

PROSPECTUS



The National
College of
Hypnosis and
Psychotherapy (Aust.)

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The National College offers Career training with UK Open University credit at Post Graduate level. Our Diploma and Advanced Diploma level training is Masters level education.

The college proudly alliances with the National College of Hypnosis and Psychotherapy of the United Kingdom, established in 1977.

NOTICE: NCHP Aust. Endeavours to ensure that all information contained in this prospectus was correct at the time of publication but reserve the right to amend any details as part of an ongoing process of evaluation of the courses and procedures. This may be due to feedback from students, regulatory bodies or others.

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Abbreviations

The following abbreviations are used throughout this document.

NCHP (Aust)	The National College of Hypnosis and Psychotherapy in Australia
NCHP (UK)	The National College of Hypnosis and Psychotherapy in the United Kingdom
AHA	The Australian Hypnotherapists Association
OU	The Open University in the United Kingdom
CPD	Continuing Professional Development
NGH	The National Guild of Hypnotists of the USA
NLP	Neuro Linguistic Programming
UKCP	The United Kingdom Council for Psychotherapy
PACFA	The Psychotherapy and Counselling Federation of Australia
EAP	The European Association for Psychotherapy
NCSAG	The National College Student and Alumni Guild
NCH	The National Council for Hypnotherapy in the UK
CHP (NC)	The Certificate in Hypno-Psychotherapy from the NCHP
DHP (NC)	The Diploma in Hypno-Psychotherapy from the NCHP
ADHP (NC)	The Advanced Diploma in Hypno-Psychotherapy from the NCHP
VET	Vocational Education and Training (This refers to the VET scheme of the Queensland Government – part of the National Training System).

NCHP-A and NCHP Personnel

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Introduction

The National College of Hypnosis and Psychotherapy (Aust.) was launched in 2009. The NCHP-A presents internationally recognised and accredited courses, through its founder and Principal Alan Patching (a Certified Instructor of Hypnosis with The National Guild of Hypnotists of the USA) and through its alliance with the National College of Hypnosis and Psychotherapy of the UK.

The National College of Hypnosis and Psychotherapy of the UK was founded in 1977 and is externally accredited by several leading authorities relevant to Independent Further & Higher Education in the files of therapies. It is one of only two training colleges in the UK whose graduates are eligible for membership of the European Association for Psychotherapy.

Its principal is Shaun Brookhouse GCGI, MA, CertED, ADHP9NC), HPD, ECCH, ECP, FNCSAG, FNCH, UKCP(H).

NCHP Courses are held at venues in Liverpool, London, Oxford, Glasgow, Newcastle, South Wales, Leicester and Leeds at the time of writing. NCHP-A courses are held primarily at the college headquarters in Southport, Queensland.

This prospectus is designed to give you all the information that you need in order to determine why the NCHP route is right for you. If you need further information or would like to talk to us, please feel free to email or call.

Hypno-psychotherapy can be a wonderful career in a world where there is ever increasing pressure on people, coupled with the reluctance to find quick fixes in the form of pills. So many people suffer from a huge range of conditions that you will be able to work with: this training is designed to enable you to work effectively with your clients and as a consequence find fulfilment in your professional life.

Please note that, following your certification, the NCHP-A will offer continuing Professional Development (CPD) courses and events to help you maintain your professional qualifications. The information in this prospectus is applicable from January 2010 until superseded.

The aims of the NCHP (Aust)

- To enroll mature, motivated individuals as student members of the NCHP-A so that, after a thorough training, they will be able to enhance the profession of hypno-psychotherapy, and enjoy a fruitful and rewarding career in that field
- To impart to student members a sound and thorough knowledge of hypnosis and to train them thoroughly in methods of effectively inducing and managing the hypnotic state
- To give student members who wish to establish a successful practice a sound and thorough knowledge of hypno-psychotherapy, and other branches of psychotherapy
- To provide a program of Continuing Professional Development whereby established practitioners can keep abreast of the latest techniques and developments within their own area of specialisation, and in related spheres of therapy
- To provide an opportunity for trained and competent students to become members of a professional association comprising only those practitioners who have achieved a similar standard
- To provide training within a structure that offers direct access to membership of established professional bodies, in particular The Australian Hypnotherapists Association and the National Guild of Hypnotists (USA)

17 Reasons to choose to study with NCHP-A

Reason No. 1

We are 100% committed to the highest standards of training so that you are fully prepared for the challenges of professional practice.

Everything from our course material to our training and assessment methods seeks to be recognised as superior to anything else available in Australasia.

Reason No. 2

NCHP-A is in alliance with the internationally respected NCHP of the United Kingdom and offers the NCHP (UK) courses and qualifications. The NCHP is the only UK training organisation, which is authorised to offer the European Certificate of Clinical Hypnosis.

Reason No. 3

All NCHP-A tutors, and those of its alliance partner the NCHP (UK) are practicing professionals and not people who have given up practice to teach. For this reason, their input is always current and crucially relevant to your training.

Reason No. 4

Our training focuses on competence. Your tutor will demonstrate ALL techniques taught for you, and you will then have lots of opportunity to practice and receive constructive, course-correcting feedback. Therefore, when you qualify, your competence can be a strong foundation for confidence in your professionalism.

Reason No. 5

The NCHP-A most senior course, The Advanced Diploma, meets the education needs for registration with the UK Council for Psychotherapy, which might offer an appealing career enhancing advantage for those graduates seeking to work internationally.

Reason No. 6

The NCHP-A believes in creating a friendly learning environment in which all students feel safe to express themselves and learn which building supportive peer relationships with fellow students.

Reason No. 7

Our tutors are experienced teachers and are NCHP trained and experienced therapists.

Reason No. 8

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Support is available from a long established and well-staffed UK based organisation not only throughout your training but throughout your career.

Reason No. 9

We actively enforce our policies. They are not there just for show. They are an integral part of the College, and of our philosophy of ethical practice.

Reason No. 10

We encourage our students to ask questions or make comments about the training at any stage and undertake to always do our best to meet your needs.

Reason No. 11

Ethical practice is crucial and we teach it so comprehensively that you can be certain of how to act when you set up in practice.

Reason No. 12

As an NCHP-A trainee you may apply for membership of the UKCP as a “Candidate in Training”.

Reason No. 13

We know that you want to know exactly what you will be learning, so we publish all the details of the structure of our courses. We want you to be sure you’ve made the right choice when you decide to train with the NCHP (Aust).

Reason No. 14

We train students in small groups, and we believe this is important so you get individual attention.

Reason No. 15

Our courses comply with the Australian Hypnotherapists Association requirements for training at Associate Member and Clinical Member levels.

Reason No. 16

If at all possible, individual learning needs will be met. For example, students with dyslexia are able to submit work in audio or video recording format, if they prefer.

Reason No. 17

Therapy is an ‘individual’ process. We will encourage you to find your own way to be the best therapist you can be.

What is Hypno-Psychotherapy?

A brief history

Unlike most comparable therapies, hypnotherapy measures its history not in years or decades but in centuries. The usually acknowledged forerunner of modern hypnotherapy, Franz Mesmer (1734-1815), believed in the existence of a universal fluid, an imbalance of which caused illness. However, Mesmer's contemporaries attributed his undoubted successes to his manipulation of a patient's imagination. During the 19th century, several medical doctors followed this theme and used hypnosis successfully, not only to treat psychological illness but also as an anaesthetic for surgical operations.

Hypno-psychotherapy and hypnotherapy

Although the development of chemical anaesthetics displaced the use of hypnosis in surgery, and Freud's use of psycho-analysis began to displace it in psychotherapy, the benefits and uses of hypnotherapy are such that it remains a popular and adaptive form of simple relaxation therapy, or it may be integrated with any of the great schools of psychological thought. This integrative approach, termed hypno-psychotherapy, has very wide therapeutic applications. If only simple relaxation therapy is required, then someone with basic hypnotherapy training should be able to help. However, more complex emotional, psychological or physical problems require the help of a fully qualified hypno-psychotherapist who will have the skills to recognise and treat a wide range of disorders and conditions.

Please note that on completion of the NCHP-A course you will be entitled to refer to yourself both as a hypnotherapist (to attract a certain market, e.g. those wishing to stop smoking), and a hypno-psychotherapist (to attract more complex cases). More details on this are addressed in the section on courses structure.

The uses of hypno-psychotherapy

In addition to treating disorders of mood, thought or feeling, hypno-psychotherapy can help with a wide range of psychological problems including habit disorders, social difficulties such as lack of confidence, exam/driving test nerves, phobias, panic attacks and depression. It is also widely used for enhancing sporting performance, creativity, memory and concentration. Hypno-psychotherapy also has other clinical and medical application including pre/post-operative treatments, anaesthesia and pain relief strategies. Many stress-related physical problems such as skin disorders, migraine and irritable bowel syndrome, also respond well to hypno-psychotherapy.

Only a small selection of the many problems posed by our society and the way we live are mentioned here. There are many others, which may be alleviated by hypnotherapy and they can be discussed with a qualified hypno-psychotherapy tutor.

Note:

Many therapists working in non-allopathic areas choose to refer to themselves as ‘alternative medicine’ practitioners. In the field of hypno-psychotherapy, professional practitioners prefer to see themselves as *complementary* therapists who work with, rather than as an alternative to other professionals (e.g. medical practitioners and naturopaths etc) for the client’s benefit.

A safe form of therapy

In the right hands, hypnotherapy is a safe and beneficial therapy. The NCHP-A will teach students how to take a client’s full medical, emotional and social history before deciding on a treatment strategy. There are some instances where the use of hypnosis is not recommended, or where it should only be used with care. A competent hypno-psychotherapist will be aware of such contra-indications and may recommend an alternative form of psychotherapy, or modify their technique or refer where necessary to a medical or other health care practitioner.

What the public are looking for

These days, the general public is ever more aware of what should be expected from a complementary medicine or psychotherapy practitioner. When they are looking for a reputable hypno-psychotherapist people will, increasingly, need to be assured that the practitioner has completed an accredited training and belongs to a recognised professional association, which requires members to adhere to a Code of Ethics and carry appropriate insurance. The informed potential client will know that a well-regulated professional body should have a complaints procedure and will require members to be in ongoing supervision/peer supervision.

The trainings available

There is, currently, a wide range of hypnotherapy trainings available. These vary from correspondence courses, at one end of the continuum, through hypnotherapy trainings (of various standards) through to thorough, integrated trainings in hypno-psychotherapy, with comprehensive coverage of the various types of psychological approach such as Adlerian, Behaviourism, Ericksonian, Freudian, Gestalt, Rogerian and their modern equivalents. A good quality training will be externally accredited and recognised by one of the major independent bodies. The NCHP (Aust) provides training which falls within this latter category and its alliance partner NCHP of the United Kingdom was the first such college to be externally accredited by the British Accreditation Council for Independent Further and Higher Education. Other accreditations include the UK Council for Psychotherapy, the Institute for Complementary Medicine and the European Association for Hypno-Psychotherapy.

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The NCHP-A courses are also recognised by the Australian Hypnotherapists Association as meeting the requirements for various membership levels.

Accreditations and Affiliations

The NCHP-A courses are variously accredited and/or certified by

- * The NCHP (UK) which itself holds various accreditations noted hereunder (NLP)
- * The Australian Hypnotherapists Association
- * The National Guild of Hypnotists of the USA (the world's largest organisation for hypnotists)
- * The international society for NLP and Dr. Richard Bandler (co-founder of

The NCHP-UK is externally accredited by the following Institutions, and only after rigorous on site inspection:

- The European Association for Psychotherapy
- The European Association for Hypno-Psychotherapy
- The UK Council for Psychotherapy
- The National Council for Hypnotherapy

Our courses are also recognized as meeting the education requirements for access to membership of the AHA up to Clinical member level.

The NCHP-UK is a recognised training faculty for the British Register of Complementary Practitioners (Hypnotherapy), which was established by the Institute for Complementary Medicine, London, at the NCHP-UK initiative.

The National College of Hypnosis and Psychotherapy has been awarded European Accredited Psychotherapy Training Institute status from the European Association for Psychotherapy. This means that students who complete Stage 4 (Advanced Diploma) with the National College in the UK or Australia can apply direct for the European Certificate in Psychotherapy. At the time of writing the NCHP-UK is one of only two UK institutes which have been granted this status.

Since 1997, NCHP-UK training has had UK Open University credit rating.

Our practical training means you experience both sides of the process..... so relaxing!

General Philosophy of the NCHP-A

The NCHP-A looks to recruit mature individuals who are suitably qualified and motivated. Some experience of the world and its ways may usefully preface almost any course of higher education and subsequent career or career changes. Such maturity may help ensure greater objectivity in choices with, consequently, more fulfilling outcomes.

