

Institute of Clinical Hypnotherapy & Psychotherapy Prospectus



No career is more rewarding
than enabling people to help themselves
achieve a better quality of life.

INTRODUCTION

ICHP Training and Accreditation Institute have been offering Training in Clinical Hypnotherapy & Psychotherapy for over 30 years. The training consists of our undergraduate Levels; Foundation, Diploma, Advanced Diploma and ICHP Associate Degree. The ICHP teach a wide variety of eclectic techniques, both Hypnotherapeutic and Psychotherapeutic, so that the client does not have to adapt to the therapy, rather the therapist can adapt to the client's presenting symptom.

FOUNDATION

This level of the course is open to the general public and serves as a highly valuable self-development outlet, a general interest course and a stepping stone to continue studying to Level II, the Diploma in Clinical Hypnotherapy. Upon completion of this course the graduate will receive an ICHP Foundation Certificate in Clinical Hypnosis.

DIPLOMA

The Diploma level of the programme is open to all graduates of the Foundation Certificate Course. Others that have completed a similar qualification deemed appropriate by ICHP Board, may be eligible to join this part of the course. This course delves deeper into the Ethics, Principles, Methods and Techniques of Hypnotherapy. Upon completion of this course the student will receive an ICHP Diploma in Clinical Hypnotherapy, and will be eligible to go into Practice as a Clinical Hypnotherapist, strictly conducting Suggestion Therapy only.

On commencing practice as a Clinical Hypnotherapist, the student is required to undergo Clinical Supervision in order to eventually achieve 500 Supervised Hours for ICHP Accreditation. *(Please note: This 500 hours is conducted while you continue with the next level of the programme and afterwards. It does not pose as a pre-requisite to continuing your training).*

ADVANCED DIPLOMA

The Advanced Diploma in Clinical Hypno-Psychotherapy is open to all graduates of the Diploma level of the programme. On completion of this level of training the student will be eligible to go into private practice as a Hypno-psychotherapist and Hypno-Analyst, become a member of the Clinical Hypnotherapy & Psychotherapy Association (CHPA) or the European Association of Professional Hypnotherapists (EAPH), and will also be eligible to continue to ICHP Associate Degree Level.

ICHP ASSOCIATE DEGREE

This Level of the programme is open to all graduates of the Advanced Diploma level. On completion of this part of the course, the student will be eligible to continue to Post-Graduate Training and Masters Level, and continue to train to achieve European Certification in Hypnotherapy and Psychotherapy.

ICHP VALUES

Supportive

ICHP supports the needs, goals and aspirations of both our students and staff through small class groups offering more individual attention and a friendly learning environment. Student/Tutor interaction is encouraged during and after practical training periods to ensure students are given full attention during study.

Accessible

ICHP ensures equality, diversity and inclusiveness in the institute's programmes and activities.

Friendly

ICHP responds in a positive and welcoming way to anyone who deals with or enters the institute.

Professional

ICHP performs with professional excellence in everything we do, including teaching, research and innovation, governance and management, and public service.

Relevant

ICHP ensures relevance to industry, business and society within all our teaching programmes, research and innovation.

Director's Letter

As Director of the Institute of Clinical Hypnotherapy & Psychotherapy it gives me great pleasure to welcome you to the ICHP, and I wish you every success on your journey to becoming a professional Hypnotherapist-Psychotherapist.

In an age when world technological knowledge is doubling every twenty four months and the pace of living is becoming ever more overwhelming causing stress induced symptomology in over 30% of the general population, there is great need for psychological support that is effective and brief.

This programme is designed to equip you, the student, with the necessary expertise to assist clients in this caring and helping profession.

It was W.B. Yeats that wrote "Education is not the filling of a pail, but the lighting of a fire". The ICHP programme in Hypnotherapy is one of the most exciting and fascinating careers available in modern society. All facets of human behaviour involve the use of the mind and the subconscious in every sphere of contemporary life.

Modern scientific Hypnotherapy-Psychotherapy has a history of some 250 years, although its pre-scientific origins date back some 5000 years. Hypnotherapy is today experiencing an unprecedented boom in growth and expansion and in Ireland, Europe and globally.

