

'Intensive' days

Hypnotherapy 'Intensive' courses currently available:



The following Hypnotherapy 'Intensives' courses are generally held over 2 days and can count towards Advanced Certification. They include a balance of theoretical and practical sessions and introduce real life case studies.

Using Hypnotherapy Within the Palliative Care of Patients : to enable participants to gain a thorough understanding of how hypnosis can be utilised effectively within palliative care and to gain confidence and competence identifying and using appropriate techniques with patients.

Click here for further details about this 'intensive' and/or to register an interest. [Download Palliative Care IntensivePDF](#) for further information.

Using Hypnotherapy for Stress Management: to enable participants to gain a thorough understanding of how hypnosis and other psychotherapeutic techniques and 'tools' can be used effectively to identify, address and deal with stress.

Click here for further details about this 'intensive' and/or to register an interest. [Download Sress Management IntensivePDF](#) for further information.

Using Hypnotherapy for Smoking Cessation: to introduce additional information, resource 'tools' and techniques which can be incorporated within existing smoking cessation programmes.

Click here for further details about this 'intensive' and/or to register an interest. [Download Smoking Cessation IntensivePDF](#) for further information.

Hypnotherapy for the treatment of Eating Disorders:to specifically improve your ability to specialise within the complex area of annorexia, bulemia and binge eating.

Click here for further details about this 'intensive' and/or to register an interest. [Download Eating Disorders Intensive PDF](#) for further information.

Hypnotherapy for Pain Control and Management : learn further effective ways to help patients reduce and control their pain experience.

Click here for further details about this 'intensive' and/or to register an interest. [Download Pain Management IntensivePDF](#) for further information.

Working with Children and Young People:to improve your ability to specifically treat children and adolescents who



present a wide range of physical, emotional and behavioral problems.

Contact us for further details about this 'intensive' and/or to register an interest.

Sports Psychology: to develop knowledge and skills re: the psychological aspects of utilising Hypnosis and NLP to improve and enhance sporting performance. These techniques can be adapted for any area requiring enhancement.

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Working with HIV and Aids: an introduction to effectively utilising Hypnotherapy within this specific area of work.

Contact us for further details about this 'intensive' and/or to register an interest.

Phobias and Anxieties: to introduce further information, methods and techniques which can be utilised within treatment to give real and permanent relief.

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Creative Therapy: designed to enable you to explore your creativity and flexibility as a therapist through play and colour.

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An Introduction to Ericsonian Hypnosis: to introduce the master of hypnosis - Milton Ericson and the use of indirect suggestion and metaphors.

Contact us for further details about this 'intensive' and/or to register an interest.

Working with Postnatal Depression, Infertility and Miscarriage: an introduction to these specialist areas of work and how hypnosis can be used to deal with the emotional aspects associated.

Contact us for further details about this 'intensive' and/or to register an interest.

Drama Therapy: an introduction to the utilisation of drama, role play and rehearsal within therapy.

Contact us for further details about this 'intensive' and/or to register an interest.

Weight Loss: to introduce additional information, resource 'tools' and techniques which can be incorporated within existing weight loss programmes.

Contact us for further details about this 'intensive' and/or to register an interest.

The following 'Intensive' days are generally held over 1 or 2 days and are offered for personal interest and personal development. They include a balance of theoretical and practical sessions.

EFT - Emotional Freedom Technique: proven to be effective for many problems including trauma, anxiety, phobias

and pain. This 'Intensive' 1 day course can lead to a further 2 days Practitioners certified training.

Contact us for further details about this 'intensive' and/or to register an interest.

Practice Management: practical advice and information on how to create, build and maintain a successful Hypnotherapy practice.

Contact us for further details about this 'intensive' and/or to register an interest.

Past Life Regression: learn more about this powerful therapy tool and how it can create positive therapeutic change.

Contact us for further details about this 'intensive' and/or to register an interest.

Understanding and Working with Dreams: an introduction to working with dreams as part of the therapeutic process - including dream analysis and auto suggestion.

Contact us for further details about this 'intensive' and/or to register an interest.