Perhaps this is particularly true in the case of hypnotherapy and/or psychotherapy. Remorselessly following a conventional route – school/college, university, professional training – may produce a relatively youthful academic, trained at great expense, having little in common with, or possibly even alienated from, the majority of the population. To realise a return against such a substantial investment in time and money, there may be a temptation to offer lengthy and expensive therapy to the wealthy. Our course structure reflects this concern. Trainees do not pay in advance for the whole course (which can cause financial distress and difficulties should they subsequently wish to withdraw), but are able to budget by paying for the course stage by stage.

Our alliance partner, the NCHP-UK has been offering respected, evidenced based and accredited training in clinical hypnosis/hypnotherapy and hypno-psychotherapy since 1977.

This makes it one of the longest established and most respected hypnotherapy / hypno-psychotherapy training institutes in the world.

Not only does the NCHP-A alliance with the NCHP-UK it offers its courses and it teaches them with the same passion, commitment and professionalism for which its UK partner is do highly renowned and respected.

Because most people are, at best, of modest means (which circumstances may, itself, cause or aggravate psychological distress), they need access to a popular therapy. This therapy should be non-dogmatic, comparatively short in duration, but with a long history of successful application. Its practitioners should be pragmatic and competent psychotherapists - trained to the high standards.

These qualities typify graduates of the NCHP.

This eclectic-cum-integrative approach to training is prompted by practical and theoretical considerations indicative of the likely direction of hypnotherapy and psychotherapy in times to come. Whilst respecting all legitimate psychotherapeutic models, the NCHP-A believes that to adopt a single model presents problems. When central concepts of any particular model are challenged, even by “insiders”, a dilemma is faced by its adherents. They may choose to disregard the challenge, or adapt to the new thinking. Either route is open to criticism, and likely to lead to sterile in-fighting. A client approach to an NCHP-A graduate should result in a flexible response, where the client’s view is paramount, not the therapist’s.

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These are some of the considerations, which have prompted the NCHP-A approach to training.

The Principals of our NCHP-A and NCHP-UK alliance

Alan Patching

Alan Patching began moving into full time practice in the field of NLP-hypnotherapy-psychotherapy at the turn of the century after engaging significantly in NLP and hypnosis work on a part time basis during a long and successful business and project management consulting career. He still maintains some contribution to the world of business and construction via his Adjunct Professorship at Bond University on Australia's Gold Coast, and he brings the benefits of his past career in this area to NCHP-A students in his lectures and papers on how to start, market and grow a successful therapy/consultancy business.

Alan Patching holds the following qualifications relevant to the teaching of the NCHP-A curriculum:

- Advanced Diploma in Hypno-Psychotherapy from NCHP-UK
- Diploma in Hypno-Psychotherapy from NCHP-UK
- Advanced Diploma in Hypnotherapeutic Arts and Sciences from the UK Academy of Hypnotherapeutic Arts and Sciences
- Diploma of Hypnotherapy and Counselling from the Academy of Applied Hypnosis (Australia)
- Certificate in Advanced Clinical Hypnotherapy from the Academy of Applied Hypnosis (Australia)
- Certified Hypnotist of the National Guild of Hypnotists (USA) (hereinafter called the NGH)
- Board Certified Hypnotist of the NGH
- Certified in Clinical Hypnotism by NGH
- Certified Instructor of Hypnotism by NGH
- Dr. Richard Bandler certified and licensed Master Practitioner of Neuro Linguistic Programming
- Dr. Richard Bandler certified and licensed Instructor of Neuro Linguistic Programming
- Certified 'Fertility by Hypnosis' and 'Birth by Hypnosis' practitioner and trainer, and Australian Regional Director of the international Hypno-Fertility Foundation
- Various other certifications in other aspects of hypnotherapy. These include, inter alia, certificates in pediatric hypnosis, forensic hypnosis, hypnosis for cancer clients, smoking cessation, treating clients with depression and anxiety management

Alan Patching has represented Australia in professional public speaking. And has delivered numerous lectures up to Masters level on a number of courses for 4 universities. He is:

- An accredited Clinical Member of the Australian Hypnotherapists Association
- A Member of the NGH

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- A Fellow of the Alumni of the NCHP-UK

Shaun Brookhouse

Shaun Brookhouse began his hypnotherapy practice in 1989 and has been in continuous full-time practice ever since.

He earned Graduateship Diploma (First Degree Equivalent) in Counselling and Hypnotherapy from the City and Guilds institute of London, a Masters Degree in Education Studies (researching the development of training in Hypnotherapy 1971-1998), Liverpool John Moores University, a Cert Ed from Manchester University in which the assessment was based in part on the course he designed in clinical hypnosis, an Associateship Diploma from the College of Teachers and Licenciateship in Training and Development.

Shaun is a Certified Master Instructor with the National Guild of Hypnosis and is also a past chairman of the National Council for Hypnotherapy, one of the UK's premier hypnotherapy societies. Additionally, he is a NLP Master Trainer. Shaun has been UKCP registered since 1996 and is a Hypno-psychotherapy Section delegate, Section Chair, and a Member of the UKCP Board of Trustees.

Shaun was one of the first two hypnotherapists to earn the externally accredited Hypnotherapy Practitioner Diploma. He is also the co-author of Motivational Hypnotism (ISBN 0-9544604-0-5) and Hypnotic Coaching (ISBN 0-9544604-1-3).

He has received the following awards for his work for the world-wide profession:

- Rexford L North Memorial Trophy, the National Guild of Hypnotists USA (2004)
- Hartland Memorial Award, National Council for Hypnotherapy (2005)
- International Visionary Award, National Guild of Hypnotists (2005)
- Ormond McGill Chair, National Guild of Hypnotists (2006)
- President's Award, National Guild of Hypnotists (2002)
- Hypnosis Journalism Award, National Guild of Hypnotists (2003)
- Pioneer Award, American Council of Hypnotist Examiners (2003)
- Honorary Service Award, International Medical and Dental Hypnotherapy Association, USA (1995)
- Hypnosis Research Award, American Association of Professional Hypnotherapists (1997)
- Special Commendation Award, Centre Association of Psychotherapists (1998)

Fiona Biddle

Fiona Biddle is a Certified Professional Coach, an NGH (USA) Board Certified Hypnotherapist, and a Humanistic Counsellor. She assists her clients on a number of levels regarding better health, well-being, success and fulfilment. Fiona is the Chair of the National Council for Hypnotherapy. Originally trained in computer systems, she has applied this systemic knowledge to the assistance of her clients in achieving their full potential.

Fiona's credentials include:

- **BSc (Hons)**, Computing, Loughborough University
- **Dip Couns**, Exeter College
- **DipCAH**, Diploma in Clinical and Advanced Hypnotherapy, The Washington School of Clinical and Advanced Hypnotherapy
- **HPD**, Hypnotherapy Practitioner Diploma, National Council for Hypnotherapy & NCFE National Awarding Body
- **CertHypSup**, Certificate in Hypnotherapeutic Supervision, National Council for Hypnotherapy
- **BCH**, Board Certified Hypnotherapist, National Guild of Hypnotists (US)
- **CPC**, Certified Professional Coach, International Institute of Coaching (US)
- **FNCH**, Fellow, National Council for Hypnotherapy (UK)

She is also a Principal of the UK Academy of Therapeutic Arts and Sciences. She is a regular contributor to the journal of the National Guild of Hypnotists of the USA and is co-author of the books *Building a Successful and ethical Practice*, *Motivational Hypnotism* and *Hypnotic Coaching*

Appropriate Accreditation and Recognition

A point which should concern anybody contemplating a course of study leading to entry to our profession is the issue of appropriate recognition. At present, anybody may offer services to the public as, for example, a “Consultant Hypno-psychotherapist”. Such people might not belong to an appropriate professional organisation. This state of affairs causes doubts in the minds of the public about the credibility of all practitioners, genuine or otherwise. It is, therefore, in our interests as well as in the interests of the general public, to involve ourselves with any attempts to provide appropriate recognition of expertise in this area

The NCHP-A has chosen the Australian Hypnotherapists Association as the professional Institution the membership entry standards of which we’ve used to devise our course structure. The AHA is a member of PACFA.

The NCHP-A course blends practical and theoretical input, taught by experienced therapists, and a student’s progress throughout the various stages is tested by a variety of conventional academic means (with help in acquiring, or reacquiring, the necessary academic skills being provided in the programme). During, and upon completion of training, students have the opportunity to expand or update their knowledge through the Continuing Professional Development scheme. The NCHP-A is adopting this approach, seeks to produce practitioners of the high standard the public is entitled to expect of our profession.

The NCSAG

While it’s logical that graduates of the NCHP-A will largely be from Australasia and that their Institution of choice would be the Australian Hypnotherapists Association (A member of PACFA – the Psychotherapy and Counselling Federation of Australia) or other local institutions, NCHP-A graduates who might choose to work overseas may rely on their membership of the National College Student and Alumni Guild. Membership of the NCSAG facilitates professional insurance at preferential rates, and provides a referral system arising from requests for details of therapists regularly received at our UK offices by phone, post, fax and email. Membership of NCSAG at Licentiate, Full, and Fellow levels is accessible via successful completion of Certificate, Diploma and Advanced Diploma courses with NCHP-A

The NCH

Similarly, while we would recommend that students of NCHP-A seek membership of an Australian institution, they are entitled to free trainee membership of the National Council for Hypnotherapy in the UK and may join as full members on completion of the DHP.

The NCH publishes a quarterly journal, runs an annual conference and is a members’ co-operative.

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NOTE: It is our policy that we will only align ourselves with organisations which have meaningful accreditation. The NCHP-A is an alliance partner of NCHP-UK which is one of the oldest schools of professional hypnosis and psychotherapy.

Students from all walks of life

Regardless of your present occupation, the fact that you have requested a copy of our Prospectus indicates that you have an interest in our specialist field, and would possibly like to pursue a career built around it. Our training may satisfy a general interest or lead to your establishing a successful and lucrative practice.

Study arrangements are flexible, most trainees pursuing a full-time occupation whilst studying with us on a part time basis.

Please take the trouble to read this Prospectus thoroughly. Should you meet the entry requirements, complete the Enrolment/Application Forms and return them today. Details of our forthcoming courses can be found enclosed.

Do not hesitate to contact us should you require further information on any aspect of our work.

Our Professional Reputation

Before engaging in any program of training you owe it to yourself to be selective in deciding to whom that training is to be entrusted. Even if you propose a study only for general interest, your time, money and effort should be well spent. Where the intended outcome is to obtain professional status within a profession serving the general public in ever greater numbers, your entire future career may well depend upon this one decision.

We assure you that NCHP-A will do its best to honour your decision to study with us.

Most important of all, perhaps, to your decision, might be the views of the NCHP-UK and its courses expressed by non-partisan, but specialist authorities. Our various independent associations' accreditations, the recognition of our training standards by the UKCP and the UK Open University specific credit rating speak for themselves; they should confirm that you need not rely only on our assurance of the quality of the service we offer to prospective therapists and, through them, to the public at large.

The NCHP-UK has trained ethical Hypno-Psychotherapists since 1977 and, as such, is one of the oldest and most respected institutions for this type of training anywhere in the world! This highly respected education organisation would never have partnered with NCHP-A to deliver its courses in this region if it held any doubts that we would offer training of equal standard to that which earned them such a stellar reputation.

NCHP-A Courses Explained

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The NCHP-A courses are structured to meet the needs of two groups of people. These are:

- a) People who wish to embark on a new career in hypno-psychotherapy, and require a recognised training to assist them to achieve their goal
- b) People who, although not wishing to enter practice, may wish to pursue their serious interest in the subject within the context of a recognised training programme

Two further considerations have influenced the structure of the training:

- The Academic Board is aware that many applicants, although having an interest in hypno-psychotherapy, have little experience in its use
- Many applicants, although being able to meet the educational standards required to gain enrolment, may not have had the opportunity to gain enrolment, may not have had the opportunity for many years to engage in serious study. These people will require a gradual re-introduction to a learning environment

With these points in mind, NCHP courses commence with practical instruction, the academic content of the course being introduced gradually. Therefore, once having gained enrolment, if a student is prepared to follow the training and instruction provided, then he or she will generally experience little or no difficulty in returning to the learning environment and doing well in their studies.

In addition, students and/or prospective students may be referred to an appropriate course in some aspect of Psychology or set of reference material in that field to preface, supplement or complement their regular NCHP-A training.

Personal development is not central to NCHP-A training, though it forms an important corollary, with self therapy being a compulsory component for any NCHP-A graduate who might want to progress to UKCP Registration.

