

## What is Hypnosis Course

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The aim of this 'taster' course is to enable participants to gain a practical 'hands-on' understanding of Hypnosis - i.e. what it is and how it can be used effectively as a 'tool' for self-help and development. This Hypnosis course is one of a variety of **NCTH** short courses aimed at the individual looking for personal development, self-awareness and self-improvement.

The day will be facilitated by Christine Blessing (Course Director - Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Senior Lecturer - Northern College of Therapeutic Hypnosis Ltd, Specialist Hypnotherapist). Christine and Jackie are currently involved with developing and running courses in Hypnosis, NLP and 'other' related psychotherapeutic studies for the private, business and voluntary/community sectors.

*'Man is a tool using animal. Nowhere do you find him without tools; without tools he is nothing, with tools he is all' - Thomas Carlyle*

### What is Hypnosis Course Outline

This 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.

#### **Benefits of learning Hypnosis techniques:**

- \* improved awareness
  
- \* increased confidence
  
- \* ability to 'de-stress'

#### **This course will explore:**

What Hypnosis is - the history and the theories behind it, naturally occurring states of hypnosis, levels and depths of hypnosis and suggestibility. Participants will be introduced to self-hypnosis techniques and effective 'tools' which can be utilised for the benefit of the individual.

Courses are presented in a 'down-to-earth' fashion &ndash; the emphasis being that learners get the 'hands-on' experience of the subject.

Our training methods are creative and interactive with an emphasis on involvement and fun!

#### **Suitable for:**



Anyone who is interested in the mind and how it affects self-help and personal-development.

Cost: £70 (1-day + VAT @ 15%) includes notes, tea/coffee & biscuits

**Wakefield: 'What is Hypnosis?'- Dates currently being scheduled**

**Contact us for dates at other venues**

**Book your place now**

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

**Other Taster Courses include:-**

What is NLP?