



Sheila Granger

Think Differently

Hypnotherapy Practitioner Diploma  
Training Prospectus for Intensive Training.

VALIDATED TRAINING

## General Hypnotherapy Standards Council

The Clinical Hypnotherapy Diploma offered by Sheila Granger has been assessed and validated at Practitioner Level by the General Hypnotherapy Standards Council (UK). Graduates from this course are eligible for professional registration with the General Hypnotherapy Register at full practitioner status, together with the industry based award The General Qualification in Hypnotherapy Practice (GQHP).

**Your trainer: Sheila Granger** I spent many years working as an investigator for the Civil Service, before developing an interest in the 'mind and body' connection following a personal illness that was to be a turning point in my life. Since training as a Hypnotherapist myself I now run one of the busiest practices in the UK based in a GP's surgery, and deliver workshops both in the UK and in the United States. I have had numerous articles written about me in the National newspapers and have appeared on primetime TV on the BBC news. You can read my articles by visiting my website [www.sheilagranger.com](http://www.sheilagranger.com).

I see clients from all walks of life and travelling to see me from all over the UK. Most of my referrals come from word of mouth and local GP's. I love to share my knowledge, understanding and absolute passion for 'making a difference' with others who may also have that desire to help others or indeed to help themselves.

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## Practical Applications

Hypnotherapy is a powerful form of psychotherapy which dates back to ancient Greece and has been developed by many individuals over the years, including the work of Dr. Milton Erickson, James Braid, Dave Elman and many others. The potential for its uses are almost unlimited, and the tools you will learn will give you the knowledge to treat, help or relieve many somatic and psychological symptoms including, but not limited to:

Smoking Cessation

Weight Control

Anxiety States

Pain Management

Unwanted Habits

Sleep problems

Sports performance

Public Speaking

Exam Stress

Irrational Fears and phobias

Irritable Bowel Syndrome, and the list goes on.....

## Training Structure

This Hypnotherapy Diploma course covers a dedicated training programme of tutor led tuition over 120 hours.

This intensive course is taken in three one week parts, which are spread over a three month period, this allows time in between each training week to allow further reading, to practice what you have learnt, and for you to complete assignments.

(The course times Monday to Friday are 9.00 until 5.30 daily with half an hour allowed for a lunch break)

This is a practical course and although there is some theory, which is necessary for your knowledge, most of the learning is done by watching demonstrations and then practicing yourself within supervised groups.

I offer continual guidance and support following the training with email, telephone and skype support, and a peer support group for practising Hypnotherapists which meets on the last Monday of each month.

## Course Material

A comprehensive set of notes covering each module of the course (15 in total)

An extensive set of Hypnotherapy Scripts on CD

A music CD to use in your own therapy room (copyright free)

A complete 'build a business manual' covering all aspects of Marketing

Your first 12 months GHR membership will be paid for you by Sheila Granger.

Access to unlimited post course help and support with Sheila.

Tea/Coffee is provided free of charge at intervals throughout the day.

## Course Assessment

Assessment is by continual observation of activity during the duration of the course and written assignments that check a students understanding of the subject matter.

On successful completion of the course, you will receive a Diploma and be allowed to use the following letters after your name. **D. Hyp** Diploma Clinical Hypnotherapist

## The Course Syllabus

### Week 1

The history and pioneers of Hypnosis

The history of NLP

What is hypnosis?

The importance of rapport building.

Body language.

Hypnotic inductions and signs of hypnosis.

The Vak trance and deepening trance states

Labelling

The entrainment principle

Future pacing

Ideomotor responses.

Story telling & Metaphor

Formulating Suggestions

Hypnosis Pre-Talk and informed choices.

### Week 2

Working with children

Neuroscience

Sub Modalities

Arm levitation

Procedures for planning your therapy session. Fears and Phobias

Secondary Gains

Memory regression and revivification

Working in groups

Therapy Cd's

Collapsing Anchors

Aversion techniques

Practice Building/ core skills

Self-hypnosis

Information Gathering

### Week 3

Natural child birth

Pain Management

Stress Management

Neuroscience

Fears and Phobias

Past life Regression

Habit Control Methods

Weight Control

Smoking Cessation

Build a business Workshop and record keeping.

Ghr. forms, supervision and CPD.

Making Supporting CD'S

Transference

National Occupational Standards

## Recommended Reading

- ❖ Hypnotherapy, Dave Elman
- ❖ Handbook of Hypnotic Suggestions & Metaphors, D. Corydon Hammond
- ❖ Trance formations, Richard Bandler & John Grinder
- ❖ The Art of Hypnotherapy, Roy Hunter
- ❖ Treating Depression, Michael Yapko Phd
- ❖ Scripts & Strategies in Hypnotherapy, Roger Allen
- ❖ Scripts & Strategies in Hypnotherapy with Children, Lynda Hudson

It is not a requirement to read any of these books before you commence your training.

### Who can attend this Diploma level course?

This course is designed to appeal to a wide cross section of individuals from all walks of life, who may have an interest in developing themselves and/or helping others. The course is designed to allow individuals to work as a practitioner following qualification; however some may well just like to use their learning for their own personal development. Academic qualifications are not a prerequisite for entry.

I abide by the GHSC code of ethics and reserve the right to refuse applications and if necessary terminate the training of any student where their conduct is deemed offensive.

## Course Fees

The total cost of the training Diploma is £1750.00

Payment is by cheque or cash only.

Cheques to be made payable to Sheila Granger and post to 30 Lockwood Road, Beverley HU17 9GQ

An initial deposit of £100.00 is payable on application, to reserve your place and this amount would be wholly refundable if the course did not go ahead. The balance is payable in three instalments of £550.00 which would be payable at the commencement of each weeks training.

## Course Venue

All training courses take place at The Village Hotel, Henry Boot Way, Hull, and the Hotel will be happy to help you with accommodation if needed.

## How to apply

To reserve your place, simply complete the attached reservation form, and return with your deposit.

Reservation Form

**Hypnotherapy Practitioner Diploma**

Title: Ms; Miss; Mrs; Mr; Dr or Other \_\_\_\_\_

First name \_\_\_\_\_ Surname \_\_\_\_\_

Address including postcode \_\_\_\_\_

Telephone number daytime \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Course dates applied for \_\_\_\_\_

Please accept my deposit of £100.00. Balance due on commencement of training .

Please make cheques payable to 'Sheila Granger'

Signed \_\_\_\_\_ Date \_\_\_\_\_