The NCHP-A course tutors act as trainers, rather than as therapists (whilst all are, of course, qualified and practicing as such). The training schedule does not allow for course time to be taken up with individual therapy. In the event that personal issues arise during training (including reluctance to participate in course practical work), which require therapeutic intervention, the course tutor will refer the individual concerned to the NCHP-A Principal so that a competent therapist can be recommended. Where necessary, and as advised by the course tutor, training may be interrupted until such time as the therapist selected recommends resumption.

We hope that this policy is seen as demonstrating a proper concern for the individual, balanced by our contractual commitment to deliver courses of training as defined in our Prospectus.

Course Structure

NCHP-A – First in Australia with International competency based comprehensive training in Clinical Hypnotherapy and Psychotherapy

The approach to education in modern first class Universities involves more pre ‘class’ preparation and post ‘class’ reinforcement, assignment and assessment than face-to-face class work. The NCHP-A adopts this proven effective approach to career education.

Training with the NCHP-A is undertaken on a part time basis by combining weekend attendance for practical tuition and lectures at one of the tuition venues, together with a programme of home study: the ideal method for students with domestic and/or work commitments.

Each training weekend consists of some fourteen to sixteen hours of practical instruction in the application of therapeutic techniques, combined with lectures on the various theories involved. This gives approximately 260 hours of live class contact for the first three stages of the training up to Diploma level. In addition, some 70 hours of audio and video (material on CD and DVD) are included in the earlier stages of the course. This material covers basic aspects of the training (and of setting up and operating a practice) in detail and is presented in this form to follow the modern approach to adult education wherein people are required to prepare for classroom work by reviewing audio, video and notes based material before attending face to face learning sessions to discuss the application of principles learned etc.

These 330 hours of learning direct from the NCHP’s experienced lecturers, combined with directed and supported learning to complete other aspects of the courses, provides, at Stage 3 Diploma level of our training, total learning hours far in excess of the 400 hours of formal training required to satisfy the requirements for Clinical membership of the AHA.

In order to provide students with the sound theoretical basis on which all therapies are established, post-foundation stages of the course also include studies of various schools of psychotherapeutic thought. These theoretical studies are presented in the form of lectures, online discussions in virtual classrooms and guided home reading supported by comprehensive notes.

The total number of study hours required to complete the course varies depending on what prior knowledge a student brings to the course. However, monitoring of past students’ study patterns suggests that for a student with little prior knowledge of hypnosis, psychotherapy or psychology, total study hours up to UKCP registration level will likely amount to in excess of 1,800 hours, and more likely up to some 2,100 hours, over a four year period. This total includes class contact and supported self-study, but does not include time spent on supervision, self-development and self-therapy, all of which are requirements of our more advanced courses.

The supported self-study includes the following aspects:

- Online discussions
- Home study of course notes
- Background reading
- Practical exercises outside of class
- Essay research/writing
- Revision

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- Dissertation research/writing

The course details that follow are, of necessity, generalised. The courses are subject to continuous evaluation and alteration. The NCHP-A reserves the right to make any alteration to the course deemed necessary by the Academic Board. It should be noted that successful completion of one stage does not, of itself, guarantee admission to the next.

The NCHP-A Route to a Career in Hypno-Psychotherapy

Stage One Foundation Course:

UK Open University-specific credits: 30 points at level 2.

Outline: Fundamentals of hypnosis, basic hypnotherapeutic techniques, contra-indications, simple relaxation/suggestion therapy

Assessment: Continuous tutorial assessment, journal and a portfolio of learning. Successful examinees may apply for the stage 2 course and, once the Stage 2 training has been successfully completed, may also apply for licentiate membership of the NCSAG.

Stage Two Certificate Course:

UK Open University-Specific credits: 45 points at Level 2

Outline: Hypnotherapy integrated with various schools of psychological thought, counselling, and Eriksonian Hypno-Psychotherapy

Assessment: Continuous tutorial assessment, four essays, assessment exam (three papers)

Award: Certificate in Hypno-Psychotherapy: CHP (NC), Successful examinees are eligible to apply for Licentiate membership of the NCSAG

Stage 3 Diploma Course

UK Open University – specific credits: 45 points at Post Graduate level

Outline: Working with complex psychotherapeutic issues, integration of various other theories and techniques

Assessment: Continuous tutorial assessment, practical assessment, dissertation

Award: Diploma in Hypno-Psychotherapy – DHP (NC), successful examinees are eligible to apply for Full membership of the NCSAG

Advanced Diploma in Hypno-Psychotherapy – ADHP (NC)

The Advanced Diploma (ADHP [NC]) is awarded to NCHP-A graduates who have fulfilled the requirements for recommendation to membership of the UKCP's National Register of Psycho-therapists. This programme is also available to persons

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who completed a UKCP recognised Diploma in Hypno-Psychotherapy, but have not completed the requirements for UKCP Registration.

Further training, Professional Development, etc

Continuing Professional Development

The NCHP-A provides an ongoing programme of one / two day workshops and seminars by leading practitioners and distance learning packages to enable therapists to keep up to date with professional developments. A commitment to CPD portfolio, is a requirement of membership of the NCSAG and the AHA, and helps therapists maintain their ability to practice safely.

Access to Further Professional Recognition/Training

The NCHP is an approved training organisation for those wishing to undertake further specialist training in the fields of, for instance, Irritable Bowel Syndrome and Immune related illness.

NCHP-A Diploma holders who have undertaken the requisite period of supervised practice may apply to join the Hypnotherapy division of the British Register of Complementary Practitioners – BRCP (H) which is administered by the Institute of Complementary Medicine.

Higher Degrees in British Universities

You may be interested to use your NCHP-A Diploma towards an Open University, or other, higher degree. NCHP-UK graduates have been accepted into courses with various such organisations.

For information about the Open University in the UK refer to the OU's website: www.open.ac.uk/credit-transfer.

UKCP Registration, if required or sought

Advanced Diploma - ADHP (NC) - holders who are members of the NCSAG may apply for registration as Hypno-Psychotherapists with the UKCP's National Register of Psychotherapists.

NOTE: While the course map above is taken from the Prospectus of our alliance partner, the NCHP in the UK, the following pages of this Prospectus provide an insight into how the courses are structured to meet the requirement for various levels of membership of the Australian Hypnotherapists Association.

A summary of this structure is presented later herein.

Courses in Detail – Stage 1 Foundation course

Stage One - Foundation Course Details

PLEASE NOTE: Due to the amount of demonstration using live issues (with students), recording devices are not permitted on NCHP-A courses.

This is the foundation course for the NCHP-A training, and serves as a necessary pre-requisite to Stage Two, the Certificate Course.

This course comprises:

- The NGH (USA) ‘Certified Consulting Hypnotist’ course
- The Stage One course from the NCHP in the UK
- Elements (separate certified courses) from the UK Academy of Hypnotherapeutic Arts and Sciences, specifically in relation to using Hypnosis for stress management, smoking cessation and weight management.

The course requires a minimum of 100 hours face to face with considerable pre-course and post-course video and notes/book based study. Students should expect to invest some 210 hours total time in this course prior to assessment for certification.

- The aims of this Stage One course are to:
- Provide students with an internationally recognised entry level competency based qualification
- Provide them with a knowledge of hypnotherapy
- Train them to be efficient in inducing, managing and using (within strict limits) the hypnotic state.

The emphasis at this early stage, clearly, must be on practical training. However, hypnosis involves human behaviour, so in order to establish an understanding of various theoretical concepts and principles, some psychological factors need to be considered. A study of those factors, therefore, forms part of the Stage One course.

The course will be spread over 5 intensive weekends, typically at monthly (minimum) intervals but generally, in the early period of NCHP-A operations, to meet the needs of the student body from time to time. Some weekends will include Friday or Saturday evening lectures.

In addition to the face-to-face work, students are encouraged to participate in online discussion (via the NCHP-UK website) with international students from all stages and levels of the NCHP-UK training. This is not compulsory. However, for students intending to progress through to Advanced Diploma level, which leads to UK registration as a Hypno-Psychotherapist, it provides an opportunity to get an early start in the requirement to have participated in 100 of those online discussions.

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During Stage One training, the tutor will demonstrate and explain various techniques and provide plenty of opportunity for students to practice the hypnotic techniques in the safety of the training environment. Students are then encouraged to practice the techniques on family and friends on a strictly non-commercial basis outside of the College environment. Before proceeding with practice, students are encouraged to seek independent professional advice regarding any need for indemnity forms, Professional Indemnity Insurance etc. in relation to their practice activities.

The work covered in our Stage One Foundation Course includes:

- Ethical issues related to the use of hypnosis and hypnotherapy
- Fundamental principles of hypnosis/hypnotherapy
- Tests for hypnotic suggestibility
- Preparing the subject for hypnosis
- The importance of semantics in the use of hypnosis.
- Key principles of an effective initial interview
- Hypnosis induction techniques

- Hypnosis deepening techniques
- Termination of hypnosis
- The use of post-hypnotic suggestions
- Some basic psychological principles applicable to hypnosis
- Preparation and use of audio therapy recordings
- Essentials of launching, marketing, and growing a professional practice
- Using hypnosis to assist people alter certain behaviour patterns such as smoking and over-eating and to assist people with such problems as examination or driving test nerves, insomnia, and some other anxiety related problems
- Introduction to counselling skills for the hypnotherapist

During this Stage One Foundation course, students are introduced to the NCHP-A integrative approach to therapy. While various methods of inducing hypnosis are taught, the student is encouraged to develop a flexible approach to therapy. Our policy is to teach a wide range of techniques because no single approach will suit all clients, or indeed, all therapists.

All clients will bring some expectation with them to therapy so, while the Ericksonian approach, for example, may be very effective for some clients, others might respond much better to the more traditional methods of inducing hypnosis (like one young boy with set ideas, who insisted the therapist produce a pocket watch to swing before his eyes).

The basic premise behind the NCHP-A approach is that therapy should be adapted to the client rather than the client being forced to adapt to the therapy. This flexible eclectic approach is followed through in later stages of training to give students a broad-based psychotherapeutic framework.

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Students who wish to proceed on to Stage Two (which is designed to earn access to Associate Membership level of the AHA) are required to complete a practice journal, and a portfolio of learning.

On commencement of Stage Two training, students may apply, if interested, for Licentiate Membership of the NCSAG. This should not be interpreted as endorsing the establishment of a professional practice after only initial training, and with no intention of undertaking additional training. Unless:

(1) trainees are already engaged in some professional practice to which techniques learned may constitute an appropriate addendum, or

(2) they intend to practice only in smoking cessation and/or relaxation work,

they are recommended to take up the non-commercial student membership until they have completed Stage Two of the NCHP-A training.

On completion of Stage 1 training, successful students will be awarded:

- Certificate of Completion of Stage One Foundation Course from NCHP-A
- Certified Consulting Hypnotist status from the NGH (USA) and one years membership of NGH
- Certificate in Smoking Cessation from the UK Academy of Hypnotherapeutic Arts and Sciences

Details of Approach to Stage One – Foundation Course

(30 UK Open University specific points at Level 2)

Demonstrations and practicals are arranged as appropriate throughout the course.

Weekend One: Hypnotism Definitions and introduction to Counselling

- Definition of Hypnosis
- Six stages of a hypnosis session
- Abreactions and how to deal with them
- Contraindications and what to do about them
- Inductions – principles and practice of a range of inductions
- Termination – principles and practice of terminating a hypnosis session
- Historical and theoretical background to hypnosis
- The Mind – basics for the hypnotherapy professional
- Confidentiality and Ethics and the professional practitioner
- Counselling and the initial interview in theory – stage 1

Weekend Two: Hypnotherapy (including an introduction to preparing subjects for hypnosis)

- Preparing subjects for hypnosis
- Shorter induction techniques
- Deepening of the hypnotic state
- Suggestibility and suggestions in hypnosis
- Depth testing
- Self hypnosis – a three step approach
- Information gathering and counseling – Stage 2
- Ego strengthening
- Ideo-Motor Responses
- Compounding suggestions
- CRC therapy (calmness + relaxation = confidence)

Weekend Three: Shaun Brookhouse's 3S's (students might be required to complete substantial pre-training video and notes study in preparation for this weekend)

- Smoking cessation using hypnosis
- Slimming using hypnosis
- Stress management using hypnosis
 - Anxiety management
 - Stress reduction
- Counselling principles – half day
(all the work of this weekend is practical application of video and written notes pre-practical material)

Weekend Four: Introduction to Psychotherapy and Counselling

- Process understanding
- Listening skills in counselling
- Introduction to “schools”:
 - Humanistic
 - Psychodynamic
 - CBT
- Fiona Biddle’s technique
- Therapeutic relationship and therapeutic contract
- How psychotherapy works

Weekend Five:

- Reinforcement of previous work
- A seminar on launching, marketing and growing a hypnotherapy practice addressing smoking cessation and stress management through relaxation
- Counselling role play and practice
- Arrangements for practical and theory testing and assessment (exams etc.)

