

ATMS Modality:

Hypnotherapy

Definition of Treatment

Clinical hypnosis is a process where a person receives hypnotherapy under the guidance of a qualified Hypnotherapist, with the aim of changing his/her behaviour, emotional content and attitudes. These may include dysfunctional habits, anxiety, stress-related illness, pain management and personal development. Hypnosis can be used for anxiety control, motivation training, attitude change, self-esteem, self-confidence, depression, eating disorders, fears and phobias, memory training, nail biting, panic and performance anxiety, sexual dysfunction, sleep disorders, stuttering, study problems, trauma counselling, thumb sucking and to stop smoking.

Hypnosis is a state of relaxation, which individuals allow themselves to enter so that desired, beneficial suggestions may be given directly to the part of the mind known as the subconscious. Under hypnosis, the conscious, rational part of the brain is temporarily bypassed, making the subconscious part, which influences mental and physical functions, receptive to therapy.

The therapist establishes a rapport with the client. This involves encouraging the client to talk about his or her concerns. The therapist would spend time with the client first to take a clinical history a necessary part of the treatment. As well as establishing a clinical record, the discussion contributes to building trust and confidence between the therapist and the client. Feeling safe, comfortable and secure with the therapist helps the induction of a hypnotic state of relaxation. The length of treatments depends on the problem or symptom and the individual's circumstances. The assessment must include the development of a specific treatment plan as to the best course of treatment for the patient's condition. This treatment plan forms the basis of the clinical notes. These notes must be consistent with the ATMS Code of Conduct, the Unregistered Health Practitioner Act and the additional requirements set by the health funds.



Health Fund	Educational Requirements	Provider Number
Australian Unity	Completion of an Australian RTO Diploma qualification.	Names and details of eligible ATMS members will be sent to Australian Unity each month. ATMS members will need to contact Australian Unity on 1800 035 360 to register as a provider, after filling out the Australian Unity Application Form located on the ATMS website to activate their provider status. This only needs to happen the first time. Your ATMS number can be used as your Provider Number, or you can contact Australian Unity for your Australian Unity generated Provider Number.
CBHS Health Fund	Meets ATMS requirements.	Names and details of eligible ATMS members will be sent to CBHS each month. Your ATMS number will be your Provider Number.
Grand United	Practitioners need to apply directly and can contact health fund on 1800 249 966.	
HBF	Meets ATMS requirements.	Names and details of eligible ATMS members will be sent to HBF each month. HBF requires all providers who wish to register with HBF to fill out an application form available on the HBF website www.hbf.com.au . Once HBF approves the provider, they will generate provider numbers after they receive the first claim from your first HBF client.
Medibank Private	Completion of a government accredited Certificate IV or Diploma of Hypnotherapy. Qualifications completed by correspondence only and/or the clinical training not supervised will not be recognised. If practitioner holds overseas qualifications, they must at least equate to the required Australian qualifications	Names and details of eligible ATMS members will be sent to Medibank Private on a monthly basis. Medibank Private generates Provider Numbers after receiving the list of eligible practitioners from ATMS. Medibank Private sends these provider numbers directly to your clinic address/es.