



Clover Institute

Course Outline

Diploma of Clinical Hypnotherapy & NLP

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ABOUT CLOVER INSTITUTE

History of Clover Institute

Rhondda Stewart has been training in Clinical Hypnotherapy, NLP and Psychotherapy for over 25 years. She was the founder and head trainer of the Australian College of Professional Clinical Hypnotherapy (ACPH) and Australian College of Hypnotherapy (ACH). Rhondda is now offering a professional level of training under the new banner of Clover Institute. Clover Institute offers affordable training and continues to meet the standards of recognition from the Australian Society of Clinical Hypnotherapy (ASCH), the Australian Hypnotherapy Association (AHA) and the International Medical and Dental Association (IMDHA) and other associations worldwide.

The training at Clover Institute is a quality of training that is designed to educate students and build their practical skill base so they are able to set up their own professional therapy practice in the field of Clinical Hypnosis. For those wanting to continue there is an Advanced Diploma of Clinical Hypnotherapy & Psychotherapy which includes Cognitive Behavioural Therapy (CBT) and Cognitive Behavioural Hypnosis (CBH).

The face to face training involves practice in the class room of all aspects of hypnosis, theory is blended throughout the course to build on underpinning knowledge, supervision and mentoring is provided throughout the training. What we know is our students graduate with underpinning knowledge and practical skills that enable them to set up a professional practice in Clinical Hypnotherapy.

Within the training a student learns relevance of duty of care, confidentiality, legal obligations, how to build an understanding of clients desired goal. Through the design of questioning they are able to design a treatment plan for that individual client, and design hypnotic language to suit their specific needs. Work with trance (induction, deepening, therapy work and reorientation) and learn a range of self-help tools to assist the client between sessions building on moving towards their goal.

The training is comprehensive in all areas of hypnosis which equips the student to work with habit, medical areas, trauma, identity, self-esteem and emotional areas such as depression, anxiety, phobia, PTSD. The focus of training is on healing both the mind and body through a Person-Centred approach.

Many schools today only teach a student how to read a script or hypnotic language that is already written in a book whereas we train our students to be able to design their own treatment plan, work with designing hypnotic language and scripts.

At Clover Institute we are continually researching global developments in Hypnotherapy and Psychotherapy training whilst regularly updating our course material to reflect this. Clover Institute works with the most up to date training, reflecting International trends and changes.

Clover Institute knows that no two students are the same, and so our trainers assess student's learning style and supervision requirements based on their demonstrated individual needs. We have discovered that this enables the trainer to offer a more needs-based level of supervision and ongoing mentoring throughout the course.

Clover Institute also offers continuous support after you graduate because we believe that knowing your school is there supporting you after you have completed your initial training with us is just as important as supporting you during the training.

Why train with us?

- Rhondda Stewart has been training students in Clinical Hypnotherapy and Psychotherapy for over 25 years.
- Our name has changed but the training and support is still the same.
- Training meets all Association requirements for Membership.
- Training is Internationally recognised by the International Medical & Dental Association (IMDHA)
- Post graduate support. We are here to support you in becoming the best therapist you can be.
- Clover Institute offers Ongoing Professional Development throughout each year in Master Classes and Workshops.
- Clover Institute meets requirements for association standards both in Australia and Internationally.
 - Clover Institute training meets the curriculum criteria for full membership in the Australian Society of Clinical Hypnotherapy (ASCH) and Australian Hypnotherapy Association (AHA).
 - As well as meeting the requirements of the International Medical and Dental Hypnotherapy Association (IMDHA). Once you are certified you are eligible to apply to these organisations for membership. Clover has secured your first-year membership free in both Australian Associations.

Learn the art of hypnosis through our hands-on practical approach to training. At Clover you can be sure our trainers have been in the industry as trainers for many years and will train you to a professional standard. Which will assist you in creating a successful career and networking with other medical professionals.