Students who successfully complete Stage One will earn:

- A Certificate of Attendance from the NCHP-UK
- The ‘Certified Consulting Hypnotist’ certificate from the NGH (USA) and one year’s membership of NGH
- Access to AHA membership at Affiliate level
- ‘Certified Smoking Cessation Specialist’ certificate from the UK academy of Therapeutic Arts and Sciences

Courses in Detail – Stage 2 Certificate course

This Stage Two course is open only to those students who have successfully completed the Stage One Foundation course. Students who successfully complete the Stage Two course, including the written assessment and course work, are awarded the Certificate in Hypno-Psychotherapy, and are entitled to use the designating post-nominals CHP (NC). They are also eligible to apply to join the NCSAG as an Associate 2 Member, or will be automatically upgraded if they already have Associate 1 status. They are also eligible to apply for Associate Membership of the Australian Hypnotherapists Association.

The syllabus for this course requires students to attend for 120 hours, usually spread over seven weekends at monthly intervals, during which there is an element of practical assessment. In addition, the student undertakes a programme of home study including the submission of 4 essays.

The work is divided into two sections:

- theories of psychotherapy and counselling and
- additional techniques in hypnotherapy.

In the Certificate examination, students will be required to show their knowledge of both sections meets College requirements.

The Assessment Criteria for this Certificate fall into three categories:

- practical assessment during training
- essay assessment and
- exam assessment.

The home study component consists of a comprehensive programme of video review and learning, reading and study from recommended textbooks, and the writing of essays to show an understanding of the material studied.

Students should expect to invest some 275 hours into successfully completing Stage Two.

Stage Components

A: Theories of Psychotherapy

Study of the main principles of various schools of psychological thought, which are applicable to the work of the therapist, including:

- Humanistic: Includes an examination of the theory and practice of humanistic psychotherapy with particular reference to the work of Carl Rogers. The Gestalt approach to therapy is also covered in this module.

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- Freud: Libido theory, ego theory and defence mechanisms
- Jung: Analytical psychology. A broad overview with emphasis on Jung's theory of the unconscious.
- Adler: Individual psychology. The effects of parental and environmental influence. A look at the reconstruction of client's goals as an important component of this theory.
- CBT: A study of the main bases of cognitive-behaviour therapy, including theories of Beck and Ellis and their practical application and relevance in hypno-psychotherapy
- Ericksonian Techniques: A complete weekend is devoted to a Foundation Course on aspects of the contribution of Milton H Erickson.

During the course emphasis is placed upon the application of both the theory covered in the lectures and the practical skills acquired. Thus, for instance, students are presented with actual case histories, and by means of class and group discussion, are given the opportunity to apply their knowledge in the formulation of treatments.

The content of the 'Erickson' weekend is examined by continuous assessment over that weekend. This work must be completed satisfactorily for Certification to be earned. Where necessary, a tutor may recommend that this weekend be repeated (at no extra fee) until a satisfactory standard is achieved.

B: Additional hypno-psychotherapy techniques

- The recognition and treatment of psycho-logical disorders (Note: this is for general information and to educate practitioners in awareness of when they should be referring clients to other health care practitioners. **THIS COURSE DOES NOT TEACH DIAGNOSTIC SKILLS**)
- Practical Counselling
- Techniques of hypno-psychotherapy
 - Hypno-Analysis
 - Regression Techniques
 - Hypno-photography
 - Automatic working
 - Structured Dream Analysis
 - Desensitisation techniques

As in Stage One, there are demonstrations by tutors and plenty of practical sessions for students to try out the various techniques themselves.

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Although this Stage Two course is assessed partly by an assessment weekend, students are not obliged to attend. Some may choose to study this course for general interest, and may not require tangible evidence of their knowledge and ability. However, for those students who wish to commence practice as hypno-psychotherapists and continue working towards the NCHP Diploma, and for students seeking Australian accreditation by VET or AHA, the assessment is mandatory.

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Approach to Stage Two - Certificate Course

(45 UK Open University specific points at Level 2)

Stage Two of the NCHP-A training builds upon the essential material covered during Stage One, and explores various schools of psychological theory and psychotherapeutic and counselling practice.

Weekend One - Humanistic

- Rogers
- Gestalt
- Maslow
- Counselling implications

Weekend Two - Psychodynamic

- Freud
- Adler
- Jung
- Object relations
- Counselling implications

Weekend Three - Cognitive Behavioural Therapy

- Ellis
- Beck
- Alladin
- Counselling implications

Weekend Four - Ethics and practice

- Ethics
- Setting up in practice
- Motivational theory
- Intro to coaching
- Counselling in coaching

Weekend Five - Intro to other theories

- Transactional Analysis (TA)
- Introduction to NLP
- Transpersonal
- Existenial
- Counselling and TA/NLP

Weekend Six - Ericksonian hypno-psychotherapy

- Inductions: pacing and leading, naturally occurring trance states, confusion techniques, utilisation
- Trancework: process instructions, metaphor

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- Ericksonian language patterns, script analysis, therapeutic framework

Weekend Seven - Assessment weekend

Note: In accordance with UKCP requirements and consistent with established NCHP-UK practice, such topics as Ethics, Human Development and Sexuality are covered throughout the course.

Students who successfully complete Stage Two will earn:

- The Certificate in Hypno-Psychotherapy from the NCHP-UK which earns 45 open university (UK) credit points at Level 2.
- Access to AHA membership at Associate level
- Access to NCSAG at Licentiate level

Courses in Detail – Stage 3 Diploma course

Entry to Stage Three of the NHCP (Aust.) training is confined to those students who hold the Certificate in Hypno-Psychotherapy.

Stage Three is the Diploma stage, at the completion of which students are required to undergo a practical assessment and submit a dissertation leading to the award of the Diploma in Hypno-Psychotherapy, with the designating post nominal DHP(NC). The Diploma enables practitioners to apply for Full membership of the NCSAG of the UK, designating letters MNCSAG and for Clinical Membership of the AHA. The aim of this Stage Three course is to further the student's knowledge and ethical practice of hypno-psychotherapy.

Students are required to attend the five weekends of the course (90 hours) usually at monthly intervals, and undertake a comprehensive programme of home study. The final weekend is devoted to the practical assessment.

Students should expect to invest some 320 hours total completing this stage.

Dissertation

With regard to the dissertation submission, within the context of hypno-psychotherapy, there are various ways of conducting research. Many dissertations submitted by NCHP-UK students involve secondary research, i.e. a review, or meta-analysis, of the literature and pre-existing research reports and this approach is certainly open to NCHP-A students. As secondary research does not involve working directly with human participants it is not necessary for such research to be considered in the planning stages by an ethics committee. However, students undertaking secondary research might wish to consider the social and moral implications of their work and whether the outcomes of the research is likely to bring positive benefits.

Primary research, where first hand data or information is collected directly from human participants, must be submitted in the planning stages for consideration by an ethics committee. Such research may be either experimentally or clinically based. For hypno-psychotherapists, research will usually be clinically based with case studies forming the data/information base. For NCHP-A students, research concepts will be reviewed by the ethics committee of the NCHP in the UK.

All dissertations must focus on an area within the theory and/or practice of hypno-psychotherapy and must include an exploration of the individual trainee's psychotherapeutic framework and philosophy, demonstrating a master's level of psychotherapeutic understanding and exploration including cross-referencing to other approaches at a psychotherapeutic level.

Ethics Committee

The NCHP Committee on Ethical Research (UK) considers primary research proposals put forward by NCHP-A students. The aim of the committee is to ensure that students and members are aware of the ethical implications of any primary research they undertake and that any such research conforms with generally accepted ethical and moral principles.

Stage Three students will be given copies of the ethical guidelines upon which their research proposals will be assessed. They reflect current thinking on the ethics of social science / psychological research and incorporate extracts from the British Psychological Society's ethical guidelines.

Once the research proposal is approved by the Ethics Committee the research for the dissertation can go ahead, with the work being submitted in due course for academic assessment in the usual way by the NCHP-UK's independent external markers.

Also, the student will be required

1. to warrant that the subject matter of the dissertation is his/her original work and the he/she holds the copyright therein and
2. to grant the NCHP-UK and the NCHP-A an irrevocable free licence under the copyright to publish the document if it so wishes, provided that those entities undertake to identify the author and his/her copyright.

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Approach to Stage Three

Stage Three of the NCHP-A training builds upon the previous two stages and aims to further students' knowledge and ethical practice of hypno-psychotherapy. There are five weekends of training totaling 90 hours of face-to-face work. However, students should expect to invest some 320 hours of time into successful completion of this stage.

Weekend One - Performance

- Sport
- Education
- Work:
 - Interviews
 - Public Speaking
 - Perfectionism

Weekend Two - Physical Issues

- Medical Terminology
- Basic anatomy and physiology
- Specific issues - Pain
- Specific issues - IBS
- Specific issues - Dermatological problems
- Specific issues – Fibromyalgia

Weekend Three - Emotional Issues

- Eating disorders
- Depression
- Advanced anxiety issues

In accordance with UKCP requirements and established practice of NCHP, such topics as Ethics, Human Development and Sexuality are covered throughout the training.

Weekend Four:

- Course review
- Counselling review and practical
- Pre assessment practical

Weekend Five:

- Practical exam – in three parts:

Part one: therapy recording submitted prior to exam day

Part two: the consultation (Using their own pre-prepared documentation, students conduct a consultation with another student with a real or role played problem and take a full case history.

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Overnight homework involves reviewing the case, writing up case history and preparing a treatment and intervention schedule)

Part three: the therapy (Students conduct what they consider to be the most appropriate therapy for the problem presented in part two and submit written justification for using the chosen therapy)

To successfully complete stages one to three contiguously usually takes a minimum of fifteen months.

Students who successfully complete Stage Three of the course will be awarded:

- The NCHP Diploma in Hypno-Psychotherapy with 45 UK Open University credit points at Post Graduate level
- Access to membership of the AHA at Clinical Membership Level (subject to meeting other membership requirements)
- Access to the NCHP Alumni at full membership level

Courses in Detail – Stage 4 Advanced Diploma course

While the Stage Three Diploma in Hypno-Psychotherapy satisfies the education requirements for accreditation as a Clinical Hypnotherapist with the Australian Hypnotherapists Association, students wishing to earn UK registration as a Hypno-Psychoterapist will need to complete Stage Four of the course.

Stage Four leads to the Advanced Diploma in Hypno-Psychotherapy and includes all the remaining education elements required for registration with UKCP.

If a student has taken stages one through three contiguously, it will have taken a minimum of 15 months. Therefore stage four is the phase between this and the four-year point from the start of training (or longer if the other requirements of UKCP are not complete)

For example:

Start Stage One in Jan 10, complete in Apr 10, start Stage Two in May 10, complete in Nov 10, start Stage Three in Dec 10 and complete in Mar 11. Stage Four would then be the period from Mar 11 until Jan 14 or until all requirements are complete, whichever is the later.

Please note that for all UKCP trainings this four-year period is compulsory. Our students are able to be in practice from the end of Stage Two, but may practice in smoking cessation and simple relaxation therapy following completion of Stage One (so from the end of Nov 10 in the above example)..

Students are supported by the NCHP-UK and NCHP-A during stage four in the following ways:

- Supervision
- On-going personal tutor support
- Membership of a tutorial group with access to an online forum
- A chatroom
- Provision of continuing professional development courses

Stage four is also available to people who have completed a UKCP recognised Diploma in Hypno-Psychotherapy but have not completed the requirements for UKCP registration.

As it is anticipated that most people in Australasia will be satisfied with the NCHP-A Diploma because it gains access to Clinical Membership of the AHA, the Advanced Diploma will not be further addressed in this Prospectus. Should you require further information concerning the Advanced Diploma, please contact the College via email.

Continuing Professional Development (CPD) Workshops and Seminars

The NCHP-A takes the view that learning is an ongoing experience. Even when fully trained, therapists still need the opportunity to keep up to date with specialist approaches and developments in the profession.

To this end, the NCHP-A, intends to provide a regular programme of one and two day workshops and seminars on a variety of subjects and, where appropriate, distance learning courses. The workshops will be run by specialist tutors. All current students and members of the NCHP Alumni are notified of forthcoming training events.