I know you will find the course both stimulating and rewarding as there is great emphasis on personal self-development combined with supervision. As you progress through the four levels of the ICHP programme you will be exposed to a wide variety of modular tutors with a vast repertoire of approaches and styles to prepare you to consult with an array of mental health symptoms.

The programme is designed to be taught by professionals in the field and combine clinical based practice with a theoretical underpinning, as well as to promote a good working relationship between tutors, students, supervisors and work placement personnel. This close relationship is an inherent part of the ICHP culture and prepares our graduates for a professional career in the field of Hypnotherapy-Psychotherapy.

I wish you every success in your studies with the Institute of Clinical Hypnotherapy & Psychotherapy.

Dr. Joe E. Keaney,
Director of the ICHP.
January, 2011

Foundation Certificate

This Foundation Certificate course is designed for the student to learn the basic skills of Hypnosis/Hypnotherapy while providing an excellent stepping stone to the Diploma and Advanced Diploma Levels. The student will learn about Hypnotherapy and how to induce therapeutic trance in their clients to help with presenting symptoms such as smoking, slimming, stress, phobias, fears and anxieties, pre-exam nerves, concentration and memory improvement.

This course combines hands on practical course work with course notes, audio recordings and a required reading list, all of which help the student accumulate the basic skills of a Clinical Hypnotherapist. The course requires 70 hours of practical training which takes place over five weekends, with each weekend contributing towards 14 hours of training.

The student will discover the many advantages of training in Hypnosis and therapy before committing to the ICHP Diploma in Clinical Hypnotherapy and Psychotherapy. The course will also teach the student to deal with personal issues, realise their true potential and help focus on a successful future career in Hypnotherapy-Psychotherapy.

During Level 1 there is a strong emphasis on continuous assessment and Supervision and the student is encouraged to practice with family & friends as practice clients. On completion of Level 2, the Diploma in Clinical Hypnotherapy, the student will be eligible to go into professional practice in Clinical Hypnotherapy using suggestion therapy only.

The student will learn:

Introduction to Hypno-Psychotherapy Course	Induction of Hypnosis
Introduction to Theoretical Considerations	The Benefits of Hypnotherapy
What is Psychotherapy: A personal and practical guide.	Hypnotherapy – Mind/Body Connection
The Hypnotic Induction	Indirect Hypnotic Phrasing and Techniques
Regression Techniques for Presenting Symptoms	Classic Hypnotic Phenomena
Pre-Induction Sensitisation	Conditions treated in Hypnotherapy
Imparting of Hypno-psychotherapy Information	The Rules of the Mind
Suggestions in Hypno-psychotherapy	Practical Induction & Therapy
Structuring Suggestions	Rules Governing the Ethical use of Hypnosis
Common Misconceptions Concerning Hypnotherapy	Dangers of Hypnotherapy
Hypnotic Suggestibility	Smoking Cessation
Signs of Hypnosis	Weight Loss
Laws of Suggestion	General Application of Hypnotherapy
Pre-Induction Consultation	Formulating Suggestions for Specific Symptoms
Information Gathering	Practical Business Considerations
	Ethics and Supervision

During the ICHP Foundation Level there is a strong emphasis on the ICHP Code of Ethics, Standards & Practice in order to train the student in all issues relating to practice and ethical Hypno-psychotherapy.

Diploma in Clinical Hypnotherapy

The Diploma in Clinical Hypnotherapy is available to students who have successfully completed the Foundation Certificate in Clinical Hypnosis. This part of the course builds on the principles, practice and Ethics of Clinical Hypno-psychotherapy. The student is required to attend 84 hours of practical training, which is run one weekend a month for six months.

This course also involves twelve lessons and recorded lectures for directed independent learning. Lessons will be supplied from initial application on the course as well as during the weekend practicals. Assessment involves exercises, exams and essays, along with practical experience.

Required home study consists of a recommended reading list in addition to the manuals provided. Students are required to submit a range of learning assignments.

Training Analysis

Each student is required to begin personal therapy and analysis in their Diploma year. ICHP will provide a list of suitable therapists who are accredited to conduct personal therapy on ICHP students. Each student should maintain a journal that monitors their own self-development and enter the hours taken and their self-development in their log book.