Industry associations



Clover Institute is an approved school with the prestigious International Medical and Dental Clover Institute is an approved school with the prestigious International Medical and Dental Hypnotherapy Association (IMDHA), the largest Association of its kind in the world.



Clover Institute is an approved school with both the ASCH and the AHA. Clover Institute meets their guidelines for students to gain full membership. Whether you choose to establish your practice in Australia or Internationally, you can be confident in the knowledge that your qualifications are recognised



DIPLOMA OF CLINICAL HYPNOTHERAPY & NLP

By completing our training program, you will discover how to utilise clinical hypnotherapy to help clients achieve their desired goals and outcomes. Course material is provided with only one textbook required to purchase. Clover Institute teaches Ericksonian and Analytical Hypnosis as well as the new model of Naturalistic hypnosis and Conversational or Waking hypnosis. Learn how to work with the Body (Somatic work) and the Mind.

Entry requirements

All prospective students will be interviewed by the College CEO Rhondda Stewart, prior to enrolment and need to be able to display a sufficient level of maturity appropriate for working in a clinical situation as the training provided enables the practitioner to work in both a clinical/therapeutic and business environment. Students must be in suitable mental health for training.

Benefits of Hypnotherapy as a career choice

The benefits in becoming a Clinical Hypnotherapist are assisting people in creating positive change through this most effective and indirect model of therapy. Becoming a Clinical Hypnotherapy is a lifestyle choice, allowing you to decide where you work, what hours and days suit you.

If you are a current therapist or in a Medical or Complimentary field you can add new tools to your toolkit to expand your skill base. Perhaps you are in transition and wanting to slowly move into a new career? Training in Hypnotherapy will enable you to build your therapy practice over a time frame that suits you.

Course Pre-requisites

The course has no academic prerequisites however, to undertake this course, the student must:

- Be 20 years of age or over
- Have an adequate command of the English language
- Have normal sensory awareness and capability including adequate hearing and vision
- Have adequate physical/psychological abilities necessary for establishing and maintaining professional working relationships with clients, in the Hypnotherapist vocation
- Have a current e-mail address for contact and communication
- Students should have no history of criminal convictions or sanctions imposed by professional organisations which might reflect upon their suitability to practice as a therapist

Please Note:

Due to the nature and demands of the course and profession Clover Institute reserves the right to refuse entry to any individual on the basis of suitability.

Course Format

The Diploma of Clinical Hypnotherapy & NLP consists of Distance Education and two blocks of Face to Face training (Part 1 & 2). After completing Part 1 face to face you will be trained up to work with clients (case studies). This practical assignment work and your theoretical assignment work will be completed through distance education, with supervision and mentoring. Our training is based on developing practical skills through in class practice and working with real clients.

PART 1 FACE TO FACE TRAINING

Once you attend Part 1 face to face training you will start building underpinning knowledge and practical skills. Part 1 face to face training includes how to design a treatment plan for each therapeutic session that meets each individual client's needs. You will learn how to design a treatment plan with effective hypnotic suggestions to 'weave' into a script based around the client's desired outcome, work with metaphor/story design, and understand trance indicators and how to deal with abreactions.

You will also learn and practice hypnotic induction, how to deepen trance states, design therapy and hypnotic language, storytelling and how-to re-orient the client back to full waking consciousness. You will also learn a range of self-help tools to assist the client in moving into their goal. When working with clients it is important to know how to keep realistic boundaries (therapist/client), work with listening skills and be able to review duty of care and legal obligations with the client.

Practical training in Part 1 face to face will be working with habit and performance such as Stop Smoking, Body Reshaping, Study and Learning and Confidence and Performance areas. After you have completed Part 1 face-to-face training you will complete your assignment work and start seeing clients. Initially for case studies, you can continue to see clients as a student and earn money as you do. Student insurance is something you will need to take out, this will cover you for all your client work and assist you in networking with medical, dental and therapy-based professionals.

Once you have completed your Part 1 face to face the practical work you do will build on your understanding and prepare you to come back for Part 2 face to face which will work the same as Part 1 with case study work and theoretical assignments after the training. Supervision is provided throughout and based on each individual student's needs.