Examples of typical training events to be offered include:

- Dealing with pain control
- Disorders of Sleep and Dreams
- Eating Disorders
- Ego State Short Term Therapy
- The Unconscious Mind (Ericksonian therapy)
- NLP in Hypnotherapy

Distance learning courses in Ethics, Human Development and Sexuality, Psychopathology, Research for Therapists in Practice and Certificate and Diploma courses in Ericksonian Hypnotherapy, Neuro Linguistic Programming Psychotherapy and Ego State Therapy will also be offered from time to time.

Ongoing Supervision, Higher Degrees etc

Supervision is considered to be an essential part of an ethically-minded psychotherapist's practice. All practicing members of the UK's NCSAG and the various relevant professional institutions in Australasia are required to be in either supervision or peer supervision (depending on membership level) as part of their CPD requirement. On a practical level, this means getting together with your supervisor for a minimum of two hours per month (or on a pro-rata basis for Students) to discuss, in a confidential manner, your current case load and treatment schedules, and talk over any problems you may be encountering. Documentary evidence of all supervision sessions will be kept in your CPD Portfolio. The NCSAG in the UK has a policy of random monitoring of supervision, as well as the five-yearly review of CPD Portfolios.

The therapeutic alliance is, perhaps, the most important aspect of any therapy, but it is all too easy for a therapist to be so involved in the therapeutic relationship that he or she cannot see it from a clear perspective. That is where supervision comes into its own, helping therapists to reflect constructively on their working relationships with clients. Details of supervision requirements are available to those applying to join the NCSAG in the UK or the AHA in Australia.

Higher Degrees from Universities

Most British Universities have systems whereby students who do not have a first degree are offered access to Masters degree courses on the basis of recognised, non-degree qualifications and professional experience. NCHP, and subsequently, NCHP-A training is recognised by the UK Council for Psychotherapy as a post graduate level of training and, as such, provides our graduates with a good basis on which to approach universities, with a view to studying at Masters level, or above. The NCHP and NCSAG are happy to assist such individual initiatives by providing graduates with academic and professional references. Above all, our external accreditation is via process and personnel similar to that applied to the universities themselves.

Students and graduates of the NCHP-A may be interested in pursuing further study with the UK Open University. Visit www.open.ac.uk/credittransfer.

Even if applicants have no intention of undertaking a UK OU course in the immediate future, credits will be useful if circumstances change. Also, to be credit rated by so prestigious an institution adds to the credibility of our, (hence your), training.

NCHP and the United Kingdom Council for Psychotherapy

The UKCP is a registered charity, which acts as a major regulatory body for psychotherapy training and registering organisations throughout the UK. UKCP recognition is becoming increasingly important for psychotherapists in the UK, whether they intend to follow a career in the public or private sectors or some combination of the two. Both the NCHP-UK and the NCSAG are members of the Hypno-Psychotherapy Section of UKCP. Consequently NCHP-A is, via our alliance partner the NCHP-UK able to offer our graduates the opportunity to apply for registration with the UKCP, subject to fulfilling its other requirements.

No other Australian training organisation can offer this international recognition and accreditation.

Amongst the training requirements specified by UKCP are the acquisition of a critical understanding of the relevance of studies in human development, psychopathology, sexuality, ethics, research and social science. Consistent with any reputable psychotherapy training, NCHP has included such elements within its training even before the creation of UKCP. Psychotherapy is itself one of the social sciences. The study of human relationships is, of course, central to what we do in much of our training. Of necessity, therefore, human development and sexuality are addressed throughout training as well as through a discrete package as mentioned below. Similarly, the topic of ethics is addressed on numerous occasions, either within the course proper or through supplementary elements (e.g., ethics and the ethics of research, the ethics of the therapeutic relationship and of using interactive counselling skills, ethics governing submission of dissertations via the Joint Code of Ethical Research, and the content of the Code of Ethics and Practice, by which we are all bound).

UKCP Registration Requirements

- Post graduate level of competence at outset of training. If you intend to apply for UKCP registration, you should ensure you have evidence that you are of a post-graduate level of competence at the start of your training with the NCHP-A. (We do not wish to discourage applications from non-graduates – you are urged to apply, with supporting documentation such as a letter of acceptance onto an external postgraduate course or a letter from a suitably qualified person vouching that you meet a post graduate level of competence.)
- Full, practicing membership of the NCSAG and/or the AHA
- Supplementary training elements completed or exemptions granted (please see below)
- Evidence of 18 months supervised practice with a UKCP, BACP or BPS registered therapist. (NB: Supervision is a discrete element of the requirements. Neither self-therapy nor “pastoral care” can substitute for same.)

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- Evidence of 250 hours of journalised self-development including a minimum of 48 hours of self-therapy with a UKCP registered (or equivalent) therapist with a successful outcome.
- Completion of a Mental Health Placement. Such placements do not necessarily require that a student practice within the placement but should ensure that trainees have the opportunity to observe clients with a range of mental health presentations / needs and have access to suitably qualified professionals from whom they can get information and guidance on mental health concerns and approaches. This may form part of the self-development portfolio.
- Submission of two, fully documented, anonymous case studies (at least one which should include extensive psychotherapeutic content), via your supervisor.
- Four years having elapsed since commencement of NCHP training.
- Applicants also have to submit proof of having undertaken a minimum of 450 hours of clinical practice, prior to application, via a declaration from their supervisor. These hours (voluntary or paid), with clients / patients may be within a mental or social health setting or equivalent.

Supplementary Training

Students are required to attend a minimum of 5 additional weekends during Stage Four. Typical topics covered during this training include Interactive Counselling, CBT for Depression, Transpersonal Psychotherapy, Lifestyle Management, Narrative Psychotherapy, Transactional Analysis, Emotional Intelligence, the Psychotherapeutic Relationship and the Philosophical Underpinnings of Psychotherapy.

Participation is also required in a minimum of 100 virtual classroom discussions over the duration of training.

Ethics: An assessed online course in ethics must be completed. This course complements the ethics that typifies NCHP training and philosophy throughout and students are assessed on completion.

Human Development and Sexuality: This component is a very substantial, assessed, online course, which, along with NCHP regular course content, represents a thorough coverage of this subject.

Psychopathology (The scientific study of mental disorders): This is also an assessed online course, and it helps therapists develop a good knowledge of psychopathology in order to, for example, liaise with medical and psychiatric colleagues, be in a position to assess whether the client's problem is within their limit of competence and create an effective treatment plan, avoiding contra-indicated approaches.

Research methods and ethical issues in the social sciences. This is an assessed online course introducing the relevance of applied psychological research for practicing therapists, focusing on the skills and abilities of the social science researcher, as well as outlining the ethical considerations of applied research. This course can also be very useful for Stage Three students working towards the final dissertation for their Diploma.

In the UK this gives a total of 1,800 (minimum) hours of work over the four years from the start to the point of UKCP registration.

In Australia the level of training at the completion of our Stage Three Diploma is the equivalent of over 400 hours face-to-face hours (including a minimum of 310 on course face-to-face hours and some 70 video-audio preparation-for-training hours, plus examination and feedback in a face to face to environment) to meet the requirements for Clinical Membership of the AHA at Diploma level (for Clinical Membership).

Recognition of Prior Learning (RPL), and entry to courses

Note: The NCHP-A supports the use of Accreditation of Prior Experiential Learning (APEL) or Recognition of Prior Learning (RPL) as it is known within the Australian VET system. Therefore, students who have prior learning or experience in any of these areas (e.g. successful completion of a counselling course, experience of working in a psychiatric environment or study of a research methodology as part of a psychology/social science degree) may apply for exemption from undertaking one or other of the elements.

Of course, those who have qualifications in hypnotherapy or hypno-psychotherapy with meaningful external accreditation may be entitled to RPL.

Each case in the above categories is considered individually.

Entry Requirements

NCHP-A training is considered to be at a post-graduate level. However, it is recognised that many people without a formal first degree make excellent therapists. In certain cases, the NCHP-A, therefore, operates a system of Accreditation of Prior Experiential Learning (APEL), where relevant life experience and transferable skills are taken into consideration. Where this approach is applied, the applicant's case situation will be assessed by the Principal of the NCHP-A and his recommendation will then be submitted for input to the NCHP-UK.

All applicants seeking enrolment in the NCHP-A are required to satisfy at least one of the following criteria:

- A university degree or equivalent
- A professional qualification in e.g., the health professions, teaching or social work.
- Queensland secondary education system OP ranking of 15 or better or other evidence of an appropriate level of study achievement as determined by the Principal of NCHP-A.

Applicants without formal qualifications or work experience outside the home, must be able to demonstrate interest, enthusiasm and life experience appropriate to helping others by means of therapy and show aptitude and potential for study in both a tutorial and home situation.

NB: Applicants wishing to qualify for UKCP registration should note the first point - "Post graduate level of competence at outset of training" - in UKCP Registration Requirements.

The NCHP is jealous of its reputation and so seeks to ensure a high calibre student body. The NCHP-A shares this pride of record of its UK based alliance partner.

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Accordingly all applicants are required to nominate referees who can vouch for the academic ability and personal character of the individual concerned. In addition, all applicants are required to sign a declaration, on the Student Application Form, and confirm that they understand their rights and obligations as students of the NCHP-A (if accepted), as outlined in this prospectus.

Personal Interviews

If thought necessary, applicants may be required to submit further details in support of their applications and may be called for personal interview. However, the NCHP-A questions the usefulness of brief, prior interviews and, instead, regards one aspect of Stage One training (particularly the first weekend) as an initial assessments opportunity during which students are observed in their interactions with tutors and other students.

In the event that any application is declined on the basis of an applicant not seeming to have the appropriate educational background to facilitate the NCHP-A training, recommendations are made about suitable additional education. Upon completion of any such further course, the applicant may reapply.

NB: All applicants for RPL are interviewed.

An invitation

Prior to, or in the process of, applying, applicants may visit our offices to discuss the course and related issues. This opportunity remains open for the duration of training. For an insight into the NCHP-A training, potential applicants are invited to attend the final afternoon session of the Stage One Foundation Course. NB: This invitation is extended strictly by arrangement with the Course Co-ordinator.

Minimum Age

In a profession where life experience is considered a definite asset and few, if any, clients are prepared to consult a practitioner whom they consider to be too young, all applicants would normally be expected to have reached the age of 25 years prior to the commencement of the course.

This regulation may be relaxed in exceptional circumstances, notably in the case of a psychology graduate whose application is supported by his / her psychology tutor, where the student will have attained the age of 25 before the end of the course or those who can give good reason for wanting to start the training prior to age 25.

This approach is applied to protect the student. However, all applications will be considered on an individual basis.

College – Student Relations

In order to further the aims of the NCHP-A, as set out in this Prospectus, the NCHP-A undertakes to adhere to the terms and conditions, as stated, as closely as possible and to act in an ethical and responsible manner to all its students, as benefits an accredited training and as outlined in the following comments. Likewise, the NCHP-A expects students to observe the NCHP-A regulations in an ethical and responsible manner as befitting trainee therapists. In this way, the NCHP-A believes that a climate of acceptance is established between student and the NCHP-A within which professional training and mutual respect can flourish.

Equality and Diversity

The NCHP-A is an equal opportunities organisation, committed to the principle that no one should be discriminated against by reason of race, religion, ethnicity, gender, class, age, disability or sexual orientation. We support and follow the policy of the NCHP-UK whose full Equality and Diversity Policy document can be found on its website, www.hypnotherapyuk.net.

Confidentiality

All information supplied by applicants is treated in confidence by relevant NCHP-A personnel within the limits set out in point 5 of our Code of Ethics and Practice.

Interruption of studies

We are well aware that from time to time, some students will have personal reasons that requires them to interrupt their studies. If the interruption is a temporary nature, which has affected home study, then the individual's tutor will be able to assess the effects of the interruption and, where necessary, help the student to catch up. If a student fails to attend any weekend then they may attend an equivalent weekend at a different time without additional charge. If the interruption is likely to be of considerable duration, then the student may recommence at a future date.

Academic Progress

Any student who fails to achieve the level of competence required by our internal and external assessors may apply to be reassessed. Where repeat tuition is desirable, it may be provided, without further payment of tuition fees, prior to further attempts at Stage One or Stage Two written exams, Stage Three practical assessment and resubmission of Stage Three dissertation (Re-attendance must be within a year of failing assessment).

Debts to the NCHP-A

If you owe the NCHP-A any fees, we reserve the right to withhold course results, academic references or progress to further stages of training until payment is received. Students are expected to honour fee commitments without further reminder.

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Course Changes

It is an NCHP-A policy to continually assess, review and improve the course content, materials and all aspects of the NCHP-A's work. Therefore, we reserve the right to effect changes to any part of this Prospectus at any time.