You Will Learn;	
An overview of Therapy	Clinical Hypnosis for Appetitive Disorders
Hypnotherapy & Irish law	Clinical Hypnosis for Functional Problems
Hypnotherapy & Insurance	Clinical Hypnosis for Smoking & Addictions
Safety factors involved in becoming a Hypnotherapist	Clinical Hypnosis for Habit Disorders
Duty of Care	Clinical Hypnosis for Obsessive
The Historical Roots of Hypnotherapy	Compulsive Disorders
Practical Hypnosis	Clinical Hypnosis for Fears & Phobias
Defining Hypnosis	Clinical Hypnosis for Sexual Dysfunction
Stages & Phenomena of Hypnotherapy	Clinical Hypnosis for Pain & Suffering
Dangers of Hypnotherapy	Clinical Hypnosis for Breathing, Skin & Heart
Difficulties in Hypnotising and De-hypnotising clients	Clinical Hypnosis for Ego-Strengthening
Practical information about utilising Hypnotherapy	Clinical Hypnosis for Emotional Problems
Conscious & Sub-Conscious Minds	Clinical Hypnosis for Anxiety & Fear
Healing Using Visualisation and Hypnosis	Child Protection Training
Voices of the Therapist	Dreams
Suggestibility Tests	Free Association
Deepening Techniques	Repression Release
Symptom Substitution	Oral Conflicts and Character Diagnosis
Instant Inductions	Anal Conflicts and Character Diagnosis
Dealing with the Fearful Subject of the Hypnotic Experience	Genital Conflicts and Character Diagnosis
Proof of Hypnosis	The Inter-relationship of Conflicts with sexual problems and anxiety states.
Communicating Hypnosis	Use of the Affects Bridge Techniques
General Classification of Induction	Person-centred therapy (Dr Carl Rogers);
Ideo-Motor Response (IMR)	Psychosynthesis (Dr Roberto Assagioli)
Ways of Using IMR or Arm Levitation	Gestalt (Drs Fritz and Laura Perls);
Self-Hypnosis	Transactional Analysis (Dr Eric Berne)
Physical Signs of Hypnosis	Cognitive and cognitive-behavioural therapy (Dr Aaron T. Beck)

Permissive Techniques	Analytical Therapy (Dr Carl Jung)
Imaginative Techniques	Existential Therapy (Irvin Yalom and Rollo May);
Active Techniques	Cognitive-humanistic therapy (Dr Richard Nelson-Jones)
Theories & Nature of Hypnosis	Transpersonal Therapy(Ken Wilber, Dr Roger Walsh and Dr Frances Vaughan)
Uncovering Techniques	Integrative Therapy (Various)
Psychosomatic Disease and Stress	Transference & Counter-transference
Validity of memories retrieved in the Hypnotic state	Neurolinguistic Programming (NLP)
Rules Governing the Use of Hypnotherapy	Ericksonian Hypnotherapy
Modern Hypnosis; Theory & Practice	The life & teachings of Dave Elman Children & Adolescents
Trance Deepening Images	Fantasy Therapy

INSURANCE

Each graduate of the ICHP Diploma Course will be eligible to secure Public Liability Insurance and Private Indemnity Insurance with **Balens Insurance Services** which will provide cover when practicing as a Clinical Hypnotherapist.

The policy is one of the widest available on the market and includes **Medical Malpractice** which covers your treatment risk, **Professional Liability** which covers any advice you give that may affect someone financially, **Public Liability** which covers injury caused to clients or for damage caused to their property through acts of negligence, **Product Liability** if there was a defect in the product you sold. The policy also includes a **DAS Legal Expenses package** covering **Inland Revenue Investigation**, **Free legal advice helpline**, **criminal allegations** made against you **including sexual impropriety** and many other features. Other points of cover include **Loss of Reputation**, **Breach of Intellectual Property**, **Client Confidentiality Protection**, **Loss of Documents cover**, **First Aid cover as well as Good Samaritan Acts**. A limit of indemnity of €4,000,000 / €6,000,000 (depending on scheme) on a losses occurring basis.

