

## Specialist courses

'Specialist' courses currently available:



The NCTH develop and run 'Specialist' courses in Hypnotherapy and related Psychotherapeutic subjects 'tailored' specifically to organisational needs. Through our 'Specialist' courses we can build a unique training programme developed to meet your needs or you may feel one of our standard 'Specialist' courses will fulfill your requirements.

### **An introduction to Using Hypnosis within Palliative Care (Accredited course):**

The course is held over 4 days in 2 stages. The first stage is a 2 day (consecutive days) introduction to hypnosis and includes learning a selection of appropriate inductions and deepeners which can be used to help a patient relax and for addressing self-esteem issues in relation to their diagnosis and / or treatment. In addition to this, participants gain a thorough understanding of what hypnosis is and how it can be applied within the clinical setting. At the end of this stage there is a gap of between 3-4 weeks during which it would be useful for participants to offer some basic relaxation sessions to patients. We can provide distant support during this gap in order to advise on any problems or issues experienced. Providing participants feel confident to then progress to the next stage (a further 2 consecutive days) this involves learning some specific therapy techniques which can be utilised to treat some of the common problems associated with palliative care patients.

E-learning is included within this course as a means of providing distance support and, assessing / accrediting participants understanding and development during the 2 stages. This involves contributing to a discussion forum, utilising a 'chat' facility for advice if necessary, question / answer quizzes and outlining a patient case history. On successful completion of the course the NCTH would offer an Introductory Certificate in the use of Hypnotherapy within Palliative Care – the NCTH has negotiated with the Hypnotherapy Society 'approved status' of this course and, participants are eligible for Associate Membership of the Society on successful completion (participants would be eligible for their own membership fees).

Feedback from a range of palliative care workers at Marie Curie:

*'my main learnings from this course was how powerful a tool hypnotherapy is and the positive effect it can have on a patient'*

*'content was well chosen, focus was clear and very appropriate', 'early introduction of practical skills was good', 'adequate time to reflect and debrief'*

*'well presented training in a professional, relaxed, safe and open environment. The tutors are excellent - very experienced and make you feel at ease'*

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

**Using Hypnosis within Palliative Care (Study day):**

The study day is designed to give basic information and skills in understanding what hypnosis is and how relaxation can be incorporated within the palliative care of a patient. It contains a good balance of theory and practice and is designed to give basic information and skills in understanding and inducing basic hypnosis in a safe and competent manner.

Feedback from a range of practitioners working within the palliative care of cancer patients:

*'for a days course - just about right - a good balance of practical and theory'*

*'every part of the day was informative and interesting'*

*'content was excellent but the day has left me wanting to learn so much more'*

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**Using Hypnosis within Child and Adolescent Psychiatry (Study day):**

The study day is designed to give basic information and skills in understanding what hypnosis is and how it can be utilised effectively when treating patients who present a wide range of problems seen in child and adolescent psychiatry. It contains a good balance of theory and practice and is designed to give basic information and skills in understanding and inducing basic hypnosis in a safe and competent manner. Examples of case studies will also be presented with outline discussions of the hypnotherapy methods used.

Feedback from practitioners working within CAMHS (Child and Adolescent Mental Health service):

*'the practical experiences I had and initial explanations were excellent'*

*'it seems that hypnosis can be effectively incorporated within working with children and families - particularly children who struggle with the CBT model or who are specific cases e.g exam stress'*

*'the day was well balanced and the practicals and case studies were extremely useful'*

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