

Clinical Hypnosis and Related Techniques



If you're a health professional who wants to improve your clinical skills by learning the theory and application of hypnosis and hypnotherapy, this course is for you. You will also learn how to develop communication and personal stress management skills working in a busy clinical setting.

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Key facts

- If you're looking to improve your clinical skills by learning more about hypnosis and hypnotherapy, this course could be for you.
- The course blends academic theory with practical experience to give you a well rounded knowledge basis to take your career forward.
- You'll only need to attend the University on a handful of occasions, making the combination of undertaking study, and fulfilling work and personal commitments, a reality.

Course overview

The programme is delivered by the British Society for Clinical and Academic Hypnosis in collaboration with Birmingham City University. The programme is mapped to the National Occupational Standards for clinical hypnosis and the course team are applying for accreditation from the Complementary & Natural Health Council (CNHC).

On successful completion of the programme, and documentation of 35 interventions, you will be able to apply for accreditation with the British Society of Clinical and Academic Hypnosis (BSCAH).

This course is ideal for you if you are a health worker who would like to benefit from skills in hypnosis; advanced communication strategies, relaxation, guided imagery and mindfulness to help your patients or clients.

Entry requirements

Registrant with the GMC, GDC, NMC, HCPC, BPS, BaDN, or other Health Professional registering body and have support from their manager to undertake the course.

120 Level 5 credits and 120 level 4 credits are necessary to enrol for the BSc Award. APEL/APL is available upon request – we can advise you upon your application. If your last academic study was some time ago or you don't have the required number of credits there is opportunity to enrol for the Advanced Diploma Award. The Graduate Certificate Award is for applicants who already have a first degree.

How is the course delivered?

You will be required to attend the university for 8 days (on Fridays and Saturdays) and the following topics will be covered:

- Clinical Hypnosis
- Communication and language patterns
- Stress management
- Goal setting
- Professional Practice
- Mindfulness
- Research
- Evidence-based practice

The dates include:

15 September 2017

16 September 2017

24 November 2017

25 November 2017

9 February 2018

10 February 2018

9 March 2018

10 March 2018

Assessment

We use a wide range of continuous assessments, including written work, presentations, case studies, simulation and role play in University and the clinical area.

Employability

Students graduating from this course will be well equipped to support clients, patients and colleagues in stress management and relaxation. The skills learned will improve the students communication skills and help them to manage their own stress levels and working in a demanding environment.

Further study

On completion of the Clinical Hypnosis Stress Management and Communication Skills students may undertake further modules to complete a BSc Hons degree and/or work towards a Master's award in a related subject. The Personal Development Department can guide you in your next steps.

How to apply

Applications to this course must be made via the British Society for Clinical and Academic Hypnosis. An application form can be obtained by emailing BSCAHMidlandsBranch@outlook.com

Useful contacts

For more information:

Visit the course page www.bcu.ac.uk/hypnosis

Contact our course enquiry team on **0121 331 5595**

Email the BSCAH directly at BSCAHMidlandsBranch@outlook.com

Contact Hilary Walker at BSCAHMidlandsBranch@outlook.com

Email our admissions team at health.admissions@bcu.ac.uk or call **0121 331 5500**

Student testimonials

"This is what I've been waiting for, for so many years." **Louis Raggoo (CPN)**

"I felt as a professional within the NHS, this course was appropriate, full of depth and clinical relevance. The tutors showed great knowledge and an ability to teach." **Julie Carr, Specialist Nurse**