Data Protection and confidentiality

The NCHP-A respects confidentiality and privacy of students and backs up all student records etc.

Student Feedback

The NCHP-A gives students the opportunity, through feedback questionnaires at all stages of training, to register their views about the courses, tuition and support services.

Withdrawal before First Weekend

Should a student withdraw from any course, prior to commencement, a refund will be made of any fees paid at that stage, subject to the return in good and re-usable condition of the course materials, minus a deposit of \$100 to cover administrative costs (i.e. postage and packing and time spent by staff processing application).

Withdrawal after First Weekend

If a student wishes to withdraw from any course at the end of weekend one of any stage of training, that student may do so, and the unused portion of fees paid for that particular stage of training will be refunded, subject to return of all course materials relevant to the particular stage. If a student withdraws from a course having attended two or more weekends, the unused portion of the fees paid will not be refunded but will be held in credit for future training.

Students required to withdraw

In addition to the information which students supply to us on the NCHP-A Enrolment Form, a further careful check is made of each student during the first weekend of every course. During that first weekend, our Course Tutor will be observing each student and making careful assessment of his/her response to the training being given. If, at the end of weekend one, we feel it is not to any student's advantage to continue on the course, we reserve the right to inform that student that we are not in a position to offer further tuition and to ask him/her to withdraw from the course. In that event, all money paid by the student will be refunded, subject to return and re-usable (in good condition) of all course materials relevant to the particular stage.

The careful selection of students is such that we do not expect to have to ask many students to withdraw. The NCHP-UK experience shows it is, however, occasionally necessary for the good of the college, the student and the general public.

The NCHP-A reserves the right to require the withdrawal of any student engaging in gross clinical indiscipline, or acting in a way which tends to disrupt others' enjoyment of, or benefit from, the training.

The structure of the NCHP-UK and the NCHP-A

The NCHP-UK, formerly Blythe Tutorial College, founded in 1977, provides training in Hypno Psychotherapy at venues in Liverpool, Oxford, Glasgow, Leeds and London (Kenton). The NCHP-UK is administered from its registered offices in Loughborough, Manchester and London by an Academic Board, details of which are given below.

The NCHP-A is a business of Revray Pty Ltd, an Australian Company, which has formed an alliance with the NCHP-UK to offer and teach its courses (and elements of other internationally recognised courses) in Australia.

Academic Board

The Chairman of the Academic Board is Keith Thompson, Mt (Oxon), MEd, Emeritus Vice Chancellor, Staffordshire University.

Members of the Academic Board are responsible for the conduct of the NCHP-UK and exams, for the marking of all exam papers including those completed by students of the NCHP-A and for the issue of various awards to successful students. An external moderator confirms all such awards including those to students of the NCHP-A.

Members of the Board include various persons who, although trained in their respective field and who have gained academic status, are not members of the staff of the NCHP. This external factor, combined with our various recognitions and accreditations by a range of significant independent associations, gives prestige and credibility to the awards gained by students of the NCHP and NCHP-A. Further to safeguard student interests, two student members are invited to meetings of the Academic Board. For practical reasons, because the Board meets in the UK, these student members are also UK based.

Assessment

Assessment is based upon conventional academic norms: continuous assessment by tutors, course work essays, exams (properly invigilated by external invigilators), dissertations and practical exams. Other than the continual assessment, all other assessment is carried out by appropriately (UK) qualified independent assessors, such as psychology lecturers in the state education sector, and externally moderated by appropriately qualified personnel.

Regulations concerning aspects of the NCHP-UK and NCHP-A training, such as the submission of course work, standards to be achieved, conduct of exams and appeals procedures are indicated in the relevant documentation.

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Complaints and/or criticism of any aspect of the NCHP (Aust.) training can be made on the forms issued for these purposes at the end of all stages of the course. In addition, students may request that such issues be brought to the attention of the NCHP-A in the tutor's report, which is submitted after each block of class contact. Whilst it is hoped that complaints may be resolved by negotiation with individual course tutors, students are entitled to raise issues with the Academic Board in the UK should any issues prove intractable.

The Academic Board is continually reviewing the course to take account of developments in the profession, and expanding and amending material where necessary.

External Accreditation

The Australian Hypnotherapists Association (AHA)

The AHA is the National Registration Body for hypnotherapists in Australia and has been the Peak Body for hypnotherapy and hypnotherapists since 1949, making it is the oldest and largest hypnotherapy organisation in Australia. Registration with such a professional body reflects a hypnotherapist's willingness to demonstrate to the public a strong desire to be accountable. Registration is the only formal process that members of the public can rely on in relation to standards and accountability. Not only is the AHA the oldest Hypnotherapy Association in Australia, it is also the largest independent Hypnotherapy Association in Australia. The AHA is the voice for professional hypnotherapists.

The AHA has recognised the NCHP-A Certificate and Diploma courses as meeting its education requirements for access to membership at Associate and Clinical levels respectively.

The Department of Health and Aging in Australia has actively encouraged the AHA and some of the other associations to continue its work together towards promoting the status of Voluntary Self-regulation (VSR) for the hypnotherapy profession. In this regard, the AHA is currently participating, along with other professional bodies, in establishing a Working Group for Hypnotherapy Self-Regulation. The WGFHSR purpose is to explore ways in which the industry may progress towards Voluntary Self-regulation.

The AHA's primary responsibility is for the ongoing registration of individual practitioners and setting the criteria for the validation of Recognised Training Courses. The AHA is proudly independent and does not have a direct relationship with any one particular teaching institution.

So what does that mean? It means that the AHA evaluates its members by their academic output. Training with the NCHP-A will give you the levels of academic knowledge and practical competence in essential skills to meet the rigid standards for membership of the AHA.

European Association of Psychotherapy (EAP)

The EAP represents some 200 psychotherapy organisations from 36 countries throughout Europe, including the UK: in terms of individuals, perhaps 100,000 psychotherapists. The EAP's award – The European Certificate of Psychotherapy (ECP) – is intended to set the standard for mutual recognition of psychotherapists in Europe.

In November 2008, the NCHP-UK was awarded European Accredited Psychotherapy Training Institute Status from the European Association of Psychotherapy. This means that students who complete Stage 4 (Advanced Diploma) with the National College can apply direct for the European Certificate in Psychotherapy. Currently the NCHP-UK is one of only two UK institutes (from all psychotherapy disciplines) who have been granted this status.

Students of the NCHP-A who successfully complete our Advanced Diploma course will also be eligible to apply for the European Certificate in Psychotherapy

The European Association for Hypno Psychotherapy

The European Association for Hypno-Psychotherapy (EAHP) is a constituent member of the European Association for Psychotherapy. Both the NCHP-UK and NCSAG achieved full membership of EAHP following assessment by two EAHP officials sent from the Netherlands for the purpose.

At the time of writing NCHP-UK and NCSAG are the only externally assessed UK based member organisations of EAHP.

Institute for Complementary Medicine

At the NCHP-UK initiative, a Register of Hypnotherapists was established and subsequently became the British Register of Complementary Practitioners (Hypnotherapy), incorporating our recommendations concerning its general membership, "...who fulfil approved norms of training, professionalism and ethics, though tied to no single training institution or philosophy. They must have substantial clinical experience, undertake regular in service training, and accept the principle and practice of professional supervision and inspection of professional premises."

The NCHP-UK has been from the outset, an approved training faculty for the BCRP (H) and, as with the UKCP, continued membership of a professional body, such as the NCSAG, is a requirement for inclusion.

The Australian Hypnotherapists Association

The AHA recognizes the Stage 2 Certificate course as meeting the education requirements for access to membership at Associate and the Stage 3 Diploma as meeting the education requirements for access to membership at Clinical level.

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Credit Transfer and the Open University

The following UK OU specific credits have been approved for any NCHP-UK training commenced September 1997, or later:

- Stage One Foundation: 30 points at Level 2
- Stage Two Certificate: 45 points at Level 2
- Stage Three Diploma: 45 points at Post Graduate Level

These UK Open University credits apply also to graduates of NCHP-A

All queries or OU applications in this connection must be addressed to:

Credit Transfer Centre,
The Open University
Berrill Bldg
Walton Hall
Milton Keynes
UNITED KINGDOM MK7 6AA
Tel: 01908653077 Fax: 01908654918

The National Register of Hypnotherapists and Psychotherapists of the UK

The NCHP is recognised by many professional bodies as providing the highest standards of hypno-psychotherapy training. The foremost of these professional bodies is the NCSAG, which draws its members from the NCHP-UK and institutions that provide equivalent trainings.

The NCSAG is a non-profit body, independently administered by its own Board of Directors made up, largely, of independent therapists elected from the membership. Although independent of the NCHP-UK, the NCSAG is run from the same Nelson office and so can take advantage of the NCHP-UK's excellent computing, printing and other office facilities. Equally, and unlike many similar institutions, a trained staff is available to deal with all enquiries, by phone, fax or Internet, five days a week throughout the year.

Members of the NCSAG are required to adhere to a Code of Ethics and Practice. For practicing members, this includes a commitment to Continuing Professional Development (CPD), and a requirement to carry appropriate professional insurance, available to UK members through the NCSAG's group scheme. CPD involves both ongoing supervision / peer supervision and other, verifiable, CPD activities, records of which are kept in therapist's CPD portfolios. Student Members (details of whom are not made available to the public) have reduced rate insurance and undertake supervision on a pro-rata basis for their non-commercial work with family and friends.

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All students of NCHP automatically receive details of NCSAG events. This applies equally to NCHP-A students.

United Kingdom Council for Psychotherapy (UKCP)

The UKCP, formerly the UK Standing Conference for Psychotherapy, was formed in 1989 with the aim of establishing the profession of psychotherapy with agreed common training standards and ethical requirements. Over 70 organisations involved in the field of psychotherapy including the NCHP-UK and NCSAG, currently belong to the UKCP.

In May 1993, the UKCP launched its National Register of Psychotherapists (NRP), and also produced Training and Ethical Standards Requirements for member organisations.

The NCHP's training programme has been confirmed as meeting UKCP requirements and the UKCP ethical guidelines are incorporated within our Code of Ethics and Practice.

Details of supplementary training for those wishing to fulfill the requirements for membership of the UKCP's NRP are given later herein. It should be noted that the UKCP's Register, like the NCSAG, is a voluntary body, and continued membership of a UKCP approved professional organisation, such as the NCSAG, is a condition of membership of the UKCP's Register.

UKCP has been involved in various initiatives to legislate for, and regulate, psychotherapy, so confirming our professional status.

Course Fees – Valid until further notice

Stage One.....\$2,150

Stage One Extended Payment arrangement is \$2,300 in 5 payments covering 5 months (max)

Stage Two.....\$2,550

Stage Two Extended Payment is \$2,700 in 6 payments over 6 months (max)

Stage Three.....\$2,550

Stage Three Extended Payment is as per Stage Two

Stage Four.....To be quoted on a case by case basis

Stage Four Extended Payment is by arrangement with the college Principal

Total Cost to end on stage 3 Diploma (at which point access to Clinical Membership of AHA is achieved) is \$7,250.00. Fees include the costs of notes, tutoring and assessment, but not the cost of text books.

NCHP and NCHP-A Teaching Staff and examination assessment

The NCHP-A's regular course tutors including Alan Patching, Principal of NCHP-A, are all graduates of the NCHP, or are qualified professionals whose qualifications and experience are recognised and approved by the NCHP-UK as instructors on our courses. One key requirement for all tutors is they must be able to empathise (and sympathise) with students under tuition. They are all experienced therapists with considerable teaching experience. This background facilitates a pastoral and supervisory relationship with their students, in addition to the tutorial role.

Biographies of Shaun Brookhouse, Fiona Biddle and Alan Patching have been provided earlier herein. Following are the biographies of NCHP tutors who will be involved in assessment of examinations and assignments etc of NCHP-A students. As more assessors are required with the growth of NCHP-A, more names will be added to this Prospectus section.

Jon Beilby

Jon graduated from Swansea University with an Honours Degree in 1972. He has worked in industry and has taught for over twenty years. Jon was trained by the NCHP-UK and by Relate (the National Marriage Guidance Organisation). He is a member of the NCSAG and has worked as a counsellor for Relate. He has worked with individuals, couples and groups, as well as supervising therapists / counsellors.

Jon is an examiner for the Stage Three Practical Exam on behalf of the NCHP. His main interests are in working with stress, self-esteem, relationships and abuse issues.

