutic process of addressing the Client’s needs. A secondary purpose is to provide quality assurance to meet the needs of both ICHP and Insurance Providers.

47. Supervision is a formal collaborative process whereby the Supervisor monitors, develops and supports the Therapist in his/her work. Supervision is concerned with:

- Maximising the effectiveness of the Therapist;
- Monitoring and supporting the Therapist;
- Clarifying the relationship which exists between Therapist and Client and ensuring that validatory pre-requisites and ethical standards are maintained throughout the therapeutic relationship;
- Maintaining the quality of the therapy offered to the Client;

Providing, through superior experience, additional professional development of the Therapist.

An ICHP Member must not practice without regular Supervision of case work at least once a month.

Illustrations of Diploma and Advanced Diploma Certificates
ICHP(Australia) recognizes health, both its promotion and maintenance, as a major social investment and challenge. It seeks to contribute to the education of individuals and groups, through accredited training programs, in healthy lifestyle practices with a view to facilitating the actualization of each individual’s potential, the realization of aspirations and the overall enhancement of wellbeing of the individual and society as a whole, as a reflection of those individuals. It also seeks to offer, through established Health and Lifestyle Clinics, support to those individuals in need of guidance or in distress.

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