

Nov 2016

## **BSCAH/BCU BSc in Clinical Hypnosis and Related Techniques**

An update from Simon Barnett, Course Leader

**I am pleased to announce that we are well into delivering the course to our first group of students with our partners at Birmingham City University faculty of Health, Education and Life Sciences. Here is a sample of the feedback from our current students after Module 1 at BCU:**

*“The course organisers have been fantastic in making the process of joining and starting the journey a really smooth process. A wonderful team is supporting the organization of this course. The help offered is invaluable.”*

*“Even though I have been using hypnosis in my own practice for years, I have learned so much in the first 2 days of the course that I have come out of ' the closet ' as it were. I have a renewed confidence and am practicing hypnosis in front of colleagues now openly! I highly recommend this course....”*

We are now able to announce dates for next year's course:

Module 1 Fri/Sat 15/16<sup>th</sup> Sept 2017

Module 2 Fri/Sat 24/25<sup>th</sup> Nov 2017

Module 3 takes place over 4 days:

Fri/Sat 9/10 Feb 2018 and Fri/Sat 9/10<sup>th</sup> Mar 2017

In response to your questions, I will briefly describe the course content and what a student attending and successfully completing the course might hope to achieve.

### **Why this course and not another?**

The course is designed to have the best balance between Clinical and Academic Hypnosis and is unique in that it is the **only** Level 6 University Accredited Clinical Hypnosis course for Healthcare Professionals taught by Healthcare Professionals in the UK. As Healthcare Professionals we are able to tailor hypnosis techniques specifically for medical situations as well as developing counselling skills for use in consultations.

It is being regularly reported that the levels of stress in healthcare delivery teams are higher than they have ever been. Systems and protocols are being imposed taking the place of clinical judgement.

This course will allow you think your own thoughts in a new fresh constructive manner. Also in a clinical/team/NHS environment it is vitally important to be able to communicate. You will be invited to learn listening skills that may be

new to you as well as talking skills which will be applicable when communicating with colleagues as much as patients/clients.

### **How is this course taught?**

The course has been designed not to be onerous for already overloaded healthcare delivery practitioners. It allows plenty of time to complete the 3 written portions of the course.

This is a Practical based course, experience before theory. On the days you attend BCU you will learn how to experience hypnosis for yourself and how to guide others into an altered state of awareness. You will then learn different techniques after you have been taught how to assess a patient/client's needs.

Clinical Hypnosis is mainly delivered through the spoken word with a series of invitations designed to guide a subject into a different way of thinking so that they can recover personal control. The teaching is based on the belief that Hypnosis is consensual and when used in an informed, managed environment is safe.

Once you have practised these techniques in supervised practical sessions you will be introduced to the theories behind hypnosis and then invited to think critically about what you are being taught / have learned.

You will learn techniques that are directly applicable to your professional and personal life. As one General Medical Practitioner recently commented on our feedback page after completing a previous course:

*"I thought stress was compulsory until I attended this course"*

We will also teach you aspects of relaxation and mindfulness that you can apply in your working life and personally to yourself and family, using techniques that have been proven to work by independent research.

The academic portion of the course is important to enable you to understand the models and theories behind the techniques you are learning and to give a sound base on which to further your knowledge of the subject. As one of our students (Nurse RMN) commented on the feedback:

*"I've enjoyed the weekends and it's fired my enthusiasm. The prospect of doing the academic work was scary but I'm game for a bit of a challenge and the teaching, admin and academic teams are superb. A brilliant skill/experience mix"*

You will be guided and supported both academically and personally throughout the experience of the entire course by BCU staff and the tutors, and as a student enrolled with BCU, you will have full access to the University's library, IT and student facilities. You are also welcome to apply for a Student Union card giving access to student discounts widely available at retailers, theatres etc.

### **What qualification will I receive?**

Upon completion of the course, submission of the written assignments and a final viva voce, successful candidates will be awarded either a University Advanced Diploma in Clinical Hypnosis or for those students who are eligible to top up an existing Diploma or equivalent qualification, a BSc (top up) in Clinical Hypnosis.

For more detailed information on this please contact us

We very much look forward to seeing you on the course in 2017!

Simon Barnett

BDS(Lond) LDSRCS(Eng) AdvDipCH(Staffs) BSCAH accred.

Course Leader in Clinical Hypnosis in partnership with BCU