Advanced Diploma

In order to practice as a Clinical Hypno-psychotherapist it is necessary to continue to the next stage of the programme, the Advanced Diploma Practical classes. The requirement for this level of the programme is to conduct 56 hours of practical training, held over 4 weekends once a month. Again there are various examinations and essays throughout the course.

On completion of your Foundation, Diploma & Advanced Diploma courses and the required assessments, you are eligible to receive your Advanced Diploma in Clinical Hypnotherapy & Psychotherapy. This allows you to become a member of the Clinical Hypnotherapy and Psychotherapy Association or the European Association of Professional Hypnotherapists and to go into practice as a Clinical Hypnotherapist-Psychotherapist.

The course syllabus is laid out below. Briefly, the course covers all aspects of Clinical Hypnotherapy / Hypnosis / Psychotherapy & Hypno-Analysis, so that upon graduation you will be in a position to set up in private practice, and start your new career as a professional, ethical, accredited and competent Hypnotherapist / Hypno-Analyst / Hypno-Psychotherapist.

The table on the following page summarises the Advanced Diploma course contents.

Historical development of Hypno-Analysis	Sexual Problems & Anxiety
Components of Classical Psycho-analytical Techniques in the production of material in the analytical encounter	Oral Conflicts
Phobias	Basic Instincts
Facilitating the development of Transference Neurosis and the Working Alliance	The Libido
Analysing Transference	A baby boy's Development
Resistance	A baby girl's Development
Clinical Hypno-psychotherapy	The Oedipus Complex
The Basic Structure of a Hypno-Analytical Therapy session	Worry and Conflict
Hypno-Analytical Techniques & Skills	Gratification & Anger
Recognising & Utilising Transference	Self-Direct Rage
Recognising & Utilising Trance States	Dissociation
Calibration	Compulsive Traits
Rapport Building	Depressive Illness
Dream Interpretation	Schizoid Personality
Therapeutic Use of Dreams	Case Histories of Compulsive Traits
Abreactions & how to deal with them	Anal Conflicts
Character Diagnosis	Anal-sadistic Period
Technical Difficulties	Obsessional characters
Therapist Intervention During Analysis	Character Types of the Obsessional Personality
NLP Skills	Paranoid characters
Reframing	Hypochondriacal characters
Eye Accessing	Case Histories of Anal Conflicts
Sub-Modalities	Genital Conflicts
Using Hypnotic Phenomena	Hysteria
Therapeutic Use of Deeper Trance	Character Traits of the Hysterical Personality
Metaphor Dreams and transformation	Hysterical Dissociation
Anchoring	The Anxiety State v Fear & sexuality
	Anxiety in the Form of a Bodily Symptom

In addition to this the student will be required to attend 2 one-day workshops:

Personality Theory in Hypno-Psychotherapy which deals with the development of a basic understanding of the various theories of personality development and their relevance to Hypno-psychotherapeutic analysis.

General Human Sciences workshop which lays the scientific foundation in Human Anatomy and Physiology, Neuroscience, the Emotional Limbic system, Left and Right brain processing, State Dependent Memory Learning & behaviour, Evolutionary development, the Threat system, Stress and Core Psychotherapy Modules.

ICHP ASSOCIATE DEGREE PROGRAMME

ICHP BCHAPS Techniques Workshops are run one weekend each month for 10 months. Participants are required to:

attend ten of these weekends which run on a Friday evening/ Saturday basis in Dublin, and once a week in Cork. Each weekend will involve specific techniques which will be repeated at intervals over 24 months, so that, in the event of a participant missing one weekend, they will be eligible to complete it in the next cycle of workshops. In addition the student will have to conduct Work Experience in the area of Mental Health.

PROGRAMME BACKGROUND

ICHP is proud to be one of the founding members of the European Association for Hypno-Psychotherapy, with its unique Hypno-psychotherapy model, BCHAPS, which means Brief Clinical Hypno-analytic Psychotherapy. In 2009 the ICHP Training & Accreditation Institute gained some major ground on the road to European-wide Accreditation by attaining Category 4 Membership of the European Association for Hypno-Psychotherapy (EAHP). This category of membership is the 'gold standard' of European education in Hypno-psychotherapy and allows for accreditation on a European recognised level.