Code of Ethics and Clinical Practice

Note: The NCHP-A requires compliance with the Code of Ethics and Clinical Practice described in the Prospectus of the NCHP of the UK. That Code of Ethics is reproduced verbatim and in full here under

Throughout this Code, the terms “Therapist”, “Therapists” and “Members” or “Membership” shall be deemed to include both graduate members of the National College Student and alumni Guild as well as persons in training with the National College of Hypnosis and Psychotherapy (NCHP) (UK) and NCHP-A.

The NCHP and NCSAG recognise the prime importance of encouraging, maintaining and supervising the ethical standards of their therapists. This is for the protection of both clients and therapists. To these ends, the following Code of Ethics and Clinical Practice applies to all members of the NCSAG and to all students of the NCHP-UK and (Aust), even prior to eligibility for membership of the NCSAG.

All therapists are expected to approach their work with the specific aims of alleviating suffering and promoting the well being for their clients. Therapists should therefore, endeavour to use those abilities and skills commensurate with their trained competence, to the clients’ best advantage, without prejudice and with due recognition of the value and dignity of every human being.

1. Therapists engaged in the practice of Hypno-Psychotherapy and allied disciplines shall, at all times, conduct their professional lives with the propriety and dignity becoming a servant of the public, and pledge they will not, under any circumstances, infringe the code of morality becoming their profession, and will not commit any breach of conduct that will adversely reflect upon their fellow practitioners.
2. Therapists shall confine their services to the recognised spheres of their profession, and shall neither offer nor promise cures for specific conditions, nor engage in any activity likely to bring the profession into dispute.
3. Therapists are required to disclose their qualifications when requested and not claim, or imply, qualifications that they do not have. Physical evidence of such qualifications should be made available for inspection by any legitimate enquirer.
4. Therapists are required to disclose their terms, conditions and, where appropriate, methods of practice at the outset of therapy. Failure to act thus may be seen as being morally repugnant as well as counterproductive in therapeutic terms.
5. Therapists are required to preserve confidentially and to disclose, if requested, the limits of confidentiality and circumstances under which it might be broken to specific third parties. It should be borne in mind that therapists have a responsibility to the community at large, as well as to individual clients.
6. Therapists should consider the client’s best interest when making appropriate contact with the client’s General Practitioner, relevant professionals with the client’s knowledge and consent. In seeking advice, as appropriate, and perhaps declining to treat and/or referring, therapists show an awareness of their own limitations whilst acting in the best interest of those seeking their help.

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7. Therapists are required to maintain appropriate boundaries with their clients and to take care not to exploit their clients, current or past, in any way, financially, sexually or emotionally.
8. Therapists are required to maintain their ability to perform competently by undergoing personal therapy, if required, and engaging in Continuing Professional Development (CPD), including a commitment to ongoing supervision/peer supervision and other, verifiable, CPD activities.
9. Therapists are required to clarify with clients the nature, purpose and conditions of any research in which the clients are involved and to ensure that informed and verifiable consent is given before commencement. Such consent should allow for a ‘cooling off’ period, and may be withdrawn at any time thereafter should any such clients so choose.
10. Therapists are required to safeguard the welfare and anonymity of clients when any form of publication of clinical material is being considered and to obtain their consent whenever possible.
11. The principles underlying the two previous paragraphs shall also be applied should therapists be engaged in the public media of whatever description.
12. A therapist who is convicted in a court of law of any notifiable criminal offence, or who is the subject of any successful civil action by a client, shall immediately report the facts in writing the NCSAG’s Board of Directors. In any such instance, the individual concerned shall consider him or herself suspended from membership of the NCSAG and/or student body of the NCRP pending decision concerning such membership by the NCSAG’s Board of Directors.
13. Therapists are required to ensure that their professional work is adequately covered by appropriate indemnity insurance. All members of the NCSAG are required to be so insured. Prior to eligibility for membership of the NCSAG, persons on premises used by the NCHP for purposes of training, and under the supervision of the NCHP Tutor, are required to be covered through NCHP insurance.
14. A Complaints Procedure exists to receive any complaint against a therapist, to consider the therapist’s response, and to arrive at a decision based on all the presented facts. Appeals are allowed against any decisions made. The Complaints Procedure is detailed in the NCSAG’s ‘A Guide to the NCSAG’, and will be made available to any person on request, and to all therapists applying to join the NCSAG. In the event of a complaint against the institution, i.e. the NCHP or NCSAG, a Complaints Procedure has been published and is available upon request.
15. Therapists are required to take appropriate action to make a complaint which will be dealt with in accordance with the Complaints Procedure, with regard to the behaviour of a colleague which may be detrimental to the profession, to colleagues or to other members.
16. Therapists shall not give any performance, lecture or display which presents hypnosis or psychotherapy or allied disciplines as a means of entertainment.
17. The professional notices of therapists shall be kept to a dignified wording and confined to approved publications only, and / or otherwise be brought to public notice in a dignified manner. (The NCSAG’s Board of Directors may, at its discretion, declare an advertisement or publication or method of publicising services to be unacceptable).

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18. Any therapist breaking this Code of Ethics and Clinical Practice shall, at the discretion of the NCSAG's Board of Directors, be liable to forfeiture of membership or other sanction(s) as directed by the Board of Directors.
19. The NCSAG's Board of Directors shall have the power to interpret and enforce compliance with the Code of Ethics and Clinical Practice by all therapists, and to impose such sanctions as it sees fit for breaches of the Code. Where dual membership exists, details of the therapists who are suspended by, or expelled from, the NCSAG, are automatically deleted from the UKCP's National Register of Psychotherapists.

Some Common Questions Answered

Q) Is it necessary to pay for all three stages of training in advance?

A) No. Students normally pay for the course stage by stage. Furthermore, each stage can be paid in installments. When the full fee for each particular stage is paid on enrolment, this obviously helps keep down our administrative costs, but we recognise that not all students can do this, hence the installment facilities. These facilities vary with the length of the stage involved, but generally there is an initial payment on enrolment plus one or more payments during the period of training. Please contact the NCHP-A for further details.

Q) What is meant by the term “combined attendance and home study”?

A) This means that students are able, in their own free time, to supplement the instruction they receive as part of their weekend training with the essential reading from the recommended text books and from the course notes provided. In this way it is possible to devote the time spent in attendance at the tuition venue in observing demonstrations, receiving practical instruction and guidance, listening to lectures relating to the theories involved, reviewing relevant case studies and having questions raised in personal reading, study and practice answered by course tutors.

Q) Will I need to buy expensive textbooks for the course?

A) The number of books used varies with each stage of training (students will be advised by tutors), and on all courses comprehensive lesson notes are provided. However, whenever textbooks are necessary it is the students' responsibility to obtain them. As books can be expensive it has always been our policy to confine our booklist to those readily available and, in many cases, obtainable through local libraries. Thus our objective is that your outlay on books be kept to a minimum commensurate with sound educational and professional training. Students are reminded

Q) When I become a student of the NCHP-A, or when I complete my training, do I have to sign any contract or become involved in any franchise operation?

A) No. The work of the NCHP-A is to train students to a level of competence, which enables them to offer professional services to the public or to study to the particular stage, which is of interest to them. The NCHP-A does not involve itself in any form of franchising.

Q) What is my position regarding professional indemnity insurance when I establish a practice?

A) The training and study programme of the NCHP-UK has been approved by a leading British insurance company. Australian students not intending to work overseas can get professional indemnity coverage from a variety of insurance businesses in Australia, including one which has a supply arrangement (for hypnotherapists) with the AHA.

Q) Do I have to undergo psychotherapy myself prior to training?

A) The NCHP-A does not insist that any student undergoes therapy. However, provision is made for students to solve any personal problems they may be encountering and students are recommended to undertake therapy if required. A significant part of the training programme involves practical application of the techniques being taught, so all students experience the therapy which they themselves will be applying as practitioners. This principle of experiential training is considered to be important, and students are able to benefit from this while being under the care and supervision of their tutor. Applicants wishing to train to UKCP registration level should note there is a requirement relating to personal therapy in at least the section of the training which leads to the Advanced Diploma being achieved.

Q) Is there any help with fees?

A) Should prospective students have difficulty in raising the course fee as a one off payment, flexible installments can be arranged. There is a surcharge for this service. Please contact the NCHP-A for details. Some people hesitate attending courses on their own and are happier when training with a friend. With this in mind, we are offering the Stage One training at half price for the second person when applying with a friend or colleague. Other offers are available if fees for the full Diploma Course are paid in advance. Please contact the office for guidance.

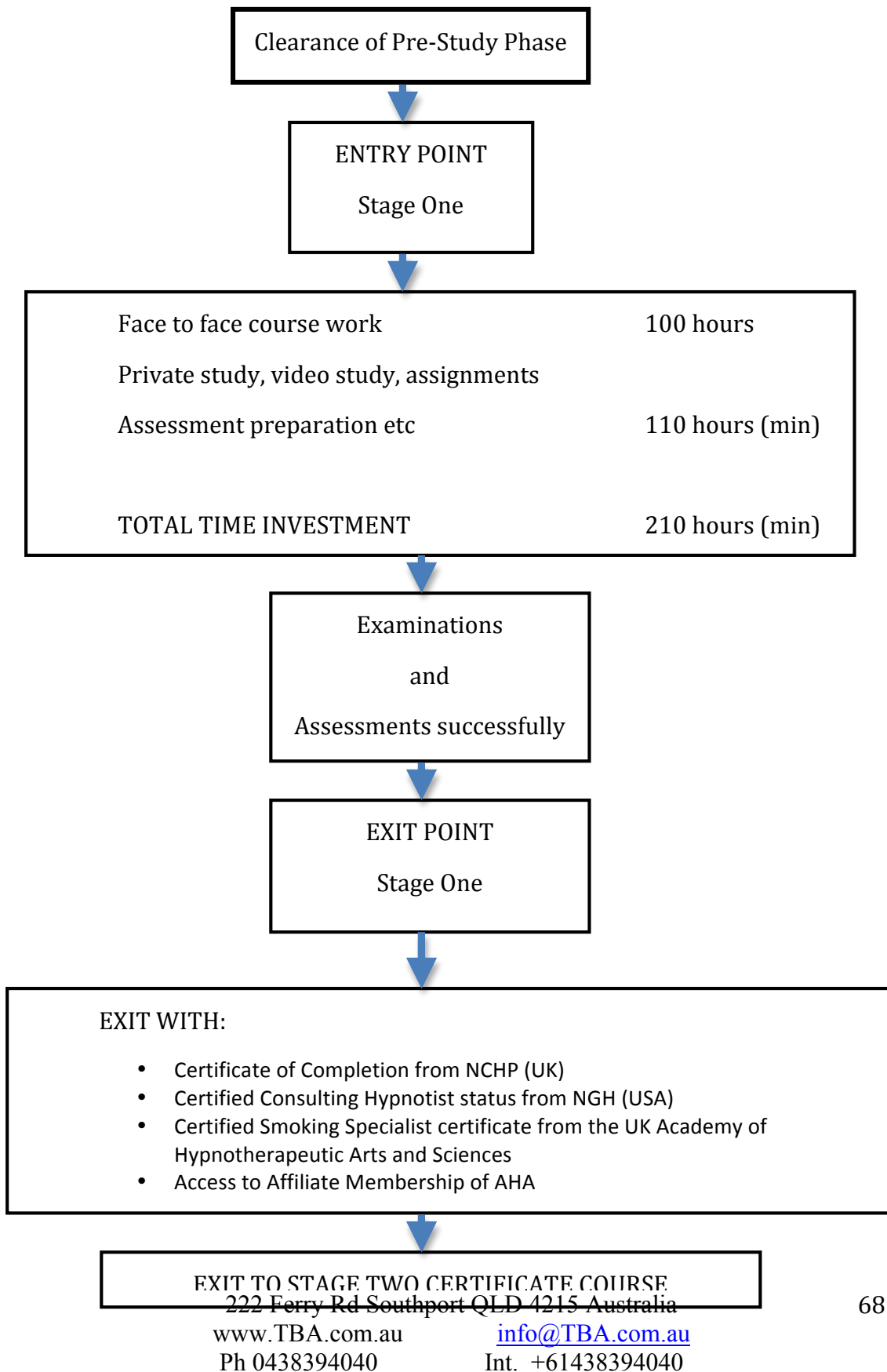
A guide to enrolling

1. Please read the prospectus carefully. If there is anything you are not clear about, or have any queries about any aspect of NCHP-A training, please contact us on +61 438 394 040, or email at info@TBA.com
2. Decide which course level is appropriate given your current experience and educational levels.
3. If your preferred course starts within the next six months, complete the enclosed Student Application Form and Course Enrolment Form and return the two forms along with two passport photos and payment.
4. If your preferred course does not start within the next six months, or the dates are not yet available for your chosen venue, simply complete the enclosed Student Application Form. Your application will be processed and, if successful, you will be informed as dates become available. Then you can return the Course Enrolment Form, passport photos and payment.
5. When we receive your forms, your references will be taken up and your application considered. You may be asked for further information, or to attend an interview.
6. If your application is unsuccessful, we will write to you and return, in full, any payment that you sent with your application. We may also make recommendations about suitable training that we consider would be beneficial for you to undertake before re-applying.
7. If your application is successful, you will be offered a place on your preferred course if a place is available, or, if the course is full, on the next available course. Your payment will be processed and you will be sent the course materials.
8. When you receive the course materials, please check that all the contents are included. You should make any travel/accommodation plans and read through the notes for the first weekend in plenty of time. If you have any last minute queries please ask and we will be happy to help.