NB: Start working with clients immediately after Part 1 face to face training

PART 2 FACE TO FACE TRAINING

Approximately 4 months later you will attend Part 2, face to face training, which will provide you with more advanced hypnotic techniques, language designs, Meridian energy therapies (including Hypno K and SET techniques). You will continue to learn how to design and create scripts and indirect hypnotic suggestions for a specific client, as well as more advanced Ericksonian hypnosis designs and the use of the Naturalistic approach. After completing Part 2 face to face, you will be able to see clients in a vast array of areas that relate to your professional level of training and expertise including medical, identity and sexual areas.

Some issues are Stress, Anxiety, Depression, Phobia, PTSD, Irritable Bowel Syndrome (IBS), Trauma, Insomnia, Childbirth, Infertility, Self-Identity to name a few. At this point you will be able to expand your business into a comprehensive hypnotherapy practice. Linking with other medical and health professionals and building your referral networks.

NB: Upon successful completion of all the requirements for both Part 1 and Part 2 of the training you will gain certification of A 'DIPLOMA OF CLINICAL HYPNOTHERAPY & NLP'

Course Content

The Diploma training is designed to work with learning skills and practicing them in a class room And building on theoretical knowledge through client work and practice. The training includes the below:

Ericksonian & Analytical hypnosis (Yapko, Rossi)	Post Hypnotic Suggestion Techniques and Tools for empowerment and change	The Definition, History, & Key Presuppositions of Hypnotherapy & NLP
Naturalistic hypnosis	Secondary gain	NLP strategies and designs
Spontaneous trance states	Medical Anatomy & Physiology	The Psyche of understanding
Conversational/Waking hypnosis	Medical Hypnosis	NLP for therapy
History of hypnosis	Dreams	Rapport building
Susceptibility testing	Self-hypnosis	Pacing and Leading
Hypnotic language design	Paraphrasing and Summarising	Language patterns
Sensory language	Rapid Inductions	Design of effective questioning
Treatment Plan Design	Stress cycle	Time Line
Ego strengthening	Strategy designs	Developing Goal & Outcomes
Designing suggestions, Metaphors & Script	Age Regression	Calibration techniques
Inductions and Deepeners	Association and Disassociation	Ideomotor signals
Imagery techniques	Auto-induction	Code of Practice & Confidentiality
Develop Listening skills & Boundaries	Trauma Management	Facts and misconceptions
Learn Hypnotic Language & Communication styles	Behavioural & Psychodynamic therapies	Setting up a Practice
How to deal with a Abreaction	Chevreul pendulum	Professional practice design
Design Client self-help tools	Elman Technique	Duty of Care and legal obligations
Recognise Contra indicators for hypnosis	Glove Anaesthesia	Legal and Ethical Issues
Counselling techniques	Injection Magic	Myths and Misconceptions of Hypnosis
Designing programs for change	Working with Sexuality and Gender issues	
	Hypno-Sleep	
	Hypno-Kinesiology	

At Clover Institute you will train in all aspect of Clinical Hypnosis, developing practical skills and theoretical understanding that will enable you to step into becoming a professional practitioner in this field.

Post Graduate Support

The College is committed to your success as a practising professional and to support this goal the Australian College of Hypnotherapy offers all graduate students' opportunities for ongoing training and supervision.

Upon completion of the Diploma of Clinical Hypnotherapy and NLP course, Clover Institute have secured your first year's membership at the [Australian Society of Clinical Hypnotherapy \(ASCH\)](#) and the [Australian Hypnotherapy Association \(AHA\)](#).

Note: The AHA do however charge a nominal administrative fee.

CONTACT INFORMATION

Courses are held in Sydney and Melbourne

Visit our website www.cloverinstitute.com.au or contact us on (02) 9550 9673 to obtain further information regarding scheduled course dates, venues and costs

Alternatively our college founder and CEO may be contacted via email rhondda@cloverinstitute.com.au