

## Hypnotherapy Taster Courses

### Hypnotherapy Taster Courses

These new 'taster' courses are for people who are interested in finding out more about Hypnosis and related topics.

Current courses include:

What is Hypnosis?

A practical 'hands-on' introduction to using hypnosis for relaxation and self help / personal development. The course will explain the basics of what Hypnosis is and how the power of the mind can be utilised to facilitate beneficial and positive changes. It will introduce the basics of self-hypnosis and other 'tools' and techniques which can be easily employed by the individual to address a variety of common issues and concerns.

[Click here for further information about this course.](#)

Course Dates and Locations

**Wakefield: Friday 3rd April 2009**

**Contact us for dates at other venues**

*We also are running these courses at Darlington (North East), Sheffield, York, Chester. Please fill in our **interest form** for more details.*

What is NLP (Neuro Linguistic Programming)?

A practical 'hands-on' introduction to understanding and using NLP. The course will explore psychological 'tools' and techniques which can be utilised to understand and improve the way we relate to and communicate with others.

[Click here for further information about this course.](#)

Course Dates and Locations

**Wakefield: Dates currently being scheduled**

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