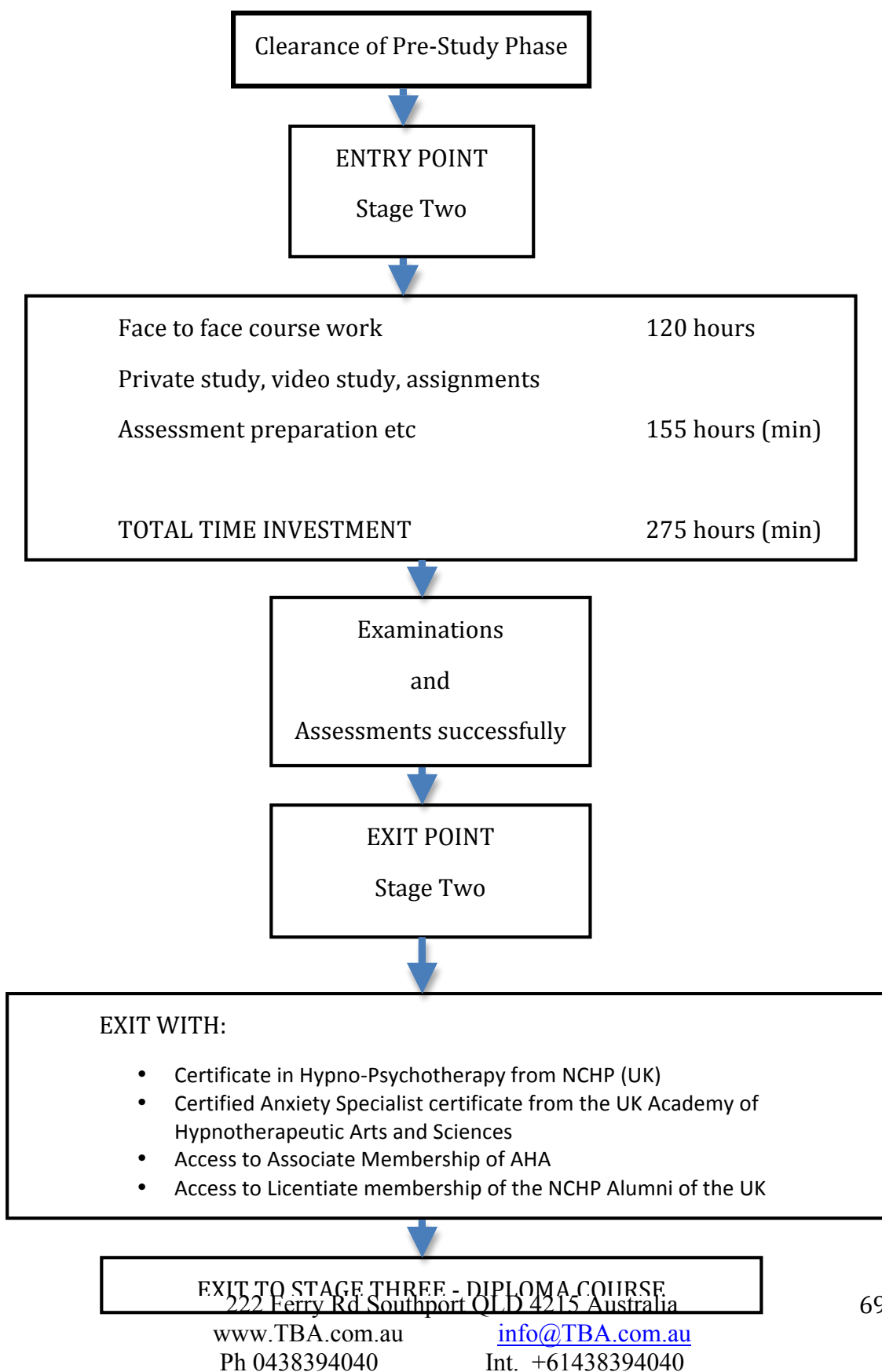
Appendix One

Course Structure

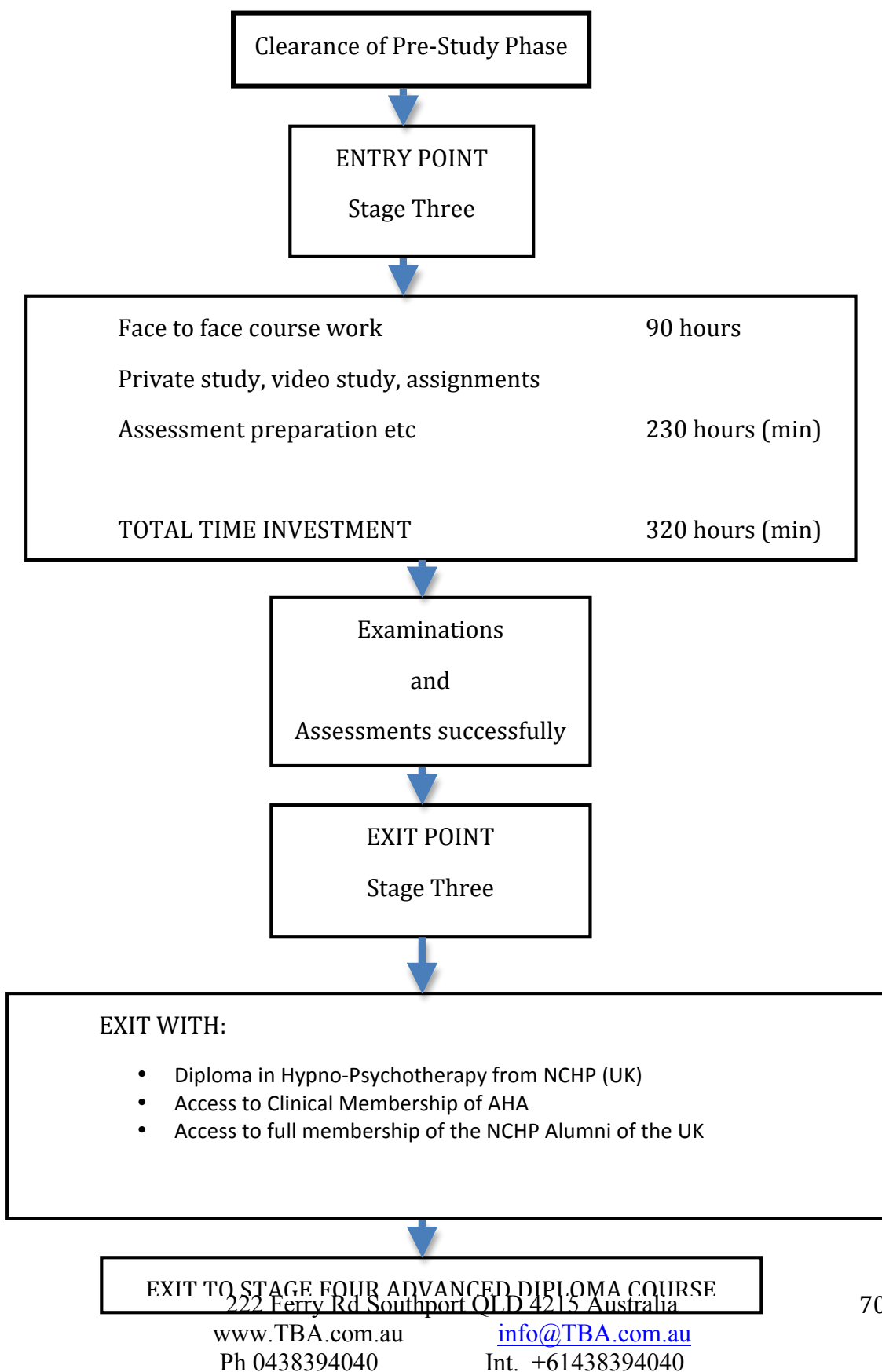
STAGE ONE – FOUNDATION COURSE



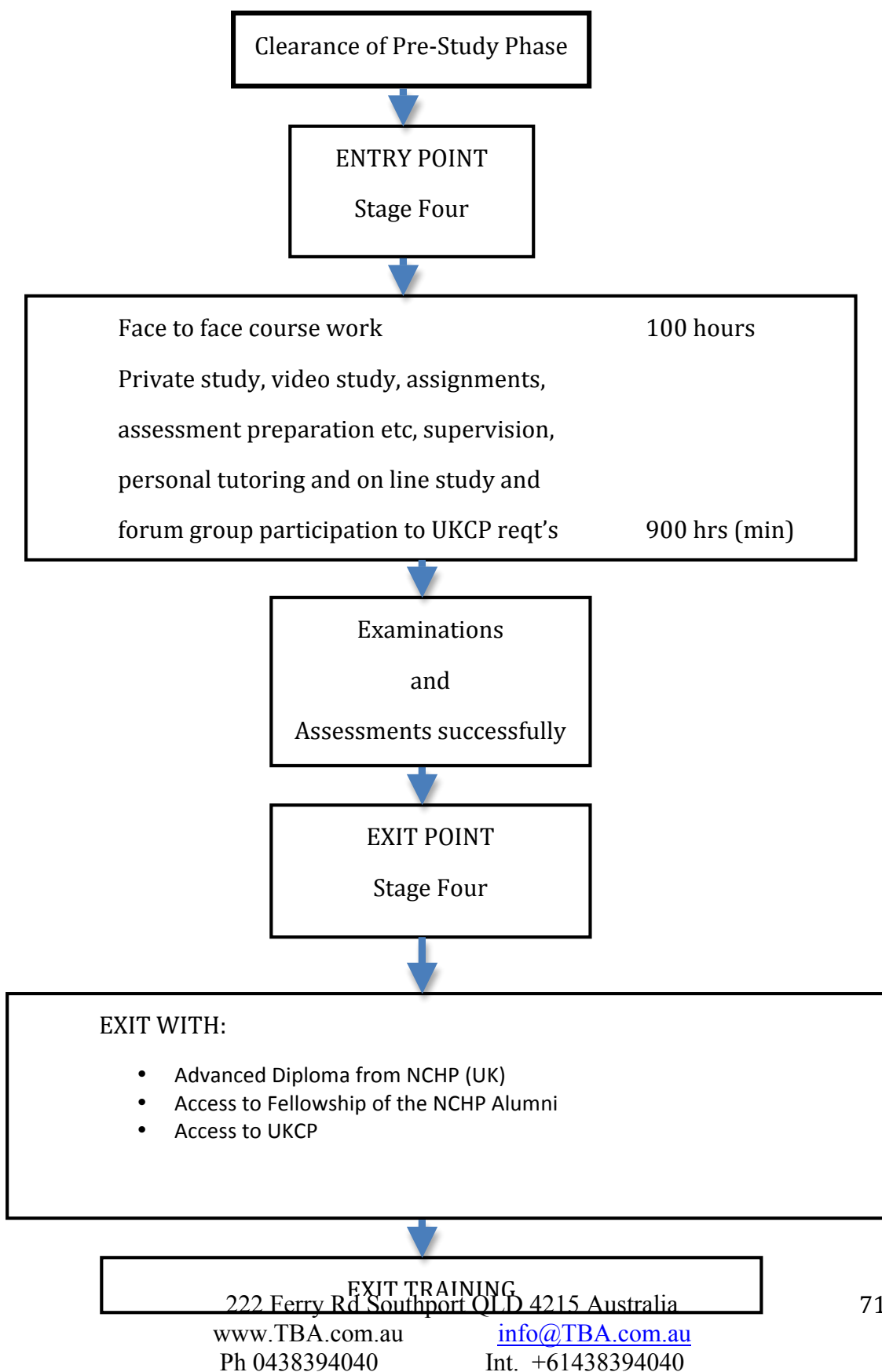
STAGE TWO – CERTIFICATE COURSE



STAGE THREE - DIPLOMA COURSE



STAGE FOUR – ADVANCED DIPLOMA COURSE



NCHP-A – First in Australia with International competency based comprehensive training in Clinical Hypnotherapy and Psychotherapy