

HYPNOTHERAPY

Minimum Award Level: Equivalent to Diploma

Minimum Total Hours 925

Total Core Component Hours 925

Core Components

Clinical Hypnotherapy	450 hours
Counselling for Hypnotherapy	300 hours
Practice Management	60 hours
Safe Practices	15 hours
Supervised Clinical Training	100 hours

Notes

Provide First Aid Certificate - required.

ATMS requires that all supervised clinical training* be completed by validated supervisors within the profession. The supervision may be conducted face to face or by electronic means.

For clinical hypnotherapy 100% of the clinic hours must be spent actively treating the clients followed by the appropriate supervision.

** followed by appropriate training supervision.*

These are the Minimum Education Standards for ATMS Accreditation, however, no training in needling, manipulation, ingestible medication or electrophysical therapies can be included unless otherwise indicated in these Standards. The ATMS Minimum Education Standards are subject to ongoing review and therefore may change at any time without notice.

Clinical Hypnotherapy

Minimum total hours for this component: 450

Learning Outcomes

- Define basic concepts and contraindications of hypnosis.
- Describe the therapeutic applications of hypnosis and clinical hypnotherapy.
- List the fundamentals of hypnoanalysis.
- Perform appropriate, effective and safe hypnotherapy with a client.
- Demonstrate the teaching of basic self-hypnosis for self and client.
- Demonstrate knowledge of the medical sciences appropriate to hypnotherapy including medical terminology.
- Discuss the key elements of psychology relative to hypnotherapy.
- Discuss the key elements of counselling relative to hypnotherapy.
- Describe the use within hypnotherapy of several adjunctive psychotherapies such as Gestalt, Transactional Analysis, Neuro- Linguistic Programming, Counselling or equivalent.
- Detail requirements for personal and professional development.
- Describe hypnoanalytical techniques – Progression, Regression, Automatic Writing, Ideomotor Questioning and Dream Therapy.
- Demonstrate an ability to communicate effectively with a client.
- Demonstrate an understanding the legal and ethical obligations relating to a hypnotherapy practice.

Counselling for Hypnotherapy

Minimum total hours for this component: 300

Learning Outcomes

- Identify qualities and interpersonal skills of an effective helper.
- Identify the major schools of counselling.
- List the effectiveness of the variety of therapeutic approaches when dealing with emotional and psychological problems.
- Describe the component parts of listening, questioning and summarising and their relevance in the therapeutic relationship.
- Provide demonstrations of at least the major approaches in counselling. E.g.: behavioural, client-centred, cognitive behavioural, Gestalt, existential / humanistic, process-oriented, transactional analysis, wholistic, NLP.
- Demonstrate the use of role play in identifying and discharging distress.
- Describe the common theories of human behaviour (perception, attribution, social influence, cognition, emotions and their implications).
- Demonstrate the counselling process and its management for a hypnotherapy practice.
- Define crisis theory, crisis types and typical symptomatology and its relevance in a clinical hypnotherapy practice.
- Demonstrate an understanding of grief and trauma counselling, conflict resolution and mediation and its relevance in a clinical hypnotherapy practice.



Practice Management

Minimum total hours for this component: 60

Learning Outcomes

- Demonstrate ability to take a professional case history and operate a clinical hypnotherapy practice.
- List the requirements for a reception area for a clinic.
- Demonstrate an ability to establish and maintain an appointment book for clients.
- Demonstrate a familiarity with the requirements of the relevant association(s) related to the discipline.
- List the legal, financial and insurance requirements involved in establishing and maintaining a practice.
- List the regulations of any local council regulations relating to the establishment of a clinic.
- Outline appropriate privacy and confidentiality procedures in a practice.
- Demonstrate appropriate communication strategies of colleagues and build strong relationships.
- Demonstrate communication skills (electronic and hard copy) for communication and referral to other health practitioners.
- Demonstrate telephone skills.
- Demonstrate ethical marketing skills.
- Demonstrate continuing self support and supervision.
- Demonstrate appropriate networking skills.
- Describe the place of clinical hypnotherapy within the framework of health and health-related services.

Safe Practices

Minimum total hours for this component: 15

Learning Outcomes

- Follow organisational procedures for hazard identification and risk control.
- Contribute to occupational health and safety in the workplace.
- Use and implement strategies as directed to prevent infection in the workplace.
- Use strategies to prevent work overload.
- Work in a safe and professional manner.
- Use and implement strategies to prevent manual handling injuries.
- Collect, handle, store and manage clinical and other waste in a safe manner.
- Clean and disinfect equipment and surfaces.
- Demonstrate hygiene management procedures.
- Identify and respond to infection risk.



Supervised Clinical Training

Minimum total hours for this component: 100

Learning Outcomes

- Demonstrate an ability to present case studies to a supervisor in an individual or group setting.
- Demonstrate the ability to record and maintain client's records.
- Demonstrate appropriate privacy and confidentiality procedures.
- Perform daily operations of a clinical hypnotherapy clinic.
- Describe how a Clinical Hypnotherapist applies their knowledge and skills in practice.
- Work with clients to create treatment plans.
- Demonstrate a competent and caring professional manner in a clinical hypnotherapy practice.
- Use appropriate techniques in a clinical hypnotherapy clinic to treat clients.
- Demonstrate an awareness of the particular requirements for a private practice and a group practice.
- Demonstrate an ability to work in a sole practice.
- Demonstrate behaviour conforming to ethical and legal standards when dealing with clients and other health professionals.
- Demonstrate an understanding of multi-cultural issues for working with a diverse range of clients.
- Demonstrate an ability to write a professional report about a client.
- Demonstrate an understanding of current legislation that affect the practice of clinical hypnotherapy e.g. Code of conduct for unregistered health practitioners: Public Health Regulation .
- Demonstrate the ability to make referrals to other healthcare professionals when appropriate.

Notes

Supervised clinical practice refers to a situation where a student/clinical hypnotherapist consults with clients, performs an appropriate health assessment, prepares and provides treatment/management plans, in a clinic open to members of the public and while under the supervision of an appropriately qualified clinical hypnotherapy supervisor.

Supervision of each case must be undertaken within one month of that client's appointment unless alternative procedures are established.

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** followed by appropriate training supervision.*