ICHP Training and Accreditation Institute have since rolled out a new Degree Upgrade Programme for current graduates. ICHP programmes will be split into undergraduate and postgraduate levels, with the former leading students to an ICHP Degree in Hypno-psychotherapy and the latter to a Masters award. The undergraduate level requires students to complete three years training to achieve the Associate Degree Level.

ICHP are now offering current ICHP therapists and graduates the opportunity to complete a one-year training programme to upgrade their qualifications to this Associate Degree Level, and to have the opportunity to continue into Post-graduate training thereafter. The course will entail further supervision, clinical practice and personal therapy.

The new training programme for present graduates is created to fulfil the requirements of Clinical Practice and Hypno-psychotherapeutic experience which are major facets of the EAHP training standards. Hence, the programme will involve each student both performing and receiving a variety of Hypno-psychotherapeutic techniques in a supervised setting.

RATIONALE

The rationale behind this methodology is that in receiving the techniques the participant is receiving personal therapy, while, in performing the techniques the participant is gaining clinical practice experience. Research shows that, whereas good knowledge of key components of a technique lays an important foundation for effective practice, expert practitioners are those who are able to adapt the technique to deviate and go beyond the technical recommendations of the technique when the clinical situation requires this.

ICHP's one-year programme for graduates entails Supervised Techniques Experience in Clinical Practice, Personal Hypno-psychotherapeutic Experience, Case history writing and Journaling. All of these modalities are essential for successful practice in Hypno-psychotherapy. The objective of these classes is that the participant will be practicing each technique four times and receiving the technique four times. As various techniques are covered each weekend, the course format allows the techniques to be run cyclically. Therefore, if a participant is

unable to attend one weekend they can cover the techniques they have missed in the second cycle of classes.

Each class will see students learning various techniques and then both performing the technique on fellow students and receiving the technique from fellow students, all the while being Supervised and assisted by senior ICHP Supervisors. This will contribute to your ability as a therapist to perform and practice each technique under Supervised Techniques Experience and to undergo each technique for yourself as a form of Hypno-psychotherapeutic Experience. The directed independent study section of the course entails documenting experiences through case history writing and journaling issues arising as a result of receiving the technique.

On completion of the Supervised Techniques Experience in Clinical Practice integrating Personal Hypno-psychotherapeutic Experience, Case history writing and Journaling students will be eligible to continue their studies into Post-graduate Level which runs part-time for four years.

ACCREDITATION

The Institute of Clinical Hypnotherapy & Psychotherapy is affiliated to N.C.H. (U.K.) and the Course of Training is accredited by the National Council for Hypnotherapy (U.K.) and European Association of Clinical Hypno-Psychotherapy (E.U.)

Member/Approved:

IRISH HYPNOTHERAPY EXAMINERS BOARD (IRL)

CLINICAL HYPNOTHERAPY AND PSYCHOTHERAPY
ASSOCIATION (IRL)

EUROPEAN ASSOCIATION OF PROFESSIONAL
HYPNOTHERAPISTS (IRL)

EUROPEAN ASSOCIATION FOR HYPNO-PSYCHOTHERAPY (EU)

NATIONAL HYPNOTHERAPY PSYCHOTHERAPY REGISTER (IRL)

ASSOCIATION FOR PROFESSIONAL HYPNOSIS &
PSYCHOTHERAPY (UK)

NATIONAL GUILD OF HYPNOTISTS (USA)

CORPORATION OF ADVANCED HYPNOTHERAPY (UK)

AMERICAN COUNCIL OF HYPNOTIST EXAMINERS (USA)





INTERNATIONAL SOCIETY FOR PROFESSIONAL HYPNOSIS (USA)

ASSOCIATION TO ADVANCE ETHICAL HYPNOSIS (USA)

AMERICAN INSTITUTE OF HYPNOTHERAPY (USA)

EUROPEAN THERAPY STUDIES INSTITUTE (UK)

Course Costs

<p style="text-align: center;">Level 1 Foundation</p>		<ul style="list-style-type: none"> - Directed Independent Learning - Home Study & Personal Practice - Classroom Tuition - Practical Training (5 weekends over 5 months) - Supervised Practice 	<p>€250 registration & €250 per weekend as you attend</p>
<p style="text-align: center;">Level 2 Diploma I</p>		<ul style="list-style-type: none"> - 12 Home Study Lessons & Personal Practice - Practical Training (6 weekends over 6 months) - Supervised Practice 	<p>€250 registration & €250 per weekend as you attend</p>
<p style="text-align: center;">Level 3 Advanced Diploma</p>		<ul style="list-style-type: none"> - Directed Independent Learning - Home Study & Personal Practice - Classroom Tuition - Practical Training (4 weekends / 2 classes a month) - Supervised Practice 	<p>€250 registration & €250 per weekend as you attend</p>
<p style="text-align: center;">Level 4 Associate Degree</p>		<p>Supervised Techniques Experience in Clinical Practice integrating Personal Hypno-Psychotherapeutic Experience, Case history writing and Journaling.</p>	<p>€250 registration & €250 per weekend as you attend</p>

Location of Training Courses



Marino Institute of Education,
Griffith Avenue,
Drumcondra,
Dublin 9.



Therapy House,
6 Tuckey Street,
Cork City.

ICHP APPLICATION FORM

DEGREE IN CLINICAL HYPNOTHERAPY-PSYCHOTHERAPY

(Please complete this form using BLOCK CAPITAL LETTERS)

Surname								
Forename(s)								
Title:Mr./Mrs./Ms./etc.		Sex	M	F	DOB:	DA Y	MT H	YEA R
Nationality				Occupation:				
Address for Correspondence:					Permanent home address(if different):			
Daytime Telephone:				Mobile:				
Fax Number				Email				

2. COURSES

Please indicate the level of ICHP Degree Programme for you which you are applying: (Applicants should supply documentary evidence, where necessary, of prior ICHP qualifications for each previous level taken, or equivalent from alternative providers.)

Foundation Certificate in Clinical Hypnotherapy-Psychotherapy	
Diploma in Clinical Hypnotherapy-Psychotherapy	
Advanced Diploma in Clinical Hypnotherapy-Psychotherapy	
Degree Programme in Clinical Hypnotherapy-Psychotherapy	
Masters Programme in Clinical Hypnotherapy-Psychotherapy Year 1/4	

If you have a disability or specific learning difficulty please tick here:
The Institute will try, as far as possible, to meet the needs of students with a disability. If you have a disability or specific learning difficulty you are invited to inform the College. More detailed information may be sought at a later date.

This information will not in any way prejudice or favour your application.

3. EDUCATION

Secondary Education

Junior Certificate

Leaving Certificate

Third Level Education

Name of Institute/ College	Years of Study	Course Title	Qualification Awarded

On the line below, please outline the name you would like to appear on any ICHP Qualifications or Awards:

Declaration:

I declare that the information herein is true to the best of my knowledge and belief. I have read the ICHP prospectus and understand that the course is devised in its entirety by and in copyright of ICHP. The Examinations referred to are under the Jurisdiction of the Irish Hypnotherapy Examiners Board and any dispute shall be referred to this body, whose decision will be final and binding on both student and Modular Tutor; no guarantee has been implied or given that the instructor can bring the student to a pass mark in any examination. I understand that any misrepresentation herein may render my application void.

Signed: _____

Date: _____

Payment Information

Payment by Cheque:

Please return this form together with your cheque, made payable to ICHP to:

Admissions Officer,
Therapy House,
6 Tuckey Street,
Cork City,
Ireland

Payment by Credit Card:

You can pay Online, using the PayPal payment option at the end of the page at; <http://www.hypnosiseire.com/events/> You do not need to create a PayPal account to use this option.

Or by filling out and returning the form below:

I wish to pay by: Visa Mastercard Eurocard Access

Please charge €_____ from my account. Expiry Date: ____/____
CCV* _____

Card Number _____

Card Holders Name:

Address:

—

** (The CCV number is the last three digits of the code written where the card holders signature is located at the back of the card)*